

TANGO, EMPANADAS!

Recipe inspired by La Vaca (Farm Grub's Petite Bovine Miss)

Recipe developed by Chef Vanessa Parker McIntyre



2 tablespoons olive oil
1/2 cup red onion, finely diced
2 garlic cloves, minced
8 ounces ground turkey, lean ground beef, or pressed tofu diced
Heavy pinch of curry powder
1/2 cup finely diced carrots
1/2 cup finely diced peeled sweet potato
1/2 cup small diced zucchini
1/2 cup fresh corn
1 cup shredded jack or cheddar cheese
1/4 cup chopped fresh cilantro

1/2 teaspoon salt
Fresh ground pepper
1 pound whole wheat pizza dough (you can buy the prepared dough at Trader Joe's)
1/2 cup whole wheat flour
1 egg plus 1 teaspoon water

Black Bean Mango Dip (recipe follows)

Tortilla chips
Sour cream to serve
Lime wedges to serve

In a covered glass microwave safe dish combine diced carrots and sweet potatoes with 2 tablespoons of water and cook for 3 minutes. Drain and set aside.

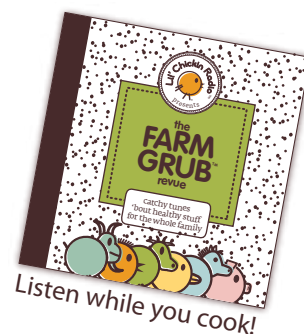
Heat one tablespoon olive oil in a large sauté pan over medium heat. Add the onion and cook until soft, about 3 minutes (try not to cry). Add the garlic and cook one minute more. Add the turkey or beef (tofu goes in later) and cook until no longer pink, about 6-7 minutes. Season with the curry powder. Remove from the pan and drain off fat if necessary. Heat the remaining tablespoon of olive oil. Add zucchini to the pan and cook for 2 minutes or until the zucchini begins to soften then incorporate the corn and cook for 3 minutes more. Stir in the carrots and sweet potatoes. Add 1/4 cup water to the pan and scrape the bits off the bottom of the pan, cover and cook for 4 minutes more. Place the meat mixture (or if you are using tofu add it here) back into the pan along with 1/2 teaspoon salt, a few grinds of fresh pepper, and cilantro and stir and cook just until heated through. Set aside.

Pre heat the oven to 400 degrees.

On a floured surface roll out half the pizza dough until it is about 1/4 inch thick. Cut out 3 1/2 inch rounds. Whisk together the egg and water. Roll each round out to about 5 inches. Place a spoonful of meat mixture into center of round and top with a pinch of shredded cheese. Brush the edges of the dough with the egg wash. Fold dough over to make a crescent shape. Crimp around the edges with a fork (or pinch, pinch, pinch, pinch) and make an air vent in the top with the tines of the fork. Repeat with the rest of the dough and meat mixture. Place finished empanadas on a parchment or silicone mat lined sheet pan. Brush each empanada with the egg wash. Cook for 15-20 minutes or until the empanadas begin to brown around the edges. Serve with Black Bean Mango Dip, sour cream, and lime wedges.

BLACK BEAN MANGO DIP

1 15 ounce can no salt added black beans, rinsed
1 cup diced fresh or frozen mango (if using frozen thaw first)
Handful of fresh cilantro
Juice of 1 lime
1 teaspoon cumin
1/2 teaspoon salt
Combine all ingredients in a food processor and process until smooth.
Serve with empanadas and/or tortilla chips.



About La Vaca

LA VACA immigrated from Argentina as a small calf. When she arrived on LIL' CHICKIN'S FARM she had collected a diverse set of culinary skills and a wide palate. LA VACA'S passion for cooking extends to all things fresh from the farm, that she prepares with love, of course. Her strong personality and tremendous skills landed her the prized position as the celebrity chef/hostess of the cooking show "CHICKIN'S FEED" that is produced inside the BIG BLUE BARN. She is pleased to bring her traditions to your table and your dance floor. Tango anyone?

About the Real Chef

Vanessa Parker McIntyre has turned a degree in Art History into a fantastic career in food. Working in the food industry since the age of 15, Vanessa soon found the world of "food in film" and is currently working as the Production Kitchen Manager for the Food Network's popular show, GOOD EATS starring Alton Brown, she can be spotted in front of the camera occasionally in cameo appearances.

Additionally Vanessa is a freelance food stylist and recipe tester with lots of Food Network muckety-mucks and a food stylist for TV, magazines & publishing, a member of the esteemed organization – International Association of Culinary Professionals and most proudly Vanessa is the mother of a little chickin!