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Bueno Sopaipillas

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**ABSTRACT** 

Sopaipillas are delicious, oily dough pockets. A New Mexican staple. Eat them as a dessert with honey, or as an entree, stuffing the sopaipilla with meat, beans, cheese, rice, etc. The options are near limitless! This protocol describes the steps to make sopaipillas using a box of mix from the BUENO foods company.

**MATERIALS** 

Box of Sopaipilla Mix, Oil, Water, Flour, Mixing Bowl

# Ingredients

#### 1 YOU WILL NEED

- 1 Box of Bueno Sopaipilla Mix
- 1 Tbsp vegetable oil
- 3/4 cup warm water
- 3 cups vegetable oil (for frying)

### **Make Dough**

5m

- 2 EMPTY entire contents of sopaipilla mix into a large bowl.
- 3 ADD 1 Tbsp. oil. Gradually add water.

#### Note

The amount of water needed may vary. Therefore, mix the water in slowly and stop once the dough is somewhat sticky, but can be picked up and handled.

4 KNEAD the dough on a lightly floured surface for 00:05:00 until smooth.

5m

5 STORE the dough in a plastic bag, making sure the bag is wrapped tightly around the dough. Let sit for 00:25:00 in a dry, warm place.

25m

Room temperature



- 6 ROLL dough into a square → 0.125 in thick.
- 7 CUT into squares approximately + 4 in by + 4 in

### Heat

8 HEAT 3 cups of vegetable oil to \$\ 350 \circ F \ \ 400 \circ F

#### Note

For sea level, HEAT 3 cups of vegetable oil to \$\ 365 \circ F \] - \$\ 415 \circ F

## Fry

- **9** PLACE squares of dough, one at a time, in oil.
- FRY until the sopaipilla puffs on one side. Turn and fry until golden brown.
- **11** DRAIN on paper towel.

**Safety information** 

Sopaipillas will be hot!

12 SERVE with honey, powdered sugar, or cinnamon sugar. Or, make stuffed sopaipillas.