

Ham Turnover (Empanaditas)

Gladys Miguel - Miami, FL

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Yield: 28 to 30 servings

*2 cups all-purpose flour,
sifted
1/4 teaspoon salt
1/8 pound (1/4 cup) butter
6 ounces cream cheese
1/3 pound ground ham
1 egg, beaten
1/2 cup sugar
1/2 cup water*

Preparation Time: 1 hour

Bake Time: 20 minutes

In a medium mixer bowl, combine the flour and salt. Cut in the butter until the mixture resembles coarse corn meal. Add the cream cheese and blend with your fingertips until the mixture holds together.

Form the mixture into a soft dough ball. Roll the dough as thin as possible on a lightly floured board (1/16 inch thickness). Cut into four-inch circles.

Place one teaspoon of ham on one side of a circle. Moisten the edge of the circle with water, fold the dough over making sure that the edges are even, then press the edges with a floured fork to seal. Place on a lightly greased baking sheet and brush the beaten egg over the top of the turnover.

Bake at 375 degrees for 20 minutes or until lightly browned.

In a saucepan, make a syrup by boiling the sugar and water for 2 to 3 minutes until the syrup is thick. Remove the turnover from the oven and paint with the syrup.

Serve hot.

Per Serving (excluding unknown items): 2062 Calories; 78g Fat (33.9% calories from fat); 45g Protein; 296g Carbohydrate; 7g Dietary Fiber; 428mg Cholesterol; 1228mg Sodium. Exchanges: 12 1/2 Grain(Starch); 2 1/2 Lean Meat; 13 1/2 Fat; 6 1/2 Other Carbohydrates.