

Incredible Empanadas

Adult help needed.

This recipe from Ecuador makes three pastries.

Ingredients

CRUST:

- 1 c. flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- 3/4 tsp. salt
- 1/4 c. shortening
- 1/4 c. very cold water

FILLING:

- 1/2 c. shredded Monterey Jack Cheese
- 1/2 c. sugar
- 1/2 tsp. cinnamon
- 1 egg
- 3/4 c. raisins
- 1/4 tsp. lemon juice or grated lemon peel



Directions

- 1 Heat oven to 350 degrees.
- 2 Stir together flour, sugar, baking powder and salt.
- 3 Use your fingers, a fork or pastry cutter to quickly mix the shortening into the flour mixture until it is crumbly.
- 4 Now add the cold water to the mixture and quickly squeeze it together into a dough ball. Try not to handle it too much so that the shortening doesn't melt.
- 5 Cover the bowl with a clean kitchen towel and let it rest for 10 minutes.
- 6 Filling time! Cook the cheese, sugar, cinnamon, egg and raisins in a saucepan over low heat.
- 7 Stir for about 10 minutes until it becomes thick and looks like pudding. Now mix in the lemon.
- 8 Remove the cooked mixture from the stove and let it cool.
- 9 Using a rolling pin or your hands, divide the dough ball into three balls and roll them into 5-inch circles.
- 10 Place 1/3 cup of the filling in the center of each dough circle and fold them in half. Use cold water to make sure the edges stick together!
- 11 Bake the empanadas on a lightly greased cookie sheet for 15-20 minutes or until they are golden brown, then remove them from the oven.
- 12 Sprinkle sugar on the empanadas as soon as they are done and let them cool. Enjoy!