

ABOUT US

Opening at Sydney in 2015 4mates produces its artisan gourmet empanadas by hand using the best quality ingredients, with love.

We believe that everybody will fall in love on the flavour, the smell and the colour of each empanada.

The hand-held pie of Latin America.
Baked or fried.

WHICH IS WHICH?

Just check for the letter in the corner of each empanada.



WHOLESALE EMPANADAS

**OUR LINE OF ARTISAN
FROZEN EMPANADAS**



CONTACT US

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FERNANDA CUTRERA

**WE WILL HELP TO RUN YOUR
BUSINESS**



OUR PACKAGES

CANAPE

Size 9cm aprox; Packs of 30 empanadas
minimun 8 packs.

No letter on corner for identification

EMPANADA

Size 11 cm aprox; packs of 24 empanadas
minimun 5 packs, same flavour

One letter on corner for identification.

HOW TO COOK FROM FROZEN

BAKED

Arrange the empanadas on a baking tray lined
with baking paper, without touching each other:

270°C F in Turbo Chef oven for 2 minutes.

240°C conveyor impingment oven for 6 minutes

270°C in wood fired pizza oven for 10 minutes

220°C in food service convection oven for 15
minutes

220°C in home oven with fan assistance for 20
minutes

FRIED

180°C in fryer for 3 to 7 minutes until golden
brown using sunflower oil

Allow them to cool for a few minutes on a cooling
wire rack before serving.

YOU ARE THE BAKER!

BEEF



This empanada is filled with premium ground
beef, onions, peppers, fines herbs, hard boiled
eggs, olives, malvec wine and spices imported
from Argentina.

Classic dough.

Size available: Canape/ Empanada 11 cm "B"

Dairy Free/Nuts free

CHICKEN



This empanada is filled with Diced chicken,
peppers, kalamata olives oil, onions, hard boiled
eggs, fines herbs and spices.

Classic dough.

Size available: Empanada 11cm "C"

Dairy Free/Nuts free

SPINACH & CHEESE



This empanada is filled with Spinach, Onion,
Feta and Mozzarella cheese. Contains egg and
nutmeg

Classic dough.

Size available: Empanada 11 cm "S"

Vegetarian/Contains nutmeg

4CHEESES



This empanada is filled with , mozzarella cheese,
parmesan, Fetta cheese and Cheddar cheese
sensasional

Classic dough. Only recommended For fried.

Size available: Empanada 11 cm "E"

Nuts free