



Leche Frita (Fried Milk)

Something strange is happening

Lots of people in Spain are frying milk

1/2 cup granulated sugar

1/2 cup cornstarch

1/4 teaspoon ground nutmeg

3 cups milk

1 Tablespoon unsalted butter

1/4 teaspoon grated lemon peel

2 eggs

1-1/2 cups Panko breadcrumbs or as needed

Canola oil as needed

As desired confectioners' sugar or cinnamon/sugar mixture

Serve with mixed berry compote or scoops of favorite flavored ice cream

In 3-quart saucepan, mix granulated sugar, cornstarch, and nutmeg.

Gradually stir in milk until smooth.

Cook over medium heat, stir frequently until boiling; stir 1 minute; remove from heat. Stir in butter and grated lemon peel.

Spread evenly in ungreased 8-inch square foil lined baking dish.
Refrigerate uncovered at least 3 hours until firm. Cut custard into 2-inch squares, using wet knife.

Dip custard squares into beaten eggs, then coat with bread crumbs.

Heat oil (1 to 1/2 inches) to 360°F; fry 2 or 3 squares at a time in oil about 2 minutes each side or until light brown; drain on paper towels.

Sprinkle with confectioners' sugar or sugar/cinnamon mixture.

Yield: about 2 dozen one-inch squares Serves: 8

Recipe by:

<https://www.geniuskitchen.com/recipe/fried-milk-104484#activity-feed>

Cook's Note: It will require at least 3 to 4 hours in the refrigerator to become firm but can be chilled for a longer time.

About the Recipe: You probably believe that frying milk isn't possible. However, this is really a traditional Northern Spanish street food dessert. The chilled pudding slices or nuggets are hidden inside a crunchy deep-fried crust. It's easy to prepare and so much fun to serve.