

# Live Cooking Demo: Leche Frita - Fried Milk Fritters of Galicia



★★★★★  
14 User Reviews

🕒  
40 mins. approx.

📍  
Cangas do Morrazo

€  
On Request Best Rate

On this live virtual cooking demo, we will show you how to make one of the traditional dessert recipes in Galicia, the Leche Frita Gallega, Fried Milk Fritter of Galicia!

#### Highlights

- Learn how to make a traditional Galician dessert recipe
- **Interactive live virtual chat** with our Food Presenters
- Calling all **Foodies to Cook-along** with us if you like, check the ingredient list!

## General Overview

**Country:** Spain  
**Region:** Galicia  
**City:** Cangas do Morrazo  
**Duration:** 40 mins. approx.

**Type:** Virtual Experiences  
**Theme:** Online Virtual Experiences & Tours  
**Group Size:** Up to 300 People max. (Private basis on request)  
**Price from:** 0 €

## Introduction

### Leche Frita Gallega, Fried Milk Fritter of Galicia a Traditional Recipe in Galicia!

Galicia is well-known for its seafood recipes, but it is **not all about seafood** in this region of Spain! There are **traditional dessert recipes** that have been handed down from generation to generation, that is the case of the **Leche Frita Gallega, Fried Mike Fitters**.

#### Which Region of Spain Claims the Origin of Recipe for this Dessert?

This dessert recipe is also made in other parts of Spain but is **typically in the northern part of Spain**. Although various regions claim to be the origin of this dessert, it is uncertain, but many say it was first found in **Palencia** and from there spread to the other parts of the country.

A dessert dish that can be made quite quickly and easy to prepare that can be served all year round for after lunch or dinner, even on its own with coffee, tea, liqueurs, etc...

**We hope after our live cooking demo you are able to make it at home for your family and friends!**

## Day by day itinerary

## Ingredients for Leche Frita Gallega, Fried Milk Fritter of Galicia Recipe

### The Leche Frita Gallega, Fried Milk Fritter of Galicia Recipe:

- 750 ml (3.17 cups) of milk
- 25 gr. (0.88 oz.) of butter
- Lemon zest
- 1 Cinnamon stick
- 2 Egg yolks
- 85 gr. (3 oz.) of sugar
- 40 gr. (1.41 oz.) of cornstarch
- 40 gr (1.41 oz.) of flour

### The Batter for the Leche Frita Gallega, Fried Milk Fritter of Galicia Recipe:

- Flour
- 2 eggs
- Sunflower oil
- Grain sugar
- Cinnamon powder

### Pre-Preparation and Description of Elaboration for Leche Frita Gallega, Fried Milk Fritter of Galicia Recipe:

1. We put the milk with the lemon zest and the cinnamon stick in a saucepan to infuse.
2. We blanch the yolks with the sugar until they are foamy. Add the flour and cornstarch.
3. When the milk is hot, we add it to the yolks with the flour and cornstarch. Mix well and return everything to the saucepan.
4. With the saucepan on the heat, we move with a whisk until it thickens, for about 5 minutes approximately.
5. Warm up a little and mix with the cold butter. It should be smooth and shiny.
6. We spread the mixture in a rectangular dish lined inside with plastic wrap, to help remove the fried milk from the mold later. We cover the top as well with plastic wrap.
7. Let it rest at room temperature for 1 hour and in the fridge for 2 more hours, covered with plastic wrap so that no crust forms on the surface.
8. When the cream is curdled, unmold and cut into squares or rectangles. We pass the cream through the flour and beaten egg. We then fry in abundant hot sunflower oil.
9. Drain the fried milk well on absorbent paper and batter in a mixture of sugar and cinnamon
10. We serve the fried milk on a tray or platter.

## Included

- One Way Video of Live Virtual Cooking Demo in English (NOTE: Private classes are available in Spanish as well. We can do 2-way video via Zoom or Google Meet in private classes. Inquire for details regarding a private group)
- Interactive Chat during the event to ask questions to our Food presenters (NOTE: We recommended using Google Chrome)

## Excluded

- The live scheduled demos are tip-based so if you enjoy your time a donation is always welcome!
- You will need a computer or phone and an internet connection.
- Ingredients specified not included.
- Utensils for the cooking demo not included.

## Reviews

★★★★★ Sonja M. (Heygo) (10 May 2021)

Love all the recipes, the leche frita is cooling off in the fridge as I write this review. Easy to follow instructions and it looked so delicious! Look forward to trying more recipes.

★★★★★ Linda P. (Heygo) (9 May 2021)

Very enjoyable.

★★★★★ Maria (Ottawa) C. (Heygo) (9 May 2021)

Thank you Sean and Angie for a great cooking experience. It was great to see you making leche frita, with such ease and patience. It was zen! Angie is so neat and organized! It's a recipe we will try! Thank you again!

★★★★★ Rosalie #resist C. (Heygo) (9 May 2021)

Sean and Angie are a delightful couple, and joining them in their kitchen for this was lovely. Angie did all the food preparation ( thank you!) and sean talked us through the recipe, and between them we enjoyed seeing this yummy dessert from start to finish. The only bad bit was that we couldn't eat it with them!

★★★★★ ☐ Maple C. (Heygo) (9 May 2021)

Very knowledgeable and easy to relate with; we are both Canadian :) Their presentation is very clear and Sean's voice grabs your attention He takes the time to explain the steps in the cooking class and along with his wife; Angie- they make a great team- both professionally and personally (marriage) They welcomed all types of questions and comments and I love that he offers the opportunity to give you the how-to and share the information on the wines used/associated with the recipe; like the flavorings you can get for your espresso/coffee. I will certainly be back for more.

★★★★★ Ofelia M. (Heygo) (9 May 2021)

Great class. Those fritters looked delicious and with the coffee. Thank you to you both.

★★★★★ Katie L. (Heygo) (8 May 2021)

Thanks Sean and Angie for welcoming us to your home and teaching us how to make Leche Frita. They look amazing and so easy to make. I really plan to make these in the next few days after getting some ingredients. It was interesting to learn about agua ardiente too. Thank you so much!

★★★★★ Orysia S. (Heygo) (8 May 2021)

Can't wait to try the recipe.

★★★★★ Fawn M. (Heygo) (8 May 2021)

Great cooking class with you & your wife!!

★★★★★ Susan M. (Heygo) (8 May 2021)

Very good demonstration with clear instructions. Looking forward to trying out the recipe.

★★★★★ Cindy (in London) M. (Heygo) (8 May 2021)

This was fabulous!

★★★★★ Elisabetta R. (Heygo) (8 May 2021)

Very yummy!

★★★★★ Mindy ☐☐ (New York) N. (Heygo) (8 May 2021)

Wonderful cooking class. Thank you for sharing your home and recipes. I look forward to trying to make it.

★★★★★ Marilyn J. (Heygo) (8 May 2021)

Great cooking class with Sean and Anjie. Really fun evening. Thank you both.