

# Spanish Tuna Empanada by Antonio Cruz Vaamonde



This Empanada Gallega (Galician pie) is proof that some of the best meals come from the simplest ingredients. Made with pantry staples like canned tuna, onions, flour and olive oil, it's a recipe that's been feeding families for generations; affordable, versatile and incredibly delicious.

*Recipe supplied by Antonio Cruz Vaamonde*

## **Ingredients**

For the Zaragallada (Galician Sofrito)

2-3 brown onions, finely sliced

2-3 red capsicums, finely sliced

2 garlic cloves, minced (not traditional but I love the flavour)

100ml-120ml olive oil

2 tbsp smoked paprika

2 bay leaves

Salt, to taste

For the Dough

750g Black & Gold plain flour

150ml white wine (or replace with water)

125ml water

200ml fat in total (reserved olive oil from the Zaragallada topped up with extra olive oil if needed)

7g salt

For the Filling

1 large tomato, grated

2 big cans of Black & Gold tuna chunks in spring water, drained

Prepared Zaragallada

Salt and pepper, to taste

1 egg, beaten, for egg wash

## **Method:**

1. Make the Zaragallada
2. Heat the olive oil in a large pan over medium heat. Add the onions, capsicum, garlic, bay leaves and a pinch of salt.
3. Cook gently for 20-25 minutes, we want to poach the veggies without giving them too much colour. Stirring occasionally until the vegetables are completely softened and sweet.
4. Remove the bay leaves and take the pan off the heat. Stir through the smoked paprika, allowing it to lightly toast in the residual heat.
5. Transfer the vegetables to a bowl with a strainer and drain, reserving the flavoured olive oil for the dough.
6. Make the Dough
7. Combine the flour, white wine, water, reserved olive oil, additional olive oil (if required) and salt in a large bowl or stand mixer.
8. Knead for approximately 10 minutes until smooth and elastic.
9. Cover and rest for 20-30 minutes.
10. Divide the dough into two equal portions and roll each piece out to approximately 2-3mm thick, large enough to cover a baking tray.
11. Prepare the Filling
12. In a large bowl, combine the drained tuna, grated tomato and Zaragallada.
13. Season with salt and pepper and mix until well combined.
14. Assemble the Empanada

15. Line a baking tray with one sheet of rolled dough.
16. Spread the filling evenly over the dough, leaving a 1-2cm border around the edges.