

# THE CULINARY

*Playground*



## Empanadas

1/4 Cup warm water  
1 teaspoon active dry yeast  
1/2 Tablespoon olive oil  
1/2 teaspoon salt  
1/2 cup and 1/8 cup all-purpose flour

With a fork whisk together the yeast until the yeast is dissolved.

Whisk in the salt and oil.

Stir in the flour, using back of fork to mash the dough until a small ball forms.

(Add more flour if dough is too sticky or more water if dough is too dry).

Turn the dough onto table and knead with oiled hands  
to form a soft, sticky dough. Return the dough  
to the bowl and let rise 20 minutes.

Optional fillings; Taco Meat, Veggies such as summer squash, zucchini, red/green peppers, onions.

Black or refried beans.

Mexican shredded cheese blend

Fresh salsa

Sour Cream

1 beaten egg

Preheat oven to 425 degrees.

Divide dough into 2 pieces. Using parchment paper, press each piece of dough into a circle.

Place 2 tablespoons of filling onto half of the dough. sprinkle with cheese and salsa and fold the opposite side of the dough over the top of filling. Pinch the edges together to form a half moon shape.

Brush top and sides with beaten egg.

Bake (right on parchment paper or on cookie sheet) for 10-12 minutes until crust is nicely browned.