



Name of the recipe: Sopaipillas – Fried Pumpkin Pastries

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Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 500 kg yellow pumpkin
2. 1 kg wheat flour
3. 125 grs lard, room temperature or melted
4. 1 tsp baking powder
5. 2 tsp salt

For the syrup:

1. 1 pack 225 g molasses
2. 2 cups water
3. vanilla, orange or lemon peel, cloves or cinnamon to taste
4. cornstarch

To prepare:

1. Cook the pumpkin and pass it through a sieve or processor to obtain a soft texture.
2. Add the lard and gradually incorporate the flour with salt and baking powder until it forms a soft dough which is not sticky
3. Roll out onto a dusted surface and cut into 7-8 cm discs.
4. Fry these rounds in abundant hot oil until golden.
5. Drain onto kitchen absorbent tissue. Serve hot.

For the syrup:

1. Boil the water and dissolve the molasses, lower the heat and add the flavourings to your taste;
2. Cook for about 20-30 minutes;
3. Dissolve 2 tsp cornstarch in 1 cup cold water and add to the syrup as a thickener;
4. Drop the sopaipillas into this syrup and let sit for 1-3 minutes;
5. Serve in bowls with fork and spoon & more syrup over them.
6. Ideal on a rainy day as dessert or at teatime!

Optional:

Cut in 3-4 cm rounds and serve with “pebre” to go with your favourite cocktail!