

Traditional Galician Tuna Pie (Empanada Gallega)

🕒 Prep: 30m 🔥 Cook: 40m ❄️ Rest: 30m ⏳ Total: 100m 🍴 8 servings



Video ref: Recetas de Esbieta

COOKING SEQUENCE & CHECKPOINTS

1

Galician Pepper Sofrito

20 min

Slowly sauté sliced onions and bell peppers in extra-virgin olive oil for 20 minutes until meltingly sweet. Stir in sweet smoked paprika (pimentón dulce) and crushed tomatoes for 2 minutes, then strain and reserve 6 tbsp of the infused red oil.

✓ Checkpoint: Sweet vegetables and fragrant paprika-infused oil.

2

Mix Infused Dough

35 min

Knead flour, yeast, salt, warm water, white wine, and the reserved sofrito oil for 5 minutes until smooth. Rest 30 minutes (restTime).

✓ Checkpoint: Pliable, golden-orange dough.

3

Assemble Filling

10 min

Toss cooled vegetables with drained tuna and chopped hard-boiled eggs. Roll half the dough across a baking sheet and spread the filling evenly.

✓ Checkpoint: Generously filled base.

4

Seal and Bake

35 min

Cover with remaining rolled dough, crimp edges, cut a center steam vent, brush with beaten egg wash, and bake at 390°F (200°C) for 35 minutes.

✓ Checkpoint: Crispy golden crust.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) INTERNAL FILLING TEMPERATURE AND ≥195°F (90°C) FULLY BAKED PASTRY CRUST**

FDA/USDA Baked Savories & Egg Wash Safety Standard (≥165°F / 74°C): Bake until the egg-washed crust is deeply golden and the internal tuna-egg sofrito filling reaches at least 165°F (74°C). Cool leftovers and refrigerate at ≤40°F (4°C) within 2 hours.

👁️ **MASTER DONENESS CHECKPOINT:**

Golden crackling crust without a soggy bottom, stuffed with savory juicy tuna filling.

🔬 **WHY IT WORKS:**

Sofrito Oil in the Dough: Using the strained paprika-infused oil from sautéing sweet peppers and onions directly in the flour infuses the pastry with rich Galician aroma and color.

⚠️ **TROUBLESHOOTING:**

Soggy bottom pastry: Cool filling completely to room temperature before spreading over raw dough.

MISE EN PLACE / INGREDIENTS [13]

- ☐ 3.5 cups (450g) All-purpose unbleached flour
- ☐ 0.75 cup Warm water
- ☐ 0.25 cup Dry white wine (Albariño or Ribeiro)
- ☐ 1.5 tsp Instant dry yeast
- ☐ 1.5 tsp Fine sea salt
- ☐ 0.5 cup Extra-virgin olive oil (for sofrito and dough)
- ☐ 2 large Large yellow onions, thinly sliced
- ☐ 2 whole Red and green bell peppers, sliced
- ☐ 1 tbsp Sweet smoked Spanish paprika (pimentón dulce) (La Chinata)
- ☐ 0.5 cup Crushed tomatoes or Spanish tomato sauce (tomate frito)
- ☐ 3 cans (15 oz) Flaked white tuna in olive oil, drained (Conservas Ortiz)
- ☐ 3 whole Hard-boiled eggs, chopped
- ☐ 1 whole Large egg, beaten (for egg wash)

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Tuna in Olive Oil: Conservas Ortiz White Tuna in Olive Oil
Thick meaty flakes packed in pure olive oil. • 📍 Gourmet seafood section.