



Venezuelan Empanadas

READY IN



54 min.

SERVINGS



6

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado peeled halved seeded
- 4 bay leaves
- 1.3 cups cilantro leaves (leaves and stems)
- 3.5 cups precooked cornmeal (such as P.A.N. brand)
- 0.3 cup flour all-purpose
- 1 clove garlic crushed
- 2 cloves garlic minced
- 0.3 bell pepper diced green
- 0.3 bell pepper green chopped

- 0.3 teaspoon ground cumin
- 6 servings kosher salt
- 6 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 0.5 medium onion diced
- 0.3 teaspoon oregano dried
- 2 teaspoons paprika
- 6 servings pepper freshly ground
- 1.5 pounds beef blade roast trimmed cut into 4 pieces,
- 1 tablespoon salt
- 2 teaspoons complete seasoning spanish (seasoning blend, found in the spice aisle)
- 1 scallion chopped
- 1 shallots diced
- 3 tablespoons sugar
- 1.5 tablespoons butter unsalted
- 1.5 tablespoons vegetable oil plus more for greasing and frying
- 4 teaspoons vinegar white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- blender
- plastic wrap
- kitchen thermometer

Directions

- Place the beef, bay leaves, 1 tablespoon salt and water to cover in a saucepan and bring to a boil over medium heat. Reduce to a simmer, cover and cook until the meat is almost falling apart, about 1 hour 30 minutes.
- Transfer the meat to a bowl and shred with a fork; cool. Reserve the broth.
- Heat the olive oil in a large skillet over medium-high heat.
- Add the onion, bell pepper, garlic and shallot; cook until the onion is translucent, about 3 minutes. Stir in the scallion, paprika, sazón completa, oregano, cumin and 1/4 teaspoon pepper.
- Add the beef and 1 cup of the reserved broth and cook over medium heat until thick, about 10 minutes. Season with salt.
- Mix 3 1/2 cups hot water, the sugar, vegetable oil, butter and salt in a medium bowl until the butter melts. Stir in the cornmeal and flour until a soft dough forms, then knead on a clean surface until the dough comes together. Shape into 12 balls, using about 1/2 cup dough for each.
- One at a time, sprinkle each dough ball with water, place between two pieces of lightly oiled heavy-duty plastic wrap (a cut resealable bag works well) and roll into a 7-inch circle.
- Remove the top sheet of plastic and place 2 to 3 tablespoons filling in the center of the dough. Use the bottom piece of
- plastic to fold the dough in half over the filling and press to seal. Trim into a half-moon shape with a knife or press down with the round edge of a bowl.
- Remove the plastic and place the empanada on a parchment-lined baking sheet.
- Preheat the oven to 300 degrees F.
- Heat 1 inch of vegetable oil in a large skillet until a deep-fry thermometer registers 365 degrees F. Fry the empanadas in batches until golden, about 4 minutes per side.
- Transfer to a paper-towel-lined baking sheet; keep warm in the oven.
- Combine the cilantro, olive oil, avocado, bell pepper, scallion, vinegar and garlic in a blender.
- Add 1 teaspoon salt and 2 teaspoons pepper and puree until smooth. Thin out the sauce with up to 1/4 cup water and serve with the empanadas.
- Photograph by Kate Mathis

Nutrition Facts

PROTEIN 19.16% FAT 35.17% CARBS 45.67%

Properties

Glycemic Index:94.43, Glycemic Load:48.28, Inflammation Score:-8, Nutrition Score:33.406087029239%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 736.24kcal (36.81%), Fat: 29.17g (44.88%), Saturated Fat: 6.57g (41.03%), Carbohydrates: 85.25g (28.42%), Net Carbohydrates: 72.49g (26.36%), Sugar: 8.86g (9.85%), Cholesterol: 72.16mg (24.05%), Sodium: 3268.13mg (142.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.75g (71.51%), Vitamin C: 65.19mg (79.02%), Vitamin B6: 1.2mg (59.79%), Vitamin B3: 11.89mg (59.43%), Fiber: 12.76g (51.02%), Zinc: 7.4mg (49.32%), Phosphorus: 468.64mg (46.86%), Manganese: 0.9mg (45.08%), Vitamin K: 45.45µg (43.28%), Iron: 6.73mg (37.4%), Calcium: 371.92mg (37.19%), Magnesium: 144.89mg (36.22%), Vitamin B12: 1.93µg (32.23%), Vitamin B1: 0.42mg (27.83%), Potassium: 899.33mg (25.7%), Folate: 90.73µg (22.68%), Selenium: 15.64µg (22.34%), Vitamin E: 3.24mg (21.59%), Copper: 0.42mg (21.14%), Vitamin B2: 0.33mg (19.42%), Vitamin A: 781.88IU (15.64%), Vitamin B5: 1.48mg (14.81%)