

CHICKEN EMPANADAS



Ingredients :

For the Chicken Filling

- 2 chicken breasts
- 2 cloves garlic, smashed
- 3 bay leaves
- 1 tsp chili flakes
- 1 tsp black pepper
- ½ tsp thyme
- 2 tsp salt
- Chicken stock or water, enough to cover the chicken

For the Dough

- 2 cups yellow corn flour
- 1 tsp salt
- 1 tbsp sugar
- 1 tbsp butter
- 2 ¼ cups warm water

For the Vegetable Mix

- 1 medium carrot, grated
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 green bell pepper, chopped
- 2 pimientos, chopped
- 2 tbsp onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tbsp tomato paste
- Splash of chicken broth (from boiling the chicken)

For Assembly

- 1 ½ cups shredded cheese
- Oil, for frying

Directions :

Step 1: Cook the Chicken

1. Place chicken breasts in a pot with smashed garlic, bay leaves, chili flakes, black pepper, thyme, salt, and enough stock or water to cover.
2. Bring to a gentle boil, then reduce heat to low, cover, and simmer for 15 minutes.
3. Remove from heat and let the chicken rest for 10 minutes before shredding. Save some broth for the filling.

Step 2: Make the Dough

1. In a bowl, combine yellow corn flour, salt, sugar, and butter.
2. Gradually add warm water, mixing until a soft dough forms.
3. Knead lightly, then cover with a damp cloth and let rest while preparing the filling.

Step 3: Prepare the Filling

1. Heat a little oil in a pan and sauté onion, garlic, pimientos, peppers, and grated carrot until softened.
2. Add shredded chicken, tomato paste, and a splash of chicken broth. Mix well and season to taste.
3. Set aside to cool.

Step 4: Assemble the Empanadas

1. Divide the dough into 12 equal portions. Roll each into a small ball, then flatten into a circle.
2. Place some filling and a little shredded cheese in the center.
3. Fold the dough over, seal the edges by pressing firmly (use a fork for a crimped edge).

Step 5: Cook

- Heat oil in a frying pan and fry empanadas until golden brown and crispy, about 3-4 minutes per side.
- Drain on paper towels before serving.



Samantha Stiehl
SASSY-ASIAN-USA