

Latin American Sweets

Arroz Con Leche, Estilo Peruano

(Peruvian-Style Arroz Con Leche)

Recipe adapted from EatPeru at <https://www.eatperu.com/arroz-con-leche/>

Serving size: 4

Ingredients:

- 1 cup long-grain white rice
- 3 cups water
- 1 cup evaporated milk
- ½ cup sweetened condensed milk
- ¼ cup brown or raw sugar
- 2 large cinnamon sticks
- 5 cloves
- 1 tablespoon cinnamon
- ¼ cup raisins



Recipe:

1. Place the rice, cloves, cinnamon sticks, raisins, and water in a medium-sized pot. It might be necessary to break the cinnamon stick into pieces to ensure the flavor really comes out.
2. Cook for 15-20 minutes over low heat until the rice is cooked and all the water has been absorbed.
3. Take out the cinnamon stick and the cloves.
4. Add the evaporated milk and boil for 7 minutes, reduce heat until it's low, stirring continuously.
5. Add the sugar and mix well.
6. Pour in the condensed milk and stir well until it's evenly distributed throughout the mixture.
7. Serve warm in individual cups or bowls, topping it off with a generous dusting of powdered cinnamon. Enjoy!

Churros con Chocolate

Recipe adapted from Mely Martinez at <https://www.mexicoinmykitchen.com/churros-recipe/#wprm-recipe-container-10129>

Serving size: 12

Ingredients:

- 1 cup of water
- 1 tsp. vanilla extract
- ⅛ tsp. salt
- 2 tbsp. butter
- 1 cup of flour sifted at least 2 times (140 grams)
- 1 large egg beaten
- ½ cups vegetable or canola oil for frying the churros

- Sugar to dust
- 1 tsp. ground cinnamon



Piping bag with large star tip highly recommended. You will be able to make the churros without this tool by rolling the dough into strips, but your churros will not have the traditional shape. I would recommend buying these items at Michael's. I am using [this](#) tip and [this](#) size piping bag.

Cooking thermometer also recommended for measuring oil temperature.

Recipe:

*Prepare a tray or plate covered with a paper towel to place the churros on after frying

*Mix the sugar and cinnamon, place it in a shallow dish to coat the churros

1. Preheat the oil to 320F degrees while you make the churro batter. You can use a candy thermometer to check the temperature.
2. Place the water, vanilla extract, salt, and butter in a saucepan at medium-high heat.
3. Once it comes to a rolling boil, stir in the flour all at once. It is very important that the water is boiling to ensure that the dough will make crispy churros.
4. Mix the dough vigorously using a wooden spoon or spatula. You have to do this step very quickly.
5. Remove the saucepan from the heat, wait about a minute, then add the egg. Keep mixing until the egg is completely integrated into the dough (you can use a mixer for this step). In the beginning, the dough will want to separate after adding the egg, but keep mixing until the ingredients are well combined and you have a smooth and soft dough that separates from the bottom of the pot. This step will take a few minutes.

6. Place the dough in the pastry bag fitted with a star-shaped tip. Make sure there aren't any bubbles of air in the dough while you place it inside the bag.
7. Pipe 6-inch strips of dough on a prepared tray and then fry them. You can also pipe the strips of dough directly into the hot oil, cutting them with kitchen scissors. The oil will start bubbling when you add the raw churro, and at this point you must not touch the oil or the churro.
8. Fry the churros for about 2 to 2.5 minutes in hot oil (320F) until golden brown
9. Turn the churros to have an even crispiness and golden color; in total, it should take about 4-5 minutes to cook each churro.
10. Once they are golden, remove from the heat, place on the paper towel to drain for a few seconds, and then roll in the sugar.

Chocolate Sauce

Ingredients:

- ½ cup semisweet or bittersweet chocolate chips
- ¼ cup milk
- 2 tbsp. heavy cream
- 1 tbsp. unsalted butter
- 2 tbsp. sugar



Recipe:

1. Place the chocolate chips in a medium bowl. Heat the milk on the stove or microwave until just boiling (45 seconds – 1 minute in the microwave works for me). Keep an eye on it.
2. Pour the hot milk over the chocolate and stir slowly until all the chocolate is melted and you have a smooth, even mixture.
3. In a small saucepan combine the cream, butter, and sugar. Bring it to a boil while whisking so it doesn't burn.
4. Add the ganache into the saucepan and stir on low heat until smooth.
5. Transfer the sauce to your storage or serving container