

RECIPES

CRIOLLA

Cooking & Wine

@criollacooking

Chipá

Ingredients

200 gr Mandioca Starch
120 gr Gouda Cheese or Similar
80 gr Parmesano
20 gr Butter
2 gr Sugar
5 gr Salt
1 Egg
1 gr Baking Powder
60 ml aprox Milk

STEP 1

In a bowl, mix the Mandioca starch with the cheeses, salt, sugar and baking powder.

STEP 2

Then add the butter, the egg and begin to mix by hand. If the mixture is very dry, add the milk little by little.

STEP 3

Knead the dough until everything is integrated and the dough is homogeneous.

STEP 4

Make 50g balls (aprox 2 tablespoons) and place them on a greased plate or with non-stick paper.

STEP 5

In a preheated oven at 220°C, bake for 6 minutes, turn the pan around and return to the oven for another 6 minutes.

STEP 6

Take them out of the oven once slightly golden, let them rest for 5 minutes and are ready to eat.

Empanada Dough

Ingredients

100 gr Bleached Fine Flour
20 gr Melted Butter
20 gr Butter
40 gr Lukewarm water
3 gr Sugar
7 gr Salt

STEP 1

On a clean table surface, pour the flour in the shape of a mountain, and with your fingers or the bowl, make a hole in the middle of the flour.

STEP 2

Around the edges of the hole, add the pre-mixed salt and sugar.

STEP 3

Now, gradually add the melted butter with the water, and pour into the middle of your flour mountain, and mix little by little from the edges inward until everything is integrated into a shaggy dough. Keep kneading the dough, until it is a smooth ball of dough.

STEP 4

Then knead for about 5min-10min until the dough is smooth, we let it rest in the refrigerator for about 30min, covered.

STEP 5

Let the dough rest in a bowl, covered with plastic film. After 30 minutes, we take out the dough 10 minutes before using it, to bring it to room temperature.

STEP 6

Then place the dough on the clean counter with some flour dusting, and separate into 4 equal pieces. We begin to roll it with a rolling pin until it is about 2mm thick. Using a sharp round cutter, you can cut the circle out for the empanadas.

STEP 7

We put the filling in the center of the round empanada dough, seal the edges moistened with a little water, and close by carefully folding the edges around the filling. Bake in a preheated oven at 200°C for 30 minutes.

Meat Sauce Filling

Ingredients

300gr Loin cut into cubes
100 gr Brunoise red bell pepper
100 gr brunoise onion
10 gr Roasted Garlic Paste
10 gr tomato extract
120 ml Meat broth
80 ml malbec wine
Olive oil*
4 gr Cumin
5 gr Sweet Paprika
2 gr ground chili
10 gr Salt

*Quantity necessary

For the filling

2 Boiled egg 14min
30 gr Green part green
60 gr Green olives

STEP 1

In a very hot frying pan, add olive oil and add the cut meat, and brown it on all sides.

STEP 2

Add the browned meat to a separate pot over low heat and in the same pan where the meat was browned, add more olive oil and add the onion and bell pepper.

STEP 3

Cook the vegetables until they are soft and then add them to the pot with the meat.

STEP 4

Now in the pot we add the tomato extract and roasted garlic and cook for about 2 minutes.

STEP 5

Then add the malbec and let it cook over high heat for 5 minutes, after we add the broth, cumin, salt.

STEP 6

We let it boil for 5 minutes and then we cook it over medium heat for 25 minutes (stir every 5 minutes and adjust the salt, also if necessary add more broth)

STEP 7

Once the time has passed, we check that the meat is tender, and that the liquid has reduced.

STEP 8

Once ready, remove the mixture to a sheetpan, and let cool.

STEP 9

Once cold, assemble the filling:

On the plate we add first a meat base, add a layer of olives, a layer of grated egg, a layer of green onions. With this type of assembly we make sure to have a little of each ingredient in the empanada.

STEP 10

For each empanada dough disk we add approximately 30-40g of filling, and close with repulgue.

