

Apple Empanadas

For the Dough:

3½ cups organic unbleached all purpose flour
1¼ cups organic vegetable shortening, chilled
½ cup water
¼ teaspoon anise extract
pinch of cinnamon
1 teaspoon salt
1 1/2 teaspoons baking powder
1/4 cup cane sugarcane sugar

For the Filling:

6 organic baking apples, cored and chopped
3 tablespoons unbleached all purpose flour
1/4 cup cane sugar
1 teaspoon cinnamon
juice of one lemon
2-3 tablespoons vegan butter chilled and cut into pieces

Basting:

2 tablespoons vegan butter, melted
1 tablespoon agave syrup

Cinnamon Sugar Sprinkle:

2 tablespoons cane sugar
1/2 teaspoon cinnamon

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and set aside.

In a large mixing bowl combine the flour, baking powder, sugar, salt and cinnamon, stir to mix. Add the chilled vegetable shortening and using a pastry blender or knives cut the shortening into the flour mixture until it resembles small crumbs. Add the anise extract to the 1/2 cup of water and pour over the flour mixture, stir just enough to form a dough ball, if the dough is too dry sprinkle a light amount of water until the dough holds together. Chill the dough while preparing the apples about 20-30 minutes.



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Place the chopped apples in a medium mixing bowl, pour the lemon juice over the apples and stir to coat them evenly. Sprinkle in the flour, sugar, and cinnamon, stir to combine. Sprinkle in chopped pieces of vegan butter and return to roll the dough.

Divide the dough into 2 inch balls. Flatten each dough ball on a lightly floured surface with a rolling pin or line a tortilla press with parchment paper and press the dough balls into circles.

Place a few tablespoons of filling in the center of each circle then fold it and pinch the edges to seal them.

Brush the tops of each empanada with a little melted butter and agave syrup, sprinkle with cinnamon sugar and bake for 20-30 minutes or until lightly golden brown and firm to the touch. Serve hot or store in a sealed container and enjoy later.

