



SOPAPILLAS

(Courtesy of the National Honey Board)

INGREDIENTS:

4 cups flour
1 tbsp. baking powder
2 tsp. sugar
1-1/2 tsp. salt
1/4 cup lard (shortening)
1-1/4 cups water (or more, if needed)
Dutch Gold Wild Flower honey

DIRECTIONS:

Sift dry ingredients together. Cut in the lard until crumbly. Add water and mix until dough holds together. Knead 10-15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into 2 parts. Roll dough to 1/8" thickness on lightly

Recipes courtesy of DUTCH GOLD HONEY, INC.
Purchase Dutch Gold Honey at www.dutchgoldhoney.com

floured board. Cut into 3" squares or triangles. Do not allow to dry. Cover those waiting to be fried. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels and serve immediately with Dutch Gold Wild Flower honey.

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