

How to Make Empanadas

Mexican Cream Cheese Empanadas

An empanada is simply a flour tortilla wrapped around a filling and then deep fried. The filling is easy. The empanada is wonderful.

Ingredients

1 8-ounce package of cream cheese
1/2 cup powdered sugar
1 tablespoon good quality vanilla extract
2 tablespoons heavy cream or milk
cinnamon vanilla sugar or a cinnamon sugar mixture
6 flour tortillas

Directions

1. In a medium bowl, beat the cream cheese until it is soft. Add the powdered sugar, vanilla extract, and cream. Beat until smooth. If you would like a sweeter filling, add more sugar.
2. Pile several spoons full of filling onto the center of a tortilla. Fold the sides over, then the bottom up and tuck it under the filling. Turn the tortilla over from top to bottom so that the bottom is now on the side. Brush a little water on the top flap to hold it in place and fold it down.
3. Heat the oil to about 375 degrees. Deep fry the empanadas until just browned. Drain on paper towels and then roll in the cinnamon mix. Serve hot.



Apple Walnut Empanadas

An empanada is simply a flour tortilla wrapped around a filling and then deep fried. This filling is easy since you can use a can of apple pie filling. The empanada is wonderful.

Ingredients

1 can apple pie filling
1/2 cup walnut pieces
cinnamon vanilla sugar or a cinnamon sugar mixture
eight flour tortillas

Directions

1. Mix the apple pie filling and nuts together. Pile several spoons full of filling on to the center of a tortilla. Fold the sides over, then the bottom up and tuck it under the filling. Turn the tortilla over from top to bottom so that the bottom is now on the side. Brush a little water on the top flap to hold it in place and fold it down.
2. Heat the oil to about 375 degrees. Deep fry the empanadas until just browned. Drain on paper towels and then roll in the cinnamon mix. Serve hot.

