

## SOPAIPILLAS

About 18 sopaipillas

*If you have not tried sopaipillas for dessert with Mexican foods, you're missing a real treat! They are much like the Indian fry bread on the preceding page, except this recipe is a biscuit dough rather than a yeast dough, so it is quicker to make.*

**2 cups all-purpose flour**  
**1 tablespoon baking powder**  
**1/2 teaspoon salt**

**1 tablespoon shortening**  
**3/4 cup lukewarm water**  
**Canola oil, for frying**

1. Combine the flour, baking powder, and salt in a medium bowl. Cut in the shortening with a pastry blender. Gradually add the water, stirring with a fork. The mixture will be a little crumbly.
2. Turn the dough onto a lightly floured surface and knead lightly until the dough is smooth. Divide the dough in half and let stand for 10 minutes.
3. Roll one half of the dough into a rounded square to 1/8-inch thickness. Cut into thirds vertically and horizontally to make 9 pieces. Repeat with the other half of the dough.
4. Pour the oil to 1 inch deep in a small skillet and heat over medium heat. (The oil is hot if it bubbles when a bit of dough is dropped into it.) Stretch the dough squares slightly before dropping into the hot oil, as shown below left. Cook about 30 seconds on each side. Remove with tongs and drain on paper towels.

Serve warm with honey and/or honey butter.



**Variation:** Roll the hot sopaipillas in a mixture of 1 tablespoon sugar and 1/2 teaspoon cinnamon.