

Black Bean and Chorizo Empanada with Avocado Cream Sauce

Alternative: Sweet Apple Empanada with dulce de leche

Empanada Dough

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 stick cold unsalted butter, cut into cubes
- 1 teaspoon salt
- 1/4 cup cold water
- 1 egg
- 1 Tbsp white vinegar

INSTRUCTIONS by hand

1. In a bowl add flour and salt mix well. Cut the butter into the flour with a fork or fingertips until it forms a crumbly consistency.
2. In a small bowl whisk the egg with water and vinegar. Pour in over the flour mixture and stir together until it forms a clumpy dough.
3. Form dough into a large ball. Place on a lightly floured counter and knead 2-3 times until dough comes together. Cover and refrigerate.

INSTRUCTIONS Using food processor

1. Pulse flour and salt. Add butter and pulse to crumble consistency.
2. In a small bowl whisk the egg with water and vinegar. Slowly add liquid and pulse until it forms a clumpy dough.
3. Form into a ball. Refrigerate.

Black Bean and Chorizo Filling

INGREDIENTS

- 8 oz. chorizo – casings removed and diced
- olive oil
- 1 small onion - diced
- 2 large garlic clove - minced
- 4 scallions - minced
- 1 canned chipotle in adobo chili - minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1 teaspoon -chili powder
- 1 teaspoon dried oregano
- 1/2 cup crushed tomatoes
- 1 cup - black beans, drained and rinsed (*if omitting chorizo, please double the amt of beans)
- 1/2 cup raisins, (or dates or dried cranberries) - chopped
- 12 pimento stuffed olives - chopped
- 1/4 cup fresh lime juice
- olive juice
- Salt and black pepper

INSTRUCTIONS

1. Crumble chorizo in a pan. Break apart and render fat.
2. Remove chorizo, set aside
3. Add onions and garlic. Sautee for 2 minutes. Add spices and Saute for 1 minute more
4. Add crushed tomatoes and black beans. Simmer for 5-8 minutes. Add back chorizo.
5. Add scallions, raisins, and olives
6. Add lime juice and 1 tablespoon olive brine.
7. Taste for seasoning. Adjust flavors as needed.

ASSEMBLY

1. Lightly flour your rolling pin and counter. Roll dough to 1/8-inch thickness. Using a 4-inch cookie cutter, cut out circles of dough.
2. Spoon 2 generous tablespoons of filling into the center of each pastry circle, leaving a 1/2-inch border.
3. Brush the edges with the egg wash and then fold the dough over in 1/2 to enclose the filling and form a semi-circle
4. Tightly seal the edges by crimping with the tines of a fork. Chill at least 30 minutes before baking.
5. Preheat the oven to 375 degrees F. Place the empanadas on a buttered baking sheet and brush the tops with additional egg wash.
6. Bake for 30 minutes, until the pastry is golden brown.
7. Can also pan fry in oil or use air fryer.

Avocado Cream Sauce Ingredients

INGREDIENTS

- 2 ripe avocados
- 1/4 cup lime juice
- 1 medium bunch of cilantro, chopped
- 1 clove garlic, minced
- 1/2 jalapeno - minced
- 1/4 cup plain Greek yogurt or sour cream
- 1/4 tsp cumin
- Adobo to taste

INSTRUCTIONS

Place all items in a food processor or blender and blend to smooth. Taste for seasoning. Add salt and pepper as needed. Adjust heat to your liking.

FULL INGREDIENT LIST

Flour

Butter

Egg

Chorizo – 8 oz.

Onion

Garlic

Can of chipotle in adobo

Can of crushed tomatoes

Can of black beans

Scallions

Raisins (or dates, cranberries, another type of dried fruit)

Pimento stuffed olives

4 – 6 limes

2 – avocados – ripe

1 bunch of cilantro

1 – jalapeno

Small container of Greek yogurt or sour cream

Pantry items:

White vinegar

Cumin

Cinnamon

Chili powder

Dried oregano

Salt and pepper

Vegetable oil

Equipment:

Cutting board and knife

Measuring cups and spoons

Large mixing bowl

Pastry cutter or fork

Food processor or blender

Cookie sheet or large pan to fry

Rolling pin

4 inch round cookie cutter (can use empty, clean can with both top and bottom removed)

Alternative Recipe: Sweet Apple Empanada *dulce de leche*

INGREDIENTS FOR FILLING

- 4 green apples – peeled and diced
- 2 tablespoons unsalted butter
- 1/2 cup sugar
- 1/4 cup brown sugar
- pinch salt
- 1 teaspoons cinnamon
- 2 tablespoons cornstarch
- Egg wash
- Sugar for sprinkling
- 3 tablespoons dulce de leche, optional

INSTRUCTIONS

1. Add apples to a saucepan with the butter, sugar, brown sugar, salt, and cinnamon. Stir the apples over medium heat until tender.
2. In a small bowl, mix a tablespoon or two of water into the cornstarch until smooth.
3. Add cornstarch mixture to the apples and cook, stirring, until mixture starts to thicken.
4. *Let cool and proceed to ASSEMBLY instructions above.*
5. Once filled, brush with egg and sprinkle with sugar.
6. Bake for 20 minutes or until golden brown.
Best served with dulce de leche (optional)

Dulce de leche

INGREDIENTS

- 14 oz – sweetened condensed milk
- Sea salt

INSTRUCTIONS

1. Place in a deep pot. Submerge with water by 3 inches.
2. Bring to a boil and simmer for 3 hours.
3. ***Make sure you add water as needed to keep the can fully submerged.
4. Remove and let cool before opening, mix in sea salt.

Do ahead of class-

Gather and measure ingredients and equipment.

Preheat the oven to 350.

If you are making the sweet filling, make the Dulce de leche earlier that day. Wait to open the can.