

Plantain Empanadas with Mozzarella Filling

4 ripe plantains
100 grams cornstarch
240 grams mozzarella
1 egg

When buying the plantains, choose the blackest (ripest) plantains you can find.

Peel and cut the plantains into 1" pieces. Add them to a pot, cover with water, bring to a boil, and boil for 10 minutes or until very soft.

Drain the water from the plantains. Mash them with a potato masher or a fork. Add the cornstarch and a tiny amount of salt (to taste). Mix well. Let the dough rest for at least 20 minutes at room temperature. Make sure it has completely cooled down before you begin working with it.

Cut the mozzarella into "fingers" of 20 grams each.

Make the egg wash: Break the egg and discard most of the white. Add about 1/4 teaspoon of water to the yolk and whisk well.

Divide the dough into 12 balls. Cut a 24" piece of plastic wrap.

One at a time, flatten the balls: You can do this with a tortilla press or two plates. Lay the plastic wrap onto one plate or the bottom of the tortilla press. Put the ball of dough on top. Fold the plastic wrap over the ball making sure there will still be room to flatten it. Push down the top of the tortilla press or use another plate.

Lift off the top of the plastic wrap.

Lay a mozzarella finger on the dough, a bit to one side of the center. Then fold the dough over the cheese. Use your fingers to press the edges together. You may want to roll up any extra dough to make somewhat thick edges. Take particular care that the edges are well sealed so that no cheese can leak out.

Brush the top of the pastry with egg wash.

Air fry at 350 degrees for 9 minutes. You may want to rotate the empanandas about halfway through (not flip, just rotate in the oven) for even cooking.



I have adapted this recipe from: <https://www.truffleandegg.com/recipes/plantain-empanada>