

Empanadas de Carne a Cuchillo

Ingredients:

- Beef: 1 kg (2.2 lbs) of a lean cut like top round, eye of round, or sirloin.
- Onion: 800 g to 1 kg (1.7 to 2.2 lbs), finely chopped. Equal parts onion and beef keep the filling naturally moist.
- Beef tallow (grasa de pella): 150 g (approx. 5.3 oz) for the traditional rich flavor. You can substitute with butter or oil if needed.
- Red bell pepper: 1 medium pepper, finely chopped.
- Green onions (scallions): 1 bunch, with the white and green parts separated and chopped.
- Seasonings: 2 tablespoons of sweet paprika, 1 teaspoon of ground cumin, red pepper flakes (ají molido), and salt to taste.
- Add-ins: 3 or 4 hard-boiled eggs (chopped) & optionally green olives (pitted and chopped).
- Liquid: 1 cup of beef broth.
- Empanada wrappers (tapas): 36 wrappers (3 dozen), specifically for baking or frying, depending on your cooking method.

Preparing the Filling (El Recado):

- Cut the beef: Place the beef in the freezer for about 20 minutes so it firms up. Use a sharp knife to cut it into very small, bite-sized cubes.
- Sauté the vegetables: In a large pot, melt the beef tallow over medium heat. Add the finely chopped onions, red bell pepper, and the white parts of the green onions. Cook until translucent and soft.
- Cook the beef: Add the hand-cut beef to the vegetables. Stir for a few minutes, just until the meat changes color & is lightly seared.
- Season and simmer: Stir in the paprika, cumin, red pepper flakes, and salt. Pour in the beef broth.
- Reduce heat to low and simmer for 10 to 15 minutes, then remove from heat.
- Chill thoroughly: Let the filling cool completely, then refrigerate it (ideally overnight). This solidifies the fats and juices, making the empanadas easy to assemble & incredibly juicy once baked.
- Add cold toppings: Just before assembling, fold the chopped hard-boiled eggs & the raw green parts of the green onions into the cold filling.

Assembly and Cooking:

Assemble: Place a generous tablespoon of filling in the center of each wrapper. Moisten the edges of the dough with a little water, fold it over to form a half-moon, and seal the edges tightly. Create the traditional pleated edge (repulgue)

To Bake: Place on a greased baking sheet and bake in a very hot preheated oven at 200°C (400°F) for 15–20 minutes until golden brown.

To Fry: Fry in abundant hot beef tallow or neutral frying oil until crisp and golden

Recipe submitted by MSD of Pike Township Application Support Analyst, Antonela Guazzone