



EMPANADA INTIFADA

Empanada Intifada is led by two believers who strive to spread the good word about the deliciousness of empanadas through their Guerrilla Gourmet Food Truck. Maxed out on meat? Check out this truck for an always reliable vegetarian option.

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Today's Special:

CHICKEN ADOBO EMPANADAS

MAKES 10 EMPANADAS
(SERVES 4-5)



INGREDIENTS

2 lbs boneless dark meat chicken
1 tbspp peppercorns,
roughly ground or chopped
6 cloves minced garlic
1/2 c soy sauce
3/4 c rice vinegar

1 medium potato
1/2 c water
1/2 c rice
1 tomato
1 egg
1 package of frozen empanada dough discs (available at Latin groceries and usually come in packages of 10 discs)

DIRECTIONS

Filling

1. Combine chicken, peppercorns, garlic, soy sauce, and rice vinegar in large pot. Bring to boil, and then reduce heat to medium-low. Simmer, covered, for 1 hour, stirring occasionally.
2. In separate pots, boil potato and partially cook rice (1/2 cup water to 1/2 cup rice). Chop boiled potato into small pieces. Add both rice and potato to chicken, and continue cooking until they soak up excess liquid.
3. Separate egg white from yolk. In a small pan, fry egg white in a teaspoon of oil, then chop coarsely and set aside. Save yolk for later.
4. Chop tomato.
5. When liquid in the filling is nearly fully absorbed, add egg white and tomato to filling.
6. Allow to cool in a refrigerator at least one hour.

Dough

1. Allow dough discs to thaw. Discos should be just below room temperature before wrapping empanadas.
2. Add 1/3 cup of filling to the center of each disco, fold dough in half over filling, and then either crimp edges with fork or use the repulque technique to seal (several excellent repulque videos are available on YouTube).
3. Once empanada is wrapped, brush the top of each empanada with the egg yolk saved earlier.
4. Bake at 375° F in a greased pan for approximately 25 to 35 minutes or until the empanadas are golden brown.



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Enjoy this scrumptious recipe from Empanada Intifada compliments of CORPORATE REALTY

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