Mushroom Sauce Filling

Ingredients

300 gr Diced Portobello Mushrooms
8 gr Dried mushroom paste
100 gr Onion Brunoise
10 gr Tomato extract
10 gr Roasted Garlic
100 ml Vegetables soup
40 ml Malbec wine or similar
5 gr Salt
2 gr Pepper
Olive oil*
30 gr Green onion

*Quantity necessary

STEP 1

In a very hot pot, add olive oil and onion until golden.

STEP 2

Then add the mushrooms and cook until golden.

STEP 3

Then we add the garlic paste and tomato extract and cook over medium heat for 2 minutes.

STEP 4

Then we add the mushroom paste and malbec and let it cook for about 5 minutes to reduce the sauce.

STEP 5

Add the vegetable broth, salt and pepper and let it cook for 15 minutes over medium heat.

STEP 6

Now that time has passed, we adjust the salt and check that the liquid has reduced. Remove from heat.

STEP 7

Spread the mushroom mixture in a dish and let cool.

STEP 8

Once cold, assemble the filling:

Once the filling is cold, we add the greens and assemble the empanadas, with a small table-spoon in each disk of dough.

RECIPE #5

Yagua Dipping Sauce

Ingredients

2 Tomato
1 Yellow pepper
20 ml Olive
10 gr Parsley Chiffonade
5 gr Salt

STEP 1

In a bowl, grate the tomato, hot pepper, parsley, add olive and salt and let it rest for 5 minutes.

Tips: you can add another fresh herb, greenery, lemon, grated garlic, more to personal taste

RECIPE #6

Vinaigrette

Ingredients

20 gr Dijon Mustard
20 gr Honey
1 Lime Juice
1 Lemon Juice
Olive oil*
5 gr Salt

*Quantity necessary

STEP 1

Mix all the ingredients in a bowl except the olive oil, the slowly add in the olive oil while whisking.

Tenderloin

Ingredients

1 Tenderloin (1.2 kg aprox)
Baking Thread*
1,5% Ground Salt

For Searing

Butter*
Sage*
Garlic*
Olive*

*Quantity necessary

For Sauce

200 ml Red wine
30 gr Flour 0000
150 ml Meat broth
60 gr Butter

STEP 1

The tender loin is tied with string, and salted with the amount of salt required.

STEP 2

Let it rest on a rack outside the refrigerator for about 30 minutes.

STEP 3

Before searing, dry with a paper to remove excess liquid.

STEP 4

Sear the tenderloin in a very hot frying pan on all 4 sides, in the same frying pan add butter, crushed garlic and sage, and baste with the butter over the meat for 2 minutes.

STEP 5

Then in a preheated oven to 250°, cook the tenderloin for 8 minutes, let it rest for 5 minutes and return it to the oven for 2 more minutes.

STEP 6

Meanwhile, in the meat pan, add red wine to deglaze (while scraping the bottom of the pan) and let it cook for about 6 minutes over high heat, while reducing the wine.

STEP 7

Add the butter and emulsify it, add the 0000 flour in teaspoons and mix it, then add the broth and let it reduce until you have the desired consistency.

STEP 8

Slice your tenderloin as desired, and serve hot, with the Malbec sauce, and a side of your choice, such as grilled potatoes, asparagus or mushrooms, mashed potatoes etc. Enjoy!

Flan

Ingredients

2 liters of Whole Milk
300 gr Sugar
8 egg yolks separated
2 whole eggs
1 tsp Vanilla Essence

STEP 1

Preheat oven to 140 degrees Celsius.

STEP 2

Mix sugar and milk in a saucepan, and stir over low heat. Cook until the liquid has reduced by half.

STEP 3

Take the saucepan off the heat, and allow to cool to room temperature.

STEP 4

Next, add the eggs, egg yolk and vanilla essence, and mix (not whisk) until combined.

STEP 5

In a flan mold, you can choose to pour liquid caramel to cover the sides and bottom of the mold. Next, pour your flan mixture into the mold.

STEP 6

Place the mold into a sheet pan with water (water bath method), and bake in the pre-heated oven at 140 degrees Celsius. Depending on the size of the mold, this will impact your bake time. Individual molds can take around 45 minutes, and large molds can take up to 2 hours. Check the flan by inserting a stick, when it comes out clean, it is done!

Notes

Don't Forget
