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America, and the Philippines, an empanada is essentially a stuffed pastry.. The filling usually consists primarily of beef. It may also contain ham and cheese, humita corn with Béchamel sauce, or spinach. Fruit is used to create a dessert empanada. Dessert empandas are usually baked, but may be fried.

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Cook empanadas, adjusting heat to maintain an oil temperature of 325 to 375 degrees, until empanadas are crisp and golden, about 3 minutes. Using a slotted spoon or metal spider, transfer empanadas to a paper-towel-lined plate or bowl and immediately season with salt.

### **Colombian Beef and**

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Fry 4 empanadas at a time, turning once, until browned and crisp, 2 minutes. Drain on paper towels and transfer to a baking sheet. When all of the empanadas have been fried, reheat them in the ...

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For the empanada

dough: Combine the

flour, baking powder,

sugar and salt in a

large bowl. Cut in the

lard with a pastry

blender or 2 knives

until the mixture

resembles coarse



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Dumplings Buns  
Vegetables Fish Rice,  
10 Inches

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Pop Molds, Popsicle  
Maker Molds, 8 ...**

Fry the empanadas in  
small batches, turning  
them once, until  
browned and crisp,

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about 2 minutes per side. Transfer the empanadas to paper towels or a brown paper bag to drain for a few moments, and then transfer to a baking sheet. Place the fried empanadas in the oven to keep warm while you fry the remaining empanadas. Serve at once.

### **Ground Turkey Empanada (Ground Turkey Recipes)**



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## **Grandbaby Cakes**

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