

Spiced Pork Empanadas

Make the freshest tasting meat- or sweet potato-filled empanadas by quickly grinding the meat and vegetables using the KitchenAid® Food Grinder Attachment. The same big flavors translate whether you fill the empanadas with ground pork, ground lamb and eggplant, or with orange-hued sweet potatoes.

PREP TIME: 1 hour

COOK TIME: 20 – 25 minutes

TOTAL TIME: about 1 hour and 20 minutes

YIELD: 18 – 20 empanadas

SPECIAL EQUIPMENT: KitchenAid® Food Grinder Attachment with coarse grinding plate; KitchenAid® Stand Mixer; KitchenAid® Food Processor; Large rimmed sheet pan; Parchment paper; 4-in/10-cm biscuit cutter

INGREDIENTS:

Dough:

4 cups (520g) all-purpose flour

2 teaspoon (3g) baking powder

1 teaspoon (12g) fine sea salt

1 cup (226g) unsalted butter, ice-cold and small diced

1 cup (226g) vegetable shortening, ice-cold or frozen and small diced

¾ cup (180ml) ice water

½ cup (120ml) vodka

Filling:

½ pound (228g) pork shoulder, trimmed of fat and cut into 2-in/5-cm cubes

1 (85g) yellow onion, coarsely chopped

2 (10g) garlic cloves, peeled

2 tablespoons (30ml) olive oil

½ teaspoon (6g) fine sea salt

¼ teaspoon (½ g) freshly ground black pepper

¼ cup (40g) dried currants

1 teaspoon (2.8g) ground cumin

¾ teaspoon (1.8g) smoked paprika

½ teaspoon cinnamon

¼ cup (36g) brine-cured pitted green olives, finely chopped

Egg Wash:

1 whole egg

¼ cup (60ml) whole milk

INSTRUCTIONS:

Make the dough: In the workbowl of a KitchenAid® Food Processor fitted with the dough blade attachment, combine the flour, baking powder, and salt with a few short

pulses. Scatter the ice-cold diced butter and shortening over top. Process, pulsing in short bursts, until the butter and shortening are the size of tiny peas, about 15 seconds. Drizzle the water and vodka over top. Pulse just until the dough comes together but does not form a ball. Pinch the dough to see if it comes together.

Turn the dough out onto a lightly floured work surface and form into a flat disk. Wrap tightly in plastic wrap and refrigerate for at least two hours or overnight.

Place the pork on a parchment-lined sheet pan and freeze for 20 minutes before proceeding. To make the filling, attach the KitchenAid® Food Grinder Attachment with coarse grinding plate to your KitchenAid® Stand Mixer. Place a medium bowl under the grinder to catch the ground meat and aromatics. Combine the pork, onion, and garlic in the large food tray. Turn the mixer to speed 4 and use the food pusher to feed the pork and aromatics through the grinder one to two pieces at a time, taking care not to force it through.

Heat the oil in a medium skillet over medium heat. Swirl to coat the bottom of the pan. Add the ground meat mixture and sauté, stirring frequently, until the pork is cooked through, about 6 minutes. Add the salt, pepper, currants, cumin, smoked paprika, and cinnamon. Sauté, stirring frequently, until the mixture is fragrant, about 2 minutes. Remove from the heat and set aside to cool. Once cool, stir in the chopped olives.

Make egg wash: mix 1 egg with ¼ cup/60ml whole milk until it drips easily off of the whisk. To assemble the empanadas, on a lightly floured work surface, roll out the disk of dough to a ¼ -in / ½ -cm thickness. Using a large biscuit cutter, cut as many circles as you can from the dough. Press the dough back together and roll to form more circles.

Brush the perimeter of each circle with the egg wash. Divide the meat filling among the circles of dough, using 1 tablespoon of filling per circle, place it in a mound in the center of the dough. Fold the dough over to form a half circle. Pinch the edges together with your fingers. Use the tines of a fork to press around the edges to seal each empanada. Brush the tops and bottom with egg wash. Arrange on a large rimmed baking sheet lined with a sheet of parchment paper. Refrigerate at least 45 minutes. (Freeze the empanadas on a baking sheet, if desired, and then transfer to a covered container. Do not thaw before baking.)

Arrange an oven rack in the center of the oven and preheat the oven to 425°F/220°C. Bake the empanadas until deeply golden, 20 to 25 minutes. Serve immediately or transfer to a wire rack to cool slightly.

CHEF'S NOTES

To make lamb and eggplant empanadas, grind together (¾ pound/228g) lamb stew meat, ½ eggplant (7 oz/197g) that has been peeled and diced, along with the onion and garlic. Proceed with the recipe, adding ¼ teaspoon more salt, and sautéing until the lamb mixture is no longer wet.

To make sweet potato empanadas, eliminate the pork and replace it with an uncooked ($\frac{3}{4}$ pound/340g) Garnet sweet potato that has been peeled and cut into 1-in pieces. Grind the sweet potato with the onion and garlic. Proceed with the recipe.

MAKES 18-20 Empanadas

Nutrition - 1 Empanada

Calories 372 Fat 26.2 g	Carbs 23.8 g Protein 5.9 g Sugars 1.9 g Dietary fiber 1.1 g	Cholesterol 47.9 mg Sodium 291 mg
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