



PICARONES

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By Chef Carolina Zubiate

Winner of The Hispanic Top Chef 2023

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INGREDIENTS

SYRUP

- 227G PILONCILLO
- 125G BROWN SUGAR
- 2EA CLOVE
- 1EA CINAMMON STICK
- 2 SLICES OF ORANGE ZEST
- REA ALL SPICE
- 2 CUPS H2O

DOUGH

- 227G SWEET POTATO
- 227G PUMPKIN OR BUTTERNUT SQUASH
- 454G AP FLOUR
- 21G YEAST
- 14G ANISE
- 21G SUGAR
- 1EA EGG
- 1EA CINNAMON STICK
- 2EA CLOVE
- PINCH OF SALT
- 3.5 CUPS OF AROMATIC WATER (FROM BOILED VEGETABLES)

PICARONES - a traditional Peruvian dish. Often found in the streets of Peru, late at night or Sundays at the park. Sweet potato-squash donut drizzled with a delicious syrup made from brown cane sugar and aromatics. A dish that truly takes me back to my childhood.

METHOD

SYRUP:

Bring all ingredients to a simmer, until reduced to a syrup consistency (about 45 minutes to an hour)

DOUGH:

Peel your sweet potatoes and pumpkin (or squash), and cut into medium cubes. Add your cinnamon, cloves, anise, and vegetables into a large pot with enough water to cover your vegetables. Bring to a boil and continue to cook until soft, about 45 minutes. Strain and keep 3.5 cups of the water in which you cooked everything. Set your water aside and let cool until no longer hot, but warm. Once warm, use 1/2 cup of your warm water to whisk in your yeast and let rise. While yeast rises, with a hand blender, mash your vegetables and then add your egg, salt, sugar and remaining water. Once your yeast is ready, add to your previous mixture and then fold your flour little by little. Let dough rise in your refrigerator for at least three hours. To cook them- in a medium pan, fill it a third of the way with oil. With your hands wet to assist the shaping of the donuts, carefully add one at a time to the hot oil. Cook for 3-4 minutes on each side until golden. They should be crispy and fluffy. Finish with some syrup drizzle on top. Enjoy!

