

CHURROS

Source: by Rick Bayless on Martha Stewart

www.marthastewart.com/1003247/chef-rick-bayless-makes-tasty-churros

Prepared by: Ryan McElwain, May, 2016

1 Cup water
½ t salt
1T white sugar
1 T vegetable oil

1 quart of vegetable oil (or more depending on size of your pot you are frying churros in)

Cinnamon and Sugar (Our ratio: 1 cup white sugar to 1 tablespoon of cinnamon)

1. As water is coming to a boil, add salt, sugar and 1 Tablespoon vegetable oil.
2. Once liquid is boiling, add flour and stir vigorously until a dough ball is formed. Let dough ball cool off of heat.
3. Bring remaining oil to 375 degrees F.
4. Put dough in a cloth pastry bag with star tip. Squeeze 3-5" sections into oil. Fry until golden brown ~2 minutes.
5. Roll in cinnamon and sugar prior to serving.

Optional Chocolate sauce (NOT Rick Bayless Recipe. I read lots of recipes and did my own ratio of milk and cream).

Ingredients:

6 ounces milk (I used skim)
6 ounces cream
1 cup of semi sweet chocolate chips

Instructions

1. Bring milk and cream to a simmer over medium heat
2. Take pan off of heat once simmering and add chocolate chips. Stir vigorously until it is smooth.
3. OPTIONAL Spices: you can add cinnamon or/and cayenne for an extra kick.

Cook's Note: *These were much easier to make than anticipated. Churro batter is easily doubled if you are cooking for a larger group. Originally we fried in a large pot, this required much more oil. The third time we made churros, we used a medium saucepan. It still worked great and there was less oil waste. We also used a candy thermometer to ensure the oil stayed at ~375 degrees.*

