

recipe & crafts

We've enclosed a DVD that demonstrates how to make an authentic Bolivian recipe as well as two fun crafts. Try these activities with your children at home -- or with your MOPS group!

Empanadas *(16 medium-sized empanadas)*

Here's an authentic recipe from Bolivia that you can make at home or with your MOPS group. Watch the instructional video on the enclosed DVD, then have fun and enjoy this "taste" of Bolivian culture!

For the Filling:

- 2 medium potatoes, diced
- 1 1/2 tbs olive oil
- 1 lb ground beef
- 1 (10 oz) package frozen peas and carrots, thawed
- 1 onion, chopped
- 2 tsp paprika
- 1/4 tsp ground cumin
- 1 1/2 tsp salt or to taste
- 1/4 tsp black pepper or to taste
- 1/2 cup cold water
- 3 hard-boiled eggs, peeled and sliced

For the Dough:

- (To save time you can substitute 4 frozen single pie crusts, thawed)
- 6 cups all-purpose flour
- 1/4 cup white sugar
- 1 tsp salt
- 1 cup butter, cubed
- 1 1/2 cups hot water

For the Egg Wash:

- 2 eggs, beaten
- 2 tsp water

Directions for Filling:

1. Heat olive oil in medium skillet on medium heat. Stir in onion; cook about 5 minutes, until onion is translucent. Add meat and brown about 10 minutes; drain. Add in potatoes, peas and carrots, paprika, cumin, salt and black pepper. Simmer about 3 minutes. Set aside.

Directions for Dough:

1. Preheat oven to 425° F. Lightly grease 2 baking sheets.
2. (If you are using frozen pie crust skip this step.) Combine flour, sugar and salt. Cut in butter until mixture resembles coarse crumbs. Slowly add the hot water and knead until smooth, about 3 minutes.

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3. Divide the dough into 16 pieces and roll into balls. On a lightly floured surface, roll each ball of dough into a 1/8-inch-thick circle. Whisk the beaten eggs and 2 teaspoons water in a small bowl. Lightly brush egg wash on the edges of the dough circle.
4. Place about 2-3 tablespoons of the meat filling on the center of the dough round; top it with 1 slice of hard-boiled egg. Bring the sides of the dough up over the filling. Seal and scallop the edges of the dough together. Place the empanada on the prepared baking sheet and continue with the remaining dough and filling. Use the remaining egg wash to brush the empanadas.
5. Bake in preheated oven until golden brown, 15 to 20 minutes.

Consider asking members of your group to bring prepared ingredients, like dough, potatoes or hard-boiled eggs. This will slim down your preparation time.

The enclosed DVD also demonstrates how to make two Bolivia-inspired crafts. Have fun doing one or both activities with your kids or MOPS group! Here are some materials you'll want to have on hand before you begin:

Earrings:

- assortment of decorative beads
- assortment of items for making earrings such as fish hook ear wires, head pins, eye pins and jump rings
- assortment of tools such as needle-nose pliers, round-nose pliers and wire cutters.

Tip: If you're not familiar with some of these items, visit a local craft store. They should be able to help!

Paper Flowers:

- brightly colored paper
- scissors
- a ruler

Feel free to cut out these pages to help make preparation of the empanada recipe and crafts easier. We hope you have fun with these activities and get a small glimpse into Bolivia's culture!