



Churros

Difficulty 難易度

Intermediate 中級

Qty 數量

10-12 pcs

On the day 當天製作

40 mins 製作時間

30 mins waiting time 等待時間

材料 Ingredients



Bread Flour
準高筋麵粉
(日清 Lys d'or,
Protein 10.7%)
150g



Corn starch
粟粉
20g



Water
水
300g



Butter
無鹽牛油
80g



Sugar
上白糖/砂糖
25g



Salt
鹽
2g



Egg
全蛋
120g



Vegetable oil
菜油
適量 (視乎炸鍋大小)
~500- 800ml

配料 Dip



Chocolate
buttons
朱古力
100g



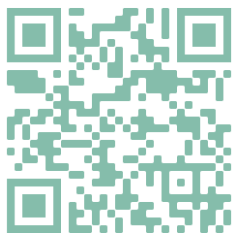
Cream
忌廉
80g



Sugar
上白糖/砂糖
120-150g



Cinnamon
powder
肉桂粉
8-10g



BREAD CLOUD
studio



Video Time 影片時刻

Steps 製作步驟

- 00:40 01 Sift flour and corn starch. Mix well and set aside.
麵粉和粟粉過篩混合備用
- 00:55 02 Put water, butter, sugar & salt in the pot. Turn on medium heat till boil.
Change to low heat for 3 mins.
將水·牛油·砂糖·鹽放於煲內·以中火加熱至沸騰·滾後轉成中小火並開始計
時3分鐘
- 02:10 03 After 3 mins, turn off the heat & add in all the flour & corn starch at once.
Mix evenly till no crumbs.
3分鐘完結後·關火並立即倒入粉類·然後攪拌至沒有粉粒及成糰
- 02:45 04 Put the dough into a big bowl, and spread it wide. Use a hand mixer, turn on
low speed to cool it down.
將麵糰放入大碗內·用打蛋器以低速攪拌·為麵糰降溫
- 03:05 05 When dough cools down to ~40°C, add egg gradually in 6-8 times. Then
use scrapper to gently mix.
當麵糰溫度降至約40°C·慢慢分次加入雞蛋(每次等蛋液被完全吸收才加下一
次)·最後以刮刀整理麵糰
- 04:00 06 Insert a piping nozzle (ref: SN7141, ~1.75cm diameter) into piping bag, fill
with the dough, set aside.
唧袋配上大號唧咀·將麵糰放入唧袋待用(參考:片中使用的是台灣SN7141,直
徑約1.75cm)

配料 Dip

- 5:20 07 Cinnamon sugar: Mix sugar & cinnamon sugar well.
肉桂糖: 將上白糖及肉桂粉攪拌均勻
- 6:05 08 Chocolate dip: Melt chocolate button in warm water bath, add warm cream
gradually, mix well.
朱古力沾醬: 將朱古力隔水融化·慢慢分次加入微暖忌廉·攪拌均勻

Churros

Steps 製作步驟

油炸 Deep frying

- 06:50 09 Pour in vegetable oil. (Suggest at least 4cm deep) Turn on heat till it becomes 170°C
炸鍋中加入適量菜油 (建議油量最少有4cm 深度) · 並加熱至約170°C
- 07:20 10 When oil reaches the desired temperature, squeeze the dough in to your preferred length, then cut with scissors. Deep frying for around 5-8 mins till golden brown.
當菜油達至適當溫度 · 擠入麵糰至喜歡長度 · 然後用剪刀剪斷 · 炸約5-8分鐘至金黃色
It is important to monitor & control oil temperature be 160-180°C
期間需要不斷觀察及控制油溫於160-180°C之間
- 09:40 11 Or you can squeeze the dough into your preferred shapes, onto a baking paper, freeze for ~2-3 mins in freezer, then deep fry it till golden brown.
亦可於牛油紙上擠上不同形狀 · 放冰箱冷凍2-3分鐘 · 然後再炸至黃色
- 07:55 12 Transfer it to a cooling tray / paper towel to catch the excess oil.
稍為隔油

組裝 Assembling

- 08:00 13 When the churros are still warm, dip with cinnamon sugar or chocolate dip, or even coffee ice cream!
暖時立即沾上肉桂糖, 或朱古力沾醬... 或咖啡雪糕!