

Vegetarian Empanadas – makes 10 - 12

Ingredients

Pastry

450g flour
120g butter
1 egg
100 ml iced water
½ teaspoon salt

Filling

Potato – cut into cubes and steamed
1 cob of corn – kernels cut off the cob
2 spring onions – washed and sliced
2 garlic cloves – peeled and crushed
100g grated cheese

Method for Pastry

1. Sift flour and salt into a bowl
2. Rub in butter
3. Stir in beaten egg and water mixed together
4. Form a dough, cover and rest in the fridge for 30 minutes

Method for Filling

1. Sweat off the onion and garlic. Add corn and cook for 1 minute
2. Add to the potato and mix together squashing the potato.
3. Season with salt and pepper and add the cheese

Making the Empanadas

1. Roll out pastry and cut into small rounds
2. Brush around the edges with water
3. Place a spoon of filling in the centre
4. Fold pastry over to make a semi-circle shape
5. Press edges down with a fork
6. Brush with beaten whole egg (or egg yolk and milk for more gloss)
7. Bake in a 180 degree oven for 10 – 15 minutes

