

# Vegetable empanadas, root vegetables and roasted zucchini sticks, Chimichuri sauce - Virtual workshop version

## Recipe for 2

### Description

A typical Argentinian recipe from Mendoza, served with a delicious herbal sauce.

See below for our vegan friends.

### Note

The stuffing can be completely different if you want, let your creativity guide you (shrimp, porc, veal, beans...etc)

### Vegan option

1) Replace the Parmesan with Nutritional yeast

2) Mix 3 tsp of Chia tea with 6 tbsp of water, mix together and wait 20 minutes before using it in your stuffing, this will replace the eggs !

### Ingredients

#### Empanadas dough

- 3 Cup(s) Flour
- 1 Unit(s) Egg yolk
- 125 Ml Butter
- 330 Ml Milk
- 5 Gr Salt

#### Vegetarian stuffing

- 3 Tbsp Olive oil
- 0.50 Cup(s) Sweet potatoes
- 1 Clove(s) Chopped garlic
- 0.50 Unit(s) Yellow oignon
- 0.50 Unit(s) Jalapeno pepper
- 0.50 Cup(s) Chickpea box 398 ml
- 0.50 Cup(s) Can of green lentils (19 oz)
- 0.50 Tsp Cumin powder
- 0.50 Tsp Chili powder
- 0.50 Tsp Dry oregano
- 0.50 Cup(s) Chinese cabbage
- 1 Tbsp Tomato paste
- 0.25 Cup(s) Vegetable stock
- 1 Unit(s) Lime juice
- 2 Tbsp Grated parmesan
- 1 Unit(s) Hard eggs
- 1 Unit(s) Egg

#### Chimichuri sauce

- 10 Sprig(s) Chopped parsley

#### Roasted veggies

- 1 Unit(s) Parsnip

- 4 Sprig(s) Coriander
- 0.50 Unit(s) Jalapeno pepper
- 2 Clove(s) Garlic
- 1 Unit(s) Lemon juice
- 5 Ml Red wine vinegar
- 0.50 Unit(s) Onion
- 80 Ml Olive oil
- 1 Unit(s) Carrot
- 1 Unit(s) Zucchini
- 3 Sprig(s) Thyme
- 2 Clove(s) Crushed garlic

## **Preparation**

- Preparation time **45 mins**
- Preheat your **oven** at **400 F°**
- Resting time **30 mins**

### To prepare before class

## **Ingredients**

Wash the zucchini, keep the skin.

Prepare the empanada dough, protect it in a plastic wrap in the fridge. Get it out 30 minutes before class.

Strain the lentils and chickpeas.

Make the vegetable broth.

Cook the egg for 12 minutes in its shell in boiling water. Cool it in ice cold water, then remove the shell and chop it.

## **Material**

1 cutting board, 1 chef knife, 1 pairing knife.

4 mixing bowls and 1 mug

1 rubber spatula, 1 pan

1 baking sheet

### Prep with the chef

## **Veggies and chimichurri**

Peel the carrot and the parsnip, cut them vertically in sticks.

Chop the parsley and cilantro.

Open up the pepper vertically, remove the seeds and mince the pepper.

Chop the garlic.

Peel and mince the onion.

Crush the garlic without peeling them, with your knife.

Press the lemon juice.

Chisel the green onion.

## **The stuffing**

Chisel the onion and green onion, cut the red pepper in small cubes, mince the green olives and chop the garlic.

Finely mince the Chinese cabbage and press the lime juice.

## Empanada dough

Combine the flour and salt in your food processor. Blend until perfectly combined.

Add the butter and combine well.

Add the egg yolk and milk slowly while continuing to mix.

Forme balls, squash them to form disks and then place them on a baking sheet and set aside in the fridge.

On a lightly floured surface, roll the dough out to form disks the desired size to form the empanadas. Keep refridgerated until ready to use.

## To form the empanadas

Preparation :

Mince the onion. Remove the seeds and cut the red pepper into small cubes. Finely slice the green onion, oregano and olives.

Combine the minced beef, paprika, red pepper, cumin, salt and pepper in a mixing bowl. Set aside in the fridge.

In a pot, melt the butter and then add the onions. Sweat them for roughly 8 minutes an then season with salt and pepper. Add the meat mixture to the onions and continue to cook until the meat is browned. Next add the green onions and the oregano.

To form the empanadas add a tablespoon of the meat mixture, top with a slice of egg and green olives.

Use egg wash to brush the outside of the empanada disk. Water will work but eggs are better.

Fold the empanadas in half and start folding over the edges, use a fork to crimp the edges of the empanada dough, making sure they are well sealed.

Let them rest in the fridge for 30 minutes before cooking.

Bake in the oven at 425F for 20-25 minutes.

Serve with the sauce verde or the dipping sauce of your choice.

## Chimichuri sauce

Mix all the ingredients in a bowl, add the olive oil, season with salt and pepper and keep in the fridge.

## The veggies

In a bowl, mix the carrots and parsnips, add the thyme leaves and the garlic.

Sprinkle with olive oil, season with salt and pepper, mix thoroughly with your hands.

Put everything on a baking sheet, cook for 15 minutes, then add the zucchini, cook for another 5-10 minutes.

**Bon appétit!**