

RED ARROW INTERNATIONAL Culinary Creations

Grillin' SC Oil™

Flavor Description:

A clean and light chargrilled note with a mild, meaty component.



Empanada Dough

Yield: 611 gm. of dough

Servings: 20 portions – 31 gm. each

FORMULA: *

Ingredients:	Oz.	Lbs.	Grams	% weight
Grillin' SC Oil	0.18	0.01	5.0	0.8%
Flour, all-purpose	4.59	0.3	130.0	21.3%
Masa harina (corn flour)	5.82	0.4	165.0	27.0%
Baking powder	0.16	0.0	4.5	0.7%
Salt	0.21	0.0	6.0	1.0%
Butter; unsalted, melted	3.99	0.2	113.0	18.5%
Water	4.62	0.3	131.0	21.5%
Egg, 1 whole	1.98	0.1	56.0	9.2%
Total	21.53	1.3	610.5	100.0%

Method of Preparation:

1. Mix flour, masa harina, baking powder and salt together in a large bowl.
2. Stir the melted butter and **Grillin' SC Oil** into the flour mixture.
3. Whisk the water and the egg together in a separate bowl. Add to the flour mixture.
4. Knead the dough in the bowl until the dough is smooth and pliable, approximately 2 minutes.
5. Working with half of the dough at one time, roll out on a floured surface to 1/8-inch thickness.
6. Cut the dough to the size of circle desired, using a biscuit cutter.
7. Place a desired filling in the center of the dough circle, fold dough over and press edges together with a fork to seal.
8. Place on a greased baking sheet. Bake at 191°C for 15 minutes or until golden brown.

Research Chef Evaluation of Grillin' SC Oil:

Grillin' SC Oil adds a soft chargrilled note to the dough. This flavor will complement many filling varieties without overpowering other flavors.

*Developed by Red Arrow Culinary Specialists