

Empanada Dough

Total: 75 mins

Prep: 15 mins

Cook: 60 mins

Servings: 5 servings

Nutritional Guidelines (per serving)

336	11g	53g	12g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)



103 RATINGS

Every [empanada](#) recipe starts with the dough. Here is a simple [empanada dough](#) made with flour, salt, water, egg, vinegar, and shortening.

Ingredients

3 cups flour (plus a little more for [kneading](#))

1 teaspoon salt

1/2 cup cold water

1 egg

1 [egg white](#)

1 teaspoon vinegar

3 tablespoons [shortening](#)

Steps to Make It

01 Gather the ingredients.

In a bowl, beat the water, egg, egg white and vinegar together. Set aside.

02

03 In a separate bowl, mix together the 3 cups of flour and salt.

04 Cut the shortening into the flour mix with a [pastry blender](#) or two butter knives.

05 Make a well in the center of the flour mix and pour the liquid ingredients from the first bowl into the center. Mix the wet and dry ingredients with a fork until it becomes stiff.

06 Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.

07 Wrap the dough in plastic and refrigerate for at least 1 hour, but never more than 24 hours.

08 Enjoy!

Tip

- If you want to keep the dough longer than 24 hours, you can freeze it.

Recipe Tags:

Dough

Empanada Dough

Appetizer

Caribbean