



If you thought tamales were only meant for steaming, think again! Air fryer tamales are a modern twist on a classic dish, offering an easy, mess-free way to enjoy this [beloved comfort food](#) with a perfectly crisp exterior. Whether you're making traditional tamales with masa and your favorite fillings or experimenting with creative ingredients, the air fryer is a fantastic tool to bring out bold flavors and delightful textures. This method not only saves time but also allows you to enjoy tamales with a touch of golden crispness, making every bite irresistibly satisfying. Let's explore how you can make delicious tamales right in your air fryer!

## What Are Empanadas? A Quick Overview

Empanadas are a type of pastry often stuffed with various fillings such as meats, vegetables, or cheese. They are commonly found in Spanish, Latin American, and Filipino cuisines but have gained global popularity for their portable size and unbeatable flavor.

Traditionally, empanadas are deep-fried or baked, but modern cooking trends have brought about new, healthier ways to prepare them—including using an air fryer.

## Why Use an Air Fryer for Empanadas?

Air frying offers a healthier and more convenient alternative to traditional frying while still achieving the crispy texture empanadas are known for.

Here's why air fryers are a game-changer for making empanadas:

- **Healthier option:** Significantly less oil is required, reducing overall fat content.
- **Even cooking:** The hot air circulation helps create a perfectly crisp, golden crust.
- **Convenience:** No messy oil splatters or cleanup from deep-frying.
- **Quick cooking:** Air fryers are faster than ovens and more energy-efficient.

Whether you're making fresh empanadas or cooking frozen ones straight from the freezer, the air fryer is a versatile tool that's hard to beat.

## Air Fryer Empanadas Recipes: From Classic to Creative

Here are five delightful empanada recipes, perfect for the air fryer. Each step-by-step guide helps you create crispy, golden empanadas with ease.



## 1. Classic Beef Empanadas

### Ingredients:

- Ground beef (1 lb)
- Chopped onion (1 small)
- Minced garlic (2 cloves)
- Tomato paste (2 tablespoons)
- Empanada dough (store-bought or homemade)
- Salt, pepper, and paprika to taste

### Steps:

1. Sauté ground beef, onion, and garlic in a skillet until browned.
2. Mix in tomato paste, salt, pepper, and paprika, then cook for an additional 2 minutes.
3. Roll out empanada dough and cut into circles. Add a spoonful of filling to each circle.
4. Fold the dough over the filling, seal edges with a fork, and brush with egg wash.
5. Place empanadas in the air fryer at 375°F for 10-12 minutes, flipping halfway through.

## 2. Cheesy Chicken Empanadas

### Ingredients:

- Shredded chicken (1 cup)
- Cream cheese (4 oz)
- Shredded mozzarella (1/2 cup)
- Chopped scallions (2 tablespoons)
- Empanada dough

### Steps:

1. Mix shredded chicken, cream cheese, mozzarella, and chopped scallions in a bowl.
2. Fill dough circles with the mixture, then fold and seal.
3. Brush with egg wash for a golden finish.
4. Air fry at 375°F for 8-10 minutes until crispy and golden.

## 3. Spinach and Feta Empanadas

### Ingredients:



- Fresh spinach (2 cups)
- Crumbled feta cheese (1/2 cup)
- Chopped garlic (1 clove)
- Olive oil (1 tablespoon)
- Empanada dough

**Steps:**

1. Sauté spinach and garlic in olive oil until wilted.
2. Allow to cool slightly, then mix with crumbled feta.
3. Place filling on dough circles, fold, and seal edges.
4. Cook in the air fryer at 375°F for 8-10 minutes.

## **4. Sweet Apple Cinnamon Empanadas**

**Ingredients:**

- Chopped apples (1 cup)
- Brown sugar (2 tablespoons)
- Ground cinnamon (1 teaspoon)
- Butter (1 tablespoon)
- Empanada dough

**Steps:**

1. Cook apples, brown sugar, cinnamon, and butter in a skillet until softened.
2. Cool the filling, then place a spoonful on dough circles.
3. Seal the edges, brush with egg wash, and air fry at 375°F for 8-10 minutes.

