



EMPANADAS

An empanada is a **filled pastry** baked or fried in many countries in Latin Europe, Latin America, the United States, and parts of Southeast Asia. The name comes from the Portuguese and Spanish verb **empanar**, which means coating meat in bread. Empanadas are made by folding **dough** with **stuffing** consisting of a variety of **meat, cheese, vegetables** and **fruits**. Empanadas trace back their origins to the northwestern region of Spain, **Galicia**, and they first appeared in Portugal around the time of the establishment of trade routes to **India** as well as the establishment of a colony at **Goa**. For this reason, they are believed to have been derived from Indian **Gujia** or **Samosa**, which had been known in Lisbon as the **Chamuça da Goa** since the Middle Ages, that is, the time of the **Moorish invasions**.



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