

PRESIDENT ZACHARY TAYLOR

CALAS (DUMPLINGS)

4 SERVINGS

15 MINS
PREP TIME

30 MINS
COOK TIME

INGREDIENTS

- 1 cup cooked rice
- 2 eggs beaten
- ¼ cup sugar
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- Vegetable oil for frying
- Powdered sugar for dusting

INSTRUCTIONS

1. In a large mixing bowl, combine the cooked rice, beaten eggs, sugar, salt, nutmeg, and vanilla extract. Mix until well combined.
2. In a separate bowl, sift together the flour and baking powder. Gradually add the dry ingredients to the rice mixture, stirring until a thick batter forms.
3. Heat about 2 inches of vegetable oil in a deep skillet or heavy-bottomed pot over medium heat until it reaches 350°F.
4. Drop spoonfuls of the batter into the hot oil, frying in batches to avoid overcrowding. Fry each dumpling for 2–3 minutes on each side or until golden brown and crispy.

CALAS (DUMPLINGS)



INSTRUCTIONS (CONTINUED)

5. Remove the calas from the oil using a slotted spoon and drain them on paper towels.

6. Dust the hot calas with powdered sugar and serve immediately, either as a breakfast treat or a delightful dessert.

NOTES

- Calas are best enjoyed fresh and hot, but they can be reheated in the oven if needed.
- For a traditional touch, you can add a splash of rum or a bit of lemon zest to the batter for an extra layer of flavor.

NUTRITION PER SERVING (4 SERVINGS)

Calories 255 · Total Fat 3g · Saturated Fat 1g · Sodium 185mg · Total Carbohydrates 49g · Dietary Fiber 1g · Added Sugars 13g · Protein 7g

DIETITIAN'S NOTE

To reduce oil, try steaming dumplings or use an air fryer to make them crispy.

Adapted from: Eats History