## **5. Pizza-Style Empanadas**

**Ingredients:**

- Pepperoni slices (1/2 cup)
- Shredded mozzarella cheese (1 cup)
- Pizza sauce (1/4 cup)
- Empanada dough

**Steps:**



1. Mix pepperoni, mozzarella, and pizza sauce in a bowl.
2. Add the filling to dough circles, then fold and seal.
3. Brush with egg wash and air fry at 375°F for 8-10 minutes.

Enjoy these versatile empanada recipes directly from your air fryer—they're perfect for snacks, meals, or parties!

## Step-by-Step Guide: How to Cook Empanadas in an Air Fryer

Follow these steps for a foolproof air fryer empanada experience:

1. **Preheat your air fryer** to around 350°F (180°C).
2. **Prep the empanadas** by filling and sealing the dough. Use a fork to crimp the edges and prevent the filling from spilling out.
3. **Brush with oil** or egg wash for that golden, crispy finish.
4. **Arrange in the basket** without overlapping. Air fryer baskets require air circulation for even cooking.
5. **Cook for 8-12 minutes**, flipping them halfway through to ensure even browning.
6. Enjoy your perfectly crispy empanadas straight from the air fryer!

## Best Temperature for Cooking Empanadas in an Air Fryer

Achieving the perfect balance of a crispy exterior and a fully cooked filling requires the right temperature settings. Follow these steps to ensure your empanadas are cooked to perfection in the air fryer:

1. **Preheat to 350°F (180°C):** Preheating the air fryer is essential as it ensures even cooking and reduces cooking time.
2. **Adjust for larger sizes if needed:** For thicker or larger empanadas, you may consider slightly lowering the temperature to 325°F (165°C) to allow the filling to cook thoroughly without burning the crust.
3. **Monitor during cooking:** Keep an eye on your empanadas when cooking and adjust the time or temperature if necessary to avoid overcooking or uneven browning.

By maintaining the optimal cooking temperature, your empanadas will come out perfectly



golden and delicious every time!

## How Long to Cook Empanadas in an Air Fryer: Tips for Perfection

Cooking empanadas in an air fryer is a quick and efficient way to achieve a crispy, golden crust. Follow these steps to ensure your empanadas are cooked to perfection:

1. **Preheat the air fryer:** Set your air fryer to 350°F (175°C) and allow it to preheat for about 3-5 minutes. This ensures even cooking and helps create a perfectly crisp texture.
2. **Arrange empanadas properly:** Place the empanadas in a single layer inside the air fryer basket, leaving a bit of space between each one. Avoid overcrowding to allow hot air to circulate evenly.
3. **Cook time:** Air fry the empanadas for 8-10 minutes, flipping them halfway through. Keep an eye on the color and adjust the time slightly if needed.
4. **Check for doneness:** The empanadas should be golden brown and crisp. If they need more time, add 1-2 minutes but be cautious not to overcook.
5. **Let them cool briefly:** Once cooked, carefully remove the empanadas from the air fryer and allow them to cool for a few minutes before serving. This prevents burns and allows the filling to settle.

By following these simple tips, your air fryer empanadas will turn out beautifully crispy and flavorful every time!

## Air Fryer Empanadas Chicken: A Flavorful Twist

### Ingredients

- 1 cup shredded cooked chicken (rotisserie chicken works well)
- 1/2 cup cream cheese, softened
- 1/4 cup salsa or diced tomatoes with green chilies
- 1/2 cup shredded Mexican blend cheese or cheddar cheese
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 10-12 empanada dough discs (store-bought or homemade)
- Cooking spray or a light brush of oil



## Instructions

### 1. Prepare the filling:

- In a bowl, combine shredded chicken, cream cheese, salsa, shredded cheese, cumin, and smoked paprika. Mix thoroughly until well blended.

### 2. Assemble the empanadas:

- Lay an empanada dough disc on a flat surface. Place about 1-2 tablespoons of the chicken filling in the center.
- Fold the dough over the filling to form a half-moon shape. Pinch the edges together, then use a fork to crimp and seal the edges securely.

### 3. Preheat the air fryer:

- Preheat your air fryer to 375°F (190°C) for 3-5 minutes.

### 4. Cook in batches:

- Lightly spray the empanadas with cooking spray or brush with a small amount of oil to help them crisp up. Arrange them in a single layer in the air fryer basket, ensuring they do not overlap.
- Cook for 8-10 minutes, flipping halfway through, until golden brown and crispy.

