

Empanadas Salteñas

Oscar · 29/09/2024

**Prep Time**

40 mins

Dificult

Medium

Servings

1 hr 50 mins

Description

This truly traditional beef empanadas receta recipe is from Salta one of the Northern Provinces in Argentina. Made with ground beef, potatoes, hard-boiled eggs, and a fluffy homemade empanada pastry, these are just to die for.

Ingredients

- 6 tablespoons water - ½ teaspoon salt - 2 cups all-purpose flour
- sifted - ¼ cup margarine
- melted - 1 teaspoon vegetable oil
- or as needed - 2 medium potatoes
- peeled and cubed - ¼ cup salted butter - 2 medium onions
- chopped - 2 stalks green onions
- finely chopped - 1 ½ medium red bell peppers
- seeded and chopped - 1 pound ground beef - 1 teaspoon salt - ½ teaspoon cayenne pepper - 1 teaspoon ground cumin - 1 teaspoon paprika - 3 large hard-boiled eggs
- peeled and chopped

Instructions

1. Combine water and salt in a small saucepan over medium heat and warm through
2. stirring until salt is dissolved. Remove from heat and let cool for 2 to 3 minutes. Combine sifted flour and melted margarine in the bowl of a food processor; pulse until crumbly. Add salt water gradually to the food processor and pulse until a soft dough ball forms that easily separates from the edge of the bowl. Add more water
3. 1 teaspoon at a time
4. only if needed. Press dough into a ball and wrap tightly with plastic wrap. Refrigerate for at least 30 minutes. Preheat the oven to 425 degrees F (220 degrees C). Cover a baking sheet with aluminum foil and grease with vegetable oil. Set aside. Bring a saucepan of water to a boil. Add cubed potatoes and cook until soft
5. 8 to 10 minutes. Meanwhile
6. melt butter in a skillet over medium heat. Cook and stir onions and green onions until soft and translucent
7. about 5 minutes. Add red peppers and cook for 5 more minutes. Add ground beef and stir with a wooden spoon until fully browned
8. about 5 minutes. Season with salt
9. cayenne pepper
10. cumin
11. and paprika. Remove from heat. Drain potatoes and add to filling. Toss in chopped eggs and let filling cool down for a few minutes. Remove pastry from the fridge and knead gently on a floured surface. Divide dough in half and roll out each piece to 1/8-inch thickness. Cut out 3-inch circles with a pastry cutter or sharp knife and wet the edges lightly with water. Add 1 large tablespoon of filling in the center of each disc. Fold pastry over
12. press edges together
13. and seal with a fork. Transfer empanadas to the prepared baking sheet. Bake in the preheated oven until golden brown
14. 10 to 15 minutes. Remove from the oven and allow to cool just a little before serving.