



EMPANADA INTIFADA

Empanada Intifada is led by two believers who strive to spread the good word about the deliciousness of empanadas through their Guerrilla Gourmet Food Truck. Maxed out on meat? Check out this truck for an always reliable vegetarian option.

Find them on



CORPORATE REALTY

Today's Special:

CHICKEN ADOBO EMPANADAS

MAKES 10 EMPANADAS
(SERVES 4-5)



INGREDIENTS

2 lbs boneless dark meat chicken
1 tbsp peppercorns,
roughly ground or chopped
6 cloves minced garlic
1/2 c soy sauce
3/4 c rice vinegar

1 medium potato
1/2 c water
1/2 c rice
1 tomato
1 egg
1 package of frozen empanada dough discs (available at
Latin groceries and usually come in packages of 10 discs)

DIRECTIONS

Filling

1. Combine chicken, peppercorns, garlic, soy sauce, and rice vinegar in large pot. Bring to boil, and then reduce heat to medium-low. Simmer, covered, for 1 hour, stirring occasionally.
2. In separate pots, boil potato and partially cook rice (1/2 cup water to 1/2 cup rice). Chop boiled potato into small pieces. Add both rice and potato to chicken, and continue cooking until they soak up excess liquid.
3. Separate egg white from yolk. In a small pan, fry egg white in a teaspoon of oil, then chop coarsely and set aside. Save yolk for later.
4. Chop tomato.
5. When liquid in the filling is nearly fully absorbed, add egg white and tomato to filling.
6. Allow to cool in a refrigerator at least one hour.

Dough

1. Allow dough discs to thaw. Discos should be just below room temperature before wrapping empanadas.
2. Add 1/3 cup of filling to the center of each disco, fold dough in half over filling, and then either crimp edges with fork or use the repulque technique to seal (several excellent repulque videos are available on YouTube).
3. Once empanada is wrapped, brush the top of each empanada with the egg yolk saved earlier.
4. Bake at 375° F in a greased pan for approximately 25 to 35 minutes or until the empanadas are golden brown.



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Enjoy this scrumptious recipe from Empanada Intifada compliments of CORPORATE REALTY

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May – June 2012 Transactions

OFFICE LEASES

TENANT

Ajubita, Leftwih & Salzer LLC
Bo-Mac Contractors Ltd
City of Segway Tours
Clesi Burns LLC
Craig Kronlage
Flanagan Partners
Frilot Law Firm
Gitter Vein Institute
Gulf South Lithotripsy
Hub International
Innovative Hospitality Systems
Insurance Resource Group
Interpublic Group of Companies
Jacobs Engineering
Kushner Lagraize LLC
New Orleans Advokats LLC
New Orleans Family Justice Alliance
Northwind Energy Partners
Ochsner Clinic Foundation
Pelican Energy Consultants
Robert L. Menard III
Sales Training Institute
Schwed & Associates
Thermo Credit
Treme
Turbo Squid
Weatherford
Wendy's International
Windstream Nuvox Inc.

BUILDING

Energy Centre (New Orleans, La.)
2817 Harvard Ave (Metairie, La.)
218 Decatur (New Orleans, La.)
Place St. Charles (New Orleans, La.)
1001 Veterans Memorial Blvd (Metairie, La.)
Place St. Charles (New Orleans, La.)
Energy Centre (New Orleans, La.)
Galleria (Metairie, La.)
3510 N Causeway Blvd (Metairie, La.)
Causeway Plaza (Metairie, La.)
4729 River Road (Jefferson, La.)
Oil Center Bldg 14 (Lafayette, La.)
Jackson Brewery Millhouse (New Orleans, La.)
909 Poydras Street (New Orleans, La.)
Causeway Plaza (Metairie, La.)
Place St. Charles (New Orleans, La.)
701 Loyola Ave (New Orleans, La.)
Energy Centre (New Orleans, La.)
Benson Tower (New Orleans, La.)
Galleria (Metairie, La.)
Energy Centre (New Orleans, La.)
Galleria (Metairie, La.)
3445 N Causeway Blvd (Metairie, La.)
Energy Centre (New Orleans, La.)
1516 Thalia Street (New Orleans, La.)
Exchange Centre (New Orleans, La.)
1010 Common Street (New Orleans, La.)
Causeway Plaza (Metairie, La.)
Galleria (Metairie, La.)

