

Sopapillas

written by The Recipe Exchange | September 22, 2014

Ingredients

1 package (1/4 ounce or 2 1/4 tsp) Yeast, active dry
3 Tbsp Water, warm
3/4 cup Milk
2 Tbsp Butter, melted
1/2 tsp Salt
1 – 2 cups Flour

1 1/2 cups Sugar
1/4 cup Cinnamon

Directions

Place water in a large bowl and sprinkle the yeast over it and let sit to proof. After about 20 minutes add the milk and butter to the proofed yeast and stir together. Add the salt and begin adding the flour.

The amount of flour you need to add will depend on how much it will take to bring the dough together. The dough should be soft but not sticky.

Knead the dough using a stand mixer or knead on a floured surface until it is completely mixed. (If the dough is still sticky add a little more flour). Then place the dough back in the bowl and cover with plastic wrap, so the dough will not form a skin. Allow the dough to proof in a warm place until about double in size.

When the dough is about double in size punch it dough and roll out on a floured surface to about 1/4 inch thick. Then cut 2 to 4 inch triangles (you can make any shape you want but traditionally they are made in triangles). In a bowl mix the sugar and cinnamon together till incorporated and set aside.

In a fry pan or deep fryer place vegetable or canola oil and heat to about 350 F. Place the dough in there two at a time and cook on each side for about 1 to 2 minutes or until golden brown. When desired color is reached remove from the oil and place into the sugar mix and toss to coat. Continue doing this until all the sopapillas are cooked and coated.

Serve immediately, for they are best enjoyed when still warm.