

Chicken Empanadas



Recipe courtesy Emeril Lagasse, 2000

Recipe Summary

Prep Time: 35 minutes

Cook Time: 25 minutes

User Rating: ★★★★★

1 tablespoon olive oil
1/2 cup chopped onions
Salt
Crushed red pepper
1/2 pound skinless chicken breast, finely chopped
1 teaspoon chopped garlic
1/4 cup sliced green onions
1/4 cup chopped black olives
1/2 cup chopped green pimento stuffed olives
3 tablespoons seedless raisins, soaked in warm water for 10 minutes and drained
2 hard boiled eggs, finely chopped
Empanada dough, recipe follows

In a large saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and crushed red pepper. Saute for 2 minutes. Add the chicken. Saute for 2 to 3 minutes. Remove from the heat and turn into a mixing bowl. Add the garlic, green onions, olives, raisins and eggs. Season with salt. Mix well. On a floured surface, roll the dough out to a circle, 1/8-inch thick. Using a 4-inch round cutter, cut the dough into individual circles. Press the remaining dough together and repeat the above process. Preheat the fryer. Place about 1 tablespoon of the filling in the center of each circle. Lightly wet the edges of the dough with water. Fold the dough over, forming a half-moon, using your fingers, seal the edges completely and crimp the sides of the dough. Place the finished empanadas on a parchment lined baking sheet. Fry in batches until golden brown, about 2 to 3 minutes. Remove and drain on paper towels. Season with salt. Serve warm on a large platter. Garnish with parsley. Yield: about 1 1/2 dozen empanadas

EMPANADA DOUGH

1 cup masa harina
1/2 cup flour
1/2 cup yellow cornmeal
1/2 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 tablespoon lard
1 cup warm water

In a mixing bowl combine the masa harina, flour, cornmeal and baking powder. Season with the salt and pepper and mix thoroughly. Cream in the lard and add the water a little at a time, working the mixture until all is completely incorporated. Using your hands, form the dough into a log about 12 inches long by 3 inches across and refrigerate for about 20 minutes.

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