

Homemade Sopapillas: Easy Recipe for Fluffy Fried Pastries

Here's what you'll need to create these heavenly Homemade Sopapillas:



OVEN
375°F

TIME
5-7 min

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INGREDIENTS

2 cups all-purpose flour
1 tbsp baking powder
 $\frac{1}{2}$ tsp salt
2 tbsp granulated sugar
3 tbsp shortening (or cold butter, cut into small pieces)
 $\frac{3}{4}$ cup warm milk (or warm water)
Vegetable oil or canola oil for frying
Honey or maple syrup
Powdered sugar
Ground cinnamon

DIRECTIONS

1. Let's get these golden puffs cooking!
2. Prepare the : Dough: In a large mixing bowl, whisk together the all-purpose flour, baking powder, salt, and granulated sugar.
3. Cut in : Fat: Add the shortening (or cold butter) to the dry ingredients. Using a pastry blender, your fingertips, or a fork, cut the fat into the flour mixture until it resembles coarse crumbs.
4. Add : Liquid: Gradually pour in the warm milk (or water), mixing until a soft dough forms. It should be slightly sticky but manageable.
5. Knead the : Dough: Turn the dough out onto a lightly floured surface. Knead for about 5-7 minutes, until the dough is smooth and elastic. If it's too sticky, add a tiny bit more flour; if too dry, a tiny bit more warm milk.
6. Rest the : Dough: Cover the dough with a clean kitchen towel or plastic wrap and let it rest at room temperature for at least 20-30 minutes. This allows the gluten to relax, making it easier to roll out.
7. Heat the : Oil: While the dough rests, pour enough vegetable oil (or preferred frying oil) into a deep, heavy-bottomed pot or Dutch oven to reach a depth of about 2-3 inches. Heat the oil over medium-high heat until it reaches 350-375°F (175-190°C). Use a candy thermometer or deep-fry thermometer to monitor the temperature.
8. Roll and : Cut: On a lightly floured surface, roll out the rested dough to about $\frac{1}{8}$ to ... inch thickness. Using a sharp knife or pizza cutter, cut the dough into 2-3 inch squares or triangles.

9. Fry the : Sopapillas: Carefully drop 2-3 pieces of dough into the hot oil at a time, being careful not to overcrowd the pot. As they fry, they should puff up almost immediately. If they don't, your oil isn't hot enough.
10. Flip and : Cook: Fry for about 30 seconds to 1 minute per side, or until they are golden brown and puffed. Use tongs or a slotted spoon to flip them to ensure even browning.
11. Drain: Once golden, remove the sopapillas from the oil and place them on a plate lined with paper towels to drain excess oil.
12. Serve: Serve the Homemade Sopapillas immediately, drizzled generously with honey (or maple syrup) and dusted with a mixture of powdered sugar and ground cinnamon.

SWAPS & NOTES

Flour: All-purpose flour is standard.

For a slightly richer dough, you could use bread flour, but it might make them a bit chewier.

Shortening: Traditional for tenderness and flakiness.

Cold unsalted butter, cut into small pieces, can be used as a substitute for a similar result.

TIPS FOR SUCCESS

Dough Consistency: The dough should be soft and pliable.

If it's too stiff, your sopapillas might not puff as well.

Oil Temperature is Key: This is the most crucial factor!

If the oil isn't hot enough, the sopapillas will absorb too much oil and be greasy.

