
Sopapillas

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 package yeast
1/4 cup water
1 1/2 cups milk
3 tablespoons shortening, melted
1 1/2 teaspoons salt
2 tablespoons sugar
5 cups flour

In a bowl, mix all of the ingredients. Knead briefly. Let rest for one hour.

Roll very thin. Cut into triangles.

Fry in deep fat until brown on both sides. (The dough can be kept for several days in the refrigerator.)

Drizzle with honey and serve warm.

Yield: 3 dozen

Breads, Muffins, Mexican

Per Serving (excluding unknown items): 2957 Calories; 57g Fat (17.6% calories from fat); 79g Protein; 522g Carbohydrate; 20g Dietary Fiber; 50mg Cholesterol; 3395mg Sodium. Exchanges: 31 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 10 Fat; 1 1/2 Other Carbohydrates.