### 5. Serve and enjoy:

- Once cooked, remove the empanadas and allow them to cool for a few minutes. Serve them with your favorite dipping sauces such as guacamole, sour cream, or spicy salsa.

This chicken variation adds a flavorful, creamy twist to traditional empanadas, perfect for a quick meal or a party appetizer!

## How to Make Air Fryer Empanadas Cheese

### Ingredients:

- 1 package of pre-made empanada dough or pastry rounds
- 2 cups shredded cheese (cheddar, mozzarella, or a blend of your choice)
- 1 egg, beaten (for egg wash)
- Optional: chopped herbs like parsley or chives for added flavor



## **Instructions:**

### **1. Prepare the Filling:**

- Fill each empanada round with about 1-2 tablespoons of shredded cheese.
- Optionally, sprinkle chopped herbs on the cheese for extra flavor.

### **2. Seal the Empanadas:**

- Fold the dough over the filling to create a half-moon shape.
- Press the edges with your fingers, then use a fork to crimp and seal them tightly.

### **3. Preheat and Arrange in Air Fryer:**

- Preheat your air fryer to 375°F (190°C).
- Arrange the empanadas in a single layer in the air fryer basket, making sure they do not overlap.

### **4. Cook the Empanadas:**

- Brush the empanadas with the beaten egg for a golden crust.
- Cook for 8-10 minutes, flipping halfway through, until golden brown and the cheese inside is melted.

### **5. Serve and Enjoy:**

- Remove the empanadas and allow them to cool slightly.
- Serve warm with a side of marinara sauce, sour cream, or your favorite dipping sauce.

These cheesy empanadas make for a quick, gooey, and irresistible snack or appetizer!

## **Cooking Frozen Empanadas in an Air Fryer Made Easy**

### **Step 1: Preheat the Air Fryer**

- Set your air fryer to 375°F (190°C).
- Allow it to preheat for about 3-5 minutes for even cooking.

### **Step 2: Prepare the Empanadas**

- Take the frozen empanadas directly from the freezer—no need to thaw!
- Arrange them in a single layer in the air fryer basket, ensuring there's space between



each empanada for sufficient air circulation.

### Step 3: Cook the Empanadas

- Cook for 8-10 minutes, flipping halfway through to ensure even crispiness on both sides.
- Check that they are golden brown and heated through before removing.

### Step 4: Serve and Savor

- Allow the empanadas to cool for 1-2 minutes after cooking.
- Serve them on a plate with dipping sauces such as guacamole, salsa, or sour cream for the perfect meal or snack!

With these simple steps, you can have delicious, crispy, and satisfying frozen empanadas ready to enjoy in no time!

## How Long to Cook Frozen Empanadas in an Air Fryer: A Simple Guide

### Preparing Your Air Fryer

- Preheat your air fryer to 375°F (190°C) for 3-5 minutes. Preheating ensures even cooking.
- Lightly spray the air fryer basket with cooking spray to prevent sticking.

### Cooking Times for Frozen Empanadas

- *Small to Medium-Sized Empanadas:* Cook for 8-10 minutes, flipping halfway through for even crispiness.
- *Large Empanadas:* Cook for 10-12 minutes, ensuring they are golden brown and heated through.

### Tips for Optimal Results

- Avoid overcrowding the air fryer basket, as this can lead to uneven cooking.
- For added crispiness, lightly brush the empanadas with oil before cooking.
- Use a meat thermometer to ensure any filled empanadas with meat reach an internal temperature of 165°F (74°C).





With these times and tips, you'll achieve perfectly cooked frozen empanadas in your air fryer quickly and effortlessly!

## Corn Empanadas in an Air Fryer: A Sweet and Savory Delight

Corn empanadas are a tasty treat that can be enjoyed as a snack, appetizer, or even a light meal. Their crunchy exterior and flavorful filling make them a favorite for any occasion. Using an air fryer to prepare corn empanadas ensures they are both delicious and healthier compared to traditional frying methods. Here's how you can make sweet or savory corn empanadas in your air fryer.

