

Juicy Argentine

Hand-Cut Beef

Empanadas

(Salteñas)

⌚ Prep: 30m

🔥 Cook: 20m

🕒 Rest: 3h

Σ Total: 230m

🍽️ 6 servings



COOKING SEQUENCE & CHECKPOINTS

1 Flash Sauté Picadillo

⌚ 5 min

Cook diced white onions, red bell pepper, and garlic in rendered tallow until soft. Add hand-cut beef, pimentón dulce, cumin, chili flakes, salt, black pepper, beef broth, and cubed boiled potatoes; cook 3 minutes over high heat just until beef is seared.

✓ Checkpoint: Juicy lightly cooked beef in savory broth.

2 Chill Filling 3 Hours

⌚ 3h (180m)

Remove from heat and top with sliced green scallions and chopped hard-boiled eggs. Chill in the refrigerator for 3 hours (180 minutes restTime) until the fat and broth solidify.

✓ Checkpoint: Firm, cold, manageable filling.

3 Fill & Braid Repulgue

⌚ 30 min

Spoon 2 tbsp of cold filling into the center of each pastry disc, moisten the rims, fold into half-moons, and crimp with a traditional braided repulgue.

✓ Checkpoint: Tightly braided half-moon pockets.

4 High-Heat Bake

⌚ 15 min

Brush with beaten egg wash and bake at 450°F (230°C) for 15 minutes until blistered, golden, and ≥160°F (71°C) inside.

✓ Checkpoint: Golden blistered pastry bursting with broth.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 160°F (71°C) USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR GROUND BEEF AND PORK

USDA Food Safety Minimum (≥160°F / 71°C): Ground beef and ground pork must be cooked to an internal temperature of at least 160°F (71°C) verified with an instant-read thermometer—never judge safety by color or juiciness alone—because grinding distributes surface bacteria throughout the meat.

👁️ MASTER DONENESS CHECKPOINT:

Blistered golden pastry pocket bursting with savory broth at the first bite.

🔍 WHY IT WORKS:

Hand-Cut Cubes & Solidified Broth: Chilled rendered fat, beef broth, and hand-cut beef turn into bubbling natural juice when baked at high heat.

⚠️ TROUBLESHOOTING:

Empanadas leak in the oven: Always chill filling until firm and press edges tightly before braiding.

MISE EN PLACE / INGREDIENTS

[16]

- ☐ 1.5 lbs Tender beef sirloin or flank, hand-chopped into tiny cubes

☐ 16 discs Criollo empanada pastry dough rounds (La Salteña)

☐ 1 cup Yukon Gold potato, peeled, par-boiled, and cut into tiny 1/4-inch cubes

☐ 2 large White onions, finely diced

☐ 0.5 whole Red bell pepper, finely diced

☐ 2 cloves Garlic cloves, minced

☐ 3 tbsp Pure rendered beef tallow or pork lard

☐ 0.5 cup Warm savory beef broth

☐ 1 tbsp Sweet smoked paprika (pimentón dulce) (Badia)

☐ 1 tsp Ground cumin

☐ 0.5 tsp Crushed red chili flakes (ají molido)

☐ 1.5 tsp Fine sea or kosher salt

☐ 0.5 tsp Freshly ground black pepper

☐ 2 cups Green scallions (cebolleta), thinly sliced

☐ 3 whole Hard-boiled eggs, chopped

☐ 1 whole Large egg, beaten (for egg wash)

🛒 US SUPERMARKET BRAND GUIDE

Empanada Discs: La Salteña Tapas para Empanadas

Authentic Argentine pastry with perfect blister in hot ovens. • 📍 Hispanic freezer case.