

Meat-Filled Turnovers



Ingredients:

1. 1/2 pound pork
2. 1/2 pound beef
3. 1 tablespoon chopped onion
4. 1 tablespoon chopped scallion
5. 1 teaspoon ground cumin seed
6. 1 teaspoon salt
7. 1 dash pepper
8. 2 tablespoons vegetable oil
9. 2 cups water
10. 1/2 cup chopped onions
11. 1/2 cup chopped scallions
12. 4 tablespoons oil
13. 4 small tomatoes, peeled and chopped
14. 4 medium-sized potatoes, boiled with skin

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15. 1/2 tablespoon fresh ground cumin seed
16. 1/2 tablespoon salt
17. 1/2 teaspoon pepper
18. 1 pound dry yellow corn
19. 1 tablespoon salt
20. 2 tablespoons cornstarch
21. 2 tablespoons brown sugar
22. Vegetable oil

Method:

1. Marinate meat with 1 tablespoon onion, 1 tablespoon scallions, 1 teaspoon cumin, 1 teaspoon salt, and 1 dash pepper. Cover and refrigerate overnight.
2. Brown meat in vegetable oil. Add marinade and water. Cook about 40 minutes, until meat is tender. Remove and grind meat. Reserve stock.
3. Sauté 1/2 cup onions and 1/2 cup scallions in oil. Add tomatoes and fry an additional 3 or 4 minutes. Mix in the ground meat and meat stock and cook for about 10 minutes. Peel and mash the cooled boiled potatoes and add them to the meat and vegetable mixture.
4. Mix the 1/2 tablespoon salt, 1/2 teaspoon pepper, and 1/2 tablespoon cumin into the meat and potato mixture. Set aside.
5. In separate pan, boil dry yellow corn in sufficient water to cover for about a half hour. Put the cooked corn through a grinder. Add salt, cornstarch, and brown sugar to ground corn. Knead dough until thoroughly mixed, and form a firm ball.
6. Shape dough into small-sized balls. Flatten each piece. Put about 1 teaspoon of the meat mixture in the center of the flattened ball. Fold over and pinch edges together to close.
7. Deep-fry in hot vegetable oil about 3 to 4 minutes, until golden brown. Remove and drain on paper towels. Serve immediately.

Yields: 60 empanadas

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Hint: The meat mixture can be made in advance and stored in the freezer, but the dough must be made fresh the day of use.

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