

# Empanadas de Picadillo

Meat Turnovers

*Make these tender meat pies in advance and reheat them for 5 to 10 minutes at 375°F (190°C).*

1-1/2 cups Picadillo, page 108

2 cups all-purpose flour

2 teaspoons sugar

1/2 teaspoon salt

2/3 cup shortening

2 tablespoons butter

About 1/4 cup ice water

1 egg, separated

1 teaspoon water

2 teaspoons milk

Prepare Picadillo; set aside. Mix flour, sugar and salt in a medium bowl. Cut in shortening and butter with a pastry blender or 2 knives until mixture is thoroughly mixed with some pea-sized crumbs. Gradually add enough ice water to form a dough that will hold together. Preheat oven to 375°F (190°C). Lightly grease 2 baking sheets. Lightly beat egg white with 1 teaspoon water in a small bowl. Beat egg yolk with milk in another small bowl; set aside. On a lightly floured surface, roll out dough to slightly less than 1/8 inch thick. Cut in circles with a 3- to 3-1/2-inch cutter. Gather scraps together. Roll out and cut into more circles until all dough is used. Place a rounded teaspoonful of Picadillo on each pastry circle. Brush edges with egg white mixture. Fold circles in half and press edges with a fork to seal. Place on baking sheets. When all empanadas are prepared, brush with egg yolk mixture. Bake about 20 minutes or until browned. Place immediately on a rack to cool slightly. Serve warm. Makes about 26 empanadas.

## Variation

**Empanadas Dulces (Sweet Turnovers):** Cut pastry dough into 4- to 5-inch circles. Fill with jam or preserves, guava paste, mincemeat or canned pumpkin pie filling. If desired, sprinkle empanadas with granulated sugar before baking.

## Picadillo

Minced Meat

*Serve this piquant mixture with rice or use it as a filling for Empanadas de Picadillo, page 31.*

2 tablespoons vegetable oil

1/2 lb. ground beef

1/2 lb. ground pork

1/2 small onion, chopped

1 large garlic clove, minced

1 medium tomato, peeled, chopped

2 tablespoons chopped fresh parsley

2 tablespoons chopped blanched almonds

2 tablespoons raisins, soaked in hot water until softened

6 Spanish-style green olives, pitted, chopped

2 teaspoons capers

1/4 teaspoon salt

Heat oil in a large skillet. Add beef and pork. Cook until meat is no longer pink, stirring to keep crumbly. Add onion, garlic, tomato, parsley, almonds, raisins, olives and capers. Cook over medium heat 8 minutes, stirring frequently. Stir in salt. Makes 4 servings.