



Churros

 May 8, 2023

LaBelle Winery Churros

Churros Dough

1/2 cups water

1/2 cups whole milk

8 Tablespoons unsalted butter

1/4 Teaspoon Sea Salt

1 cup all-purpose flour (we like King Arthur)

3 eggs, beaten

1 Teaspoon Vanilla Extract

Vegetable oil, for frying

1/4 cup sugar

1/4 teaspoon ground cinnamon

Dash nutmeg

Directions

- To make the churro dough: Combine water and milk with the butter and salt in a saucepan and bring to a boil over high heat. Once butter is melted, using a wooden spoon, stir in flour. Reduce the heat to low, stir in vanilla, and stir vigorously until the mixture forms a loose ball, about 1 minute. Remove the dough from the heat and, while stirring constantly, gradually beat the eggs into the dough a little at a time. Continue to stir vigorously until the dough is slightly glossy. Let cool.
- Heat about 2 inches of oil in a heavy, high-sided pot over medium-high heat until the oil reaches 360 degrees F. Mix the sugar with the cinnamon and set aside.
- when cooled slightly, spoon the churro dough into a pastry bag fitted with a medium star tip. Squeeze a 6- inch strip of dough into the hot oil. Repeat, frying just a few at a time. Turn churros once, until golden brown, about 2 minutes per side. Transfer the cooked churros to a plate lined with paper towels to drain.
- When the churros are just cool enough to handle, roll them in the cinnamon-sugar
- Serve with Red Wine Chocolate Dipping Sauce into individual bowls or cups for dipping (see recipe at amylabelle.com)

