



# Quinoa empanadas with cheese



**Source:** Magda Irene Flores Mamani, Wiñay Warmi Association.  
“El camino de la quinua” cookbook, published by the Manuela Ramos Movement (Peru)

Makes: **70**

## Ingredients:

2 kg flour  
600 g white quinoa flour  
600 g butter  
5 eggs  
20 g baking powder  
50 g sugar  
600 g cheese  
Salt

## Preparation:

- In a bowl sift the flours, baking powder and salt.
- Make a well in the centre to add the egg yolks, one at a time (keep the whites for glazing before baking). Mix in the butter with your hands until the mixture is uniform and without lumps. It is easier to work on a table top.
- Add water until you have a soft dough.
- Let it rest for 20 minutes.
- Divide the dough into the intended number of empanadas (pasties). With a rolling pin and on a floured board or table top, roll out each portion to a thickness of half a centimetre.
- Place the cheese in the centre of the dough which you then fold into the shape of an empanada.
- Glaze with egg white using a pastry brush.
- Bake in greased pans at medium temperature for 20 minutes or until golden brown.



## Tip:

Cheese is a good source of calcium and protein but is also high in fat and energy, so it is important to limit cheese portions at meals.