

# GREEK-ISH EMPANADA

Eggplant, onion, red pepper and garbanzo beans are the perfect filling for these baked turnovers. Flavored with oregano, this dish looks and smells delicious!



ONE PORTION PROVIDES:

$\frac{3}{4}$  cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain

INGREDIENTS	100 SERVINGS	DIRECTIONS
Pizza /calzone dough, proof and bake, sheeted, WG, 5", 2.5 oz	100 crusts	1. DOUGH THAWING PROCEDURE: Spray full size sheet pan with pan spray. Place frozen dough on pan, spray well. Cover with parchment paper. Place on speed rack. Wrap with plastic wrap or use a bun pan cover to cover all doughs. Be sure seal is complete or shells will dry out. Thaw in refrigerator at 40°F or below for 24 to 48 hours. 2. PRE-PRODUCTION: Remove dough from refrigerator and allow dough to sit at room temperature for 1 to 3 hours or until dough has doubled in thickness. Stretch dough with fingers to 6.5 inches. Spray with pan spray and allow to rest for 1 to 1-1/2 hours.
Pan coating spray, bakery release	As needed	
<b><i>Empanada filling, vegetable, Greek-ish</i></b>		
Eggplant, fresh, raw, diced 1/2-inch	11 ½ pounds	3. Preheat oven to 400°F.
Onion, yellow, 1/4-inch diced	15 pounds	4. Spread eggplant, onion, peppers and beans on a sheet tray.

Peppers, red, sweet, 1/4-inch diced	9 pounds,	<p>5. Toss with 1 cup of oil and oregano.</p> <p>6. Bake for 10 to 15 minutes until the eggplant is tender and starting to brown.  <b>CCP-Minimum internal temperature should be 140°F. or above.</b></p> <p>7. Remove from oven and set aside to cool slightly.</p> <p>8. Transfer mixture into processor along with 5 cups oil and pulse to roughly chop, but still leave chunky.  <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b></p> <p><b>Chill cooked hot food from 140 °F &lt;= 70.00 °F within 2 hrs.</b></p> <p>9. To build each empanada:</p> <ul style="list-style-type: none"> <li>• Lay out slacked calzone dough.</li> <li>• Using a #10 scoop, place the vegetable mixture into the center of each pastry circle.</li> <li>• Carefully fold the dough in half over filling, forming a half moon, using a little water to stick the edges together. Crimp the edge as you go, by gently pulling the underneath side over the edge and tucking it in.</li> <li>• Lightly spray parchment on a baking sheet and bake for approx. 20 minutes until golden brown.</li> </ul> <p><b>CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds).</b></p>
Beans, garbanzo, canned, drained	20 pounds	
Canola/olive oil blend	6 cups	
Oregano, dried leaves, spices	6 tablespoons	

Serving size	1 each	Yield, weight	61 Pounds, 2 1/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	436	Total Fat (gm)	20	Vitamin A (IU)	1331	Iron (mg)	2
Protein (gm)	11	Saturated Fat (gm)	3	Vitamin C (mg)	62	Sodium (mg)	578
Carbohydrate (gm)	60	Cholesterol (mg)	0	Calcium (mg)	57	Dietary Fiber (gm)	11