

Ham and cheese EMPANADAS

Ingredients

- 30 discos (made of dough for turnover pastries. Find them frozen at supermarket)
- 1lb of sliced ham
- 1lb of cheese (it can be half of one type and half of another type)
- A cup of shredded or grated cheese (different from the sliced one)
- 3 eggs
- A cup of heavy whipping cream
- salt

Preparation

- Previously defrost the discos
- Cut the sliced ham and the cheese first in thin strips and then in small squares. Put in a bowl. Add 3 eggs, a cup of shredded or grated cheese and the cup of cream. Mix with a fork until everything sticks together. Add salt.
- Take one disco at a time. Place the disco on your open left palm. Wet your right index finger in water and pass it around the edge of the disco. Place a full tablespoon of the mixture in the centre of the disco. Fold the disco upwards so as to close it. Press side to side with your fingers (index and thumb) leaving no air between the sides and making sure it is well closed. Place the empanada on a cooking board or plate and press the teeth of a fork against the pressed area of the crust. By doing this, the empanada will have thin lines as a decoration around the edge.
- Heat in oven or fry them until they are cooked.

Beef EMPANADAS

Ingredients

- 30 discos (made of dough for turnover pastries. Find them frozen at supermarket)
- 3 lbs of ground beef (2 trays of 1.5 lb aprox)
- 1 chopped onion
- 1 red chili (chopped)
- 3 peeled tomatoes (chopped)
- A pinch of pepper
- A tablespoon of sugar
- A tablespoon of salt
- 2 teaspoons of cumin
- Some milk
- Some oil
- 3 hard-boiled eggs

Preparation

- Previously defrost the discos and put 3 eggs to boil for 10 minutes.
- Previously, place the ground beef in a bowl and pour milk in it, making sure that the milk gets well mixed with the meat (mix with your fingers to separate the meat)
- Chop the onion and the red chili. In a big pan or wok, put a jet of oil and sauté. Chop the peeled tomatoes and add them to the onion and chili. Add salt, pepper, cumin and sugar. Mix with a wooden spoon. Add the ground beef into the wok draining off the milk in the kitchen sink. Stir occasionally, so that the meat mixes with all the ingredients and until the meat is well cooked. By this time it should be a juicy mixture and the meat will cook fast in its juice. Let it cool.
- Take one disco at a time. Place the disco on your open left palm. Wet your right index finger in water and pass it around the edge of the disco. Place a full soup spoon of the mixture in the center of the disco. Fold the disco upwards so as to close it. Press side to side with your fingers (index and thumb) leaving no air between the sides and making sure it is well closed. Once it is well closed, twist or pinch the crust edge with your thumb and index as when you join together two pie crusts.
- Heat in oven or fry them until they are cooked.

Crepes

Put all the following ingredients in the blender:

- 2 cups of milk
- 8 eggs
- 6 tablespoons of butter
- 2 teaspoons of salt
- 2 teaspoons of sugar
- 1 cup of self rising flour

Once the mixture is ready, put some butter on a frying pan and place it on the stove. Once the butter melts, spread it through all the surface and clean it with a napkin.

Place the pan on the stove and pour some mixture on it. As the pan is hot, the mixture will stick to it. Spread the mixture well by moving the pan on the air, like making circles. Once all the surface is covered, return the extra mixture to the blender jug. The crepe should be thin. If you want it thick, don't return the mixture to the blender jug.

Once the edges of the crepe start turning brown use a wooden spoon or your finger to grab the crepe and turn it round. Leave it on this other side for half a minute and take it out of the pan. You can have a plate next to you and make a pile of the ready crepes.