

Dinner and A Book
Episode #709

Menu:

Empanadas from the Province of Tucuman
Sweet Empanadas
White and Red Malbec wine from Argentina

Recipes:

Empanadas from the Province of Tucuman

You can buy round empanada frozen dough at many Hispanic markets.

Place frozen rounds on a cookie tray, 6 to a tray.

For the filing:

2 pounds sirloin cut into very tiny cubes
11 ounces chopped scallions
3/4 pound chopped onions
10 oz margarine
2 1/2 ounces raisins
3 hard-boiled eggs
1 spoonful sweet pepper and 1 spoonful spicy pepper, salt. You can use a liquid hot sauce.

In a skillet pour a little margarine or olive oil. Cook sirloin. Add chopped onions and scallions. cook until golden. Add sauce, salt and pepper. At the end add chopped hard-boiled eggs and raisins.
Place the filling in the center of the pastry round. fold side up and crimp edges.

Bake on a cookie sheet for 12 minutes at 425 degrees.

Additional fillings:

Use chopped ham and chopped lemon cheese.
Use cooked red, green and yellow peppers, chopped cooked chicken sprinkled with herbes de Provence.

For sweet empanadas:

Filing:

Cook canned pumpkin and add brown sugar and walnuts. Follow the procedure above.

Use peeled grated apples with sugar, cinnamon and grape raisins soaked in rum.
Can add dulce de leche.

Dulce de Leche

Half of all Argentine desserts would disappear if dulce de leche did not exist.

Ingredients

5 pints milk
2 1/4 sugar dissolved in 1 pint of hot water
1 vanilla pod
1 pinch bicarbonate of soda

Boil the milk with the soda and add the sugar and vanilla. Allow the mixture to boil gently and do not stop stirring. Use a long-handle wooden spoon for about 50 minutes. Don't let the mixture burn. The mixture should have the color of caramel.

Let cool. Serve on ice cream, fruit and toast.