



Galician cockle empanada with allioli

by GBC Kitchen



Main | Easy | 1 | 3 hours

When most people think of empanadas they think of a small pie about the size of a Cornish pasty. But in Galicia empanadas are much bigger - about the size of an oven tray. Here we have used tinned cockles in brine (berberechos al natural) seasoned with pimentón (hot Spanish paprika) for the filling, and served the pie with an intensely garlicky homemade allioli.

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Ingredients

METRIC IMPERIAL

EMPANADA DOUGH

- 170g of milk
- 7g of fast-action dried yeast
- 500g of plain flour, plus extra for dusting
- 1 tsp salt
- 100g of vegetable oil
- 1 medium egg, lightly beaten

COCKLES

- 3 tbsp of olive oil
- 2 onions, finely diced
- 1 red pepper, finely diced
- 1 green pepper, finely diced
- 5 garlic cloves, grated to a paste
- 100ml of white wine
- 300g of Galician cockles in brine, drained
- 1 tsp hot Spanish paprika
- 1 handful of fresh parsley, finely chopped
- 1 tbsp of sherry vinegar
- salt

ALLIOLI

- 1 egg yolk
- 3 garlic cloves, grated to a paste
- 1 tbsp of lemon juice
- salt
- 100ml of vegetable oil
- 100ml of extra virgin olive oil

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Method

1 To make the dough, first gently warm the milk - you're aiming for a temperature of around 40°C, or barely warm. Whisk in the instant yeast, then leave to one side for the yeast to activate and the milk to become frothy



2 Combine the flour and salt in a large mixing bowl. Or, if you have one, combine them in the bowl of a stand mixer fitted with a dough hook attachment



3 Add the milk and yeast mixture for the bowl, followed by the oil. Knead on a lightly floured surface for 10 minutes. If using a stand mixer, start the mixer and gradually add the yeast and milk mixture, followed by the oil. Mix on a medium-low speed for 10 minutes



4 Remove the dough from the mixer, if using, and give the dough a brief knead to bring it together into a smooth ball

5 Dust the outside of the dough lightly with flour, then return to the bowl, cover and allow to rest for an hour

6 While the dough is resting, make the filling. Heat the olive oil in a frying pan and add the onion. Cook for 10 minutes, or until slightly softened, then add the peppers



7 Cook the onion and pepper mixture, stirring regularly, for a further 15 minutes or until all the vegetables are soft

8 Add the garlic and cook for a minute more



9 Add the white wine and then cook down until almost all the liquid has evaporated



10 Stir through the cockles, pimentón, parsley and vinegar, then season with salt. Set aside



11 To make the allioli, mix the egg, garlic and lemon juice and a pinch of salt together with a whisk



12 Slowly drizzle in the vegetable oil a drop at a time, whisking all the time, until a thick, pale yellow emulsion forms. Once the oil and egg yolk begin to emulsify, you can add the oil slightly quicker



13 Once all the vegetable oil has been incorporated, add the olive oil in a steady stream, whisking constantly. Taste, and adjust seasoning as needed, then set aside

14 Preheat the oven to 180°C/gas mark 4

15 Dust a work surface lightly with flour and tip the dough out into it. Knead briefly, then divide the dough into 2 equal pieces

16 Roll out 1 piece of dough to a rectangle that's roughly 20x30cm and around 3mm thick

17 Transfer the dough to a baking tray lined with greaseproof paper

18 Roll out the other piece of dough to the same size

19 Spoon the filling onto the bottom rectangle of dough, leaving a 3cm border around the outside

20 Top with the second piece of dough, then fold the bottom piece of dough over the top edges, sealing them together and crimping them between your fingers as you go

21 Cut a hole in the top of the empanada, to allow steam to escape during cooking

22 Brush the whole empanada with the beaten egg, then transfer to the oven and cook for 20 minutes, or until golden brown



23 Slice the cockle empanadas and serve with the allioli



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