

Churros

Ingredients

250ml water
1 tbsp granulated sugar
2.5ml salt
175gms cake flour
1 large egg, beaten

Oil for deep frying

Directions

Step 1:

Bring the water, salt and sugar to the boil. Remove from the heat and beat in the flour until you have a smooth paste. Now add the well beaten egg and mix until the mixture is smooth and satiny.

Step 2:

Spoon the mixture into a piping bag with a large star nozzle fitted.

Step 3:

Heat the oil in a frying pan or saucepan, the oil should be deep enough that the churros can float. Pipe 7cm strips of the batter into the hot oil a few at a time, cook for 3-4 minutes or until golden brown.

Step 4:

Drain the churros on kitchen towel before dusting with a mixture of caster sugar and fresh ground cinnamon.

THE COOKERY

by The Secret Jozi Chef

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