

Chef Ibiju's Upful Ital Recipe #3: Spinach Yatti (empanada) (Yields 12 to 16)

INGREDIENTS:

Filling

- 2 lbs fresh spinach chopped
- ½ cup fresh cilantro
- 1 small diced red onion
- 1 tsp fresh parsley
- ½ tsp paprika
- 1 pinch sea salt
- 1 sprinkle turbinado brown sugar
- ½ small sweet red pepper chopped
- 1 or 2 crushed garlic cloves (to suit)
- 2 tbsp olive oil



Dough

- 2 cups unbleached all purpose flour
- ½ tsp active dry yeast
- 1 tbsp organic corn meal
- ½ tsp honey
- 2 tbsp olive oil
- 1/4 tsp sea salt
- Ital Blend (½ cup of coconut milk, 1 tbsp of red onion, 1 tbsp of fresh cilantro, 1 tbsp of sweet pepper) this stock should be blended together in a blender and set aside.

PROCEDURE:

In a medium bowl, use a large spatula to bring together flour, yeast, corn meal, dry herbs, salt, honey and Ital Blend. Use spatula to clean the sides of the mixing bowl and to knead dough then, use hands to form a ball. Cover the dough bowl and let it rest.

Add oil to a preheated skillet over medium heat. Sautee most filling ingredients for 5 minutes then add in spinach and set aside in a bowl. Add in fresh cilantro, dry herbs, olive oil and 2 tbsp of veggie stock. Adjust seasonings to taste.

Preheat the oven to 350. Knead dough in bowl again, cover and let stand for an additional ten minutes. With a rolling pin on standby, lightly flour a smooth surface and bring the bowl of filling close. Portion dough into 12 to 16 balls. Roll out individual balls, place @ 2 tbsp of filling in the center of the dough and fold over once. Cut around the folded edge to smooth and crimp edges using a fork. Place yatties on a greased baking sheet so they are not touching each other. Bake in a preheated oven until golden brown--approximately 20 to 25 minutes.