



SALVADORAN PANELA-STEEPED SPICED TORREJAS

SERVES 6-8
PREP TIME 30 mins.
COOK TIME 40 mins.

INGREDIENTS

For the Torrejas

- 1 ½ lbs Egg brioche (torta de yema), 1 to 2 days old
- 2 Large eggs
- 2 tbsp All-purpose flour
- 1 ¼ cups Whole milk
- 1 stick Cinnamon
- Margarine or oil (for frying)

For the Spiced Panela Syrup

- 4 cups Water
- 1 lb Panela (unrefined whole cane sugar / piloncillo)

- 5 Whole black peppercorns
- ¼ tsp Ground ginger
- ¼ tsp Ground nutmeg
- Ground cinnamon (to taste)



DIRECTIONS

1. **Slice the Bread (5 mins):** Cut the 1 to 2-day-old torta de yema (egg brioche) into uniform slices roughly 1 inch thick.
2. **Infuse Milk (10 mins):** Pour the whole milk into a small saucepan with the cinnamon stick. Bring to a bare simmer over low heat for 5 minutes, then remove from heat and let cool to room temperature so the milk takes on the warm cinnamon aroma. Discard or strain out the cinnamon stick once cooled.
3. **Whip the Batter (10 mins):** Separate the eggs. In a clean, dry bowl, beat the 2 egg whites until stiff peaks form. Gradually fold in the 2 egg yolks and 2 tablespoons of flour using a spatula until a smooth, fluffy batter forms.
4. **Setup Station (5 mins):** Set up an assembly line: the bowl of cinnamon-infused milk, the whipped egg batter, a clean plate for prepped bread, and a plate lined with paper towels for post-frying drainage.