



## **Awesome Argentinian Corn Empanadas + Chimichurri Sauce + Melon Agua Fresca**

By Erin Fletter

**Prep Time** 32 / **Cook Time** 4 / **Serves** 4 - 6

### **Shopping List**

#### ☐ FRESH

- ☐ 1 bunch flat-leafed parsley
- ☐ 1 C frozen or canned corn kernels
- ☐ 1 small garlic clove
- ☐ 1 1/2 limes
- ☐ 2 C cantaloupe, watermelon, or honeydew (about 1/4 to 1/2 melon)

#### ☐ DAIRY AND EGGS

- ☐ 1/2 C butter **\*\*(see allergy subs below)\*\***
- ☐ 1/4 C queso blanco, queso fresco, Monterey Jack, or cheddar cheese **\*\*(see allergy subs below)\*\***
- ☐ 1 egg **\*\*(see allergy subs below)\*\***

#### ☐ PANTRY

- ☐ 3 C all-purpose flour + more for work surface **\*\*(see allergy subs below)\*\***
- ☐ 1 T baking powder
- ☐ 2 1/4 tsp granulated sugar
- ☐ 1 3/4 tsp salt
- ☐ 1/2 T apple cider vinegar or lime juice
- ☐ 1/3 C olive oil + more for drizzling and cooking

- ☐ 1/8 tsp ground black pepper
- ☐ 1 T apple cider vinegar
- ☐ 1 pinch dried oregano, optional
- ☐ 1 1/2 C sparkling or still water
- ☐ 1/2 C sugar/honey/agave syrup (or 4 to 5 stevia packets)
- ☐ HAVE ON HAND
- ☐ 3/4 C water
- ☐ 2 C ice

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

**pan-fry:** to cook in a pan in a small amount of fat.

**rest (dough):** to let bread or pastry dough relax, allowing the dough to absorb more liquid and become more pliable before shaping it.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

## Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife

- ☐ Citrus squeezer (optional)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Nonstick skillet
- ☐ Mixing bowls
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Clean dish towel or paper towel
- ☐ Grater
- ☐ Round cookie cutters or jar lids to cut out dough into round circles
- ☐ Heat-resistant spatula
- ☐ Food processor or blender (or bowl + immersion blender)

## **Ingredients**

### **Melon Agua Fresca**

- ☐ 1 lime, juiced
- ☐ 2 C cantaloupe, watermelon, or honeydew (about 1/4 to 1/2 melon)
- ☐ 1 1/2 C sparkling or still water
- ☐ 1/2 C sugar/honey/agave syrup (or 4 to 5 stevia packets)
- ☐ 2 C ice

### **Awesome Argentinian Corn Empanadas with Chimichurri Sauce**

- ☐ Empanada dough:
- ☐ 3 C all-purpose flour + more for work surface \*\*(for GLUTEN ALLERGY sub 3 C gluten-free/nut-free all-purpose flour)\*\*
- ☐ 1 T baking powder
- ☐ 2 tsp granulated sugar
- ☐ 1 pinch salt
- ☐ 1 T parsley

- ☐ 1/2 C butter **\*\*(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter)\*\***
- ☐ 1 egg **\*\*(for EGG ALLERGY sub 1 tsp baking soda mixed with 1 T vinegar)\*\***
- ☐ 3/4 C water
- ☐ 1/2 T apple cider vinegar or lime juice
- ☐ olive oil for drizzling and cooking
- ☐ Empanada filling:
- ☐ 1 C corn kernels, frozen and thawed OR canned and drained
- ☐ 1/4 C queso blanco, queso fresco, Monterey Jack, or cheddar cheese **\*\*(for DAIRY ALLERGY sub 1/4 C dairy-free/nut-free cheese, like Daiya brand)\*\***
- ☐ 1/2 tsp salt, to taste
- ☐ 1/8 tsp ground black pepper
- ☐ 1 small handful flat-leafed parsley
- ☐ 1 pinch granulated sugar
- ☐ Chimichurri Sauce:
- ☐ 1 C firmly packed flat leaf parsley
- ☐ 1 small garlic clove
- ☐ 1 T apple cider vinegar
- ☐ 1 T fresh lime juice
- ☐ 1/3 C olive oil
- ☐ 1 tsp salt
- ☐ 1 pinch dried oregano, optional

