

# Oat Empanadas



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BEARD  
FOUNDATION**

## ingredients

### *Dough:*

- 3 c of flour +1 c
- 1 1/4 c of oats (soaked in 1/4 c of water overnight, discard water when using the oats)
- 2 tsp salt
- 1 stick of butter (cold)
- 5 tbsp olive oil
- 1 egg
- 3 tbsp annatto infused oil

### *Filling:*

- 4 c kale, chopped
- 1 c carrots, shredded
- 4 tbsp ginger, minced
- 4 tbsp oats
- 2 tbsp garlic, minced
- 2 tbsp olive oil
- Black pepper
- Cayenne pepper
- Salt

## instructions

### For the dough:

1. Soak oats overnight, with just enough water to cover the oats.
2. Discard whatever water is left in the oat mixture.
3. Mix flour and salt in food processor.
4. Add butter, olive oil and annatto infused oil and pulse.
5. Add egg and pulse.
6. Add oat mixture, 1/4 cup at a time and continue pulsing until until clumpy dough forms. If it becomes too wet add the extra cup of flour, 1/4 cup at a time.
7. Divide dough in half and flatten it in disk shape.
8. Refrigerate until ready to use (keep in fridge 1-2 days), or freeze until ready to use.

### For the filling:

1. In a big pot saute garlic and ginger in oil, until crisp.
2. Add kale and oats.
3. Once the kale softens up, add carrots and season with peppers and salt. Cook 2-4 minutes.
4. Let it cool off before using for empanadas.

### Rolling the dough and the assembly of the empanadas:

1. Roll the dough into a thin sheet.
2. Using a small plate (4-5 inch plate), cut out round shape.
3. Place a spoonful of the filling (around 1 1/2 oz) in the middle of each empanada disc.
4. Seal empanadas (I like to brush with egg white to secure the sealing) and fold the dough and seal edges by pressing the dough with your fingers, twisting the edges and curling it.
5. Refrigerate for 1 hour (no more than 1 day)
6. Pre-Heat oven at 375F
7. Before baking brush then with egg wash or cream.
8. Bake 20-15 minutes, or once they're golden