Churros with fleur de sel and caramel

Receta de V-ZUG AG



Preparación	1 H
Tiempo de cocción	20 Min.
Porciones	4

Churros

150 ml water

150 ml milk

125 g butter

½ tsp salt

1 tsp sugar

180 g plain flour

5 eggs

Sugar

Bring the water, milk, butter, salt and sugar to the boil. Shoot in the flour and stir over a moderate heat until the mixture comes away from the sides of the pan. Cook the mixture until it thickens and a white film forms in the bottom of the pan. Transfer the mixture to a mixing bowl. Allow the mixture to cool briefly, then beat in the eggs one at a time. Beat the dough until smooth and elastic. Spoon the dough into a piping bag with a star nozzle.

Heat the oil in the wok on level 8. Pipe about 8 cm long strips of dough directly into the hot oil, snipping off each dough strip with a pair of scissors if necessary. Deep-fry for about 5 minutes until golden brown, then remove and drain on kitchen paper. Roll the churros in sugar.

Caramel

100 g sugar

250 ml cream

4 egg yolk

60 g butter, salted

Fleur de sel

Heat the sugar in a pan until a deep caramel forms, deglaze with cream and briefly bring to the boil. Put the egg yolk in a bowl and stir in the caramel. Pour the mixture back into the pan and stir continuously until it begins to thicken. Remove the pan from the heat and immediately stir in the salted butter. Finally, add a pinch of fleur de sel. Serve the churros with the caramel sauce.

Accesorios

Wok

Información complementaria

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