

Dessert

Fruity Empanadas

Pillsbury Bake-Off 45th Contest 100 Winning Recipes

Servings: 18

Preparation Time: 20 minutes

Cook time: 20 minutes

TIP: To bake the empanadas in the oven, heat the oven to 375 degrees. Place the filled empanadas on a cookie sheet. Brush with milk. Sprinkle with the cinnamon sugar mixture. Bake 16 to 20 minutes or until light brown. Remove to a wire rack to cool.

2 cups Pillsbury BEST all-purpose flour

2 tablespoons sugar

1 teaspoon lemon peel, grated

1/2 teaspoon salt

1/2 cup Crisco all-vegetable shortening

1/4 cup cold water

1 large egg

1 teaspoon white vinegar

2/3 cup Smucker's mango jam OR any flavor Smucker's jam or preserves

3 cups Crisco pure vegetable oil

1/4 cup sugar

1/8 teaspoon ground cinnamon

In a large bowl, combine the flour, two tablespoons of sugar, lemon peel and salt. Cut in the shortening with a pastry blender or two knives until fine crumbs form.

Beat the water and egg in a measuring cup. Stir in the vinegar. Mix into the dry ingredients with a fork until evenly moistened.

On a lightly floured surface roll out half of the dough at a time to 1/8-inch thickness. Cut with a 3 1/2-inch round cookie cutter. Place a heaping teaspoon of preserves in the center of the rounds. Moisten the edges of the dough with water. Fold in half. Seal the edges by pressing closed with a fork.

Heat the oil to 375 degrees in a 3-quart saucepan. Fry 2 or 3 empanadas at a time for 1 to 2 minutes or until golden brown, turning several times. Drain on paper towels.

Combine 1/4 cup of sugar and cinnamon in a shallow bowl. Roll the warm empanadas in the cinnamon sugar mixture.

Per Serving (excluding unknown items): 20 Calories; trace Fat (12.0% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.