



Shropshire Hills
Discovery Centre

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Recipes and Tips



VEGAN BLACK BEAN EMPANADAS

This recipe makes about 4 or 5 15 cm Empanadas.

DOUGH INGREDIENTS

175g Plain Flour

50 g Vegetable Baking Fat.

1 Tbs Cornflour

FILLING

1 can Black Beans, drained.

2 Shallots or 1 small White Onion

1 small Carrot, grated.

2 stick Celery finely chopped.

1 tbs Tomato Paste.

1 tsp Cummin

Half tsp Cinnamon

Half tsp Paprika

Half tsp Cayenne

1 tbs Raisins.

The amounts for spices are variable, if don't like too spicy then cut down on the cayenne, always taste after cooking to adjust seasoning.

DOUGH METHOD. Do this stage first.

1. Put all ingredients in bowl along with the cubed baking fat.
 2. Rub together as you would pastry until it resembles fine crumbs.
 3. Add water very slowly until it comes together but don't not get the dough too wet.
- Wrap the dough in cling film and set aside in a cool place for a minimum of 15 minutes.



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FILLING METHOD

1. Finely chop the shallots and celery, grate the carrot and the garlic.
2. Gently heat the oil in pan, you can use olive oil or rapeseed oil, add the onions, carrots, celery season with salt and pepper and sauté until soft.
3. Stir in the garlic and tomato paste and cook for a further minute or so.
4. Stir in the spices and mix well.
5. Drain the beans keeping the liquid aside add to pan and mix well, press down on some of the beans to break them up but not all of them. If it seems a little dry add a tablespoon of the bean liquid to let it down but avoid getting it too wet.

Stir in raisins and set aside in a bowl to cool down. Check seasoning.

ASSEMBLY METHOD

1. Line baking tray with parchment.
2. Divide the dough into two and work with half at a time.
3. Flour the board and rolling pin and roll out to a thickness of 5mm.
4. Using a 150mm cutter cut out discs ready to fill.
5. Place about 2 tablespoons slightly off centre on the disc and moisten the edges with water.
6. Press the edges together with a fork to seal them.

Place them on baking tray and lightly brush with oil and bake for 35 to 40 minutes at 190 C until golden brown.

