
Empanadas de Rajas con Crema (Mexico)

Carol Seminara

Servings: 16

Empanadas are stuffed pastries, usually shaped like half moons. Rajas

2 large poblano pepper, fresh, roasted,peeled, seeded, and cut into tiny slices

1 small onion, finely chopped

2 cloves garlic, minced

1 teaspoon chicken bouillon

1 tablespoon olive oil

1/4 cup heavy cream

freshly ground black pepper, to taste

2 ounces queso fresco, cut in tiny pieces

1 pie crust, homemade, or 1 package refrigerated pie crust

1/4 cup all-purpose flour

1/4 cup corn meal

1 egg, combined with 1 tsp water for egg wash

Preheat oven to 400°F. Line a large baking sheet with parchment paper and set aside.

In a large skillet over medium heat, cook the onions in the olive oil until translucent, about 3-4 minutes. Do not brown.

Add the minced garlic and chicken bouillon; cook for one minute longer. Do not brown the garlic or it will taste bitter.

Add sliced, roasted poblano peppers and cook, stirring, for a couple of minutes or until heated through.

Slowly pour in the heavy cream and simmer until the peppers and sauce are thick. Season to taste with freshly ground black pepper.

On a work surface, combine flour and corn meal. Dust pie crust with flour/corn meal mixture and roll out the pie crust to 1/8-inch thickness.

Cut rounds of pastry dough with a 3-inch cutter. (One pie crust yields 16 pastry rounds.)

Place 1 teaspoon of pepper/cream mixture in the center of a pastry round. Add one tiny piece of queso fresco. Moisten edge of dough round with water, fold dough over making a pocket and seal edges by pressing with your finger tip.

Continue until all dough circles are stuffed with the pepper/cream mixture and queso fresco.

Place the empanadas on parchment lined baking sheet; lightly brush each pastry with egg wash.

Bake at 400°F for 15 minutes, or until golden brown.

Remove baked pastries to a wire rack to cool slightly before serving.

6 Flavors Over Texas

Per Serving (excluding unknown items): 103 Calories; 7g Fat (58.8% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.