

Allie's Mini Beyond Beef & Cheese Empanadas

As referenced on Together #forSalem Episode 11 and any other chance Allie gets to talk about them.

Pie Dough:

- 3 3/4 cups (18 1/4 ounces) all-purpose flour
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 12 tablespoons unsalted butter, cut into 1/2-inch pieces and frozen for 10 minutes
- 1 1/4 cups ice water

Filling:

- 1 tablespoon olive oil
- 1/2 pound Beyond Beef
- 1 shallot
- 1 tablespoon tomato paste
- 2 medium cloves garlic, minced
- 1/2 teaspoon ground cumin
- 3/4 cup low-sodium veggie broth
- Salt & pepper to taste
- 1/2 cup shredded Monterey Jack cheese or Pepper Jack Cheese
- 1 tablespoon fresh cilantro

- 1 large egg, beaten (for egg wash)

To make the dough: Add the flour, sugar and salt to your food processor. Pulse a few times to combine. Add the butter and pulse until the mixture resembles coarse crumbs, about 16 pulses. Dump the contents of the food processor into a large bowl. Gradually add the ice water (about 1/4 cup at a time), and use a rubber spatula to work it into the dry ingredients. Continue until the dough comes together in a rough ball. You may need slightly less water or a little more. Turn the dough onto your work surface and divide it in half. Shape each half into a disk and wrap in plastic wrap. Refrigerate for at least 2 hours, or up to 2 days. Or skip this step and use store-bought. Life is short.

To make the filling: Add the oil to a large nonstick skillet set over medium-high heat. When the oil shimmers, add the shallot. Cook, stirring occasionally, until the onion softens, about 5-7 minutes. Add the tomato paste, garlic, cumin, and salt and pepper, and cook just until fragrant, about 30 seconds. Stir in the Beyond Beef, using a wooden spoon to break it up. Brown the meat - this will take about 5 minutes. Add the veggie broth and bring the mixture to a simmer. Reduce the heat to medium-low and continue simmering until most of the liquid has cooked off, the meat should be moist but not wet, about 8 minutes. Turn off the

heat under the pan and mix in the sugar then season to taste with salt and pepper. Transfer the filling to a bowl, cover and refrigerate until completely cool. Remove the bowl, stir in the cheese, then re-cover and store in the refrigerator until you're ready to use (up to 3 days).

To assemble the empanadas: Preheat oven to 425 F with racks in the upper and lower third. Line two baking sheets with parchment paper. Working with one disk of the dough at a time, place it on a lightly floured work surface and roll into a circle about 1/8-inch thick. Use a 3-inch round cutter to cut out as many circles of dough as you can. Transfer them to one of the prepared baking sheets. (It's not recommended to re-roll the dough scraps but you certainly can.) Repeat with the second disk, placing those rounds on a second baking sheet. Depending on how quickly you worked, you may want to cover the sheets and refrigerate the dough briefly before continuing with assembly. If the dough is still cold, you can move on to the next step immediately.

Place 1 rounded teaspoon of the filling in the center of each round of dough. Add a pinch of cilantro and cheese to each one. (Or forget this step by accident like I did and then just use as a garnish later and pretend like you planned it that way.) Dip your finger in a small bowl of water and moisten the edges of the dough. Fold the dough over into a half-moon shape so the edges meet. Press them together with your fingers to seal, then use a fork to crimp. Transfer to a parchment-lined baking sheet. Continue until you've filled and sealed all of the empanadas.

Brush the empanadas with the egg wash then bake for about 20 minutes (rotating the baking sheets halfway through), or until the empanadas are golden brown.

Serve & enjoy. I served this with all the usual sides: shredded lettuce, tomatoes, Mexican rice, sour cream, guacamole (no pepper) and my secret margarita recipe that shall remain a hidden treasure until they etch it on my tombstone. Make sure they spell Grand Marnier correctly. And, no substitutions will do.