
Corned Beef, Cabbage & Irish Cheddar Empanadas

Total time: 45 min Yield: 16 empanadas

Ingredients

12 oz can corned beef
1 Tbsp garlic (minced)
1 cup onion (finely diced)
3 cup loosely packed cabbage (finely diced)
½ tsp salt
½ tsp black pepper
2 Tbsp Dijon mustard
1 Tbsp all-purpose flour
3 cup loosely packed Kerrygold Dubliner Irish cheddar cheese (grated)
3 Tbsp whole grain mustard
16 flour tortillas (street taco size)
non-stick cooking spray

Prep Time: 33 min Cooking Time: 12 min Total Time: 45 min

Instructions

Preheat oven to 450°F. In a large skillet over high heat add corned beef, garlic, onion, cabbage, salt and pepper. Stir and cook for 5 to 7 minutes until cabbage and onion is soft and liquid is cooked out. Remove from heat and place into a mixing bowl and allow to cool. While mixture is cooling, in small bowl add Dijon, flour and mix well into a glue like paste. The glue will help seal the empanadas. Once the corned beef mixture is cool to the touch add the Irish cheddar, whole grain mustard and mix well.

To assemble the empanadas, lay out the flour tortillas on a clean surface. Place 2 to 2½ tablespoons of the corned beef filling on one side of the tortilla, then place the glue around the edge, enough to seal the edges nicely. Fold it, press the edges firmly with your fingertips until the edge is smooth and closed. With a fork press down into the edges of the empanada to help seal the mixture in. The most important tip is not to overfill the tortillas.

Place on a lined baking sheet coated with non-stick cooking spray. Place empanadas evenly on to cooking sheet and spray the tops of the empanadas with non-stick cooking spray and bake for 10 to 12 minutes until golden brown. Once cooked, remove from baking sheet and place on a serving platter. Enjoy this pupu for your Saint Patrick's Day celebrations!

Recipe brought to you by:

Chef Ryan Covert