



Baked Cajun Empanadas

Ingredients

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|------------------------------|--|
| 1/2 lb ground beef | 1 tsp black pepper |
| 1/2 lb ground pork | 1/2 tsp Cajun seasoning |
| 1 Tbsp olive oil | 1 Tbsp Worcestershire sauce |
| 1 onion | 1 tsp Louisiana hot sauce |
| 1/2 green bell pepper | 1/2 cup beef stock |
| 1 stalk celery | 3 Tbsp flour |
| 2 garlic cloves | 12 frozen empanada dough discs,
brought to room temperature |
| 1 Tbsp fresh parsley | 1 egg + 1 tsp water |
| 1 tsp kosher salt | |

Directions

Saute ground meats in olive oil until browned. Remove the meat from the pan.

Chop onion, bell pepper, celery, and garlic, into a fine dice. With the parsley, add to the same skillet that the meat was sauteed in and cook until veggies are tender, then season with salt, cracked black pepper, and Cajun seasoning. Add in Worcestershire sauce and hot sauce and let flavors combine, about 5 more minutes.

Make a slurry with the beef stock and flour. Pour into the meat mixture and bring to a boil, then reduce the heat slightly to let the sauce thicken. Remove from heat and let cool.

Preheat oven to 400 degrees.

(continued on next page)

Source: *Modern Cajun Cooking* (Chatagnier)



Baked Cajun Empanadas, cont.

Directions, continued

Slightly roll out empanada discs on a clean surface and fill each one with 2 tablespoons of the meat mixture.

Beat egg and brush edges of the dough before folding one side of the dough over to create a pocket. Press edges with a fork to seal.

Place filled empanadas onto a parchment-lined baking sheet and brush tops of the dough with more egg wash to ensure browning.

Bake for 15 to 20 minutes until dough has cooked and is golden in color.

Serve immediately.

Servings: 8



Source: *Modern Cajun Cooking* (Chatagnier)