



COMPANION SYNOD COMMITTEE
SASK SYNOD - ELCIC
IGLESIA EVANGÉLICA LUTERANA UNIDA

A Taste of Argentina

Empanadas are baked or fried turnovers usually served as an appetizer, but, depending on the varied fillings, can also be a main dish.

Baked Empanada Dough

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|----------------------|--------------|
| 2 cups flour | 1/2 tsp salt |
| 1/2 cup lard | warm water |
| 1 egg lightly beaten | |

Mix lard, flour and salt together. Beat egg lightly with salt adding enough water to make 1/2 cup. Stir liquid into the flour mixture gradually. Knead dough until smooth and elastic and let stand 30 minutes before using. Make balls of dough about the size of a golf ball. Roll out each ball of dough on a floured surface into a 10-15 cm diameter circle. Place filling in the center and crimp edges together.

Potato and Beef Filling

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|--|--------------------------|
| 2 medium potatoes, boiled for 5 minutes and grated | 1 onion chopped |
| 1 tablespoon olive oil | 1 tsp chili powder |
| 1 pound lean ground beef | 3/4 tsp cumin |
| | salt and pepper to taste |

Heat oil in a large skillet, and brown the beef. Add rest of the ingredients and cook until soft. Cool before placing in the dough.

Other ingredients you can add are: chopped tomatoes, green pepper, raisins, garlic, green olives, hard boiled eggs coarsely chopped, tomato sauce, oregano. Other varieties are cheese, cheese and sautéed onions, cheese and ham, chicken. Or, try whatever fillings you enjoy.

Dulce de Leche will satisfy your sweet tooth. It is a sweetened milk, caramel spread used in deserts or eaten like jam. The easiest, most authentic tasting way to make it is to take 1 can of sweetened condensed milk and place it in a large pot on top of a rack. Add water to completely cover the can, plus 1-2 inches. Simmer for 4 hours making sure the can is completely covered with water to prevent an explosion. Excellent in crepes, between cookies or over ice cream.

May is Companion Synod Month



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