



ELIM EMPANADA

Gluten Free Dairy Free Low Chemical

6 individual Empanada's

Pastry: readymade or make a pastry according to a recipe

- This recipe uses Simply Wize gluten free puff pastry sheets (contains egg & soy)

Filling Ingredients:

500 minced meat

Allowed oil for cooking (canola, rice bran or sunflower)

1 ½ cups prepared stock (pre-made elimination diet vegetable stock) <https://glutenfreenutrition.com.au/vegetable-stock/>

1 small clove garlic, crushed

½ leek, diced

2 stalks celery, diced

¼ cup chopped parsley

Salt to taste

2 tabbsp plain gluten free flour

¼ cup water

Method:

- Preheat oven to 200°C.
- Have pastry at room temperature
- Line an oven tray with baking paper
- Add oil, mince meat, garlic, celery, parsley & leek to a pan on the stove and cook the mince until browned
- Add the stock and simmer the mince until the liquid is almost gone
- Salt to taste
- Combine the GF flour with the water and stir this through the mince mixture to thicken
- Remove the mixture from the stove and cool slightly

Assembling the empanada

- Sprinkle extra plain GF flour over a clean bench & place the GF Puff pastry sheets on the floured surface.
- Cut out 6 x 15cm diameter circles of pastry
- Take the left-over pastry cut-offs and knead them together. Roll dough out to the same thickness as the other sheets to get the 6 circles of pastry.
- Place each pastry circle on the baking sheet in 2 lines of 3
- Divide the meat mixture evenly among the pastries but spread the meat only on one half of the circle leaving a small edge of exposed pastry to join with the other side
- With a pastry brush or finger, wet the exposed pastry edge with a little water
- Fold the meatless half of the pastry over the meat and press the edges of the pastry together
- Gently press a fork around the edge or crimp with fingers to ensure it is sealed
- Cook for 10 minutes at 200°C in a normal oven, then fan force the oven for a further 15 minutes of cooking
- Eat as isor serve them with a suitable chutney or sauce
 - <https://glutenfreenutrition.com.au/choko-chutney-gf-df-low/>
 - <https://glutenfreenutrition.com.au/bbq-sauce-elim-gf-df-low/>