## Food Allergen Substitutions

Melon Agua Fresca

Awesome Argentinian Corn Empanadas with Chimichurri Sauce

**Gluten/Wheat:** For 3 C all-purpose flour, substitute 3 C gluten-free/nut-free all-purpose flour.

**Dairy:** For 1/2 C butter, substitute 1/2 C dairy-free/nut-free butter. For 1/4 C cheese, substitute 1/4 C dairy-free/nut-free cheese, like Daiya brand.

**Egg:** For 1 egg, substitute 1 tsp baking soda mixed with 1 T vinegar.

## Instructions

### Melon Agua Fresca

slice + squeeze

Slice **1 lime** in half and squeeze the juice into your blender (or pitcher for use with an immersion blender).

chop + add

Chop and add **2 cups cantaloupe** (or other melon), **1/2 cup sugar**, and **1 1/2 cups sparkling or still water** to the blender.

blend + adjust

Blend until smooth and adjust flavors until just right! Serve in cups over ice. "Muy bien" or "Very good" in Spanish!

### Awesome Argentinian Corn Empanadas with Chimichurri Sauce

measure + tear + mix

First, make the empanada dough. Have your kids measure and add to a large mixing bowl: **3 cups flour**, **1 tablespoon baking powder**, **2 teaspoons sugar**, and **1 pinch of salt**. Have them tear **1 tablespoon of parsley** into little bits and add them to the dry ingredients. Mix together until well combined.

crack + stir

Crack **1 egg** into the bowl with the dry ingredients. Add **1/2 cup softened butter**, **3/4 cup water**, and **1/2 tablespoon apple cider vinegar or lime juice** and stir until the dough is too stiff for a spoon.

knead + count

Have your kids knead the dough in the bowl with their clean hands until it holds together well, adding more flour if necessary. Turn the dough out on a floured surface and cut into about 12 pieces. Have your kids continue kneading the pieces of dough for about 5 minutes until each piece feels smooth and elastic. Count to 10 in Spanish while kneading: 1 uno (OOH-noh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAH-troh), 5 cinco (SEEN-koh), 6 seis (SAY-ehs), 7 siete (see-EH-tay), 8 ocho (OH-choh), 9 nueve (NWEH-vay), 10 diez (DEE-ehs).

drizzle + rest

Put the dough balls in an oiled bowl, then drizzle with a little **olive oil** and keep covered with a clean damp dish towel or paper towel while you let them rest (naptime). Now, it's time to make the corn filling!

### tear + grate + mix

Tear **1 small handful of parsley** and grate **1/4 cup of cheese**. Add the parsley to a bowl with **1 cup corn kernels, 1 pinch of sugar, 1/8 teaspoon black pepper**, and **1/2 teaspoon salt**. Have your kids mix well, even being a little rough so that the corn gets mashed up a bit. Lastly, stir in the **grated cheese**.

### roll + cut

Wake the dough up from its nap and have your kids roll each piece out onto a floured cutting board. Using circular cookie cutters or jar lids, have your kids cut out round flat pieces of dough.

### fill + fold + seal

Place a heaping 1/2 tablespoon of the corn filling in the center of each dough circle. Fold one side over the filling to the opposite side, forming a semi-circle or half-moon shape. Using clean fingers, have your kids pinch the edges, sealing the filling inside the crust.

### pan fry + drizzle

Heat a bit of **olive oil** in a nonstick skillet over medium heat on your stove top and pan fry the empanadas about 2 minutes on each side until golden brown.

### measure + mix + blend

Next, we'll make the Chimichurri Sauce! Start by having your kids tear **1 cup of firmly packed parsley** and add it to a food processor or blender (or bowl for use with an immersion blender). Then, they can measure and mix in **1 small garlic clove, 1 tablespoon apple cider vinegar, 1 tablespoon lime juice, 1/3 cup olive oil, 1 teaspoon salt**, and optional **1 pinch of dried oregano**. Blend everything together and drizzle or dip your Corn Empanadas in the finished Chimichurri Sauce! "Buen provecho" (Bwayn proh-VAY-choh) or "Enjoy your meal" in Spanish!