SIZE

8,020 SF
903 SF
1,631 SF
1,996 SF
10,000 SF
4,670 SF
48,090 SF
3,187 SF
964 SF
36,419 SF
2,500 SF
5,319 SF
7,328 SF
1,963 SF
16,029 SF
2,378 SF
14,250 SF
1,212 SF
33,366 SF
10,611 SF
2,642 SF
630 SF
1,012 SF
2,191 SF
10,000 SF
1,399 SF
5,331 SF
6,118 SF
4,326 SF

CR BROKER(S)

M. Carrone (Landlord Rep)
C. Berthelot (Tenant Rep)
S. Anderson (Landlord Rep)
B. Davis (Tenant Rep)
H. Wren (Tenant Rep)
B. Davis (Tenant Rep)
M. Carrone (Landlord Rep)
J. Cohn (Landlord Rep)
J. Cohn (Landlord Rep)
J. Cohn (Landlord Rep)
C. Burka (Tenant Rep)
M. Carrone (Landlord Rep)
R. White (Tenant Rep)
J. Cohn (Tenant Rep)
Cohn (Landlord Rep) / Davis (Tenant Rep)
B. Davis (Tenant Rep)
A. Huseman (Tenant Rep)
M. Carrone (Landlord Rep)
Siegel / Berthelot (Landlord Rep)
J. Cohn (Landlord Rep)
M. Carrone (Landlord Rep)
J. Cohn (Landlord Rep)
J. Cohn (Landlord Rep)
Siegel / Lavin (Tenant Rep)
H. Wren (Landlord Rep)
B. Davis (Tenant Rep)
B. Davis (Tenant Rep)
J. Cohn (Landlord Rep)
J. Cohn (Landlord Rep)

RETAIL LEASES

TENANT

GameStop
Lafayette School of Performing Arts
Nails & Tanning
New China Restaurant
PetSmart
Quiznos
Save A Lot
Smashburger
Studio 121
Thai Cuisine
T-Mobile Central
Wehmeier's

LOCATION

160 Golden Rod Road (Mansura, La.)
Meadow Creek Market (Lafayette, La.)
Belle Meade Shopping Center (Gretna, La.)
1871 Rousseau Street (New Orleans, La.)
NEQ Hwy 61 and Hwy 44 (Gonzales, La.)
Meadow Creek Market (Lafayette, La.)
3033 S Carrollton Avenue (New Orleans, La.)
3300 Magazine Street (New Orleans, La.)
Greenbriar Shopping Center (Lafayette, La.)
Meadow Creek Market (Lafayette, La.)
520 St. Andrew (New Orleans, La.)
Shops at Canal Place (New Orleans, La.)

SIZE

1,500 SF
4,800 SF
1,300 SF
1,301 SF
12,157 SF
1,628 SF
12,750 SF
2,500 SF
1,482 SF
2,500 SF
1,498 SF
1,583 SF

CR BROKER(S)

E. Kramer
M. Carrone
A. Huseman
Fawer / Kramer
L. Rabin
M. Carrone
Fawer / Burka
C. Burka
M. Carrone
M. Carrone
Fawer / Kramer
S. Anderson

COMPLETED SALES

TENANT

Creekstone Village
LaSalle Hotel (1113-1115 Canal Street)
12351 Industriplex
2201 North Highway 190
400 Dakin Street
7200 Pontchartrain Blvd
912 Napoleon Avenue

LOCATION

Covington, Louisiana
New Orleans, Louisiana
Baton Rouge, Louisiana
Covington, Louisiana
Metairie, Louisiana
Kenner, Louisiana
New Orleans, Louisiana

SIZE

11,916 SF
26,468 SF
10,219 SF
3,395 SF
21,650 SF
31,500 SF
11,500 SF

CR BROKER(S)

R. Weber
K. Adler
R. White
B. Davis
H. Wren
H. Wren
H. Wren

NEW LISTINGS

PROPERTY

101-121 Paillet Drive
3611 River Road
651 Lesson Court

LOCATION

Harvey, LA
Jefferson, LA
Harvey, LA

TYPE

office park for lease
office/warehouse for lease
office/warehouse for sale

SIZE

19,600 SF
4,000 SF
8,865 SF

CR BROKER(S)

E. Kramer
J. Booth
A. Lavin

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