Ingredients for your Rica Empanadas Filling



Ingredients:



500g ground beef or minced beef (preferably with a bit of fat, such as flank or chuck, so it doesn't dry out).

2 large onions, finely chopped (in Argentina, double the volume of onion relative to beef is used to ensure juiciness).

1/2 red bell pepper, finely diced.

2 hard-boiled eggs (boiled for 10 minutes and chopped).

10 pitted green olives, sliced. (optional)

Key seasonings:



1 tbsp sweet paprika

1 tsp ground cumin

1 tsp oregano



Salt and black pepper to taste

Fat or oil:



2 tbsp (beef tallow is traditionally used, but olive or sunflower oil works perfectly).

Step by Step

1 Sauté the Vegetables
(The Flavor Base)

1. Place a large skillet or pot over medium heat with the two tablespoons of oil or fat.



2. Add the chopped onion and red bell pepper along with a pinch of salt (salt helps the onion release its moisture and cook better).



3. Cook over low-medium heat for about 10 to 12 minutes, stirring occasionally, until the onion is completely translucent and very tender. Do not let it brown too much.



2 Cook the Beef





1. Turn the heat up to medium-high and add the minced beef to the pan.
2. Using a wooden spoon, break up the meat so there are no large lumps or clumps.
3. Cook the meat only until it changes color from pink to brown (approx. 4-5 minutes).

Key tip!
Do not overcook it at this stage, as it will finish cooking inside the oven or when frying. If you dry it out now, the empanada will end up dry.

3 Season and Hydrate



1. Turn off the heat (or turn it to lowest setting).
2. Add the paprika, cumin, oregano, salt, and black pepper. Mix thoroughly so the meat absorbs the flavors.



Optional: If you notice the pan lacks liquid, add 3 to 4 tablespoons of beef broth or water to guarantee juiciness.

4 Cooling
(The Most Important Step)



1. Transfer the filling (which in Argentina is called "recado") into a wide container.
2. Allow it to cool to room temperature, then place it in the refrigerator for at least 2 hours (overnight is even better).

As it cools, the fats and juices solidify. This prevents the dough of your Rica discs from getting soggy, tearing, or becoming hard to seal.

5 The final touch
(Right before assembling)



1. Take the cold filling out of the fridge. You'll notice it's firm.
2. Add the chopped hard-boiled egg and green olives on top.
3. Gently fold them in so the egg doesn't break apart.

Traditional flavor in every bite!

Rica Rondo

Ingredients for your Rica Empanadas Filling



1 Bring the Discs to Room Temperature Key!

- Take the disc package out of the fridge about 15 to 20 minutes before starting assembly.
- If the dough discs are too cold, they will be rigid, crack when folded, and make sealing very difficult.



2 Correct Assembly

1



Peel off the disc:
Carefully remove the plastic divider.

2



Moisten the edge:
Lightly dip your finger in water and trace along half of the disc's edge. This step is essential as dough discs can be slightly dry and need water to act as "glue".

3



Place the filling:
Put a generous tablespoon of cold filling in the center. Top with a piece of hard-boiled egg. Do not overfill, as the dough discs could overflow.

3 Sealing





1

Fold the dough in half, bringing the two edges together.

2

Seal tightly: Press firmly with your index finger and thumb all along the edge to remove any trapped air.

3 Form the edge closure:





Traditional option: Make the "repulgue" crimp by folding the edge over itself from one end to the other in a braided pattern.

Quick option: If braiding is difficult, press firmly along the entire edge using the tines of a fork. They turn out perfect and tightly sealed!

4 Cooking method

If you bought "Oven/Baking" disks

1 Preheat the oven to 200°C / 400°F (top and bottom heat).



2 Place the empanadas on a baking sheet.



3 Brush them with egg wash (beaten egg mixed with a teaspoon of milk) for a beautiful golden shine.



4 Bake for 15 to 20 minutes until the pastry is golden and crisp.



Tip: The shine and rich golden color are achieved with the egg wash and milk.

4 Cooking method

If you bought "Frying" disks



1. Heat plenty of oil in a deep skillet (oil should cover half of the empanada height).



2. Cook over medium-high heat. If the oil is too cold, the dough will absorb grease; if too hot, it will burn outside and remain raw inside.



3. Fry for 2 to 3 minutes per side until puffed up and golden brown. Drain on paper towels.



Tip: Do not overcrowd the pan with too many empanadas at once so the oil maintains its temperature.

And ready to enjoy!

Traditional flavor in every bite!

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Times and servings
Rica Empanadas



Times

Prep time: 30 minutes (Includes chopping vegetables, cooking filling, and assembling empanadas).

Resting time (fridge): 2 hours (Recommended time to chill filling; if in a rush, speed it up with 30 minutes in the freezer).

Cooking time:

- Oven: 15 to 20 minutes at 200°C (400°F).
- Fried: 4 to 5 minutes per batch in hot oil.

Servings

Yields 12 to 15 medium empanadas (ideal for 3 to 4 people, calculating roughly 3 to 4 empanadas per adult).

Cooking Comparison Table

Cooking Method	Time	Temperature	Indicator that they are ready
Oven	15 - 20 min	200°C (Preheated)	The pastry looks golden and glossy (if brushed with egg wash).
Fried (Oil)	4 - 5 min	170°C (Medium-high heat)	The dough puffs up with small bubbles and takes on an even golden color

Traditional flavor in every bite!