Paparajotes from Murcia



Consejo del chef

This easy-to-make sweet is commonly eaten with sweet wine or with hot chocolate. Paparajotes are one of the most well-known dishes in Murcia and Spain, thanks to their distinct aroma and flavor.

Usually, when you are a newbie eating paparajotes, they say to you that you have to eat the leaves, but you don't have to. The lemon leaves add aroma and sweetness, but there is no need to eat them because they are not very good.

Raciones para

- ❏ Cleaned lemon tree leaves
- ❏ **125 gr** Flour
- ❏ **75 gr** Milk
- ❏ **15 gr** Sugar
- ❏ **1** Egg L
- ❏ Orange and lemon peel
- ❏ **1** Grated lemon
- ❏ **1/8** TBSP of Baking powder
- ❏ Sunflower oil to fry
- ❏ Sugar and cinnamon for coating

1. Making true paparajotes is very easy: first, place the milk in a saucepan and bring it to a boil with the orange and lemon peels. Remove it from the heat and set it aside until warm enough to infuse.

2. If we have enough time, the best choice is to rest for the whole night, and prepare paparajotes the next day. Since most of the time we are in a hurry, it is enough if we just wait until the milk is warm and we can keep going with the recipe.

3. In a bowl, place all the ingredients and begin to pour the milk over them. Mix the dough with a mixer and add the rest of the milk when needed. Different types of flour will require different quantities of milk. We need a smooth and slightly dense dough, to stick to the lemon tree leaves.

4. When the dough is done, take each leave from the stem and plunge it into the dough. Fry with oil until golden brown on both sides. Try to make sure the oil temperature is not too high or it will burn the leaves.

5. Then, coat each paparajote with the sugar and cinnamon that we have previously tossed on a plate.

6. Paparajotes are ready! We can not tell you if you have to eat the leaves or not. It is a secret from the people of Murcia.

Chef's Notes

https://cookinglovers.teka.com/en/receta/paparajotes-murcianos/