



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Pear Hand Pies

24 Servings

## Ingredients

### DOUGH

1 pound ultragrain flour  
4 ounces granulated sugar  
1/2 teaspoon salt  
4 ounces unsalted butter  
4 ounces plain yogurt  
4 ounces water  
3 ounces eggs

### FILLING

1 No. 2 1/2 can (29 ounces) Pacific Northwest Canned Pears,  
diced, in juice, drained  
1/4 cup brown sugar  
3/4 teaspoon ground cinnamon

Egg wash made with 1 egg and 2 tablespoons water  
6 tablespoons granulated sugar

## Method

To make the dough, measure the flour, sugar and salt into the bowl of a food processor fitted with the blade. Add the butter and pulse several times to cut it in. Add the yogurt, water and egg and pulse until just moist. Empty the contents of the food processor bowl out onto a sheet of plastic wrap and use it to bring the dough together into 2 or more disks. Wrap and chill at least one hour.

Purée the pears with the sugar and cinnamon until smooth and not at all gritty. Fill a pastry bag with the filling and set aside. Preheat the oven to 375 degrees F (or 350 degrees F for convection). Roll the dough out to 1/8-inch thickness and use a 3-inch round cutter to stamp out 56 pieces weighing approximately 64 ounces.

Brush each dough disk with egg wash and pipe about 1/2 tablespoon of filling in the centers. Fold the dough over to make a half moon and press down with your fingertips or the tines of a fork to close.

Place the empanadas on a parchment-lined baking sheet, lightly brush with egg wash, and sprinkle with sugar. Bake 12 to 15 minutes or until golden brown.

## Servings

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## Nutrition

<i>Calories</i>	129
<i>Total Fat</i>	4 g
<i>Saturated Fat</i>	2 g
<i>Cholesterol</i>	27 mg
<i>Sodium</i>	41 mg
<i>Carbohydrate</i>	21 g
<i>Fiber</i>	2 g
<i>Sugar</i>	8 g
<i>Protein</i>	3 g
<i>Calcium</i>	20 mg
<i>Iron</i>	1 mg