**APPLE EMPANADAS**

1 1/2 Baking apples

125 ml sugar

3 ml cinnamon

pinch nutmeg

250 ml flour

1 ml salt

80 ml crisco

45 ml cold water

egg wash: 1/2 egg plus 5 ml water

125 ml icing sugar

5-10 ml milk

1/2 ml flavored extract

1. Preheat oven to 375 F. Peel and core apples. Slice aples into quarters. Slice each quarter sideways into thin slices.

2. Place the apples, sugar and spices into a saucepan over med heat. Cook stiring constantly, until the apples are soft (10-12 mins). Remove from heat, place in a small bowl and place in the fridge to cool.

3. In a medium bowl mix together the flour and salt. Cut in the crisco till the size of small peas. Slowly add the water a little at a time till it holds together into a ball.

4. Roll the dough out 1/8 " and use the round cookie cutter to cut out as many circles as possible. Re-roll dough once and finish cutting out circles.

5. Place a spoonful of the apple mixture on one side of the circle and brush the outside of the circle with the egg wash. Fold the dough over the filling and press down the edges with the tines of a fork.

6. Brush the tops with a little melted butter and sprinkle with the cinnamon and sugar mixture. (both items will be on the supply table.) Bake 15-17 mins or until lightly browned.

7. When they have cooled mix together the icing sugar and milk and flavor with any extract. Drizzle the icing on top of the empanadas.