



Recipe Production

Recipe Number: HK2227

Recipe Name: Greek-ish Empanada

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description:

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 empanada				

Labor

Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	5	Pound	2 1/2	Ounce	(Unassigned)
HK17	Pan Coating Spray	1	NLEA			(Unassigned)
HK2208	Greek-ish Empanada Filling	19	Pound			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnrship with the CIA Healthy Kids Collaborative

1. DOUGH THAWING PROCEDURE:

Spray full size sheet pan with pan spray. Place frozen dough on pan, spray well. Cover with wax paper included in box. Place on speed rack. Wrap with plastic wrap or use a bun pan cover, if possible 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 5 inches. Spray with pan spray (not listed) and allow to rest for 1 to 1 - 1/2 hours.

Preparation Instructions

3. Prepare Greek - ish Empanada vegetable filling according to recipe. CCP - - Hold refrigerated at 40°F or below for use in recipe.

4. To build each empanada:

- - Lay out slacked pizza doughs
- - Using a #10 scoop, place the vegetable mixture into the center of each pastry circle - they should look as if they'll be fairly full.
- - 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.
- - Lightly spray parchment a baking sheet and bake for approx. 20 min until golden brown and CCP - Minimum internal temperature should be at least 165 degrees F. (for 15 seconds).

Serving Instructions



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	15,196.9806	138.6918	151.9698		*
Saturated Fat	g	100.2271	0.9147	1.0023	5.94	*
Sodium	mg	19,490.1568	177.8725	194.9016		*
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	644.2936	5.8800	6.4429	38.16	*
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	2,018.4361	18.4208	20.1844	53.13	*
Total Dietary Fiber	g	365.4175	3.3349	3.6542		*
Protein	g	384.2642	3.5069	3.8426	10.11	*
Vitamin A (RE)	RE	8,352.3029	76.2254	83.5230		*
Vitamin A (IU)	IU	45,716.8421	417.2244	457.1684		*
Vitamin C	mg	2,130.8698	19.4469	21.3087		*
Calcium	mg	1,852.5415	16.9068	18.5254		*
Iron	mg	58.7973	0.5366	0.5880		*
Moisture	g	6,857.5745	62.5841	68.5757		*
Ash	g	72.0447	0.6575	0.7204		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	1.00	(Unassigned)	37	0.72	CALZONE	/
HK17	Pan Coating Spray	1.00	(Unassigned)			Bottle	/
HK2208	Greek-ish Empanada Filling	1.00	(Unassigned)	31	0.27	1/4 cup	/

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