



## Cinnamon Peruvian Churro Bites + Machu Picchu Bananas + Ancient Inca Chocolate Sauce

By Dylan Sabuco

**Prep Time** 25 / **Cook Time** 30 / **Serves** 6 - 12

### Shopping List

FRESH

2 bananas **\*\***(see allergy subs below)**\*\***

PANTRY

1 C all-purpose flour **\*\***(see allergy subs below)**\*\***

1 C granulated sugar

1/2 tsp salt

1/2 tsp pure vanilla extract **\*\***(see allergy subs below)**\*\***

1/4 or more vegetable oil **\*\***, for frying

3 T cornstarch

2 T cinnamon

2 T cocoa powder, dark or milk chocolate is fine **\*\***(see allergy subs below)**\*\***

1 pinch mild chili powder **\*\***(see allergy subs below)**\*\***

DAIRY AND EGGS

1/2 C unsalted butter **\*\***(see allergy subs below)**\*\***

1 egg **\*\***(see allergy subs below)**\*\***

HAVE ON HAND

1 1/4 C water

## Fun-Da-Mentals Kitchen Skills

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**dust:** to lightly cover food with a powdered or granulated ingredient, like flour or sugar.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pan-fry:** to fry in a pan in a small amount of fat.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pan-fry:** to fry in a pan in a small amount of fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

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## Equipment

- Large pot
- Large mixing bowl
- Medium mixing bowl
- Wooden spoon
- Tongs
- Measuring tools
- Rubber spatula

- Paper towels (for soaking up excess oil)
- Small pot
- Cutting board + kid-safe knife

## Ingredients

### Cinnamon Dusted Peruvian Churro Bites

- 1 C water
- 1 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub all-purpose gluten-free flour)\*\***
- 1/4 C unsalted butter **\*\* (for DAIRY ALLERGY sub coconut oil or dairy-free/nut-free butter, like Earth Balance brand)\*\***
- 1/2 C granulated sugar
- 1/2 tsp salt
- 1/2 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- 1 egg **\*\* (for EGG ALLERGY sub flaxseed + warm water—more info below)\*\***
- 1/4 or more vegetable oil **\*\***, for frying
- 2 tsp ground cinnamon

### Fabuloso Fried Machu Picchu Bananas

- 2 bananas **\*\* (for BANANA ALLERGY sub 1 C frozen pineapple chunks)\*\***
- 2 T cornstarch
- 1 tsp cinnamon
- 3 T granulated sugar
- 1 T unsalted butter **\*\* (for DAIRY ALLERGY sub coconut oil or dairy-free/nut-free butter, like Earth Balance Brand)\*\***

### Ancient Inca Hot Chocolate Dipping Sauce

- 2 T cocoa powder, dark or milk chocolate is fine **\*\* (for CHOCOLATE ALLERGY sub carob powder)\*\***
- 2 T granulated sugar
- 1 pinch mild chili powder **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- 1 pinch ground cinnamon

☐ 1/4 C water

☐ 1 tsp cornstarch

## Food Allergen Substitutions

### Cinnamon Dusted Peruvian Churro Bites

**Gluten/Wheat:** Substitute all-purpose gluten-free flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Substitute coconut oil or dairy-free/nut-free butter, like Earth Balance brand.

**Egg:** For 1 egg in Churros, substitute 1 T flaxseeds + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

### Fabuloso Fried Machu Picchu Bananas

**Bananas:** Substitute 1 C frozen pineapple chunks for banana.

**Dairy:** Substitute coconut oil or dairy-free/nut-free butter for unsalted butter, like Earth Balance brand.

### Ancient Inca Hot Chocolate Dipping Sauce

**Chocoloate:** Substitute carob powder for cocoa powder.

**Nightshade:** Omit mild chili powder.

## Instructions

### Cinnamon Dusted Peruvian Churro Bites

#### measure + boil

Measure **1 cup water**, **1/4 cup butter**, **1/4 cup sugar**, **1/2 teaspoon vanilla extract**, and **1/2 teaspoon salt** and add to a large pot. Place the pot over medium-high heat and bring all the ingredients to a boil for 2 minutes. After 2 minutes, reduce the heat to low and pour in **1 cup flour**. It is important to stir everything consistently until a ball of dough forms. Continue cooking and stirring for 3 minutes. Remove from the pot and place in a bowl to cool for a few minutes while you prepare the next step of the recipe.

#### rinse + measure + crack

Carefully clean out the pot. It will be used for frying later on in the recipe, so there cannot be any food or water in the pot. In a small bowl, prepare the topping by combining **1/4 cup sugar** and **2 teaspoons**

**cinnamon.** Set the small bowl of topping to the side until the churros are finished frying. Now the dough should be slightly cooled. Crack **1 egg** over the dough in the large mixing bowl and stir with a wooden spoon until combined and smooth.

