

# Savoury Potato Empanadas

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

## **Yield: 32 empanadas**

*3 tablespoons olive oil*  
*1 small onion, finely diced*  
*2 spring onions, thinly sliced*  
*1 clove garlic, crushed*  
*3 1/2 ounces beef mince*  
*1 teaspoon ground cumin*  
*1 teaspoon dried oregano*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*4 ounces potatoes, cubed*  
*4 sheets ready-roll puff pastry*  
*1 3/4 ounces black olives, pitted and quartered*  
*1 hard-boiled egg, finely chopped*  
*1 egg, separated*  
*pinch paprika*  
*pinch sugar*

## **Preparation Time: 1 hour**

### **Cook Time: 40 minutes**

In a heavy skillet, heat one tablespoon of the oil. Add the onion and spring onion. Stir for 5 minutes. Stir in the garlic. Cook for 3 minutes. Remove from the pan and set aside.

Heat another tablespoon of oil in the skillet. Add the beef mince and stir over medium heat until browned, breaking up any lumps with a fork. Add the onion mixture and stir well.

Add the cumin, oregano and 1/2 teaspoon of salt and pepper. Stir for another 3 minutes. Transfer to a bowl and cool. Wipe out the pan.

Heat another tablespoon of oil in the pan. Add the potato and stir over high heat for 1 minute. Reduce the heat to low and stir for 5 minutes or until tender. Cool slightly and then gently mix into the beef mixture.

Preheat the oven to 400 degrees. Cut rounds from the pastry with a three-inch cutter. Grease two baking trays.

Spoon heaped teaspoons of the beef mixture onto one side of each pastry round (leaving a border wide enough for the pastry to be folded over). Place a few olive quarters and some chopped egg on top of the beef mixture. Brush the border with egg white. Carefully fold the pastry over to make a half moon shape, pressing firmly to seal. Press the edges with a floured fork to decorate and then gently transfer to the baking trays.

In a bowl, stir the egg yolks, paprika and sugar together. Brush over the empanadas.

Bake for 15 minutes or until golden brown and puffed.

*The puffs can be made two days ahead or frozen for two months.*

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Per Serving (excluding unknown items): 727 Calories; 57g Fat (69.0% calories from fat); 18g Protein; 40g Carbohydrate; 7g Dietary Fiber; 424mg Cholesterol; 1650mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 10 Fat.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	727	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	69.0%	<b>Vitamin B12 (mcg):</b>	1.2mcg
<b>% Calories from Carbohydrates:</b>	21.3%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	9.6%	<b>Riboflavin B2 (mg):</b>	.6mg
<b>Total Fat (g):</b>	57g	<b>Folacin (mcg):</b>	105mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	38g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	6g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	424mg	<b>% Deficient:</b>	0.0%
<b>Carbohydrate (g):</b>	40g		
<b>Dietary Fiber (g):</b>	7g		
<b>Protein (g):</b>	18g		
<b>Sodium (mg):</b>	1650mg		
<b>Potassium (mg):</b>	1091mg		
<b>Calcium (mg):</b>	206mg		
<b>Iron (mg):</b>	7mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	37mg		
<b>Vitamin A (i.u.):</b>	970IU		
<b>Vitamin A (r.e.):</b>	198 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	2 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	10
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 727      **Calories from Fat:** 502

### % Daily Values\*

<b>Total Fat</b> 57g	88%
Saturated Fat 9g	47%
<b>Cholesterol</b> 424mg	141%
<b>Sodium</b> 1650mg	69%
<b>Total Carbohydrates</b> 40g	13%
Dietary Fiber 7g	29%
<b>Protein</b> 18g	
<b>Vitamin A</b>	19%
<b>Vitamin C</b>	62%
<b>Calcium</b>	21%
<b>Iron</b>	40%

\* Percent Daily Values are based on a 2000 calorie diet.