

Empanada Dough Recipe

This versatile empanada dough is perfect for making crispy fried or golden-baked empanadas. The dough is buttery, tender, and easy to work with.

Ingredients (Makes 10-12 empanadas)

- 2 cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- 4 tablespoons butter (cold, cubed)
- 1 egg
- ⅓ cup cold water (adjust as needed)
- ½ teaspoon white vinegar

Instructions

1. Prepare the Dough

1. In a large bowl, whisk together the flour, salt, and baking powder.
2. Add the cold, cubed butter and mix using your fingers or a pastry cutter until the mixture resembles coarse crumbs.
3. Beat the egg and add it to the flour mixture.
4. Gradually add the cold water and vinegar, mixing until the dough comes together.
5. Transfer the dough to a lightly floured surface and knead for 2-3 minutes until smooth and elastic.
6. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes.

2. After Refrigeration – Rolling and Cutting

1. Remove the dough from the refrigerator and let it rest at room temperature for about 5 minutes to soften slightly.
2. On a floured surface, roll out the dough to about **⅛-inch thick**.
3. Use a **4-5 inch round cutter** (or an inverted bowl) to cut out circles.
4. Stack the dough rounds between parchment paper to prevent sticking.

3. Filling Ideas

This dough is perfect for both sweet and savory fillings. Here are some ideas:

Savory Fillings:

- **Classic Beef:** Ground beef sautéed with onions, garlic, cumin, and paprika.
- **Cheese & Spinach:** Sautéed spinach mixed with ricotta and mozzarella.

- **Chicken & Cheese:** Shredded chicken with cream cheese and Monterey Jack.
- **Mushroom & Cheese:** Sautéed mushrooms with Gruyère or goat cheese.

Sweet Fillings:

- **Dulce de Leche:** Caramelized milk spread for a rich, gooey center.
- **Guava & Cheese:** Guava paste with cream cheese for a tropical twist.
- **Apple & Cinnamon:** Diced apples, cinnamon, and brown sugar.

4. Cooking Instructions

Option 1: Deep-Frying (Crispy & Golden)

1. Heat oil to **350°F (175°C)** in a deep pan.
2. Fry empanadas in batches for **3-4 minutes per side** until golden brown.
3. Drain on paper towels before serving.

Option 2: Baking (Healthier & Still Delicious)

1. Preheat oven to **375°F (190°C)**.
2. Place empanadas on a **parchment-lined baking sheet**.
3. Brush with **beaten egg** for a golden crust.
4. Bake for **20-25 minutes**, or until golden brown.

Tips for Perfect Empanadas

- ✓ Keep the dough **cold**—chilled dough is easier to handle.
- ✓ Avoid overfilling—this prevents leaks while cooking.
- ✓ Seal edges well—use a fork or crimp with fingers for a decorative touch.
- ✓ Let them cool slightly before eating—the filling will be hot!

Enjoy your homemade empanadas! 🥟 ✨