

Sopaipillas

<http://userealbutter.com/2013/01/13/sopaipilla-recipe/>
from [*The Border Cookbook*](#)

2 cups (250g) all-purpose flour
1 tsp salt
1 tsp baking powder
1 1/2 tsps sugar (optional)
1 1/2 tsps vegetable oil
1/2 cup lukewarm water
1/4 cup milk, at room temperature

Whisk the flour, salt, baking powder, and sugar (if using) together in a large mixing bowl. Work the vegetable oil into the flour mixture with your fingertips. Stir the water and milk into the flour mixture until you get a sticky dough. Turn the dough out onto a floured work surface and knead it until it is “earlobe” soft (about a minute). Form it into a ball and let the dough rest, covered with a damp cloth, for about 15 minutes. Divide the dough into 3 balls (2 balls if you prefer larger sopaipillas). Cover the dough balls with the damp cloth and let rest for 15-30 minutes. At this point you can refrigerate the dough for up to 4 hours. Dust your work surface with flour and roll out a ball to a 1/8- to 1/4-inch thick circle. If you have any protruding edges, trim and discard to get a circle. Take care that you don’t re-roll the dough because it results in a dense dough. Cut the circle into quarters. Repeat for the rest of the dough balls.

Heat about 2 inches of fresh oil (canola, peanut, vegetable) in a deep pan to 400°F. Use fresh oil because the smoke point of oil drops with each use. Carefully add 2-3 wedges of dough at a time. As they rise to the surface of the oil (this happens in about 10 seconds), ladle hot oil over the tops to promote ballooning. I found I only needed to ladle oil over the tops once. When the sopaipillas are puffed and the bottoms are golden (30 seconds to a minute), flip them over and continue to fry until golden (30 seconds to a minute). Remove from hot oil to paper towels. Serve hot with honey. Makes 12 small sopaipillas or 8 large sopaipillas.