



EMPANADAS with Black Bean, Sweet Potato & Corn Filling

ABOUT VIRTUAL CLASSES - Please Read First!

- Below you'll find a shopping list as well as the recipes. We highly recommend reading over the recipes prior to the class.
- In the interest of time, we will only prepare the Black Bean & Sweet Potato filling during the program. As a courtesy, we have also included our recipes for two alternative fillings. You are welcome to prepare them **in advance** of the class.
- **PLEASE PRE-COOK THE SWEET POTATO AND THE CORN - EITHER BOIL, BAKE OR MICROWAVE IT BEFORE THE CLASS**
- **Please have all ingredients washed and pre-measured and equipment ready so we can get started right away.**
- Remember, when it comes to Zoom, the bigger the screen, the better the experience.
- If you won't have all of the ingredients listed in the shopping list by the time of your scheduled class, **DON'T PANIC & DON'T RUN TO THE STORE!** We'll figure out a way to improvise with what you **DO** have in your pantry & fridge!
- Don't feel like cooking along? No problem! Feel free to watch, take notes and ask questions so you can prepare the dishes at your leisure.

INGREDIENT/SHOPPING LISTS

For the Dough:

- 2 1/4 cups unbleached all-purpose flour
- 1 1/2 teaspoons salt
- 1 stick (1/2 cup) COLD unsalted butter, **cut into 1/2-inch cubes**
- 1 large egg
- 1/3 cup ice water
- 1 tablespoon distilled white vinegar
- RESERVED: Egg wash: 1 egg, lightly beaten with 1 tablespoon water

For the Sweet Potato & Black Bean Filling:

- 2 medium sweet potatoes, **PRE-BAKED AND PEELED**
- 1/2 cup canned black beans, drained
- 1/2 cup corn (canned or frozen is ok, but if using fresh corn, please precook it and remove kernels from the cob)
- Juice of 2 limes
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon cinnamon
- OPTIONAL: pinch of cayenne pepper or red pepper flakes

SUGGESTED EQUIPMENT

- 1 extra large or 2 regular sized baking sheets
- A rolling pin
- ****Parchment paper or a Silpat liner** - very important unless you're using a nonstick baking sheet!**
- Plastic wrap
- A rubber spatula (or wooden spoon)
- A colander or mesh strainer
- A large bowl
- 2 medium bowls
- A knife or bench scraper to divide the dough

RECIPE - Empanadas

Makes 12

For the Dough:

- 2 1/4 cups unbleached all-purpose flour
- 1 1/2 teaspoons salt
- 1 stick (1/2 cup) cold unsalted butter, cut into 1/2-inch cubes
- 1 large egg
- 1/3 cup ice water
- 1 tablespoon distilled white vinegar
- RESERVED: Egg wash: 1 egg, lightly beaten with 1 tablespoon water

For the Sweet Potato & Black Bean Filling: (ideas for other fillings may be found below)

- 2 medium sweet potatoes, PRE-BAKED AND PEELED
- 1/2 cup canned black beans, drained
- 1/2 cup corn (canned is ok, but if using fresh corn, please precook it and remove kernels from the cob)
- Juice of 2 limes
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon cinnamon
- OPTIONAL: pinch of cayenne pepper or red pepper flakes

MAKE DOUGH:

Sift flour with salt into a large bowl and blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal with some (roughly pea-size) butter lumps.

Beat together egg, water, and vinegar in a small bowl with a fork. Add to flour mixture, stirring with fork until just incorporated. (Mixture will look shaggy.)

Turn out mixture onto a lightly floured surface and gather together, then knead gently with heel of your hand once or twice, just enough to bring dough together. Form dough into a flat rectangle and chill, wrapped in plastic wrap, preferably for an hour.

MAKE THE FILLING:

Mix cooked, cooled sweet potato with herbs and spices (and salt to taste) to a medium bowl. Add black beans and corn and lime juice and gently stir.

FORM & BAKE EMPANADAS:

Put oven racks in upper and lower thirds of oven and preheat oven to 400°F.

Line a baking sheet with parchment paper.

Divide dough into 12 equal pieces and form each into a disk. Keeping remaining pieces covered, roll out 1 piece on a lightly floured surface with a lightly floured rolling pin into a 5-inch round (about 1/8 inch thick).

Spoon a 1 heaping tablespoon of filling onto center and fold dough in half, enclosing filling. Press edges together to seal, then crimp decoratively with your fingers or tines of a fork. Transfer empanada to a baking sheet. Make 11 more empanadas in same manner, arranging on 2 baking sheets.

Lightly brush empanadas with some of egg wash and bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden, about 25 minutes. Transfer empanadas to a rack to cool at least 5 minutes. Serve warm or at room temperature.

Alternative Filling - Beef, potato & peas

- 1 large potato, pre-cooked and peeled (baked, microwaved or boiled) and mashed with a fork
- 3/4 lb ground beef
- 2 tbsp olive oil
- 1/2 medium onion, finely chopped
- 1 teaspoon garlic powder
- 1 tsp cumin
- 1/2 tsp cinnamon
- 1/2 cup frozen peas (defrosted)
- 3/4 cup beef or chicken broth
- Salt & black pepper

Heat the olive oil in a skillet over medium heat. Add the onion, ground beef and a 1/2 teaspoon of salt and pepper, breaking up the meat with the back of a wooden spoon. Cook, stirring often, until beef is cooked through and the onions have softened.

Add the garlic powder, cumin, cinnamon and broth to the beef and onion mixture, sautéing 1 minute longer until the spices are fragrant. Add the peas and simmer over medium heat until everything is well incorporated and most of the liquid has been absorbed. Season with salt and pepper to taste. Remove from the heat, cool for 5 minutes and stir in the potato.

Alternative Filling - Spinach, tomato & cheese

- 1 lb fresh spinach (or another leafy green)
- 2 garlic cloves, crushed
- 2 tomatoes, chopped
- 1 tablespoon extra virgin olive oil
- Salt & black pepper
- OPTIONAL: $\frac{3}{4}$ cup shredded mozzarella or Swiss cheese or crumbled feta
- OPTIONAL: a pinch of red pepper flakes

Heat olive oil in a deep skillet over medium heat. Add the garlic (and the red pepper flakes if using) and saute until golden, about 1 minute. Add the tomato and cook for 2 minutes, until softened. Add the spinach and stir until wilted and cooked through, about 3 minutes. Transfer to a colander over a bowl and cool so that the liquid drains. Season to taste, Add cheese to the mixture if desired.