

VEGETABLE EMPANADAS



GARDEN
TO TABLE
GROW,
HARVEST,
PREPARE,
SHARE

DOUGH INGREDIENTS:

- 2 1/4 cups unbleached all-purpose flour
- 1 1/2 teaspoons salt
- 200g cold unsalted butter, cut into 1/2-inch cubes
- 1 large egg
- 1/3 cup ice water
- 1 tablespoon distilled white vinegar

FILLING INGREDIENTS:

Makes 24 small to medium-sized empanadas.

- 2 Tbsp Vegetable oil
- 1 Onion; chopped
- 1 chili chopped
- 1 lg Garlic clove; finely chopped
- 1 tsp Ground cumin
- 1 pinch Ground nutmeg
- 1 lg Tomato; peeled, seeded and chopped
- 1 couiflower, cut into small florettes
- 4 x silverbeet, chopped
- 300g Diced pumpkin, chopped
- 1 broccoli, cut into florettes
- 1 Tbl Salt; to taste
- Freshly-ground black pepper;
- 5 cloves of garlic, minced
- 1 tsp fresh chopped rosemary

DIRECTIONS

1. To prepare the vegetables, cut and prep them into small 1x1cm cubes or pieces.

2. Heat vegetable oil in a large and deep saute pan on medium-high heat.
3. Saute onion until translucent and add minced garlic, chilli, cumin, nutmeg, curry powder and rosemary. Cook for 2 minutes. Dust with curry powder and season with salt and pepper.
4. Add the pumpkin, cauliflower, broccoli and spinach and cook until limp, then add tomatoes. Cook until almost all liquid evaporates (about 5 min).
5. Add salt and pepper. Mix thoroughly. Let cool.
6. For the dough, add curry, rosemary and black pepper to the dry ingredients.
7. On a clean surface, dust with flour and make little 40g balls out of the dough.
8. Now roll the individual dough ball into thin circles.
9. Prepare 2-3 baking trays line with baking paper.
10. Preheat the oven 200C
11. Place a table spoon of vegetable mix in the centre of the pastry disk. Brush with egg wash.
12. Fold over and close the edges of the empanada with a fork.
13. Repeat until all dough or vegetable mix is used up.
14. Place all empanadas side by side on a baking tray and bake until golden.
15. Serve with your favourite salad and yoghurt or dip.