

## Abuelita Sara's Homemade Chilean Empanadas de Queso



### INGREDIENT LIST

- 4 cups of flour (sifted) in a bowl
- 1 cup flour (sifted) just in case you need extra
- 1.5 cups of hot water (not boiling, but hot)
- 2 tsp salt (in hot water)
- ½ cup of lard (melted) or cooking oil
- 500g of Mozzarella cheese (or your favourite melted cheese)
- 1L of canola oil (for deep frying)

### ITEMS NEEDED

- Wok or deep pan for frying, tongs, platter with paper towel
- Mixing Bowl, Rolling Pin, Measuring Cup
- Fork (to make decorative edges)
- Little bowl of tap water to seal empanada edges



### PREPARATION INSTRUCTIONS

#### Making the Dough

Make a crater or hole in your sifted flour then add the still warm melted lard and warm water that has been salted.

Mix the flour and lard and water until your dough starts to form. Keep mixing it in the bowl and once it no longer sticks to your fingers move it on to the counter top. \*if it's still sticky then add more flour. If the dough is dry then add some warm water.

Then roll with your hands and knead it at the same time until it looks like a snake. (see picture)

If the dough still feels sticky then sprinkle more flour and keep kneading the dough and making your snake.





**Dividing the Dough**

Fold your snake in half and cut it. Now you can begin to section it into golf ball size chunks. Approximately 20 – 24 dough balls. (see picture). Doesn't matter how big or small your dough balls are, depends on your preference.

Then flatten with your hand a bit and then use a rolling pin to flatten out (almost as thin as a crepe). Will be the size of your palm once flattened out.

**Filling the Empanadas**

Roll out all the balls. Once all rolled out start filling with cheese slices (or other filling you would like to try)

Wet half the edge of your rolled out dough, then fold in half so it looks like a half-moon shape and pinch edges with your fingers until sealed (see picture)

Use a fork to make decorative edges to your empanadas. Also reinforces the seal. (see picture)

Make sure to poke a hole in your empanada to allow air through. You can use a toothpick.





**Frying the Empanadas**

Once all that is done, you can start to fry them.

A little trick we use to see if the oil is ready to use, is taking a tiny ball of dough and putting it in the pan. If the dough floats just above the bottom of the pan, then your oil is ready.

The first ones take a bit longer to fry. Once the rim turns golden flip the empanadas. Sometimes, the top of the empanada will also start to turn golden.

At the beginning your temperature will be high, but after the first couple empanadas turn down your heat.

They are ready to eat now! Enjoy 😊



From L-R: Trixie (mom), Roxana (eldest daughter), Sara (grandma/abuelita)



Thank you to those of you that could join us for this first online cooking event 😊 Based on feedback we will be hosting more online cooking classes of Abuelita Sara's specialties.

From my family to yours we wish you all the best for 2021!

*Feliz Navidad y Prospero Año Nuevo!*