



Easy Mexican Sopos

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

30 mins

Description

These Mexican sopos are a hit at any party. Serve this appetizer with a variety of toppings such as beans, cheese, and meat.

Ingredients

- - 3 cups masa harina - 1 tablespoon salt - 2 cups warm water
- or as needed - 1 quart oil for frying

Instructions

1. Whisk masa harina and salt together in a bowl. Stir in enough water until dough is smooth and holds together. Dotdash Meredith Food Studios Form dough into twelve 2-inch balls. Place balls onto parchment paper and flatten to 1/2-inch thick circles. Dotdash Meredith Food Studios Heat oil in a deep fryer or large saucepan to 400 degrees F (200 degrees C). Working in batches
2. fry a few sopos at a time until lightly browned
3. about 30 seconds per side. Transfer with tongs to a paper towel-lined plate and let cool just until they can be handled
4. 2 to 3 minutes. Pinch the edges of each sopo together to form a little boat. Return sopos to the hot oil and fry until golden and cooked through
5. 1 to 2 more minutes. Drain on paper towels. Dotdash Meredith Food Studios Recipe Tip You can use warm broth instead of warm water if desired. 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
6. ingredient density
7. and specific type of oil used.