

Flavors of Mexico



CHURROS

By Carne Fritas



Churros originated In Spain many years ago. As its popularity grew, churros quickly spread throughtout Argentina and Mexico.

Normally eaten with “*champurrado*”, an Aztec drink that has been modified through the years, which consists of corn paste and chocolate.

You can also find churros (thicker than your normal churro) filled with cream, jam, chocolate and cajeta (caramel) throughout Mexico as special weekend treats.



Ingredients:

Vegetable oil
1 cup water
1/2 cup butter
1 cup all-purpose flour
1/4 teaspoon salt
3 eggs
Granulated sugar or a cinnamon-sugar mixture

Preparation:

Place water, olive oil, and salt in a saucepan with a wooden spoon until a ball forms.

Cool slightly. Using a churro maker (or a pastry bag or cake decorator fitted with a 3/8 inch fluted tube — #105 is good) press the dough out in 4 inch strips. The fluted shape is essential - otherwise the pastries will turn out hard and doughy.

Heat the frying oil, at least 1/2 inch deep, in a skillet until it is very hot.

Reduce the heat to medium and fry the churros, 3 or 4 at a time, turning once, until they just begin to turn golden brown.

Drain, Dip in sugar and serve hot.



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