



Empanada Cook-At-Home Instructions

Keep empanadas in the freezer sealed tightly in freezer safe packaging until ready to cook.

1. Bake in Oven:

- Preheat oven to 550 degrees
- Line a baking sheet with foil and spray foil with non-stick cooking spray (ie Pam)
- Remove plastic and lightly brush an egg wash onto the frozen empanadas (all sides). *You can also use a non-stick cooking spray (ie Pam) to coat the empanadas*
- If using an egg wash, spray sheet with a non-stick cooking spray, (ie Pam)
- Place empanadas on the lined baking sheet so that they are not touching
- Place the baking sheet on a rack in the center of the oven
- *Recommend only one sheet pan in center rack of oven at a time for best results*
- Bake for 12 to 15 minutes

Egg Wash: 1 egg + 2 Tbsp water per dozen empanadas

(Temperature and timing vary by oven. Watch until golden brown)

2. Air Fryer:

- Preheat Air Fryer to 450 degrees, with basket inside, so that it heats as well
- Remove plastic and lightly brush an egg wash onto the frozen empanadas (all sides). *You can also use a non-stick cooking spray (ie Pam) to coat the empanadas*
- If using an egg wash, spray basket with a non-stick cooking spray, (ie Pam)
- Place empanadas in the basket so that they are not touching
- *Recommend only one basket in center of air fryer at a time for best results*
- Air fry at 450 degrees for approximately 10 to 15 minutes.
 - Depending on air fryer, may want to flip halfway through for best results

Egg Wash: 1 egg + 2 Tbsp water per dozen empanadas

(Temperature and timing vary by air fryer. Watch until golden brown)

3. Fry on stove top:

- Fry at 325 to 350 degrees in corn oil until golden brown or 165 degrees if temping is possible.

Pro Tips: Some of the empanadas that have more cheese than others or tend to have more liquid (such as the veggie empanadas and/or the guava and queso empanadas) may take a little longer for the dough to cook. For best results, check on the empanadas periodically and remove any that cook ahead of others. You want the dough to be golden brown. If the dough is translucent, it is not done. Recommend baking or air frying only one sheet pan or basket of empanadas at a time for best results.