

Sopapillas

Sopapillas are South of the Border pastries made with basic ingredients, deep fried, then coated with cinnamon and sugar. Some folks like to bite off the corner, squirt honey into the centers, and then devour them. Make a batch of sopapillas today and discover your favorite way to eat them!

- 1 ¾ cup plain flour
- 1 Tablespoon sugar
- 1 teaspoon soda
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2/3 cup milk
- Hot vegetable oil for frying
- 1 cup sugar
- 1 Tablespoon cinnamon
- Honey – optional



Mix dry ingredients together in a medium sized bowl. Add the milk and knead for 1 minute on floured surface. Let dough set for one hour. Roll dough into large rectangle 1/8" thickness. Use a pizza cutter to cut 2" wide strips of dough, then cut strips into 2" squares, then cut squares diagonally in half.

Mix sugar and cinnamon in a shallow baking dish and set aside.

Heat 4 cups vegetable oil in deep fryer. When oil reaches 375 degrees, drop dough triangles into hot oil. They should rise to the surface, and puff, then brown on the bottom very quickly. Use tongs to quickly turn sopapillas over. When dough is golden brown on both sides, remove from oil carefully, and place on paper towels. While sopapillas are still very warm, put them in the cinnamon and sugar mixture and spoon mixture over sopapillas to thoroughly coat them.