



## Smoky Potato and Caper Empanadas with Cilantro Sauce

 Dairy Free  Popular

READY IN



120 min.

SERVINGS



12

CALORIES



1644 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons capers drained roughly chopped
- 1 tablespoon chipotle sauce finely chopped
- 2 cups cilantro leaves
- 0.5 teaspoon curry powder
- 10 ounces flour all-purpose
- 2 tablespoons cilantro leaves fresh minced
- 1 clove garlic

- 1 tablespoon kosher salt
- 2 tablespoons juice of lime
- 5 ounces i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion diced finely
- 0.5 pound potatoes
- 1 serrano chiles green
- 2 quarts vegetable oil (if frying)
- 8 tablespoons shortening
- 0.5 cup water ice cold

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- blender
- wok
- rolling pin
- dutch oven

## Directions

- For the Filling: Cover potatoes with cold water by 1-inch in a medium saucepan and add 1 tablespoon kosher salt. Bring to a boil over high heat. Reduce to a simmer and cook until potatoes are tender, about 8 minutes.

- Drain and set aside.
- Rinse pan and dry.
- Heat olive oil over medium-high heat until shimmering.
- Add onions and cook, stirring frequently until softened but not browned, about 4 minutes.
- Add garlic and cook until fragrant, about 30 seconds.
- Add chipotle and sauce, capers, curry powder, and potatoes. Stir to combine, lightly mashing potatoes. Season to taste with salt and stir in cilantro.
- Transfer to a large plate and set aside until completely cool.
- For the Dough: Process half of flour, masa, and salt in a food processor with three 1-second pulses.
- Add shortening in chunks and process in 1-second pulses until dough resembles wet sand, about 12 pulses.
- Add remaining cup flour and pulse 4 times until homogenous.
- Transfer to a large bowl.
- add 1/2 cup cold water. Knead dough until it forms a ball. It should feel slightly tacky. If dry, add more water 1 tablespoon at a time. Wrap dough ball in plastic and refrigerate until ready to use, at least 45 minutes.
- Combine cilantro, pepper, garlic, and lime juice in a blender.
- Add 1/4 cup water. Blend until smooth, adding water as necessary and scraping down sides as necessary. Season to taste with salt. Set aside.
- To Assemble and Cook: Divide dough into 12 to 16 even pieces (depending on how large you want them to be).
- Roll each piece into a ball. Working one piece at a time, roll dough out on a lightly floured surface with a rolling pin or press with a tortilla press into a 3 1/2- to 4 1/2-inch round.
- Place a few teaspoons of filling in the center of each dough round.
- Brush edges of dough with water and gently fold in half. Crimp edges or press with the tines of a fork to seal. Set aside and repeat with remaining empanadas.
- Bake: Adjust oven rack to upper and lower middle positions and preheat to 400°F. Line two baking sheets with parchment paper
- Place empanadas on baking sheet and brush with 2 tablespoons oil.
- Bake until golden brown and crisp, about 30 minutes.

- Serve with cilantro sauce.
- Heat 2 quarts oil to 350°F in a large wok or dutch oven. Fry empanadas a half dozen at a time, agitating occasionally, until golden brown and crisp, about 4 minutes.
- Serve with cilantro sauce.

## Nutrition Facts

■ **PROTEIN 1.02%**
■ **FAT 91.18%**
■ **CARBS 7.8%**

### Properties

Glycemic Index:23.73, Glycemic Load:15.68, Inflammation Score:-6, Nutrition Score:15.89260871514%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

### Nutrients (% of daily need)

Calories: 1644.1kcal (82.21%), Fat: 169.4g (260.62%), Saturated Fat: 26.64g (166.51%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 30.1g (10.95%), Sugar: 1.21g (1.34%), Cholesterol: 0mg (0%), Sodium: 624.24mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin K: 305.43µg (290.89%), Vitamin E: 13.89mg (92.58%), Vitamin B1: 0.38mg (25.63%), Folate: 75.19µg (18.8%), Vitamin B3: 2.83mg (14.16%), Selenium: 9.86µg (14.09%), Manganese: 0.28mg (13.9%), Vitamin B2: 0.23mg (13.41%), Iron: 2.31mg (12.83%), Fiber: 2.5g (9.99%), Vitamin C: 6.26mg (7.59%), Vitamin B6: 0.15mg (7.26%), Phosphorus: 66.89mg (6.69%), Magnesium: 23.29mg (5.82%), Potassium: 170.95mg (4.88%), Copper: 0.1mg (4.76%), Vitamin A: 218.9IU (4.38%), Zinc: 0.48mg (3.19%), Calcium: 28.37mg (2.84%), Vitamin B5: 0.27mg (2.73%)