



SPANISH LECHE FRITA

SERVINGS 4

PREP TIME 10 min

COOK TIME 20 min

INGREDIENTS

- 3 1/2 tablespoons cornstarch
- 7 tablespoons all-purpose flour, divided
- 1/2 cup sugar
- 1 quart whole milk, divided
- 1 cinnamon stick
- 2 large eggs, at room temperature
- 1/4 cup olive oil (or amount needed for frying)
- 2 tablespoons butter
- Ground cinnamon, garnish

DIRECTIONS

1. In a large bowl, whisk together the cornstarch, 3 1/2 tablespoons of the flour, and the sugar.
2. Add 1 cup of the milk and mix well with a whisk.
3. Let stand until thickened, about 10 minutes.
4. In a large saucepan, heat the rest of the milk along with the cinnamon stick over medium-low heat.
5. When the milk begins to bubble, remove it from the heat.
6. Place a mesh strainer over the bowl of the sugar and flour mixture, and pour the milk in little by little, stirring constantly.
7. Pour this mixture back into the saucepan and place over low heat, stirring well for 10 minutes.
8. Lightly oil a 9 by 9-inch ovenproof glass baking dish with olive oil.
9. Pour in the leche frita mixture to a depth of 3/4-inch.
10. Leave to chill in the fridge for at least 3 hours, or overnight if you have time.
11. Run a knife around the edge of the leche frita to loosen.
12. Very quickly turn it out onto a cutting board.
13. Cut it into 16 squares (about 2 1/4 inches each).
14. In a bowl, beat the eggs.
15. Pour the olive oil into a frying pan to a depth of 1/4-inch. Heat over medium heat.
16. Add the butter and allow to melt.
17. Place the remaining flour on a plate and dredge each of the squares.
18. Then dip them in the beaten eggs.
19. Carefully place in the hot oil and fry for approximately 1 minute on each side, until lightly golden.
20. Transfer to a plate with paper towels to drain.
21. Sprinkle with ground cinnamon and serve immediately or allow to cool and serve at room temperature.

Note: It is important that the leche frita aka "fried milk" be at least 3/4-inch thick or it will be very difficult to fry and turn when the time comes. Keep this in mind as you choose which dish to use, especially if you decide to increase the recipe.

