

Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Empanadas Y6

Empanadas

An empanada is a fried or baked pastry shaped like a crescent moon. Once the bread has been made with flour dough or corn flour dough, it's then stuffed with myriad fillings depending on the occasion and your taste.

It is a Latin food with each area, from South America to Spain and Portugal having their own variation, spice blend and cooking method (some are baked, some are fried).

The most traditional fillings included chicken or tuna, but now, they can be filled with all varieties of flavours such as chorizo or even Nutella!



Vocab:

Filling: The soft material that fills something.

Bake: To cook by dry heat without direct exposure to a flame, typically in an oven.

Fry: Cook in hot fat or oil, typically in a shallow pan.

Spit (oil): Emit small bursts of sparks or hot fat with a series of short, explosive noises.

Spices: A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavouring or colouring food.

Ground Spices: Whole spices ground up to a powder.

Seasoning: To add flavouring to a food to enhance its taste.

Texture: How something feels or looks.

Nutrients: A substance that provides nourishment essential to maintain life.

Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Key Questions and Knowledge:

- All things are designed with specific purpose and audience.
- Designs and prototypes need to be evaluated and adapted based on need.
- Which size will you produce? Small bite of substantial transportable lunch?
- How will you prepare the ingredients? Chop? Slice? Grate?
- How will you include different food groups?
- Which region will inspire your product?
- How will you incorporate spice?
- Which cooking method is most appropriate?

Nutrition:

Empanadas can be healthy or unhealthy based on their contents and cooking method. It can be made in to a healthy addition to you daily intake by adding vegetables to your filling and by baking instead of frying to reduce the amount of fat. Adding a mixture of ingredients from the different food groups will help to create a balanced product.



Example of spice blend mix

Mentionable Information:

Throughout Latin America, you'll find many different kinds of doughs, fillings, and cooking methods used to make empanadas. Yet, most variations have their roots in the same place: Galicia, Spain.

Their first appearance was during the Moorish invasions in Medieval Iberia. In 1520, a cookbook in Catalan mentions empanadas by name! At that time, bakers would create the pastries as round pies or in rectangular dishes. Then, they'd slice them into single servings.

Over time, Spanish colonists carried the dish to Latin America and the Philippines, and it wouldn't take long for empanadas to become synonymous with that country's culture.

Similar food versions can be found in other countries. America has the turnover and the UK has the pasty!