

EMPANADA DOUGH

Yield: 12

INGREDIENTS

375g	All Purpose Flour
175g	Butter, cold, cubed
1 tsp	Salt
1	Egg Yolk
125g	Milk, warm



METHOD

Add the flour and salt into a bowl. Add the butter cubes and using your fingers, work the cold butter into the flour, until it resembles crumbs.

Add the egg yolk to the warm milk and mix. Make a well in the centre of the flour and pour the milk mixture into the well. Using your fingers, mix the liquid into the flour until the dough comes together.

Remove the dough from the bowl and wrap tightly in plastic wrap and refrigerate for 30 minutes. During this time the dough will soften.

Remove the dough from the fridge. Note: the dough can be made the day before, remove it from the fridge 30 minutes before using to soften.

Preheat the oven to 425F (220C).

Roll the dough to 3mm thickness and cut 6" discs, using a 6" cutter or bowl to knife around. Cover the discs with a clean kitchen towel as you cut them. Gather the scraps of dough, form a ball again and roll and cut discs. Continue to do this until you have used all the dough. If the dough becomes tough to roll, let it rest for 10 minutes.

Place the filling in a half-moon shape on one side of the disc with your choice of filling, around 3 tablespoons, ensuring to leave a border.

Brush the inside edges of the disc with egg wash, fold over the top edge and press gently to close the parcel.

The empanada edge can be pinched together, sealed with a fork or pleated.

To pleat, starting from one end, fold a small part of the end of the pastry over onto the next part of pastry and continue to do so until you reach the other end.

Brush the empanadas with egg wash and bake for 20 minutes until deep golden brown and crispy.