Incredible Empanadas

Adult help needed.
This recipe from Ecuador makes three pastries.

Ingredients

CRUST:
- 1 c. flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- 3/4 tsp. salt
- 1/4 c. shortening
- 1/4 c. very cold water

FILLING:
- 1/2 c. shredded Monterey Jack Cheese
- 1/2 c. sugar
- 1/2 tsp. cinnamon
- 1 egg
- 3/4 c. raisins
- 1/4 tsp. lemon juice or grated lemon peel

Directions

1. Heat oven to 350 degrees.
2. Stir together flour, sugar, baking powder and salt.
3. Use your fingers, a fork or pastry cutter to quickly mix the shortening into the flour mixture until it is crumbly.
4. Now add the cold water to the mixture and quickly squeeze it together into a dough ball. Try not to handle it too much so that the shortening doesn’t melt.
5. Cover the bowl with a clean kitchen bowl and let it rest for 10 minutes.
6. Filling time! Cook the cheese, sugar, cinnamon, egg and raisins in a saucepan over low heat.
7. Stir for about 10 minutes until it becomes think and looks like pudding. Now mix in the lemon.
8. Remove the cooked mixture from the stove and let it cool.
9. Using a rolling pin or your hands, divide the dough ball into three balls and roll them into 5-inch circles.
10. Place 1/3 cup of the filling in the center of each dough circle and fold them in half. Use cold water to make sure the edges stick together!
11. Bake the empanadas on a lightly greased cookie sheet for 15-20 minutes or until they are golden brown, then remove them from the oven.
12. Sprinkle sugar on the empanadas as soon as they are done and let them cool. Enjoy!