

EMPANADAS

a

Cooking for Kids with Luis

recipe

Empanadas are from Argentina. It's a really tricky recipe, but the end result is delicious and worth the mess!

INGREDIENTS:

1 Red Pepper (chopped)
Oil
1 White Onion (chopped)
Minced Meat (like Beef)
4 Hardboiled Eggs
Spanish Olives (stuffed)
Salt & Pepper
Cumin
Pastry Dough
1 Egg Yolk (raw)

RECIPE:

Wash your hands. Put your apron on. Let's cook!

1. Mixture

Have an adult heat some oil in a pan. When the oil is hot, add the red peppers and onions. Stir them around for 5 minutes. Watch out, it's hot! Now, slowly add the meat, and mix it all together. Make sure you don't overcook the meat. Now chop 4 eggs into bits. Stir the eggs into the meat. Pour it all into a big bowl. It smells great!

2. Special Ingredient

Chop up the olives and add them to the mixture. Sprinkle a bit of pepper and a pinch of salt. Now, add a pinch of the special ingredient, Cumin. Cumin gives the empanadas their special taste. It's going to be great!

8. Pastry

On a dry table, with dry hands, sprinkle some flour and roll the dough flat with a rolling pin. Use a cookie cutter to cut big circles out of the dough. Push and rotate the cutter to get the circles out. Shake the extra flour off. You can use a brush or your fingers to put a little bit of water right around the edge. It's like finger painting!

9. Filling

Add some of the warm filling to the middle of a pastry circle. Fold it over all the way so the edges touch. For a perfect empanada, use a fork to make marks around the edges. I think 20 should be enough. Do the same for all the empanadas and put them on a baking sheet.

10. Bake

To make them golden brown, paint them with an egg yolk. Then get Mom or Dad to put the tray in a hot oven at 350° F (180° C) and cook for 35 minutes. Yummy!



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