

# FRIED SWEET POTATO PIES

### Ingredients

- 1 1/2 pounds sweet potatoes
- 1 tablespoon vegetable oil
- Salt and pepper
- 2 cups all-purpose flour
- Pinch of salt
- 2 teaspoons sugar
- 3/4 cup solid vegetable shortening
- 3 to 4 tablespoons ice water
- Vegetable oil for frying
- 1 egg yolk
- 1/4 cup 100 percent Pure Cane Syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 Splashes of bourbon
- 1 cup powdered sugar, plus more for sprinkling
- 2 to 3 tablespoons milk

Serving Size: 1 dozen

Preheat the oven to 400°F. Toss the sweet potatoes with the oil, salt and pepper. Place the potatoes on a baking sheet and place in the oven. Roast the potatoes until tender, about 1 1/2 hours. Remove the potatoes from the oven and cool completely. In a mixing bowl, combine the flour, salt, and sugar. Add the shortening and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time, and work it in with your hands. Add only as much as you need for a smooth ball of dough. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes. Preheat the Emeril by T-fal Fryer to 356°F. Remove the dough from the refrigerator and place it on a lightly floured surface. Roll out the dough on the floured surface into a rectangle about 24 by 8 inches and 1/8-inch thick. Using a sharp knife, cut 12 4-inch squares.

Remove the skin from the potatoes and place them in a mixing bowl. Add the egg yolk, cane syrup, cinnamon, nutmeg and bourbon. Mix well. Place about 1/4 cup of the filling in the center of each pastry square. Bring one corner of the pastry to the other, forming a triangle. Using the tines of a fork, crimp the edges of the triangle and seal completely. When the oil has reached 356°F, carefully lay a couple of the pies in the hot oil, fry until golden brown, stirring occasionally for over all browning, about 3 to 4 minutes. Remove the pies from the oil and drain on a paper towel lined plate. Sprinkle the hot pies with some of the powdered sugar. Repeat the process until all of the pies are fried. In a mixing bowl, stir the powdered sugar, milk and a splash of bourbon together. Mix until smooth. Drizzle the frosting over the hot pies and serve immediately.

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## FRIED ONION RINGS

### Ingredients

- 1 cup buttermilk
- 1/4 cup hot sauce
- 1/4 cup Emeril's Original Essence
- 2 large yellow onions, peeled and cut into 1/8-inch thick rings
- 2 cups all-purpose flour
- Peanut or vegetable oil, for frying

*Serving Size: 4*

In a bowl, combine the buttermilk with the hot sauce and 2 teaspoons of Essence. Add the onion rings and press to coat. Marinate, covered, in the refrigerator for at least 1 hour.

Preheat the Emeril by T-Fal Fryer to 360°F.

In a shallow bowl or large dish, combine the flour with 2 tablespoons of the Essence. Dredge the onions in the seasoned flour, coating each ring evenly. Shake off any excess flour and carefully place the rings in the hot oil. Fry until golden brown, turning to cook evenly and prevent sticking, about 3 minutes per batch. Remove from the oil and drain on a paper towel lined plate. Season the fried onion rings with Essence, and repeat with the remaining ingredients.

Serve hot.

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## BUTTERMILK FRIED CHICKEN

### I n g r e d i e n t s

- 1/4 cup salt
- 1/4 cup Emeril's Original Essence, plus 2 tablespoons
- 2 tablespoons granulated sugar
- 1 quart buttermilk
- 1 whole chicken, cut into 8 pieces
- 2 cups flour
- Peanut oil, for frying

*Serving Size: 4 to 8*

Combine the salt, 1/4 cup of the Essence and sugar in a large plastic container or non-reactive stockpot. Add the buttermilk and stir to completely dissolve the salt and sugar. Immerse the chicken, cover, and refrigerate for at least 4 hours and up to 24 hours.

Combine the flour and remaining 2 tablespoons Essence in a medium brown paper bag; shake to combine.

Preheat the Emeril by T-fal Fryer to 325°F.

Remove the chicken from the buttermilk and shake to remove excess. Add the chicken in batches to the flour and shake to completely coat. Remove and shake to remove excess flour. Place on a wire rack set over a baking sheet to rest until ready to fry.

Fry the chicken in batches until golden brown and cooked through, about 14-16 minutes. Remove and drain on a paper towel lined plate.

Serve hot or at room temperature.

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# EMPANADAS PICADILLOS

## Ingredients

### FILLING

- 2 Tbsp. vegetable oil
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/2 lb ground beef
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 Tbsp. tomato paste
- Pepper to taste
- 1 egg
- 1 Tbsp. flour

### DOUGH

- 1 1/2 cups flour
- 8 Tbsp. butter
- 1 egg
- Ice water, as needed
  
- 1 beaten egg with a pinch of salt  
(for egg wash)

Serving Size: 4 to 6

Preheat the Emeril by T-fal Fryer to 338°F.

Prepare the dough. Mix together the flour and the butter until crumbly. Add the egg and enough water to form a soft dough. Knead until the dough is smooth. Place in a bowl, cover with plastic wrap and chill for at least one hour.

Prepare the filling. Heat the oil in a large skillet over medium heat. Add the onion and garlic and cook 2 minutes. Add the meat and the rest of the ingredients, except the egg and flour. Cook five minutes. When cool, mix in the egg and the flour.

Roll out the cold dough until it is 1/16" thick. Cut out 5 inch circles. Brush the outside of each circle with the egg wash, place a spoonful of the filling in the center, fold in half to form a semi-circle and press the edges firmly. Let rest for about 30 minutes.

Fry a couple at a time, 3 to 4 minutes, or until golden brown.



## “TONKATSU” - JAPANESE PORK CHOPS

### I n g r e d i e n t s

- 8 boneless pork chops - 1 inch thick
- 1 lb panko (dried Japanese breadcrumbs)
- 2 eggs, beaten
- 1 Tbsp. soy sauce
- Flour for coating
- Tonkatsu or soy sauce, for serving

*Serving Size: 4*

Preheat the Emeril by T-fal Fryer to 356°F.

Beat the eggs and soy sauce together in a bowl. Coat the chops in the flour, dip in the egg and coat well with the panko breadcrumbs.

Fry for 3 to 4 minutes, or until test done.

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