#### shape + fry

The churro dough should be cooled enough to touch. Start dividing the dough into as many tablespoon-sized pieces as you can. Roll those divided pieces into ultra thin logs. Once all of the dough is rolled out, bring **1/4 cup vegetable oil** to medium-high heat in the cleaned, large pot. Place a small amount of dough in the pot and once it sizzles you can start placing all the churros in the pot in one layer. The churros cook super fast! About 2 to 3 minutes per side. They will be golden brown and oily when finished frying.

#### toss + dunk

Toss the crispy churros with the cinnamon-sugar topping and then place the churros on a paper towel-lined plate to cool. After the churros are cool enough to touch, pick one up and dunk it in some delicious Ancient Inca Hot Chocolate Dipping Sauce (see recipe) and enjoy!

### Fabuloso Fried Machu Picchu Bananas

#### chop + measure + mix

Chop **2 bananas** into large dice. Place the diced bananas in a bowl and add **2 tablespoons of cornstarch** and **1 teaspoon of cinnamon**. Stir gently until the bananas are coated.

#### sprinkle + melt + fry

Sprinkle **3 tablespoons of sugar** across the bottom of a small saucepan and turn the heat to medium. Add the coated bananas over the top of the sugar and then add **1 tablespoon of butter**. Cook for 5 minutes before stirring. The sugar will be melting and the bananas caramelizing by this point. Continue to cook on low heat, gently stirring for another 5 minutes. Serve these glossy Fabuloso Fried Machu Picchu Bananas atop some ice cream or alongside the Cinnamon Dusted Peruvian Churro Bites (see recipe)! Enjoy!

### Ancient Inca Hot Chocolate Dipping Sauce

#### measure + simmer

Measure **2 tablespoons cocoa powder**, **2 tablespoons sugar**, **1 pinch mild chili powder**, **1 pinch cinnamon**, **1/4 cup water**, and **1 teaspoon cornstarch** and combine in a small pot. Bring all the ingredients to a simmer over medium-low heat. After 5 minutes of simmering, the sauce should be thick enough to coat the back of a spoon. Serve this ancient sauce alongside Cinnamon Dusted Peruvian Churro Bites (see recipe) for a match made in heaven.

## Featured Ingredient: Cinnamon!

Hi! I'm Cinnamon!

"Did you know that I'm a spice that comes from the inner bark of certain trees?! You can add me to both sweet and savory foods. Recipes generally call for ground cinnamon, but you can also use cinnamon sticks, dried strips of my bark that curl into a tube shape, to flavor apple cider, stews, curries, and more. Just don't forget to remove the stick before serving! And, what's more, I can make your kitchen and home smell wonderful!"

## History

Some people say the best kind of cinnamon, referred to as the "true cinnamon" and called Ceylon, is native to an island southeast of India called Sri Lanka. It has a more subtle flavor than other types. The most common cinnamon in use today, though, is derived from Cassia, which originated in China.

Cinnamon is an ancient spice. It was imported to Egypt in about 2000 BCE. The ancient Egyptians used cinnamon together with myrrh to embalm the dead. They considered cinnamon to be more valuable than gold!

## Anatomy & Etymology

Cinnamon is the inner bark of some tree species of the genus *Cinnamomum*. Cinnamon trees can grow about 60 feet tall.

Cinnamon farmers begin to harvest cinnamon when the tree reaches two years old. They cut the tree back so that shoots form from the stump. After one more year, the farmers strip the outer bark from the shoots and set the peels out to dry in the sun.

When the bark dries, it curls into "quills," which are the sticks that are cut and sold as cinnamon sticks. They can also be ground into powdered cinnamon, which is how much of the cinnamon we see is sold in stores. So, what do a porcupine and a cinnamon tree have in common? They both grow quills!

The word "cinnamon" comes from late Middle English derived from the Old French form, "cinnamome," from the Greek "kinnamon." The Greek was borrowed from a Phoenician word, which was similar to the related Hebrew word "qinnāmōn."

## How to Pick, Buy, & Eat

Cinnamon is harvested twice a year, immediately after the rainy season. The humidity in the air makes the bark peel more easily.

The bark is typically peeled by hand by skilled peelers.

The quality of cinnamon is judged by the thickness of the bark, the appearance of the quills (broken or whole), the aroma, and the flavor.

Cinnamon is a spice used to add flavor to a variety of dishes. For example, it may be added to desserts, chocolate, toast (in cinnamon sugar), fruit (especially apples), roasted veggies, soups, tea, and hot cocoa.

It's also good in savory dishes like Bavarian pot roast, Moroccan chicken, and Indian curry.

## Nutrition

It is best to eat cinnamon in small doses in its ground form, sprinkling it on top of food or adding a small teaspoon to food. Eating too much cinnamon could cause adverse health effects.

Cinnamon has one of the most recognizable scents. Its pungent, spicy smell is due to the chemical called "cinnamaldehyde." This chemical is considered an antioxidant that has some anti-inflammatory and antibacterial properties.

Cinnamon is believed to regulate the sugar in our blood and possibly lower cholesterol; however, study findings aren't clear.

Cinnamon oil can keep mosquitoes away! It kills mosquito larvae and probably repels adult mosquitoes, too.