



Picadillo Empañadas with Cornmeal Crust

READY IN



45 min.

SERVINGS



12

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large pepper flakes minced seeded drained (wear rubber gloves)
- 2 teaspoons garlic minced
- 0.8 teaspoons salt
- 1.3 cups cornmeal yellow
- 1 pinch ground cloves
- 0.5 teaspoon cinnamon
- 0.5 cup milk lukewarm
- 0.3 cup tomato paste
- 2 large pepper flakes minced seeded drained (wear rubber gloves)

- 1 large egg yolk beaten
- 0.3 cup raisins
- 1 large eggs whole beaten
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1.5 tablespoons sugar
- 2.5 cups flour all-purpose
- 12 servings pepper dried red hot to taste
- 0.5 cup olives green finely chopped ()
- 2 tablespoons vegetable oil
- 28 ounce canned tomatoes chopped canned
- 1 pound ground beef
- 0.3 cup cream sour
- 2.5 teaspoons yeast dry
- 1 teaspoon oregano dried crumbled
- 1.3 cups onion finely chopped
- 5 tablespoons butter unsalted cooled melted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- hand mixer
- spatula

Directions

- In the large bowl of an electric mixer proof the yeast with the sugar in 1/4 cup of the milk for 5 minutes, or until the mixture is foamy. Beat in the remaining 1/4 cup milk, the whole egg, the egg yolk, the sour cream, and the butter, add 2 cups of the flour, the cornmeal, and the salt, and beat the mixture until it forms a dough. With the dough hook knead the dough, adding as much of the remaining 1/2 cup flour as necessary to keep the dough from sticking, for 4 minutes, or until it is smooth and elastic. Form the dough into a ball, transfer it to an oiled bowl, and turn it to coat it with the oil.
- Let the dough rise, covered with plastic wrap, in a warm place for 1 1/2 hours and punch it down. (The dough may be made 1 day in advance and kept covered and chilled.)
- Let the dough return to room temperature before proceeding with the recipe.)
- In a large heavy skillet cook the onion, the garlic, the jalapeños, the cumin, the chili powder, the oregano, the cinnamon, the cloves, and pepper to taste in the oil over moderately low heat, stirring, until the onion is softened, add the chuck, and cook the mixture over moderately high heat, stirring and breaking up any lumps, until the meat is no longer pink.
- Add the tomato paste, the tomatoes with the juice, the raisins, the olives, the red pepper flakes, and salt and pepper to taste, simmer the picadillo, stirring occasionally, for 10 to 15 minutes, or until it is thickened and most of the liquid is evaporated, and let it cool. (The picadillo may be made 1 day in advance and kept covered and chilled.)
- Let the picadillo return to room temperature before proceeding with the recipe.)
- Divide the dough into 12 pieces. Working with 1 piece of dough at a time and keeping the remaining pieces covered with plastic wrap, on a lightly floured surface roll out the dough 1/8 inch thick and with a 6-inch round cutter cut each piece into a round. Put about 1/3 cup of the picadillo onto the bottom two thirds of each round and fold the rounds in half, enclosing the filling. Seal the edges of the dough and crimp them decoratively.
- Transfer the empanadas with a spatula to a lightly oiled baking sheet and bake them in the middle of a preheated 450°F. oven for 10 to 15 minutes, or until they are golden.
- Transfer the empanadas to a rack and let them cool.

Nutrition Facts

PROTEIN 13.7%

FAT 41.34%

CARBS 44.96%

Properties

Glycemic Index:46.28, Glycemic Load:27.12, Inflammation Score:-9, Nutrition Score:20.199999912925%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 421.99kcal (21.1%), Fat: 19.82g (30.49%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 42.52g (15.46%), Sugar: 7.88g (8.76%), Cholesterol: 75.17mg (25.06%), Sodium: 451.06mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.55%), Vitamin C: 30.55mg (37.03%), Vitamin B1: 0.44mg (29.35%), Manganese: 0.58mg (29.19%), Vitamin A: 1433.71IU (28.67%), Selenium: 19.68µg (28.11%), Vitamin B6: 0.54mg (27.18%), Vitamin B3: 5.4mg (27.02%), Iron: 4.67mg (25.97%), Fiber: 5.97g (23.9%), Folate: 93.04µg (23.26%), Vitamin B2: 0.38mg (22.06%), Phosphorus: 210.51mg (21.05%), Vitamin E: 3.11mg (20.71%), Zinc: 2.91mg (19.43%), Potassium: 641.33mg (18.32%), Copper: 0.33mg (16.41%), Vitamin B12: 0.95µg (15.87%), Magnesium: 61.08mg (15.27%), Vitamin K: 15.81µg (15.06%), Vitamin B5: 0.94mg (9.36%), Calcium: 87.32mg (8.73%), Vitamin D: 0.4µg (2.65%)