



## Menu du Jour

29 Mar 06

Empanada de Carne  
(Serves four as entree)

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### Empanada de Carne

*Empanadas, meat pies commonly associated with Chile and Argentina, have variations throughout South America. Although empanadas are often made with ground beef, eggs and olives this recipe uses shredded beef and omits the olives. Once cooked, cooled and securely wrapped, empanadas can be frozen for up to one month.*

14 empanada shells (discos de empanadas)  
2 hard-cooked eggs, sliced  
1 (8-ounce) Red Bliss potato, scrubbed  
1 tablespoon olive oil  
1 medium yellow onion, chopped (about 1 cup)  
3 cloves garlic, chopped (about 1 tablespoon)  
3 cups shredded beef (recipe follows)  
1 tablespoon dried oregano  
1 teaspoon sweet paprika  
1 teaspoon ground cumin  
Coarse kosher salt and white pepper to taste  
1 egg, beaten with 2 tablespoons of water  
Granulated sugar

Defrost the empanada shells. Preheat the oven to 400 degrees F.

Cut the potato into a 1/4-inch dice. Place the diced potato in a medium saucepan and cover with salted water. Bring to a boil and cook 8 to 10 minutes or until tender. Drain and cool.

In a medium skillet over medium heat, add the oil and cook the onion, stirring often, until golden, about 5 minutes. Add the garlic and cook for a couple of minutes. Add the shredded beef, the diced potatoes and the spices; cook until the mixture is warmed.

Lightly flour a working surface and roll out the empanada shells slightly. Scoop about 2 tablespoons of the mixture onto the shell. Top with egg slice. Fold the shell, forming a semi-circle. Press the edges together with the tip of a fork and cut a 1-inch slice in the top. Place on an ungreased sheet pan. Brush the top of the empanadas with the egg wash and sprinkle with sugar. Bake until golden, about 25 to 30 minutes

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## Chimichurri Sauce

*There are many variations on this South American condiment and it is served with everything from empanadas to grilled steak. The sauce may also be used as a marinade for beef, pork or chicken.*

1 cup fresh flat-leaf parsley  
5 cloves garlic, peeled  
2 tablespoons fresh lemon juice  
2 minced shallots (about 1/3 cup)  
1 teaspoon dried thyme  
1/2 teaspoon crushed red pepper flakes  
1 tablespoon dried oregano  
1 jalapeño chile, seeded and diced  
1 teaspoon coarse kosher salt  
1/2 cup virgin olive oil  
Cracked black pepper to taste

Using a food processor or blender, chop the parsley. Add the garlic cloves and pulse to chop. Add the lemon juice, shallots, thyme, red pepper flakes, oregano, jalapeño and salt. Blend until mixed, about 10 to 15 seconds. With the motor running, drizzle in the olive oil forming an emulsion. Season with black pepper to taste.

*(Chef's note: This is best if prepared at least 2 hours before use.)*

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## Shredded Beef

1/4 cup vegetable oil  
1 (3-pound) beef tender roast, trimmed  
1 large yellow onion, peeled and sliced  
1 quart beef stock  
1 ancho or New Mexico dried chile, stemmed and seeded  
2 bay leaves  
5 gloves garlic, peeled and smashed

Rub:

1 1/2 teaspoons ground cumin  
2 1/2 tablespoons chili powder  
2 teaspoons dried Mexican oregano

Prepare the rub by combining the ingredients in a small mixing bowl. Sprinkle the rub on the roast.

Heat a Dutch oven over medium-high heat. Add the oil and brown the onions. Add the beef and brown on all sides. Remove the roast and onions from the Dutch oven and pour out as much oil



as possible. Return the roast and onions to the Dutch oven and add the beef stock. Bring to a boil over medium heat.

Add the chile, bay leaves and garlic. Cover the pot and reduce the heat to medium-low. Braise until the meat is tender, about 3 to 4 hours. Remove the meat, reserving broth for other uses. When the meat is cool enough to handle, shred the beef using two forks.

*(Chef's note: A 3.1-pound roast after cooking yielded 1.75 pounds or about 5 cups of shredded beef.)*

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#### Cooking & Presentation



**Onions, Garlic and Potatoes In The Skillet**



**Onions, Potatoes and Shredded Beef In The Skillet**



**Assembled Empanada**



**Ready For The Oven**



**After Baking For 25 Minutes At 400 Degrees F.**



**If the vent slit isn't large enough, or if it closes during cooking, the empanada puffs up like the one in the forefront**