



el frijol feliz  
escuela de cocina

Cooking Classes

## Molletes Rellenos

(Serves 4)

### Ingredients

4 sweet breads (Molletes)  
4 eggs  
8 cups of water  
½ cup of sugar  
2 sticks of cinnamon  
7 pepper corns  
7 cloves

### Manjar (Custard)

½ stick of cinnamon  
1 ½ cups of milk  
3 tablespoons of corn starch

First you will begin by preparing the manjar, which is the custard you use to fill the sweet breads. In a small saucepan, without heat, mix corn starch and the milk until it is mixed well. Then turn the burner on a low heat. Place the cinnamon stick in the milk and continue to mix until the sauce becomes thick. Remove from heat and set aside to cool. Once the custard has cooled cut the sweet breads in half and fill them with the custard. Place the tops back on and set aside.

In a large mixing bowl separate the egg whites from the yolks, placing the yolks in a smaller bowl. Rapidly beat the egg whites with a whisk for 5 minutes until they foam and begin to form peaks. After ridges are formed add the egg yolks to the mixture and whisk until mixed for 30 seconds. Set aside.

In a large pot place 8 cups of water, 2 cinnamon sticks, sugar, cloves, and peppercorns. Boil for 10 or 15 minutes. After this mixture has been boiling for 10 to 15 minutes you can add the sweets breads after they have been fried according to the instructions below.

Place the filled sweet breads in the egg batter and cover on all sides, then place in a frying pan with a little bit of vegetable oil. If there are any sides of the sweet bread not covered, spoon extra batter to fill the spaces. Fry on both sides for about 2 minutes or until golden brown. Remove and set aside.

Place one by one the fried sweet breads into the syrup. They will continue to boil for 10 minutes in the syrup. Serve.

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