

"CARBONADA" FILLING FOR EMPANADAS

Using store-bought dough disks for these scrumptuous Argentine turnovers, here is the recipe for the filling, called "carbonada":

1 lb. GROUND BEEF (15% fat is good)
2 YELLOW ONIONS, chopped
2 tbsp CUMMIN
1 tsp SALT
1/4 stick BUTTER
1/4 cup OLIVE OIL
2 tbsp SUGAR
Good pinch of ground RED PEPPER
Good sprinkling of GROUND BLACK PEPPER
1/2 cup SEEDLESS RAISINS
STUFFED OLIVES
1 tbsp CHIMICHURRI dry spices (optional)
PAPRIKA (optional)
1 whole egg, beaten, with a touch of water
Yellow CORN MEAL

Mix butter and olive oil in a wide pan. Saute onions, then add ground beef, salt, pepper, red pepper, sugar, and cook at medium heat. Reduce heat and add cummin, raisins, touch of paprika, and chimichurri. Put in a glass pan and refrigerate several hours.

Preheat oven to 450 a half hour before cooking and use a PIZZA STONE to bake the empanadas. Lacking a stone? Buy one! Or get a piece of 16" x 16" ceramic tile.

To make empanadas, thaw frozen disks to room temp. Scoop a tbsp of filling into center of each. Add a sliced olive. Lightly moisten circular edge of disk. Fold disk upwards from both sides. Pinch edges together. Crimp tightly along entire top edge. Baste with beaten egg.

Place assembled empanadas on a pizza paddle — if you have one — that has been sprinkled with yellow corn meal. Slide about a dozen empanadas onto the hot pizza stone. Bake until light golden brown (about 12 minutes). Serve hot... although they are also great cold for a few days.

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Courtesy Walt "Stryke" Clayton