

Cooking At Home With Rebecca Bent

Who doesn't love empanadas: a flavorful bite that's portable. Because they are so tasty and I tend to eat more than one, I bake mine to reduce the calories, however frying is traditional. When mashing the potatoes you want to just bring them together, never over mash. If you like, add in roasted garlic, herbs, shredded cheese and even pureed veggies, such as sweet potatoes and roasted cabbage. If you add more ingredients, I would suggest baking them, as the shells can only hold so much during the frying process. I got this technique from Hilda, who learned it from her mother, who learned from hers.



Empanadas stuffed with Garlic-Lentil-Mashed Potatoes

Makes about 32 shells, may have some left over mashed potatoes

For the Empanada Crust:

Frozen Goya Empanadas Shells, Flaky Crust, package of 32

For the Lentil Mashed Potato Stuffing:

3 pounds russet potatoes, peeled and quartered
1 cup cooked lentils, drained
2 cloves of roasted garlic, mashed
¾ cups whole milk (or heavy cream for extra flavor)

½ cup olive oil
1 teaspoon of butter
2 teaspoons kosher salt, plus more for seasoning

Freshly ground black pepper, to taste

Optional: ¼ cup of freshly chopped: thyme, sage, rosemary, your favorite herb

The empanada shells must be thawed out before they can be used. Follow the manufacture's instructions.

Prepare the mashed potatoes. Place the potatoes in a large pot and cover them with water. Place the pot over high heat. When the water boils, reduce the flame to a simmer and cook the potatoes for about 15 minutes or until they are tender.

Meanwhile, in a medium saucepan, combine the lentils, roasted garlic, milk, olive oil, and salt over medium-low heat and let the butter melt.

When the potatoes are tender, drain them thoroughly, and return the potatoes to the pot. Pour in the warm milk mixture and mash the potatoes with a potato masher until smooth. Mix in the lentils, optional herbs. Taste the potatoes and add extra salt if required. Add a few grounds of fresh pepper.

To stuff the empanadas, most manufactures will have instructions. I like to lay the shell on a flat surface and place a handful-sized mound of stuffing on one side (about ¼ cup). Shape it so that when you fold over shell you can seal the edges together, either by pinching them or decoratively folding it, as you would



a pie shell edge. You can use a fork to crimp the edges to make life easy. The goal is that the empanada stuffing is sealed inside so it won't come out.

At this point you have two options: To bake or fry.

To bake: place the empanadas on a greased sheet pan and bake at 375 for about 15 to 20 minutes until they turn golden. Before baking, brush them with a little butter, which is nice.

To fry: either use a deep-fryer and follow the manufactures instructions or in a large sauté pan, fill it with a

scant 1/4-inch your favorite cooking oil and heat on medium low. When the oil starts to simmer when you sprinkle in some flour it is ready. Carefully fry the empanadas 2 or 3 at a time. Take care to use a splatter screen and adjust the heat so you are not frying too high. Remove with a slotted spoon and drain on a paper towel. When you pan fry the shell must be properly sealed so it doesn't break. If you have cheese in the potatoes, it will splatter if it hits the oil (and why cheese stuffing should be baked).

Coupon Prom Fundraiser For CASA And SCA

BY MANHASSET PRESS STAFF

MANHASSET@ANTONMEDIAGROUP.COM

The Flower Shop Inc., nuBest Salon and Spa, and Entourage have joined together to donate 20 percent of the sale of specific prom items to the Manhasset Community Coalition Against Substance Abuse (CASA) and Manhasset School Community Association (SCA). The Flower Shop Inc. is the place to go for a boutonniere or corsage, nuBest is the salon to schedule any hair, nail or make-up application, and Entourage is the store to visit for a prom dress. All offers are valid for the Manhasset High School senior prom on April 18.

The Flower Shop Inc., nuBest and Entourage all support CASA's



important mission to reduce youth substance abuse and SCA's vital student advocacy role in Manhasset.

Coupons are needed for the promotion and can be found on the websites of CASA (www.manhasset-casa.org), SCA (www.manhasset-sca.org)

and on the new Manhasset High School website (www.manhasset-schools.org). The latest prom dress at Entourage is available with new dresses coming in. Place your flower order at The Flower Shop, Inc. and make your nuBest hair/nail/

makeup appointments today.

Manhasset CASA/SCA would like to recognize and thank the creative work of Manhasset teens Sara Malvey and Kenar Haratunian, who donated their time to design the flyer for this fundraiser. Manhasset teens are an integral part of CASA and help the organization connect with youth in the community.

Manhasset CASA collaborates across the community in its mission to help teens grow up to be healthy and safe. CASA strives to reach youth before they are in trouble by connecting parents, schools and the community as partners in the common goal. For more information or to become a member of Manhasset CASA, go to www.manhassetcasa.org and like them on Facebook.