



SHELburne FARMS

Smoked Cheddar & Apple Empanadas

From Chef Jim McCarthy, the Inn at Shelburne Farms

Cheddar Dough

1 cup flour
4 Tablespoons butter - cubed
1.5 oz. Shelburne Farms Smoked Cheddar -
shredded
3-4 Tablespoons cold water
¼ teaspoon salt
½ teaspoon sugar

Combine butter, flour, salt and sugar in a bowl. Using your hands, work in the butter until it is the size of corn kernels. Mix in the cheese. Add 3 tablespoons of the cold water and work it into the dough. The dough should be messy and have visible pieces of butter and cheese. Add 1 more tablespoon water if the dough looks really dry. Shape into a rough ball, cover, and refrigerate at least one hour before using.



Apple Filling

2 apples (I like honeycrisp for this) – shredded on cheese grater
3 tablespoons brown sugar
1 tablespoon + 1 teaspoon flour
¼ teaspoon cinnamon
½ teaspoon lemon juice
Pinch nutmeg
Pinch salt

Combine all ingredients in a bowl and mix well.

To Assemble Empanadas:

1 egg yolk
1 Tablespoon water

Roll out the dough to approx. 1/8 inch thick. Cut circles to about 4 inches in diameter (if you have an empanada maker, use the back for cutting out a correct size piece). Spoon some of the mixture into the circle and fold over in half and seal using the end of a fork (or use the empanada maker to press it out). Finish pressing them out and lay them on a greased cookie sheet. Mix together the egg yolk and the water and brush it over the hand pies. Bake in a 350°F oven for 20 until golden brown. Sprinkle with powdered sugar and serve warm. Enjoy!