

Sunvil Supper Club

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September 2013 - Empanadas with Gallo Pinto



Ingredients

Empanadas

8oz corn flour
8oz dough flour
4 oz vegetable oil
4 oz Mozzarella cheese, shredded
3 tablespoons vegetable oil
1/2 teaspoon Worcestershire sauce
4oz chorizo sausage
1 onion, chopped
1 cup black beans, cooked
1 teaspoon salt

Gallo Pinto

1 cup rice, cooked
1 cup red or black beans, cooked
3 tablespoons red bell peppers, chopped
3 tablespoons onion, chopped
2 tablespoons celery, chopped
1 teaspoon vegetable oil

Empanadas

Start by making the dough. Combine dough flour, corn flour, and salt in a mixing bowl. Stir in water gradually until smooth. Dough must be slightly sticky. Test dough consistency by flattening a small ball between your hands. If dough edges crack, add more water. Test until edges are completely smooth. Cover dough with a damp kitchen towel.

For the filling heat the black beans in a saucepan over medium heat. Add onions, salt, and Worcestershire sauce to the saucepan. Heat the chorizo sausage in another saucepan over medium heat. Stir until meat is thoroughly cooked.

Roll dough out 1/8 to 1/4 inch thick. Cut the dough into circles of 4 to 5-inch diameters. Brush rounds with water. Place 2 teaspoons chorizo sausage, 1 teaspoon cheese, 1 teaspoon fried beans filling on each round. Fold over and seal by crimping with a fork, making a narrow rim. Heat vegetable oil in a saucepan over medium heat. Add turnovers and cook turning until light brown. Serve warm.

Gallo Pinto

Lightly fry the onion, bell pepper, and celery in 1 tsp of oil. When they are crispy add your choice of extra ingredients (mushrooms etc). Add the rice and fry all ingredients together; allow flavours to mix. Add the beans. Cover and let them rest for a while so the flavours mix. Serve immediately.

Gallo Pinto, or simply "Pinto," as the Costa Ricans say, is the traditional dish of Costa Rican and Nicaraguan cuisine. It is a typical breakfast dish but can be eaten with any dish throughout the day. Though many variations exist, the dish at its most basic is composed of pre-cooked rice and beans, mixed together with spices such as cilantro, onion and peppers.

A similar dish is found in Panama and in El Salvador, where it is called Casamiento. Regarding the true nature of Gallo Pinto, it is believed that it came to be known through the Afro-Latino immigrants who live on the Caribbean coasts.

Find out more about the cuisine of Costa Rica, plus information about Costa Rica holidays at www.sunvil.co.uk/traveller/central-america/costa-rica