

# Pastelillos (Empanadas) of Puerto Rico



This recipe is a variation of what I did with my "Wela" (abuela) as a little girl. She never cooked with measurements- she only cooked with her eye and taste! I remember always helping her in a makeshift assembly line in the kitchen- as she filled the discs (made from scratch!). My job was to close them with the fork but the best part was eating them! These are great as an after school snack or as a side to your main dish ♥ Enjoy!  
Señora Walsh

## Ingredients:

- 1 package of thawed Goya "discos" (found in the frozen section of your supermarket)
  - Can be made from scratch with flour, salt, water
- 1-3 lbs of ground beef
- 1-2 tbsp of "recaito" (found pre-made in the international section of your supermarket)
- 1-2 tbsp of "sofrito" (found pre-made in the international section of your supermarket)
- Powdered black pepper (to taste)
- Oregano (to taste)
- Powdered Garlic (to taste)
- Green olives and/or raisins \*optional
- Flour
- Vegetable oil



## Directions/Steps:

1. Brown ground beef adding recaito, sofrito, black pepper, oregano and garlic (\*optional green olives and/or raisins)  
\*You can also substitute ground beef for chicken or one of my faves: queso blanco (white cheese)!
2. Drain excess liquid
3. Place about 1 large tbsp of meat in the center of a disk
4. Fold to form a half circle and press down edges with a fork/ flip the disk and press down edge again. If edges are not sticking, wet the inside edge with a little water (this will help make the edges stick)
5. In a plate or bowl, coat your pastelillo with flour and set aside (at this step, the pastelillos are also ready to freeze and save for another day!)
6. Pre-heat vegetable oil on medium-high heat
7. Test that the oil is hot- you do not want your pastelillos sitting in oil!

8. Once the oil is hot, add 2-3 pastelillos to your frying pan
9. Flip the pastelillo about 30 seconds into the frying process- this goes quick and you don't want them to burn! The pastelillo also fills with air in the center making it tricky to fully cook!
10. Once the pastelillo has reached a golden brown color, they are ready to take out. I suggest placing them on a paper towel to soak excess oil.
11. Cool and enjoy!

*¡Buen provecho! Señora Walsh*

## Ingredientes:

- 1 paquete de discos Goya (se encuentra en la sección congelada del supermercado)
  - Puede hacer de harina y agua
- 1-3 libras de carne molida
- 1-2 cucharas grande de "recaito"
- 1-2 cucharas grande de "sofrito"
- Pimienta negra molida (al gusto)
- Oregano (al gusto)
- Ajo molido (al gusto)
- Aceituna verde y/o pasas \*opcional
- Harina
- Aceite



## Direcciones/Pasos:

1. Saltea la carne, agregando el recaito, sofrito, pimienta, oregano y ajo (\*aceitunas y pasas) \*Puede reemplazar la carne por pollo o queso blanco (mi favorito)!
2. Desagua la carne
3. Pon una cucharas grande de carne en el centro de un disco
4. Dobla por la mitad y aprieta las orillas con un tenedor/ voltear el disco y aprieta las orillas de nuevo. Si las orillas no están pegándose, moja las orillas con un poco de agua.
5. En un plato, cubre el pastelillo en harina y pon al lado (aquí se puede congelar los pastelillos y guardar para comer otro día)
6. En un sartén, precalienta el aceite a fuego medio-alto
7. Prueba que el aceite esté caliente- ¡no quieres que los pastelillos se mantengan en el aceite!
8. Cuando el aceite esté caliente, pon 2-3 pastelillos en el aceite
9. De vueltas a los pastelillos cada 30 segundos- este proceso va rápido- ¡no quieres que se quemem! El pastelillo también se llena de aire, ¡haciéndolo difícil para cocinar bien!
10. Cuando el pastelillo llega a color marrón-dorado, está listo para sacar del aceite. Se sugiere poner el pastelillo en papel de toalla para absorber el exceso de aceite.
11. ¡Deja enfriar y buen provecho!

