



Churros with Chocolate Dipping Sauce

READY IN



55 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon plus recommended: Lyle's
- ☐ 4 ounces chocolate dark or
- ☐ 0.7 cup double cream
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 ounce chocolate or 2 tablespoons chips
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup caster sugar

- ☐ 2 cups vegetable oil for deep-frying
- ☐ 1 cup freshly water boiled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ tongs

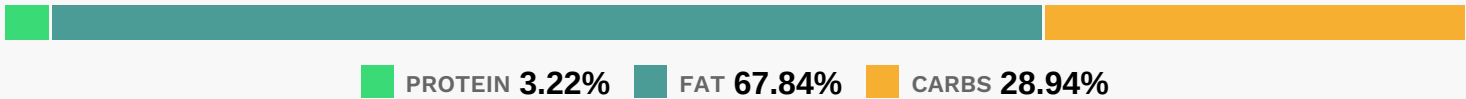
Directions

- ☐ Mix the sugar and cinnamon for the churros in a wide, shallow dish; this is for coating the cooked churros.
- ☐ Put the flour into a bowl and stir in the baking powder, then beat in the olive oil and 1 cup freshly boiled water. Keep mixing until you have a warm sticky dough, and let rest for about 10 minutes or for as long as it takes for the corn oil to heat up.
- ☐ Heat the oil in a smallish saucepan; it should come about a third of the way up the sides of the pan. When you think it's hot enough, toss in a cube of bread and see if it sizzles and browns. If it browns in about 30 seconds, it's hot enough; or if you're using an electric deep-fat fryer regulate the temperature, it should be at 325 degrees F. Keep a watchful eye on your hot oil pan at all times.
- ☐ Preheat the oven to 175 degrees F.
- ☐ When you are ready, load up a piping bag with a large star shaped nozzle (8mm) and fill it with the churro dough. Squeeze short lengths, approximately 1 1/2 to 2 inches, of dough into the hot oil, snipping them off with a pair of scissors as you go. Cook about 3 or 4 at a time. Once they turn a rich golden brown, fish them out with a slotted spoon or tongs onto a kitchen towel lined baking sheet. To keep the churros warm while you fry the remaining dough. Blot

them with paper towels and transfer them to a parchment lined baking sheet.

- ☐ Put the baking sheet into the oven to keep the churros warm. Even if you let them sit out of the oven, they do need 5 to 10 minutes to rest before you eat them, to allow them to set inside.
- ☐ Chocolate sauce: Melt all of the chocolate sauce ingredients in a heavy based saucepan over low heat. Once combined and the chocolate has melted, remove the pan from the heat and set it aside in a warm place.
- ☐ Toss the hot churros into the sugar and cinnamon mixture and shake them about to get a good covering, just before serving. Arrange the churros on a serving platter and serve.
- ☐ Pour the chocolate sauce into individual pots for serving (to avoid the double dipping dilemma) and dip'n'dunk away.

Nutrition Facts



Properties

Glycemic Index:61.78, Glycemic Load:18.12, Inflammation Score:-5, Nutrition Score:9.6021739335164%

Nutrients (% of daily need)

Calories: 472.36kcal (23.62%), Fat: 36.26g (55.78%), Saturated Fat: 14.22g (88.89%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 31.75g (11.55%), Sugar: 19.01g (21.12%), Cholesterol: 30.45mg (10.15%), Sodium: 84.79mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.24mg (6.08%), Protein: 3.87g (7.74%), Manganese: 0.6mg (30.17%), Vitamin K: 30.9µg (29.43%), Copper: 0.39mg (19.65%), Iron: 3.2mg (17.77%), Magnesium: 54.31mg (13.58%), Vitamin E: 1.92mg (12.77%), Fiber: 3.05g (12.2%), Phosphorus: 110.53mg (11.05%), Selenium: 6.99µg (9.99%), Vitamin B2: 0.15mg (8.6%), Calcium: 81.61mg (8.16%), Vitamin B1: 0.12mg (8.12%), Vitamin A: 398.07IU (7.96%), Folate: 26.66µg (6.66%), Zinc: 0.87mg (5.83%), Potassium: 192.01mg (5.49%), Vitamin B3: 1.08mg (5.38%), Vitamin D: 0.42µg (2.82%), Vitamin B5: 0.21mg (2.13%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.28%)