

# Empanada Bash

Crank up the flavor of your next get-together with festive drinks and portable handheld pies.

Bonus: Do-ahead recipes mean you join in on the fun.

RECIPES BY SANDRA GUTIERREZ  
PHOTOGRAPHY BY JENNIFER CAUSEY

Rum-Spiked Horchata  
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Ropa Vieja Empanadas  
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## MAKE-AHEAD MENU

This party is designed to be easy, with pickled veggies that soak in brine up to a week ahead, plus empanadas you can freeze months in advance and bake the day of the fiesta. Even the cocktail (with its clever built-in shortcut) holds up to being made a week beforehand.

Zucchini Empanadas  
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**C**ookbook author and Latin American food expert Sandra Gutierrez learned about entertaining from her grandmother, who frequently hosted huge, memorable parties at her home just outside Guatemala City. "It's my greatest inheritance: her love for style, food, entertaining, and making people

happy," says Gutierrez. Those gatherings often featured empanadas, flaky hand pies filled with savory or sweet fillings. Gutierrez, who at the age of 6 began learning the art of empanada making, developed an appreciation for the portable turnovers: "I love them for parties," she says. "They're easy to eat—perfect for standing and talking.

The individual servings make it simple to calculate what's needed to feed a crowd, and since they're made ahead and baked or heated the day of the event, I get time during the party to focus on my guests." Take a cue from Gutierrez and create your own memorable gathering with the make-ahead recipes that follow.



## SWEET AND SOUR VEGETABLE ESCABÈCHE

**Hands-on: 48 min. Total: 24 hr. 48 min.**

The difference between pickles and this old-world technique of preserving foods (including fish, meat, and, here, vegetables) is that with escabèche, ingredients are cooked in a vinegar-based broth (called caldillo) to release their juices into the liquid, which tempers the sharpness of the brine.

2 large red bell peppers  
 $\frac{3}{4}$  cup white wine vinegar  
 $\frac{1}{4}$  cup lightly packed brown sugar  
 $2\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon freshly ground black pepper  
 $\frac{1}{2}$  cup extra-virgin olive oil  
1 large red onion, halved and thinly sliced (about 2 cups)  
1 small cauliflower head, cut into tiny florets (about 4 cups)  
1 pound mushrooms  
6 large garlic cloves  
2 thyme sprigs

1. Preheat broiler to high.
2. Cut bell peppers in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Wrap peppers in foil; let stand 10 minutes. Peel; cut into thin strips.
3. Combine vinegar, brown sugar, salt, and pepper in a medium bowl, stirring with a whisk. Set aside.
4. Heat oil in a high-sided sauté pan over medium-high heat. Add onion;

cook 3 minutes or until softened. Add cauliflower and mushrooms; cook 3 minutes or just until lightly browned, stirring frequently. Add roasted peppers, garlic, and thyme; cook 2 minutes, stirring constantly. Pour vinegar mixture over vegetables. Cover, reduce heat to low, and simmer 8 minutes or until cauliflower is tender, stirring occasionally. Transfer escabèche to a bowl; cool completely. Cover and chill 24 hours or up to 1 week. To serve, let vegetables come to room temperature, and remove from brine using a slotted spoon.

**SERVES 12** (serving size:  $\frac{1}{2}$  cup)  
**CALORIES** 58; **FAT** 2.6g (sat 0.4g, mono 1.7g, poly 0.3g);  
**PROTEIN** 2g; **CARB** 8g; **FIBER** 2g; **SUGARS** 4g  
(est. added sugars 1g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 136mg; **CALC** 19mg

## CHIPOTLE-YOGURT DRESSING

**Hands-on: 10 min. Total: 40 min.**

Round out the menu with a mixed salad featuring your favorite greens and this easy, flavor-packed dressing.

Combine  $\frac{2}{3}$  cup whole Greek yogurt,  $\frac{1}{4}$  cup canola mayonnaise,  $\frac{1}{4}$  cup fresh lime juice, 2 teaspoons Dijon mustard, 2 teaspoons minced canned chipotle chiles in adobo sauce plus  $1\frac{1}{2}$  teaspoons adobo sauce,  $\frac{1}{4}$  teaspoon fine sea salt,  $\frac{1}{4}$  teaspoon freshly ground black pepper, and 1 grated large garlic clove in a medium bowl, stirring until well blended. Cover and chill 30 minutes (or up to 2 days).

**SERVES 8** (serving size: about 2 tablespoons)  
**CALORIES** 49; **FAT** 3.8g (sat 1.5g, mono 1.2g, poly 0.7g);  
**PROTEIN** 1g; **CARB** 2g; **FIBER** 0g; **SUGARS** 1g  
(est. added sugars 0g); **CHOL** 3mg; **IRON** 0mg;  
**SODIUM** 185mg; **CALC** 19mg



## WHOLE-WHEAT EMPANADA DOUGH

**Hands-on: 30 min. Total: 1 hr. 30 min.**

Gutierrez created a whole-grain dough that's light and flaky and can be baked rather than fried. Wine in the recipe adds yeast flavor and aids in flakiness; its acidity also breaks down the gluten, allowing you to stretch the dough easily when forming the empanadas.

