

VEGETARIAN EMPANADAS

Shojin cooking around the world!



INGREDIENTS (ABOUT 20 SMALL EMPANADAS)

- 250 grams Rice
- Vegetables (finely chopped)
 - 1 carrot
 - 1 bell pepper
 - Other greens
- 500 grams of type 000 wheat flour (it can also be 0000)
- 100 ml of sunflower oil
- 190 ml cold water
- 1 tsp. salt



1. For the filling, boil the rice (about 250 grams.), and then mix it with sautéed vegetables: carrots, bell peppers, and greens. They are seasoned to taste, although it gives a good flavor to add soy sauce almost at the end of cooking the vegetables.



2. For the vegan dough it is convenient to weigh/measure the quantities: 500 grams of 000 wheat flour (it can also be 0000), 100 ml of sunflower oil, 190 grams of water and a teaspoon of salt.



3. Mix the flour with the salt and the oil, then add the water little by little, integrating and kneading until the dough is firm but "kneadable".



4. Let it rest in the refrigerator (one hour is enough) and then stretch and cut with a round mold/cutter for empanadas or something similar (it can be the lid of a container).



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5. To assemble the empanadas, place a spoonful of the filling on the middle of each tapa.



6. To seal the empanadas, moisten the edges of the tapas with a damp finger, fold the disc in half and seal the edges by pressing the dough with your fingers. You can also use a fork to help seal the edges, just press the top of the fork against the edges.



7. Let it rest in the refrigerator for at least 30 minutes the empanadas before baking.



8. Bake the empanadas in a pre-heated oven about 20-25 minutes at 200-210°C until golden-brown. Also you can freeze empanadas for baking later.



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