

MINI-EMPANADAS WITH MIXED GREENS

MAKES 24 EMPANADAS

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Empanada Dough:

3 ¾ cups all-purpose flour (you can sub out ½ cup with whole wheat pastry)

¾ teaspoon fine grain sea salt

1 Tablespoon granulated sugar

2 sticks + 2 Tablespoons cold unsalted butter, cut into pieces

½ cup + 2 Tablespoons ice water

Filling:

2 Tablespoons unrefined, cold-pressed extra virgin olive oil or ghee

1 small onion, finely diced

2 garlic cloves, finely chopped

¼ cup chopped fresh parsley

¼ teaspoon red pepper flakes

12 cup mixed chopped greens such as Swiss chard, beet greens, kale, spinach, and/or escarole

2/3 cup shredded fontina cheese (optional)

Sea salt and freshly ground black pepper to taste

1 beaten egg + 1 Tablespoon milk

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1. Make the dough: In the bowl of a food processor fitted with the metal blade, combine the flour, salt and sugar. Add the butter and pulse until the butter is in pea-sized pieces. With the machine running, slowly add the water through the feed tube and pulse until a ball of dough comes together.
2. Transfer the dough to a piece of parchment paper or plastic wrap. Use your hands to pat the dough into a disk. Wrap the dough with the parchment (or plastic wrap) and refrigerate for at least 1 hour.
3. Divide the dough into 24 pieces: first cut 8 equal wedges, like a pizza. Then cut each wedge into three pieces. Roll each piece into a 4-inch circle. Transfer to a sheet pan and refrigerate.
4. Preheat the oven to 375 degrees. Make the filling: Heat oil or ghee in a large skillet over medium heat and add the onion, garlic, parsley and red pepper flakes. Saute until the onion is tender, about 4 minutes. Add the greens and sea salt and pepper to taste and cook until softened, about 8 minutes, stirring occasionally. If there's a lot of moisture, drain some of the liquid.
5. Add the cheese to the greens and taste for seasoning. Allow to cool slightly before filling the pastry.

6. Place a spoonful of filling on the lower half of each dough circle, then fold the pastry over and seal the edges with the tines of a fork. Brush with the beaten egg and milk mixture. Bake for 20-25 minutes or until browned. (If you are baking these directly from the freezer, bake an additional 10-15 minutes.) Serve warm or at room temperature.

Notes: If you would like to add some precooked turkey sausage to the filling, take 4 (about 12 ounces) and diced them up. Add them to the pan with the onion, etc. Reduce the greens to 10 cups.

If you have a few tablespoons of leftover filling, save it for an omelet. Yum!