



DELICIOUS, NUTRITIOUS & GLUTEN-FREE!

Empanadas

Prep Time: 30 minutes

Cook Time: 20-25 minutes

Ingredients:

3 cups Bistro Blend flour (plus a little more for kneading)	1 egg
½ cup unsweetened apple sauce	1 egg white
1 teaspoon salt	1 teaspoon vinegar
1/2 cup cold water	3 tablespoons shortening

Preparation:

1. In a bowl, beat the water, egg, egg white and vinegar together. Set aside.
2. In a separate bowl, mix together the 3 cups of flour and salt.
3. Cut the shortening into the flour mix with a pastry blender or two butter knives. Make a well in the center of the flour mix and pour the liquid ingredients from the first bowl into the center.
4. Mix the wet and dry ingredients with a fork until it becomes stiff.
5. Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.
6. Wrap the dough in plastic and refrigerate for at least 1 hour, but never more than 24 hours.
7. Divide dough into 10 equal portions.
8. Roll each portion out into a 6" circle.
9. Spoon [I usually use a heaping tablespoon] in filling of choice
10. Fold over dough and form a half moon shape, try to push out most of the air, pinch closed with a fork around the open edge.
11. Brush with olive oil.
12. 425 – for 20-25 minutes or until brown on greased cookie sheet

Tip: If you want to keep the dough longer than 24 hours, you can freeze it.

Servings: Makes approximately 10 six-inch empanadas, which can be frozen and reheated.

the gluten free bistro

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Empanadas: Fillings

Filling 1:

1 package ground turkey
½ large onion, diced
2 teaspoons cumin seeds
1 tablespoon chili powder
1 teaspoon thyme or oregano
1 tablespoon salt
fresh ground pepper, to taste
½ c tomato sauce

Filling 2:

3 sausage of choice, remove casing and chop, brown in saute pan
After browning, add 1-8oz can of tomato sauce

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