

# Panades

## Ingredients

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### Dough

- 2 cups of corn masa flour
- 1 ½ cups of warm water
- ½ teaspoon Recado
- ½ teaspoon of salt

### Filling

- 1 lb of cooked, shredded chicken
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 tomato, diced
- 1 tablespoon of vegetable oil
- 1 teaspoon of ground cumin
- 1 teaspoon of dried oregano
- Salt and pepper to taste



## Directions

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### Prepare the Dough & Filling

- In a large mixing bowl, combine masa, recado and salt.
- Gradually add the warm water while kneading the dough until it forms a smooth, pliable consistency.
- Cover the dough with a damp cloth and let it rest for 10 mins.
- In a skillet, heat vegetable oil over medium heat.
- Add the onion and garlic, sautéing until fragrant and translucent.
- Add the tomato, cooking until softened.
- Stir in the cooked chicken, cumin, oregano, salt, and pepper.
- Remove from heat and set aside.

### Assemble the Panades

- Flatten small dough portion into a circle on parchment paper.
- Place a spoonful of the chicken filling in the center of the dough.
- Fold the edges of the dough over the filling to form a half-moon shape, securing the edges by pressing firmly.
- Repeat until all the dough and filling are used.

### Cook the Panades

- Heat a large skillet on medium with enough oil for deep frying.
- Prepare a container lined with paper towels for drainage.
- Once your oil is hot, place your panades in the oil to fry on both sides until golden brown; @ 5 minutes (or less) on each side.
- Place on their tips in the container lined with paper towels to drain excess oil.

## Notes

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- If the oil is too hot, it will just burn on the outside and not cook through.
- Garnish with onion hot sauce and serve!
- You can also fill with refried beans, or cooked ground beef, etc.