



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Courgette, Pepper and Potato Empanada

Ingredients

The filling:

- 1 medium potato
- 2 tablespoons olive oil
- ½ medium onion, sliced
- 1-2 clove garlic crushed
- ½ teaspoon ground allspice
- ½ teaspoon turmeric
- ½ teaspoon paprika (¼ tsp of smoked paprika adds an additional zing)
- 1 courgette, diced or sliced
- 1 red pepper, deseeded and chopped
- 1 red chilli, deseeded and chopped finely
- 1 tablespoon of chopped parsley
- Lemon juice
- Salt & pepper
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- The pastry:
- butter for greasing
- 285g plain flour
- ½ teaspoon salt
- 4 tablespoons olive oil
- 2 tablespoons milk
- 150ml of water
- flour for rolling and egg for glaze



Method

Pre-heat the oven to 200C/400F/GM6.

Make the filling by preparing the potato – peel and dice into 5mm chunks. Heat the oil in a frying pan and add the onion, fry until soft and lightly coloured. Add the garlic, spices fry for a minute, then add the potatoes and fry until almost cooked. Test by tasting a piece, it should still have a bit of crunch to it.

Add the courgette, pepper and chilli fry for a few minutes, season with salt and pepper. Turn heat down to low and fry until the vegetables are soft, add the parsley and lemon juice, leave to cool.

Make the pastry by sifting the flour and salt into a bowl. Pour the oil, milk and water into a pan and bring up to blood heat, then pour gradually into a well in the flour. Work the mixture together until it is smooth and elastic.

Roll out the pastry thinly on a flour board and cut out discs of whatever dimension you require – large for a main meal size or 4in/10cm for a starter or tapas sized empanada. Place the discs of pastry on a baking tray, add the filling on the top of the disc. Brush the edges with water and fold in half sealing the filling in the pastry by pressing down on the edges with a fork. Make a couple of small holes in the top to allow steam to escape, and brush with beaten egg. If you are making a larger empanada cut two discs 20cm/8inch in size, place on baking tray, fill and brush the edges with water. Place the second disc on top of the filling and seal the edges with a fork. Make holes for steam and glaze.

Cook the smaller empanadilla for 20mins, cook the larger for 35 mins.

Other information

Prep Time: 30 minutes

Cook Time: 50 minutes