### Ingredients You'll Need

#### For Sweet Corn Empanadas:

- Corn kernels (fresh, frozen, or canned)
- Sweetened condensed milk or cream
- A pinch of cinnamon (optional)
- Empanada dough or pastry sheets

#### For Savory Corn Empanadas:

- Corn kernels (fresh, frozen, or canned)
- Diced onions and bell peppers
- Shredded cheese (such as mozzarella or cheddar)
- Seasoning (e.g., salt, pepper, cumin, or chili powder)
- Empanada dough or pastry sheets

### Steps for Air Frying Corn Empanadas

#### 1. Prepare the Filling

- For sweet empanadas, mix corn, sweetened condensed milk, and cinnamon in a bowl.
- For savory empanadas, combine corn, diced vegetables, cheese, and seasonings.

#### 2. Assemble the Empanadas

- Roll out the empanada dough and cut into circles.



- Add a spoonful of filling to the center of each circle.
- Fold the dough in half and seal the edges by pressing with a fork or pinching them together.

### 3. Preheat and Arrange in Air Fryer

- Preheat the air fryer to 375°F (190°C).
- Lightly brush the empanadas with oil to enhance crispness.
- Place the empanadas in the air fryer basket, ensuring they do not overlap.

### 4. Cook to Perfection

- Air fry the empanadas for 12-15 minutes or until golden brown.
- Flip halfway through the cooking to ensure even crisping on both sides.

## Serving Suggestions

- For sweet corn empanadas, serve with a drizzle of caramel or a sprinkle of powdered sugar.
- For savory corn empanadas, pair them with salsa, guacamole, or a dollop of sour cream.

With these tips, you can create versatile, delectable corn empanadas right in your air fryer, perfect for any palate!

## Tips for Achieving Crispy Empanadas Every Time

- **Brush with oil** or egg wash for a shiny, golden finish.
- Don't overcrowd the basket—give each empanada space for air circulation.
- Flip halfway through the cooking process for even browning.
- Use parchment paper or a silicone liner to prevent sticking.

## Pairing Ideas: What to Serve with Air Fryer Empanadas

Empanadas shine on their own but pair wonderfully with sides and dips. Here are a few ideas to complete your meal:

- **Salsas or chimichurri** for dipping
- **Salads** with a tangy vinaigrette to balance the flavors
- **Rice and beans** for a hearty option



- **Guacamole or sour cream** as cool and creamy dips

## Common Mistakes to Avoid When Cooking Empanadas in an Air Fryer

- **Overcrowding** the basket can lead to uneven cooking.
- **Sealing poorly** causes fillings to leak during cooking.
- **Skipping the egg wash or oil** results in a dull, less crispy crust.
- **Not flipping** them halfway leads to uneven browning.

## Conclusion

Cooking empanadas in an air fryer is a simple, efficient way to achieve perfectly crispy and golden results without the mess of deep frying. By following the tips and techniques outlined above, you can avoid common mistakes and create delicious empanadas every time. Whether served as a snack, an appetizer, or a main dish, they pair wonderfully with a variety of sides and dips, making them a versatile and delightful choice. With just a little preparation and the right approach, air fryer empanadas can quickly become a star recipe in your kitchen!

## FAQs

### Can I use frozen empanadas in an air fryer?

Yes, you can air fry frozen empanadas. Simply preheat your air fryer, place the frozen empanadas in the basket without overcrowding, and cook at 350°F (175°C) for about 8-12 minutes, flipping halfway. Adjust the time based on their size and your air fryer model.

### What type of filling is best for air fryer empanadas?

You can use a variety of fillings, such as seasoned meats, cheeses, vegetables, or even sweet options like fruits and Nutella. Just ensure the filling is not too wet to prevent the crust from becoming soggy.

### Why are my empanadas not crispy?

If your empanadas aren't crispy, it could be due to skipping the egg wash or brushing with



oil before cooking. Additionally, cooking at too low of a temperature or overcrowding the basket can cause them to steam instead of crisp up.

### **Can I make empanadas ahead of time?**

Absolutely! You can prepare and assemble the empanadas ahead of time. Store them in the refrigerator for up to 24 hours before air frying, or freeze them for longer storage.

### **How do I clean my air fryer after cooking empanadas?**

To clean your air fryer, allow it to cool completely, then remove the basket and pan. Wash them with warm, soapy water or follow the manufacturer's instructions. Ensure there are no residual crumbs or grease before storing it.