Food Explorers

Pumpkin Empanadas with Scratch Dough

Argentina | Baking

Spotlight: Sugar pie pumpkin **Drink pairing:** Pear Nectar Spritzer

Empanadas are Argentina's national treasure, and the twisted rope edge — the repulgue — is a point of family pride. We make the dough ourselves in five minutes and fill it with spiced fall pumpkin.

Ingredients (makes 8–14 portions)

- 3–4 cups all-purpose flour
- 1/2–2/3 cup cooking oil
- 1 1/2–2 cups canned pumpkin puree
- 1/3–1/2 cup brown sugar
- 1–1 1/2 tsp ground cinnamon
- 1/4–1/2 tsp ground ginger
- 1–1 1/2 Tbsp cornstarch
- 1/4–1/3 cup milk (for brushing)
- 1/4–1/3 cup granulated sugar
- 1–1.5 quarts pear nectar
- 1 litre sparkling water
- 1 tsp salt

Steps

1. DOUGH: stir the flour and salt together, then add the oil and warm water and mix into a smooth ball. No resting needed.
2. Mix the pumpkin with brown sugar, cinnamon, ginger and cornstarch — smell that fall magic.
3. Pat the dough into 4–5 inch rounds and spoon filling onto half of each. One spoonful only — an overfilled empanada cannot seal.
4. Fold over and seal the edge, then try the traditional repulgue rope crimp. A fork seal works beautifully too.
5. Brush with milk and dust with sugar. An adult bakes at 400°F for 17–19 minutes.
6. While they bake, pour pear nectar into your cup and top with sparkling water.

Substitutions: Gluten-free: 1:1 gluten-free flour blend. Dairy-free: brush with plant milk. Egg-free: naturally egg-free — this dough uses oil and water.

Cooking this at home: For about five empanadas, use 1 cup flour, 2 Tbsp oil, a splash of warm water, and 1/2 cup pumpkin puree with a spoon of brown sugar and cinnamon. The repulgue rope edge takes practice — that is exactly why it is worth trying at home.