



Cheese Empanadas

Source: *Burt Wolf's Menu Cookbook*

Makes 4 servings

INGREDIENTS

For the Dough:

2 cups all-purpose flour
 1/2 teaspoon salt
 1/2 teaspoon baking powder
 6 tablespoons vegetable shortening or margarine
 1 egg yolk
 3 to 4 tablespoons ice water

For the Filling:

1/3 cup grated Swiss cheese
 1/2 cup grated Cheddar cheese
 1/4 teaspoon paprika
 1 egg white, lightly beaten

For the Glaze:

1 egg, lightly beaten
 1 teaspoon water

METHOD

TO PREPARE DOUGH: In a bowl, combine the flour, salt, and baking powder. Using 2 knives or a pastry blender, cut in the shortening so the mixture resembles coarse crumbs. Stir in the egg yolk.

Add water, a tablespoon at a time, stirring with a fork until a dough forms. Turn the dough out onto a floured board and knead for 1 minute. Roll the dough 1/8- to 1/4-inch thick. Cut the dough into 3-inch squares.

TO PREPARE FILLING: In a bowl, combine the ingredients, then set aside.

Preheat the oven to 375 degrees F. Lightly butter a baking sheet and set aside.

TO MAKE EMPANADAS: Place about 2 teaspoons of the filling into each square. Fold the squares in half to form triangles, and seal the edges by crimping with a fork. Place the empanadas on the prepared baking sheet and refrigerate for 10 minutes.

TO MAKE GLAZE: In a small bowl, beat the egg and water together.

Brush the tops of the empanadas with the glaze. Bake for 20 to 25 minutes, or until the tops are lightly browned. Cool for 2 minutes on a rack before serving.

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Nutrition Facts

Makes 4 servings
 Facts per Serving

Calories:	527	Fat:	30g	Carbohydrates:	49g
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