

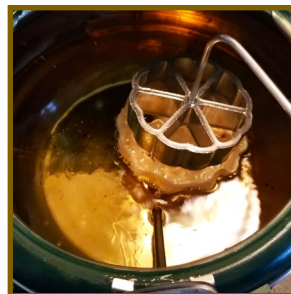
## Moulded Fried Pastries – *Buñuelos de molde*

### Ingredients

1 egg  
1 tsp vanilla  
¾ cup milk  
1 tbsp granulated sugar, plus more for coating  
Pinch salt  
1 cup flour  
¼ cup water  
Oil for deep frying



Beat egg and vanilla in a mixing bowl; pour in milk, and continue beating, to incorporate. Add one tablespoon of sugar, and a pinch of salt (about one eighth of a teaspoon). Continue beating, until the sugar and salt have dissolved, then sift flour in, and mix gently. Finally, pour in water, and continue mixing until a very smooth and light batter is achieved; when the beater is dipped in, it should get a very thin coating of batter on. Prepare a small bowl with granulated sugar, for coating. Prepare a tray with brown paper and/or paper towels, to drain excess oil from fried pastries. Set bowl and tray near the stove. Pour some of the batter in a shallow bowl, and set next to the pot and paper towels. Pour enough oil in a small pot for deep frying, then warm up over high heat; insert the mould in the oil, so it gets hot and lightly greased. Once the oil starts to ripple (about 350-375°F or 180-190°C), carefully lift the mould by the handle, and gently shake it a couple times to remove excess oil, dip the mould in the batter in the shallow bowl, making sure the batter does not coat over the top of the mould, then lift the mould, and allow any extra batter to drip off the mould; it should be coated with a thin layer of batter (photo below, left). Place the mould in the hot oil, completely immersing the batter, but keeping it from touching the bottom of the pot; the batter will immediately bubble and start loosening up from the mould (second photo below). Once it starts to change colour, lift the mould, jiggling a little, to free it from the batter (third photo below). Keep the mould in the oil so it stays hot, and flip the pastry after a few seconds, to brown on both sides (photo below, right):



Remove pastry with a fork, or tongs, and place on the prepared paper towels, to drain excess oil. Transfer to the bowl with sugar, to coat. Allow the oil in the pot to get hot again, and repeat with the rest of the batter, pouring more in the shallow bowl, as needed. Makes about three dozen small *buñuelos*.