

ARGENTINIAN DISHES

BEEF EMPANADAS

INGREDIENTS

For the DOUGH:

- 17.6 oz of unbleached white flour
- 3.5 oz of unsalted butter
- 2 tbsp of white wine (optional)
- 1 tsp of fine salt
- 1 cup of milk
- 1 tsp of paprika
- 2 egg yolks

For the FILLING:

- 17.6 oz of rump beef (or any kind of beef that is good for stew, and that has a good balance between meat and fat)
- 1.7 oz of potato cut in cubes
- 14 oz of onion cut in cubes
- 1.7 of green onions cut in brunoise
- 1.7 oz of green olives cut in little strips
- 1 hard boiled egg (optional), grated
- 2 tsp of cumin
- 2 tsp of paprika
- 1 tsp of chili powder
- salt and pepper
- olive oil

For the JAWA (salsa):

- 2 medium tomatoes
- 1 onion
- 1 red hot pepper
- 1 cup corn oil
- salt and pepper

PREPARATION:

For the filling, start by putting the potato cubes in a high pan with cold water and salt, and bring it to a boil. Once the water boils, reduce the heat to medium and cook the potatoes for 7 more minutes until they become tender. Strain the water and set the potatoes aside.

Cut the beef in little cubes, season with salt and pepper. Sauté the meat in small amounts over high heat with a bit of olive oil. This is important because we want the exterior of the beef to cook without releasing all its juices, if not the beef would be boiled rather than sautéed, leading to a drier result. Once all the beef is cooked, place it on a tray and let it cool.

Meanwhile, cook the onions and the white part of the green onions over medium-low heat with some olive oil, until they are soft and transparent. Place the onions in a bowl, add the green part of the green onions, potatoes, olives, grated egg, beef cubes, cumin, paprika and chili powder and mix. Cover the bowl with plastic wrap and let the mixture cool.

For the dough, first combine the flour, paprika and salt with butter in a large bowl using the tips of your fingers until you get a breadcrumb texture. Then make a hole in the center of the mix, add wine, egg yolks and milk and start mixing the liquids with the flour until a dough is formed. Once all the flour is incorporated into the dough, start kneading the dough on the counter with your hands; 5 minutes later, you should have a smooth soft dough. Cover it with plastic wrap and let it rest for 20 minutes.

Dust some flour on the counter and, with a rolling pin, roll the dough into a very thin layer (about 0.1 in). Cut the dough in circles of about 4.7 in in diameter, and start assembling the empanadas.

Bake at 460 F for 5 to 10 minutes until the dough becomes golden brown.

For the salsa, grate all the ingredients and mix with the corn oil. Season with salt and pepper.

ALFAJORES DE DULCE DE LECHE

Cookie sandwich filled with Argentinian caramel

INGREDIENTS:

- 8.8 oz of Unsalted Butter
- 12.3 oz of All Purpose Flour
- 1.7 oz of Powdered Sugar
- 1 can of Dulce de Leche (13.4 oz)

PREPARATION:

If you have an electric stand mixer, put the butter, the flour and the sugar in the mixer's bowl and with the flat beater, mix at speed 2 for about 10 minutes, or until a dough is formed. Then remove the dough from the mixer and knead it by hand for 1 minute (make sure there are no visible lumps of butter).

Refrigerate the dough for at least 30 minutes. Pre-heat the oven to 400 F. Then with a rolling pin roll the dough to the desired thickness (I prefer them very thin) and with a round cutter cut the dough and transfer the circles to a baking tray.

Bake for 10 minutes and let the cookies cool on the pan for 2 minutes and then on a cooling rack.

Once they have cooled down completely, with a spoon or a piping bag start spreading the Dulce de Leche on the flat side of half the cookies, and cover them with the flat side of the remaining cookies to make a sandwich.

ENJOY!