6.75 ounces all-purpose flour  
(about  $1\frac{1}{2}$  cups)  
6.75 ounces white whole-wheat flour  
(about  $1\frac{1}{3}$  cups plus 4 teaspoons)  
1 teaspoon sea salt  
 $\frac{3}{4}$  cup white wine  
 $\frac{1}{3}$  cup plus 1 tablespoon extra-virgin olive oil

**1.** Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and salt in a large bowl, stirring with a whisk. Make a well in center of flour mixture. Combine wine and oil in well, stirring with a fork until moist. When dough begins to form, use fingers to continue to mix until a ball forms. Turn dough and any remaining flour in bowl out onto a work surface; knead 2 minutes or until dough is smooth. Wrap dough tightly in plastic wrap, and let stand at room temperature for 1 hour.

**2.** Roll dough out to  $\frac{1}{8}$ -inch thickness on a very lightly floured surface; cut as many 5-inch circles as possible using a round cutter or knife (use a saucer as a template). Cover circles with a kitchen towel. Gather scraps, cover with plastic wrap, and let rest 20 minutes; repeat procedure with remaining dough for a total of 15 circles. Stack circles between single layers of parchment paper. Use dough disks as directed in empanada recipes, or store, wrapped and chilled, for up to 24 hours. (Disks can also be frozen for up to 1 month. Thaw overnight in the refrigerator. Lightly dust with flour before using.)

**SERVES 15** (serving size: 1 dough disk)  
**CALORIES** 149; **FAT** 6g (sat 0.8g, mono 4.2g, poly 0.7g);  
**PROTEIN** 3g; **CARB** 18g; **FIBER** 6g; **SUGARS** 0g  
(est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg;  
**SODIUM** 156mg; **CALC** 12mg



## ZUCCHINI EMPANADAS

**Hands-on: 1 hr. 18 min. Total: 3 hr. 38 min.**

You can roast and peel the poblano chile up to 1 week before you make this filling. Letting the filling chill before assembling the empanadas congeals the liquids—an essential step to ensuring the pies are properly formed.

1 large poblano chile  
1 tablespoon extra-virgin olive oil  
 $\frac{1}{2}$  cup finely chopped onion  
 $\frac{1}{2}$  cup finely chopped red bell pepper  
1 large garlic clove, finely minced  
1 cup finely chopped zucchini  
1 cup finely chopped yellow squash  
1 cup fresh or frozen corn kernels, thawed  
1 teaspoon ground cumin  
1 fresh thyme sprig  
2 tablespoons mascarpone cheese, softened  
 $\frac{1}{2}$  teaspoon sea salt  
 $\frac{1}{2}$  teaspoon freshly ground black pepper  
2 ounces Cotija cheese, crumbled (about  $\frac{1}{2}$  cup)  
2 ounces queso fresco, crumbled (about  $\frac{1}{2}$  cup)  
1 teaspoon water  
1 large egg  
15 Whole-Wheat Empanada Dough disks  
 $\frac{1}{2}$  teaspoon cumin seeds (optional)

**1.** Preheat broiler to high.  
**2.** Cut chile in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Wrap chile in foil; let stand 10 minutes. Peel and chop chile.

**3.** Heat oil in a large nonstick skillet over medium-high heat. Add onion and bell pepper; sauté 2 minutes or until onion begins to soften. Add garlic; sauté 30 seconds or until fragrant. Add zucchini, squash, corn, cumin, and thyme; sauté 2 minutes or just until vegetables are bright and crisp-tender. Remove pan from heat. Stir in poblano, mascarpone, salt, and pepper; spread mixture evenly on a large baking sheet. Cool. Remove and discard thyme, and stir in Cotija cheese and queso fresco; cover and chill at least 2 hours or up to overnight.  
**4.** Preheat oven to 400°. Line 2 large baking sheets with parchment paper.  
**5.** Combine 1 teaspoon water and egg in a small bowl. Divide cold filling into 15 equal portions (about 3 generous tablespoons each). Keep filling chilled while making each empanada. Moisten edges of 1 Whole-Wheat Empanada Dough disk with egg mixture; place 1 portion of cold filling in center. Fold dough over filling to form a half-moon shape. Gently press edges between thumb and index finger to form a border; crimp along border using fork tines to seal. Place empanada on prepared pan. Repeat procedure with remaining dough disks and filling portions. Lightly brush tops of empanadas with egg mixture; sprinkle with cumin seeds, if desired. Bake at 400° for 23 minutes or until tops are golden brown, rotating pans in oven halfway through baking.

**SERVES 15** (serving size: 1 empanada)  
**CALORIES** 218; **FAT** 11g (sat 3.1g, mono 5.2g, poly 0.9g);  
**PROTEIN** 6g; **CARB** 22g; **FIBER** 2g; **SUGARS** 2g  
(est. added sugars 0g); **CHOL** 23mg; **IRON** 2mg;  
**SODIUM** 298mg; **CALC** 74mg