Family Cooking Time with Buñuelos and Atole OH MY!

Kit for Buñuelos Contains:
- 2 cups all purpose flour (plus extra for flouroing work surface)
- 1 teaspoon baking powder
- 1 Tablespoon sugar
- ½ teaspoon salt
- 1 teaspoon of vanilla essence
- ½ cup of granulated sugar
- 2 tablespoons cinnamon

You Provide:
- 1 egg
- 1 Tablespoon of butter
- About ¾ cup of water
- About 2 cups of vegetable oil

Kit for Atole Contains:
- 4 ounces piloncillo (pure cane sugar)
  or 1/2 cup packed dark brown sugar
- 1 (4 inch) cinnamon stick
- Pinch of salt
- ½ cup masa harina

You Provide:
- Two cups whole milk
- Two cups water

Up Next: Cinnamon Rolls OH MY!
Preorders begin November 8

Tutorial Info:
Tutorial Video on September 18
youtube.com/c/placentalibrarydistrict

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bit.ly/BunuelosAtoleSurvey
Family Cooking Time
with
Buñuelos Recipe

Ingredients:
- 2 cups all purpose flour (plus extra for flouiring work surface)
- 1 teaspoon baking powder
- 1 Tablespoon sugar
- ½ teaspoon salt
- 1 egg
- 1 Tablespoon of butter melted and already cooled
- About ¾ cup of warm water
- 1 teaspoon of vanilla essence
- About 2 cups of vegetable oil to fry the Buñuelos
- ½ cup of granulated sugar
- 2 tablespoons cinnamon

Kitchen Tools Needed:
- Large Bowl
- Kitchen Towel
- Pastry Towel (wax paper, plastic wrap or parchment paper)
- Spatula or Wooden Spoon
- Large Frying Pan
- Tongs
- Cereal sized bowl
- Tablecloth (optional)
- Plate
- Paper Towels

Directions:
1. In a large bowl mix flour, baking powder, 1 Tablespoon of sugar and ½ teaspoon of salt.
2. Form a well in the center and add the egg, melted butter and vanilla essence. Mix until the mixture resembles coarse meal. Slowly add the water 1 tablespoon at a time, mixing and kneading until you have a soft and smooth dough. This will take less than 5 minutes. Cover the dough with a kitchen towel and let it rest for 30 minutes.
3. Divide the dough in 12 small balls and cover. Heat ¾ inch of oil in the frying pan.
4. Place one of the dough balls on your floured work surface and stretch with your rolling pin. Roll each ball to form a circle as thin as possible without breaking the dough.
5. Place dough on the inverted bowl covered with a pastry towel and pull the edges very gently. The Buñuelo should be as thin as possible - almost transparent.
6. If desired - before cooking place the already formed Buñuelos over a clean tablecloth on a large table making sure the Buñuelos don’t touch each other. This step will dry the dough making the Buñuelos even crispier and they will absorb less oil while cooking.
7. Fry the Buñuelos in the very hot oil until they are golden and crispy. This step will take a few seconds. Place the Buñuelos on a plate covered with paper towels to drain any excess oil. Serve warm or at room temperature. Combine ½ cup sugar with 2 tablespoons of cinnamon in a bowl. Sprinkle with the cinnamon/sugar mix just before eating. By not sprinkling with sugar until ready to serve uneaten Buñuelos may be stored for another day. To reheat place them in an oven on a low setting for 5 minutes.

Recipe found at www.mexicoinmykitchen.com
Ingredients:
- 4 ounces piloncillo (pure cane sugar) or 1/2 cup packed dark brown sugar
- 1 (4 inch) cinnamon stick
- Pinch of salt
- Two cups whole milk
- 1/2 cup masa harina

Kitchen Tools Needed:
- Medium Saucepan
- Whisk (or fork)
- Wooden Spoon
- Large Measuring Cup

Directions:
1. In a medium saucepan combine 2 cups water with the brown sugar (piloncillo), cinnamon stick and salt. Bring to a boil over high heat, stirring occasionally until the sugar is fully dissolved.
2. While the mixture comes to a boil, whisk the milk and masa harina in a large measuring cup.
3. Once the water is boiling, reduce heat to medium. Add the milk mixture gradually, whisking continuously to ensure the masa doesn’t clump or sink to the bottom. Cook the atole, whisking constantly until it is thick enough to evenly coat the back of a wood spoon, about 5 minutes.
4. Remove from heat, and discard cinnamon stick. Serve hot and with a dust of ground cinnamon if desired.

Recipe found at: www.cooking.nytimes.com
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Want to learn more?
Check some of these out:

Hoopla
- *Authentic Mexican Cooking* by Scott Myers
- *Cooking the Mexican Way* by Rose Coronado
- *Quick and Easy Mexican Cooking* by Lee Hae-Jin 'Cecilia'

Overdrive
- *Dos Caminos Mexican Street Food* by Ivy Stark
- *New Latin Classics* by Lorena Garcia

Print Books
- *Pati’s Mexican Table* by Pati Jinich
- *Oaxaca: Home cooking from the heart of Mexico* by Bricia Lopez
- *Claudia’s Cocina: A Taste of Mexico* by Claudia Sandoval

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