

CHURROS

SWEET SPANISH FRITTER

A member of the wickedly delicious fried dough family that includes doughnuts, funnel cakes and *buñuelos*, the *churro* is a Spanish variation on the theme reportedly named after the horns of the prized “Churra” – the first breed of sheep introduced by the Spanish into the New World. Once the coveted New World chocolate beverage arrived in Spain shortly after the conquest, *churros* became a natural accompaniment and have been so ever since – both in Spain and in Mexico. Our recipe is based on one from a popular *chocolatería* in Madrid.

10 SERVINGS

☞ PREPARE SUGAR MIXTURE ☞

- **1/2 cup (118ml) sugar**
- **1/2 tsp. (2.5ml) ground canela**
*(Also known as "Mexican cinnamon".
Substitute: half the amount of standard
cinnamon)*

STEP 1 MIX SUGAR AND CANELA together and place in a shallow bowl or large plate; set aside.

☞ MAKE THE CHURRO DOUGH ☞

- **1 cup (236ml) water**
- **1/2 cup (118ml) butter**
- **2 Tbs. (30ml) brown sugar**
- **1/4 tsp. (1.25ml) salt**
- **1 tsp. (5ml) vanilla extract**

STEP 2 PLACE INGREDIENTS AT LEFT in a medium saucepan and bring to a boil.

- **1 cup (236ml) white flour**
- **4 eggs, well beaten**

STEP 3 USING A HAND-HELD ELECTRIC MIXER, beat in flour. Reduce heat to low, and beat the mixture vigorously until it forms a stiff ball, approximately 1 minute. Remove from heat and continue beating as you gradually add the eggs. Each addition of egg should be well-incorporated before adding more egg.

☞ FRY THE CHURROS ☞

- **Vegetable oil**

STEP 4 HEAT 2 INCHES (5CM) OF OIL in a deep skillet or pot until it reaches 360°F (182°C). Spoon dough into a pastry bag fitted with a large star tip. Press a 6-inch (15.25cm) strip of dough into the hot oil. It should immediately sizzle. If the oil is hot enough, continue, frying 3-4 *churros* at a time, turning once until a deep golden brown, about 2 minutes per side (if *churros* are too light, they will become soggy). Remove and drain on paper towels. When cool enough to handle, roll *churros* in the sugar mixture. Serve immediately.