



25 Jan 24

Estimadas Familias,

Napaykullaki! We completed our unit on Perú. Your child has learned about the surrounding countries, natural resources, animals, Machu Picchu, the Incas, landscape, and foods. We don't have an oven this year so I cannot cook with the students, but I wanted to send home the recipe that I use in case you would like to try it at home.

## **Empanadas**

### **Ingredients include:**

#### **Meat Filling**

¾ lb ground beef	½ lb ground pork
handful raisins (optional)	3 garlic cloves
1 large onion	2-3 tablespoons ground cumin powder
1 teaspoon chili pepper flakes	1-2 tablespoon sugar
salt and pepper	4 hard-boiled eggs (optional)
1 T sofrito (very finely chopped green, red, and yellow bell peppers, red onions, garlic, ground oregano, apple cider vinegar, tomato paste, water, and cilantro)	

We will use pastry pie crusts

### **Directions**

Roll out pastry. Cut into circles about 4-6 inches (10-15 cm) in diameter and lightly flour them. Heat some oil in a large saucepan. Mince the onions and garlic, and add to the pan. Cook until the onions become translucent. Add the ground meat and pork and stir until lightly browned. Drain off fat.

Next, mix in the cumin, pepper flakes, and sugar. Adjust to taste. Chop the hard boiled eggs. Carefully mix into the meat mixture. Add salt and pepper to taste. Preheat the oven to 375°F. Stuff the empanada dough wrappers. Place 2-3 tablespoons of the filling in the center of each wrapper. Dampen the outer perimeter of the dough.

Fold over, forming a semicircle. Pinch and fold over dough until you create a braided or twisted seal, or just crimp with a fork. If desired, brush the tops of the empanadas with beaten egg yolk for a nice golden color. Place the folded empanadas on a greased cookie sheet. Bake 15-20 minutes, or until golden brown.

I am aware of students that have allergies, but if you have any other concerns, please let me know. I will omit the eggs if there is even one student that is allergic to them. Just a reminder, I have a website which includes the current newsletter, recipes, calendar, fun links, and documents. To get to my website, go to [www.avcultura.weebly.com](http://www.avcultura.weebly.com) Have a wonderful weekend!

Sinceramente,

Sra. Hillary