

Apple Empanada with Homemade Caramel

Makes approximately 28

Ingredients List:

- 8 apples, cut into slices
- 2 cups flour
- 2/3 cup butter, cold
- 1 tsp salt
- 5-6 tbsp cold water
- ½ cup sugar
- 2 tbsp cinnamon
- 1 tsp nutmeg
- 1 can sweetened condensed milk
- 1 egg white

Additional items:

- pastry cutter
- rolling pin
- pot
- 3" cookie cutter
- pastry brush

Instructions:

- Peel label off can of sweetened condensed milk, put in pot and cover with water. Boil 2 ½ – 3 hours. Let cool before opening caramel.
- Blend flour and salt. Cut in butter until crumbly.
- Add enough water until pastry dough sticks together, but isn't too wet.
- Roll dough to approximately 1/4".
- Cut rounds with 3" cookie cutter or equivalent size glass.
- Place apple slice on half of each round, sprinkle with cinnamon/nutmeg mixture and sugar.
- Fold empanada in half and crease edges with fork to seal.
- Brush tops with beaten egg white and sprinkle with sugar.
- Bake at 400° for 18-20 minutes.
- Serve with caramel sauce.