## Featured Ingredient: Parsley!

Hi! I'm Parsley!

"I'm an herb with small green, aromatic leaves, and I add a fresh, bright flavor to foods. Try me! Taste a salad or other dish, then chop or tear some of my fresh leaves into it and taste again. You may be surprised at the flavor I add to your recipe! When you hear my name, do you also think of sage, rosemary, and thyme? That's because I'm part of the line, 'Parsley, Sage, Rosemary and Thyme,' in the traditional English ballad 'Scarborough Fair' made famous by Simon and Garfunkel!"

### History

Today, parsley is the world's most popular herb. Nobody is sure where parsley originated, though it is said by some to have originated in Sardinia (an island territory off the western coast of peninsular Italy). It is

native to the central and eastern areas of the Mediterranean.

The Ancient Greeks believed parsley sprung from the blood of the hero Archemorus after a dragon killed him!

Humans have been cultivating parsley for 2,000 years!

Like many vegetables and herbs, parsley was first used as medicine before being consumed as food.

In some countries, the curlier variety of parsley is more popular. People say this is because the flat leaf type resembles a poisonous weed called Fool's Parsley.

California produces over forty percent of the parsley in the United States.

## Anatomy & Etymology

There are two parsley varieties commonly used as an herb, curly leaf and flat leaf. The flat leaf type is often referred to as Italian parsley.

Parsley is a biennial flowering plant—it will grow back year after year in prolific bushes. Its leaves are scalloped, small, and hardy. They can survive colder temperatures and grow best in partial shade.

Parsley plants can grow up to 2 feet high the first year after flowering (their flowers are small and white). A relative of celery (try celery leaves some time—they taste a lot like parsley), parsley gets its name from the Greek word for "rock celery" (petroselinon) because it thrives on rocks and walls.

The word "parsley" combined the Old English "petersilie" (same as the current German word for parsley) and the Old French "peresil." These are from the Latin "petroselinum" from the Greek "petroselinon."

## How to Pick, Buy, & Eat

When selecting parsley for cooking, choose the flat leaf (Italian) variety, which is milder, less bitter, and more fragrant than the curly variety.

Select parsley that is bright green and fresh-looking, with no brown or rotting leaves. Store fresh parsley sprigs wrapped in a damp paper towel in a sealed plastic bag in the fridge.

You can also add a parsley bunch to a glass of water and tie a plastic bag loosely over the leaves, then store the glass in the fridge. Wait to wash its leaves until just before you're ready to use them by swishing them around in the water to loosen any clinging dirt.

Make a tea from parsley to help with colic, gas, and indigestion.

Add raw chopped parsley to salads, soups, and burger patties. Add some to your morning smoothie, or tie up a few fresh sprigs with other herbs, like thyme and bay leaf, to make a bouquet garni (an herb bundle) used to season sauces and broths. You can also make pesto with parsley instead of basil or use it in chimichurri!

Tabbouleh, the well-known salad from the Middle East, is made mostly with parsley, tomatoes, onions, olive oil, and bulgar. Gremolata is an Italian condiment made with parsley, garlic, and lemon zest.

## Nutrition

Often ignored, parsley has been most frequently used as a garnish at restaurants (especially in the 80s and early 90s—remember that sprig of curly parsley placed on the side of your dinner plate?). But cultures around the world have long recognized the health benefits of parsley and used it more liberally in cooking methods, such as in chimichurri.

Parsley is full of vitamin C. Vitamin C is necessary for the body to make blood vessels, skin, cartilage, tendons, and ligaments, and it helps repair wounds.

Some cultures use parsley as a digestive aid because of its fiber.

Parsley is also a natural breath freshener. It reduces the odor of garlic breath when chewed fresh, thanks to parsley's high chlorophyll levels.

Two tablespoons of parsley meet 153% of the Recommended Daily Value of vitamin K1. K1 is essential for healthy blood. Our bodies also convert K1 to K2, and K2 is needed to deposit calcium into bones.