

Empanadas

(em-pah-NAH-thahs)

The word empanada comes from the Spanish verb empanar, meaning to wrap or coat in bread. These delicious little pastries are made by wrapping a round dough pastry in half over a filling of meat, seafood, vegetable or fruits to make a semicircle and baked or fried. Empanadas are a delicious holiday tradition in many New Mexican homes.

Pumpkin Empanadas Ingredients:

Pie crust
14 oz or 1 can of pumpkin puree
1/4 cup sugar
1 egg
1/4 cup heavy cream
Pinch nutmeg
Pinch cinnamon
2 oz raisins (optional)



Directions:

Cut 6 inch circles with a cookie cutter from your favorite pie dough. Place 2 oz of filling in the center of each dough circle. Fold dough over like a big half moon, then crimp edges with a fork. Beat one egg in a separate bowl for "egg wash." Dip brush in egg wash and brush over empanada. Sprinkle top with coarse sugar. Bake at 315 degrees for 20 minutes. Time and temperature may vary depending on your oven.

Makes 12 cookies

Recipe courtesy of Flying Star Cafe flyingstarcafe.com

Try other recipes for Traditional Empanadas and Pumpkin Empanadas available at www.itsatrip.org