



# Guava Pastelitos (Guava Pastries)



**Fontbonne**  
UNIVERSITY

## Ingredients

- 2 sheets frozen puff pastry, thawed
- 16 oz guava paste
- 2 tablespoons lemon juice
- 2 tablespoons water
- Parchment paper
- 1/2 cup egg substitute

## Steps

- Preheat oven to 400°F. Place puff pastry sheets out to soften. Cut guava into pieces and place in a medium saucepan with lemon juice and water; heat on medium. Cook 4–5 minutes, stirring occasionally, or until melted and combined. Remove from heat; set aside.
- Line baking sheet with parchment. Unroll pastry sheets and cut each into 9 equal squares (18 squares total). Place 9 pastry squares on baking sheet and brush edges with egg substitute (about 1/4 cup).
- Spoon about 2 tablespoons guava mixture in center of 9 pastry squares, then top with remaining 9 pastry squares, pressing edges to crimp. Brush tops of pastries with remaining 1/4 cup egg substitute, then cut 3 slits on top of each pastry to vent.
- Bake pastries 10 minutes, then reduce heat to 350°F. Bake 18–20 minutes or until golden. Cool 5 minutes before serving.

Source: <https://ww4.publix.com/recipes-planning/aprons-recipes/guava-pastelitos-guava-pastries#shopping>



# Apple Empanadas



## Dough:

- 3 cups all purpose flour
- ¼- ½ cup sugar
- Pinch of salt
- 2 sticks butter or 16 tbs, cut into 16 pieces
- 2 eggs
- 2-4 tbs cold water

## Apple Filling:

- 2 tbsp butter
- 5 medium size apples
- 1/3 cup sugar
- 1/3 cup brown sugar
- 2 tsp cinnamon
- 1/2 tsp of nutmeg
- 2 tbsp corn starch, mix with 2-3 tbsp of water until smooth
- pinch of salt
- 2 tbsp of tubinado sugar (optional)
- 1 egg yolk

## Steps

1. Mix the flour, sugar and salt in a food processor. Add the butter, eggs and water until a clumpy dough forms. Knead the dough for a few minutes. Form dough into 2 balls, flatten into thick discs, and chill in the refrigerator for at least 30 minutes.
2. While waiting for the dough to chill, make the apple filling. Peel and core the apples. Cut small pieces. Over medium heat in a saucepan, add butter, sugar, brown sugar, cinnamon, nutmeg, salt, and apples. Cook until tender about 10 minutes; stir frequently. Add the cornstarch + water mixture to the apples. Cook and stir until the apples start to thicken. Make sure the apple filling is chilled before filling the empanadas – about 20 mins.
3. Roll out the dough into a thin sheet (1/4"-1/8" thickness) and cut out round disc shapes for empanadas, use round molds or a small cup as a mold. Put ~1 tbsp of apple filling in the center of the dough. Wet the dough circumference with water, fold the circle in half, pat down to push out excess air, pinch and flatten the edge tightly to seal. Using a fork to crimp the edge. Refrigerate the formed empanadas for at least 30 minutes.
4. Preheat the oven to 350 degrees. Brush the empanadas with egg yolk (mix with a tsp of water). Sprinkle the empanadas with turbinado sugar. Bake for 25 minutes or until golden brown. Enjoy the empanadas warm. Refrigerate the baked empanadas, and they will keep for quite a few days. Reheat in a toaster oven.