

Warm Carrot Empenadas with Spiced Colorado Wildflower Honey-Yogurt Sauce
Chef Evey Post, Chimney Park Bistro, Windsor, CO

Servings: 12

Ingredients:

Filling

six large carrots
1 Cup heavy cream
2 teaspoon vanilla extract
½ Cup sugar

Empenada Dough

4 Cups all purpose flour
1/2 teaspoon salt
1 Cup cold butter; chopped
1 Cup cold milk
2 Tablespoons butter; softened
2 beaten eggs

Honey-Yogurt Sauce

8 ounces plain organic yogurt
3 Tablespoons Colorado wildflower honey
8 ounces cream
1 teaspoon vanilla extract
¼ teaspoon ground cardamom
¼ teaspoon ground nutmeg
½ teaspoon ground cinnamon

Instructions:

Make the filling first and allow it to cool while you make the dough

Filling

Grate the carrots. Combine them with the other ingredients in an oven proof dish. Loosely cover the dish with aluminum foil. Bake at 350 degrees until most of the liquid is absorbed and the carrots are softened; about 30 minutes.

Empenada Dough

Combine the flour and salt in a food processor. Process with the butter until it has a fine crumbly texture. Add the milk and process to make a soft dough. Turn the dough out onto a lightly floured surface and knead it gently. Divide the dough into three portions and roll the portions out into 8 inch circles. Spread two of the circles with the softened butter. Stack them together with the unbuttered circle on top. Roll the layers together to ¼ inch thickness. Cut out 12 six inch circles. Divide the fill ing among the dough rounds. Brush the edges with egg. Fold the rounds in half and crimp the edges with the tines of a fork. Place on a baking sheet and brush with any remaining egg. Bake at 350° F for 15-20 minutes until puffed and golden brown. Serve warm with the honey-yogurt sauce.

Honey-Yogurt Sauce

Combine the yogurt with the honey, cream and vanilla extract. Stir in the cardamom, nutmeg and cinnamon.

Wine Pairing: Redstone Meadery Vanilla Beans and Cinnamon Sticks Mountain Honey Wine