



EMPANADAS (Corn flour stuffed & fried breads))

□ **Ingredients for about 10 empanadas (depending on the size you desire) :**

- 200g of PAN corn flour white or yellow
- 300ml of water
- 1 spoonful of salt

The stuffing: it can be based on cheese, meat, chicken, vegetables, fish, ham...

RECIPE

1- Preparation:

Pour the PAN flour and the salt into a bowl. Add the water slowly and mix with hands until the obtaining of a soft dough without lumps.

Let rest 5 minutes and mix another 3 minutes (the dough must be wet but substantial, you must be able to form balls easily).

Divide the dough in equivalent portions and make of very round balls.

Put every ball in a transparent clingfilm doubled and moistened (so that it does not stick to itself).

Spread the ball until obtain a fine layer.

Put in the center the wished stuffing and fermmer the dough so as to form a half-moon.

Pour empanadas into a frying pan or into a pan with some very warm oil and let brown.

Once well browned, put the empanada on some absorbing paper.

Enjoy your meal!



Other entrées :

