



el frijol feliz
escuela de cocina

Cooking Classes

Buñuelos Rápidos

(Makes 30 Buñuelos)

Ingredients:

- 1 cup of flour
- 3 eggs
- 2 oz. of butter or margarine
- 1 tablespoon of baking powder
- 1 ¼ cup of water
- 1 tablespoon of anis (or Sambuca)
- 1 tablespoon of vanilla
- 1 tablespoon of honey
- 1 stick of cinnamon
- Oil for frying

For the syrup:

- 2 cups of water
- 1 cup of sugar
- 1 stick of cinnamon
- 1 tablespoon of anis (Sambuca)

In a pot, place the 1 ¼ cups of water with the anis, honey and the cinnamon and boil for about 10 minutes. Remove from the heat and remove the stick of cinnamon and anis. In a separate bowl, sift the flour and baking powder. Bring the water to a boil again and then add the margarine and the sifted flour and baking powder (lower the heat when adding the flour and baking powder). Immediately after adding the flour and baking powder begin to mix rapidly with a spatula until it has formed a well mixed ball and the dough does not stick to the pan. Remove from the heat and let cool for 5 to 10 minutes. After this time you will begin by adding the eggs one by one while stirring with a spatula. You may add the next egg when previous egg is well mixed and firm as well as not sticking to the pan. After you have added your eggs one by one and the dough is mixed, and not sticking to the pan, your dough is ready.

To make the syrup boil all of the syrup ingredients for about 15 minutes. The syrup will be served with the buñuelos.

To make the buñuelos, put oil in a small pot and heat. Test a small bit of dough in the oil to see if it is ready. When the oil is hot enough add balls of dough by spooning them into the oil. You can form the balls by using two spoons. Use one to spoon and the other to remove the dough into the oil. The balls will fry for about 2 minutes or until golden brown, depending on the heat of your oil. Serve the buñuelos in the syrup.