

Breakfast Churros



For the churros:

1 cup water
4 Tbl unsalted butter
2 Tbl brown sugar
1 tsp vanilla extract
¼ tsp salt
1 cup all-purpose flour
4-5 eggs
½ cup sugar
½ tsp ground cinnamon
Canola oil for deep frying

For the chocolate sauce:

½ cup corn syrup
¼ cup water
3 oz. chocolate (the best unsweetened)
¼ cup unsalted butter
1 cup 35% cream
1 tsp vanilla extract
1 pinch salt

METHOD:

- In a medium saucepan, heat 1 cup of water, the butter, sugar, vanilla and salt over medium-high heat until the edge of the liquid starts to bubble. Add the flour all at once and stir briskly with a wooden spoon until well mixed and no lumps of flour remain. Cook the dough ball over low heat for 2 minutes, stirring regularly.
- Remove from heat. Transfer dough ball to a mixing bowl. Add 4 of the eggs, 1 at a time, beating well with a wooden spoon after each. The dough should look soft and glossy. If not, beat in the last egg.
- Scrape the dough into a pastry bag fitted with a star tip. Pour enough canola oil into a deep heavy skillet to fill 1 inch. Heat over medium heat until 325 °F. Carefully pipe the dough into the oil, forming 4 inch churros. Pipe only as many churros into the oil as fit comfortably. Overcrowding the pan will result in soggy churros. Fry, turning once, until golden brown on all sides. Drain on paper towels. Repeat with the remaining dough.
- Put the sugar and cinnamon in a paper bag. Crimp the top and shake well to mix. Drop a few churros at a time into the bag and shake until coated. Best served as soon as possible.

For the Chocolate Sauce:

- Boil the corn syrup in a small saucepan for a minute or two, until it forms heavy strands as you drop it off a spoon. Remove from heat and whisk in water.
- Simmer, stirring, for several seconds. Add the baking chocolate and simmer, stirring, until melted. Blend in the butter and heavy cream.
- Bring to the full boil for 15 seconds. Remove from heat, and blend in the salt and vanilla. Stir until smooth.

TO SERVE:

- Pour 2 tablespoons of warm chocolate sauce onto the centre of a plate, place 2 churros on top.
- Enjoy!

Yield: 24–36 4" churros