

## 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 4 packs.

No letter on corner for identification

## MEDIUM EMPANADA

Size 11 cm aprox; packs of 24 empanadas  
minimun 5 packs

One letter on corner for identification.

## LARGE EMPANADA

Size 14cm aprox; minimun 100 empanadas  
2 letters 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 6 to 8 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 and spices.

Classic dough.

Size available: Canape/ Medium/Large

Dairy Free/Nuts free

## CHICKEN



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

Classic dough.

Size available: Canape/ Medium/Large

Dairy Free/Nuts free

## HAM AND CHEESE



This empanada is filled Deli ham, mozzarella  
cheese, eggs, spices and fine herbs

Classic dough.

Size available: Canape/ Medium/Large

Nuts free

## SPINACH & CHEESE



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

Classic dough.

Size available: Canape/Medium/Large

Vegetarian/Contains nutmeg

## CAPRESSE



This empanada is filled with Cheese, tomato,  
extra olive oil and basil.

Classic dough.

Size available: Medium/Large

Vegetarian/Nuts free

## ONION & CHEESE



This empanada is filled with Onion, Oregano and  
Cheese empanadas, like the Fugazetta pizza

Classic dough. Also we have only cheese

empanadas. Size available: Canape/ Medium

/Large Vegetarian/Nuts free