

Argentinian Empanadas (Vegan)

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Country/region: Argentina

Introduction: In Buenos Aires, Argentina's capital city, there are empanada shops everywhere; usually, at least two or three per neighborhood. These places offer deep-fried or baked empanadas and have many different flavors to choose from. Many of them also sell pizza, so people usually order pizza and empanadas together. Empanada shops take telephone orders and will deliver for no extra charge. So, if you have friends over for dinner or the family overstayed their visit, no problem, make a call and in less than one hour, you will get a hot and delicious empanada delivery. People usually order at least a dozen empanadas and mix many different flavors and fillings.

The most popular empanada fillings in Argentina are ground beef (with red bell pepper, boiled egg, onions and olives), ham and cheese, onion and cheese, chicken, and spinach with béchamel or cheese. Other typical flavors are corn with béchamel sauce, bell peppers and onions (humita), or corn with cheese, caprese (cheese, tomato, and basil), spicy chopped beef (carne cortada a cuchillo), and roquefort with celery and ham.

The empanada dough discs are very easy to make, but you can also find them at the international store or most Latin markets for three to four dollars per dozen. There are three different types of dough, one is for fried empanadas and the other two are for baked empanadas: one is a puffy, flaky pastry (hojaldrada) and the other one is drier (sequita or criolla).



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Recipe in English.

Ingredients for the Dough (20 discs approximately):

- 3 cups of flour (+ a few more tablespoons if necessary)
- 1 teaspoon of salt
- 1/2 cup of oil or vegan butter
- 3/4 cup of cold water (+ a few more tablespoons if necessary)

Preparation:

1. In a medium bowl, mix the flour with the salt.
2. Add the oil and the water and mix well until you get a firm, dry dough.
3. Divide the dough into about 20 individual dough balls and let them rest in a cool place for 30 minutes.
4. While the dough is resting, you can work on your stuffing.
5. Once your stuffing is ready, work each dough ball with the rolling pin to get round thin discs. If necessary, sprinkle some flour on the rolling pin and countertop to prevent dough from sticking.

Ingredients for the Filling:

- A 12-ounce package of meatless ground (Yves, Morning Star, TVP, or soy-free alternatives such as Beyond Meat or Quorn)
- 1 large diced onion (The secret is to put as much onion as “meat,” this will make the empanadas juicy, so if you want to, add some sliced green onion as well!)
- 1 small diced red bell pepper
- 3 diced garlic cloves
- Chili flakes, salt, and pepper
- Green and/or black olives (at least one per *empanada*, seedless and cut in halves)
- Optional: chopped parsley (add once stuffing has been removed from heat)

Note: In some Argentinian provinces, they add raisins and boiled potato to their empanadas. If you want to try that empanada version, add 1/2 cup of small boiled potato cubes, 1/4 cup of raisins, and some paprika to the original recipe.

Preparation:

1. Add some oil to a frying pan on medium heat. Once the oil is hot, add garlic and chili flakes first, then onions and bell pepper. Sauté until the onion becomes slightly transparent, then add the meatless ground beef (and the boiled potatoes, if you are using this ingredient).
2. Cover with the lid and let cook for 10 minutes. Remove from heat and add the olives and parsley (and raisins, if you are using this ingredient). Let the stuffing cool off before filling your *empanada* discs with it.

recipe credit: [Greenstraightup.com](https://www.greenstraightup.com)

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Receta en español:

Masa

- 1 kg de harina de trigo
- 250 de margarina o aceite vegetal
- 1 y 1/2 cda de sal
- 200 ml de agua o mv°s

Relleno

- 200g de carne de soja texturizada - se puede usar seitv°n cortado a cuchillo
- 3 cebollas medianas
- 1/2 taza de aceite
- 1 atado de cebolleta o cebolla de verdeo -250g mv°s o menos
- 2 caldos de verduras en cubos
- sal a gusto
- 1 cda de pimentv≥n dulce
- 3/4 cda de comino molido
- 1 tazas de patatas en cortadas en cubos de 1vó1 cm
- 1 taza de aceitunas picadas
- 200 g de tofu duro cortado en trocitos – opcional
- 1 y medio taza de agua hirviendo

Relleno

1. Cocinar las patatas cortadas en cubitos durante 10 minutos hasta que estén cocinadas pero no muy suaves. Si no se romperán en el relleno.
2. Picar las cebollas, incluso la parte de verde de la cebolleta y reservar esta parte para el final de la cocción. Freír la parte blanca de las cebollas y cuando estén tiernas echar la carne de soja en seco, cocinar un par de minutos revolviendo constantemente para que no se pegue. La carne de soja empezará a absorber un poco de aceite con sabor a cebolla, agregar pimentón y comino y seguir revolviendo, luego caldo desmenuzado, mezclar a fuego bajo y agregar el agua poco a poco (si no echar los caldos al agua caliente y disolverlos para que sea más fácil que se incorporen a la carne). Cocinar a fuego bajo revolviendo y echando más agua si corresponde hasta que la carne este tierna. Echar algo de sal pero cuidado que los caldos de verduras son salados.
3. Cuando la carne de soja esté tierna agregar las patatas hervidas previamente, aceitunas picadas y la parte verde de las cebolletas picadas, si hay tofu cortado también.

Armado

1. Sacar la masa de la nevera, estirar y formar las empanadas del tamaño que gusten. Rellenar con el relleno frío y freír en abundante aceite caliente hasta que estén doradas de ambos lados.