

KITCHEN AFFAIRS

for the serious cook

WOODLAND CENTER
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SOPAIPILLAS

(Makes about 4 dozen. Serve 3 or 4 per person.)

4 cups unbleached all-purpose flour
2 teaspoons baking powder (must be fresh)
1/2 teaspoon salt
3 TaBleSPoons sugar
2 large eggs
1 cup milk
2 TaBleSPoons salad oil
Additional oil, for deep frying
Honey, and cinnamon, or cinnamon mixed with sugar, to garnish

Combine the flour, baking powder, salt and sugar, whisking or sifting to mix well.

In a separate bowl, beat the eggs until light and fluffy. Add the milk to the eggs, blending well, then add the salad oil and blend again.

Whisk the egg mixture into the dry ingredient mixture, and mix thoroughly. Allow the dough to stand for 30 to 60 minutes before proceeding.

Roll out the dough onto a lightly floured surface to a thickness of about 1/4 inch. Cut the dough into rectangles, about 2 inches by 3 inches, or into circles about 3 inches in diameter.

Heat oil, about 2 inches deep, in a frying pan to a temperature of 350 F to 375 F. When the oil reaches the correct temperature, drop about 4 dough pieces gently into the pan and cook them until they begin to rise. As soon as they start to rise, turn them over so they will brown evenly and puff up evenly on both sides. Drain them on paper towels or paper grocery sacks.

Serve them warm, sprinkled with ground cinnamon or confectioner's sugar, and with honey, syrup or jam as accompaniments.