



Curried Pork Empanadas

 Popular

READY IN



160 min.

SERVINGS



48

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces cream cheese light room temperature (do not use)
- ☐ 8 ounces butter unsalted room temperature (2 sticks, 1 cup)
- ☐ 0.5 teaspoon salt
- ☐ 3 cups flour all-purpose
- ☐ 1 eggs beaten for pastry egg wash
- ☐ 48 servings salt
- ☐ 0.5 pound ground pork
- ☐ 2 tablespoons plus one teaspoon extra virgin olive oil

- ☐ 1 cup onions finely chopped
- ☐ 1 clove garlic minced
- ☐ 4 mushroom caps finely chopped
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 tablespoons cooking sherry
- ☐ 0.5 teaspoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup golden raisins chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ spatula
- ☐ pastry brush

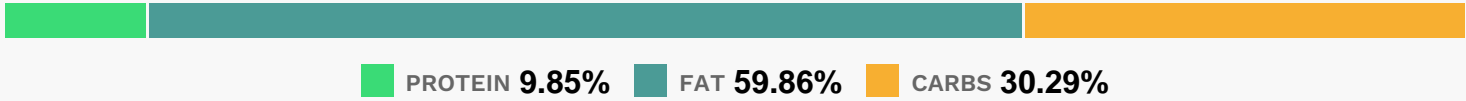
Directions

- ☐ Make the empanada dough: Beat together the cream cheese, butter, and 1/2 teaspoon salt, until well blended. Slowly add in the flour, mixing until incorporated.
- ☐ Form two balls (it will be easier to work with 2 separate pieces of dough), then flatten each into a disk. Dust with flour, cover with plastic wrap, and refrigerate for at least an hour.
- ☐ Cook the pork: While dough is chilling, heat 1 teaspoon of olive oil in a large frying pan on medium high heat. Break off bits of ground pork and add to the pan, until all the pork is added without crowding.
- ☐ Sprinkle 1/4 teaspoon of salt over the pork. Do not stir.

- ☐ Once the pork is lightly browned on one side, use a spatula to flip the pieces to the other side so the other side can cook.
- ☐ Once the pork is lightly browned on both sides, reduce the heat on the pan to medium, and remove the pork to a bowl.
- ☐ Add 2 more tablespoons of olive oil to the pan. Then add the finely chopped onion.
- ☐ Let onions gently cook on medium heat for a few minutes until translucent.
- ☐ Add the minced garlic. Cook until fragrant.
- ☐ Add the finely chopped mushrooms, cooking for a few minutes more.
- ☐ Add the curry powder, ground coriander, and cardamom to the pan.
- ☐ Mix the spices in with the onion mix.
- ☐ Add the ground pork back to the pan, mixing in the seasoned onion mix.
- ☐ Add the raisins.
- ☐ Add the sherry, soy sauce, sugar, and corn starch, mixing well.
- ☐ Break bigger pieces of ground pork with the edge of a metal spatula.
- ☐ Remove from heat, and chill until time to stuff the pastries.
- ☐ Roll out the dough and cut out rounds: Preheat oven to 375°F. On a lightly floured, smooth, clean surface, roll out one of the dough rounds to a thin 1/8-inch thickness. (If refrigerated for more than an hour, you may need to let it sit for 10 minutes to soften it enough to roll it out more easily.)
- ☐ Use a wide-mouthed jar or biscuit cutter (about 3 inches wide) to cut out rounds.
- ☐ Place them on a baking sheet.
- ☐ During this and the next step, if the dough becomes too soft and therefore difficult to work with, put whatever you are working on in the refrigerator to chill for 5 or 10 minutes.
- ☐ Stuff and fold the empanadas: Use a pastry brush to lightly brush the inside edge of the rounds with egg wash (to help the empanadas seal).
- ☐ Place a teaspoon of meat inside each round.
- ☐ Fold the round over to and press the edges to seal shut. Use the tines of a fork to flute the edges.
- ☐ Place standing upright on a baking sheet, spaced an inch apart. (You can also lie them down, but with them upright, you'll fit more on a pan.)

- ☐
- Use a pastry brush to brush the sides (not the bottom) of the empanadas with more egg wash.
- ☐
- Bake in oven: Working in batches, cook in the 375°F oven for 15 to 20 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:4.85, Inflammation Score:-2, Nutrition Score:2.5704347815203%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 105.92kcal (5.3%), Fat: 7.05g (10.85%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.67g (2.79%), Sugar: 1.37g (1.52%), Cholesterol: 22.07mg (7.36%), Sodium: 260.47mg (11.32%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 2.61g (5.22%), Vitamin B1: 0.1mg (6.83%), Selenium: 4.63µg (6.62%), Vitamin B2: 0.08mg (4.61%), Folate: 17.79µg (4.45%), Phosphorus: 37.72mg (3.77%), Manganese: 0.08mg (3.76%), Vitamin B3: 0.74mg (3.72%), Vitamin A: 176IU (3.52%), Iron: 0.49mg (2.73%), Vitamin B12: 0.14µg (2.27%), Vitamin B6: 0.04mg (1.95%), Calcium: 19.41mg (1.94%), Vitamin B5: 0.19mg (1.88%), Potassium: 63.73mg (1.82%), Zinc: 0.26mg (1.7%), Vitamin E: 0.24mg (1.63%), Fiber: 0.36g (1.43%), Copper: 0.02mg (1.23%), Magnesium: 4.74mg (1.19%)