

Squash Pastries (Day of the Dead Recipe)

Ingredients for 12 portions:

Pastry Dough:

- 2 cups of flour
- 1 tbsp of salt
- 7 tbsp of butter
- 3 tbsp of vegetable shortening
- 2 tbsp of cold water
- 1 eggs

Pumpkin Filling:

- 2 tbsps of butter
- 1 cup of brown sugar
- 1 cup of pumpkin puree
- 1 tsp of ground cinnamon
- 1 egg (for egg wash)

Nutrition Tip: Pumpkins are high in antioxidants which can help fight cancer cells in the body.

Preparation (45 minutes):

1. Preheat the oven at **425°F**.
2. **Dough:** Mix the flour and salt. Add the butter and mix with a whisk until they are well blended.
3. Add the vegetable shortening and keep mixing. Add the water and the egg; mix until they are well blended. The dough should hold its shape.
4. Place the dough in a sealable plastic bag y place in the fridge for **30 minutes**.
5. **For the filling:** In a small pot over medium heat, melt the butter and add the sugar until they blend well. Add the pumpkin and cinnamon. Keep mixing for about **3 minutes**. Place in the fridge until it is completely cold.
6. **Pastries:** Grease a baking sheet with butter. Divide the cold dough in half. Place one half back in the fridge.
7. Divide the dough into 6 balls. Over a flat surface with flour, roll the ball into circles like tortillas with a pastry roller.
8. Fill each circle with 2 tablespoons of the filling. Fold the circle like a quesadilla.
9. Beat an egg and add little water.
10. Using a pastry brush, egg wash the pastry on top.
11. Place the first 6 empanadas on the tray and bake for 15 minutes.
12. Repeat with the rest of the dough.

Gardening Tip: Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow.