

Fried Patties – *Empanadas fritas*

Ingredients

1 cup all-purpose flour, plus more, for dusting

1 tsp baking powder

½ tsp salt

¼ cup water, or more, if needed

Oil, for deep frying

Fillings, to taste, for example:

Cooked chicken breast, shredded and mixed with prepared red *mole* (homemade, or store-bought)

Melting cheese slices (such as Mexican Manchego, Mozzarella or Friulano) and roasted poblano pepper strips

Picadillo

Cooked mashed potatoes and cheese

Puebla Style Tinga

Tuna, from canned, sautéed with veggies



Mix flour, baking powder and sugar in a mixing bowl, then slowly incorporate water. Finish by kneading with clean hands, adding water by the tablespoon if too dry, to form a soft dough. Transfer dough to a lightly floured working surface, then cut in half; divide each resulting portion into halves two more times, for a total of eight pieces; form each portion into a ball, approximately two inches in diameter. Working with one portion at a time, flatten using a rolling pin, trying to form a disk with a six-inch diameter; since they will be folded later on, the edge does not have to be perfect. Scoop about half a cup of filling onto one half of the disk, leaving about one inch from the edge empty (photo below, left, with chicken and *mole*), or arrange some pieces of filling in the same manner (second photo, below, for cheese slices and poblano pepper strips). Dust clean hands with some flour, and fold dough over the filling, to form a half circle, then to seal the patty, either fold the edge over towards the centre, then pinch along to form a frill (third photo, below), or twist towards the centre, gently pressing down, to form a rope (photo below, right):



Repeat with each ball of dough. Prepare a rack or paper towels, to drain excess oil after frying, and place near the stove. Preferably close to serving time, pour enough oil in a small pot to cover bottom and to a depth of at least one inch, and place on stove over high heat; the oil will be hot enough when it ripples, or if a kitchen thermometer registers between 325-350°F (160-180°C). Carefully place one patty in the hot oil, it will start bubbling immediately; after a few seconds, when the bottom side has turned golden brown, flip, to cook the other side. Transfer to prepared rack or paper towels, and continue with the rest of the patties. Serve while still warm and crispy.