



ChileanStyle Sopaipillas

Oscar · 29/09/2024



Prep Time

15 mins

Dificult

Medium

Servings

1 hr

Description

This is a traditional Chilean snack or maybe an appetizer The truth is that its a snack eaten during wintertime especially when it rains It is typical to arrive home after walking through the rainy streets of Santiago and sit down to have a cup of tea and eat a couple of sopaipillas You can also eat ones sold by street vendors but they usually dont taste as good as homemade ones If you cant find zapallo pumpkin is a good substitute

Ingredients

- - 9 ounces zapallo squash - 4 ¼ cups all-purpose flour - 1 teaspoon baking soda - 1 teaspoon salt - 10 tablespoons butter
- melted - 2 cups canola oil for pan-frying

Instructions

1. Peel
2. seed
3. and cut zapallo into chunks. Place in a saucepan
4. cover with water
5. and bring to a boil over medium-high heat. Cook until zapallo is soft and easily pierced with a fork
6. 15 to 20 minutes. Drain and allow to cool slightly. Mix flour
7. baking soda
8. and salt together in a mixing bowl
9. and set aside. Stir together squash and melted butter. Stir the flour mixture into the butter mixture until blended. Turn the dough out onto a lightly floured surface and knead until soft and satiny
10. adding a little more flour if necessary. Cover dough with a towel and allow to rest 15 minutes. Roll out the dough to 1/8-inch thick
11. and cut into 3-inch diameter circles. Poke each circle a few times with a fork to make holes and prevent rising. Pour oil into a large
12. deep skillet and heat over medium-high heat until hot
13. 385 degrees F (195 degrees C). Place several of the dough circles into hot oil; cook until lightly browned
14. 3 to 4 minutes. Drain on paper towels. Cook remainder of dough circles in batches. Tips Zapallo
15. sometimes called Jamaican pumpkin
16. is a type of winter squash from South America. If it's not available
17. sugar pumpkin makes a good substitute. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
18. ingredient density
19. and specific type of oil used.