

pica pica
maize kitchen

hours
11 am - 10 pm

simply
VENEZUELAN

Adriana Lopez

empanadas

EMPANADA DOUGH • makes 2 dozen

INGREDIENTS

2 cups corn flour (Harina Pan or Masa'Arepa)
1 teaspoon salt
2 ½ cups warm water
Wax or parchment paper
Canola or vegetable oil for frying

PROCEDURE FOR THE DOUGH

- Combine flour and salt in a large mixing bowl.
- Add water and mix to get a soft dough.
- Let dough stand for 5 minutes, then knead.
- On a lightly floured wooden cutting board, roll dough until thin. Using a large coffee bowl or round bowl with some edge, cut dough into circles, about four inches in diameter.

ASSEMBLY OF THE EMPANADAS

- Lay the wax or parchment paper over a clean surface and carefully place a dough circle on top of the paper.
- Place one heaping teaspoon of filling of choice in the middle of the circle. Using the wax or parchment paper to hold the dough, fold dough over in half, then pinch edges together in a semicircle to hold in filling.
- Place each empanada on a clean plate, covered with a moist cloth until ready to cook. They can be refrigerated up to 24 hours before cooking; they will keep for longer if frozen. To freeze, wrap each empanada with wax or plastic wrap and place in an air-tight container.
- When ready to cook, place enough oil in a deep frying pan to float empanadas while frying. Heat oil until a drop of water sizzles when it lands in the oil. Fry empanadas in oil until golden brown, about three minutes per side; drain on paper towels.

FILLINGS

White Cheese

Queso fresco or any white hard cheese. You can substitute any cheese that melts, such as mozzarella or cheddar. Grate cheese and set aside.

Caraotas Negras (Black Beans)

2 cups black beans
Water
1 onion, quartered
1 green pepper, seeded and quartered
1 clove of garlic, finely diced
1 tbsp. papelón (unrefined sugar cane, available at supermarkets and Latin markets)
Salt
Pepper
¼ cup thick bacon, cut into small pieces (optional)
Vegetable oil

- Place beans in a bowl and rinse with water. Remove any



Photo Quentin Curtis Bacon

- beans that are broken or bad (these generally float to the top).
- In a large pot, add black beans, water to cover by 2 inches, quartered onion and red pepper; bring to a boil. Simmer for 1 hour or until beans have softened. DO NOT SALT or beans will be dehydrated.
- Remove the onion and red bell pepper.
- Add papelón, salt, pepper and more water; continue to cook, skimming off any white foam that forms at the top.
- Cook until beans are very soft.
- In a sauté pan, cook the bacon until soft-crisp and add to the black beans. Add onion and garlic to the remaining bacon fat and cook until browned. Add this mixture to the black beans.

SAUCE - Melao' de Papelón

2 cones papelón or piloncillo (unrefined sugar cane, available at supermarkets and Latin markets)
1 cup water
1 tbsp. lime juice
1 tbsp. tamarind paste (found in Asian markets)



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