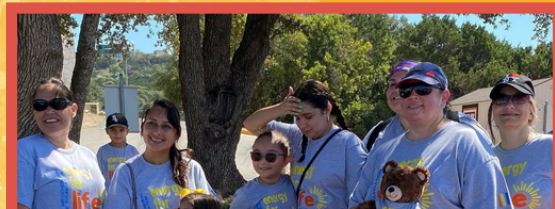




My Donation Connection & Favorite Dessert Recipe

By Catherine Alderete



One of my favorite desserts is apple empanadas. Every family holiday, especially Thanksgiving and Christmas, you'll find my mom baking the treats in the kitchen.

It seems like there are never enough of them, they are eaten within minutes of being baked. I come from a large family, My parents have 7 children, and 8 grandkids, so even though the recipe makes 4 dozen, it's never enough.

I've been connected to donation professionally for over a decade, serving in different roles at San Antonio Eye Bank over the years. In 2022, my family became a donor hero family. My family's little angel, my 2 year old nephew, Joseph Andrew Alderete, who was also my godson, became a donor hero after his sudden death.

His death has been devastating. My family has found comfort by honoring his memory and bringing awareness through forming a team and competing in the annual Stride for Sight 5K, to promoted cornea/eye donation and Energy for Life walkathon, to bring awareness to individuals who live with mitochondrial disease.

Apple (beer) Empanadas

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Dough Ingredients

- 4 cups flour
- pinch of salt
- 1/2 lb Crisco shortening
- 1/2 can beer ~6 oz (light beer, Bud Light)

Glaze Ingredients

- 1 egg
- milk
- sugar
- cinnamon



Mixing Dough

1. Add 3 & 2 together & fold until creamed
2. Add 1 & knead
3. Add 4 and knead dough should remain together so that it can be rolled if it does not mix in warm water (at most 1/2 cup) until dough can be rolled. The size of the empanada depends on the rolled dough disk. It is typical to use the shortening can top as a cookie cutter. Typical fill is apples but any fruit will do. Place fill in middle of rolled dough & fold over like a taco. Press edge with fork & poke breather holes with fork in middle of empanada.

Glaze

1. Scramble 1 egg with milk
2. Mix sugar and cinnamon in a shaker

In a separate bowl mix sugar and cinnamon together.

Brush glaze onto empanada & immediately shake sugar/cinnamon onto glazed empanada set on a cookie sheet. About 12 empanadas fit on one cookie sheet.

Cook: Set oven to 375° & cook for 15-18 min or until golden brown.

After cooling sit back with some milk, eat all the empanadas and get fat...haha. They are awesome!

