



TURRÓN DE DOÑA PEPA (MISS PEPA'S NOUGAT) - PERÚ

Proposed by Angela

Popular Peruvian dessert made of nougat (similar to cookie), syrup and candy on the top.

INGREDIENTS

Cookie Sticks:

- 2 tbsp toasted anise seeds or caraway seeds
- 2 tbsp toasted sesame seeds
- 5 cups self rising flour
- 1 tsp turmeric
- 1 tsp salt
- 5 tbsp caster sugar
- 500g vegetable shortening or cold unsalted butter
- 6 eggs

Spiced Fruit Syrup:

- 4 cups water (yields 3 cups of juice water)
- 1 apple
- 1 lime
- ½ pineapple
- 1 orange
- 1 banana, peeled
- 3 cinnamon sticks
- 5 cloves
- 2 star anise
- 1 ½ cups white sugar
- 1 ½ cups brown sugar
- 1 tbsp molasses

Candy sprinkles for topping



Source: "Eating with Andy" on Youtube.
Scan QR Code to watch video of the recipe steps!

Cultural Significance

I am Peruvian and I love this dessert, it's so sweet and delicious!!!

Peruvians celebrate the **feast of Señor de los Milagros (Lord of Miracles) every October** (known as Purple Month because of it!), a massive Catholic religious procession in Lima, the capital, where we venerate an image painted of Jesus Christ. Strong earthquakes had destroyed the church and city many times, but the image was found intact, which is considered a miracle by the devotees.

Josefa Marmanillo, known as "Doña Pepa", was an Afro-Peruvian woman in the 18th century with a talent for cooking. Sadly, she had got a rare disease that paralyzed her arms. She attended the procession to pray for her healing and then was miraculously cured. In gratitude, she attended the procession every year to offer the turrón to Jesus Christ (she said she saw him smile) and the devotees. It became so popular!

Turrón de Doña Pepa shows only one of the amazing contributions of Afro-Peruvians to Peru and the influence of religion in our culture.

DIRECTIONS

1) Cookie sticks: Toast the seeds until fragrant and process until finely ground. Place the seeds, flour, turmeric, salt, sugar and cubed vegetable shortening in a mixer with a paddle attachment (you can also use a food processor but you might need to make it in 2 batches). Start on low speed, then increase to medium. Cover with a tea towel at the start. Mix until it resembles coarse breadcrumbs. Add the eggs and mix until the dough comes together.

2) Place dough on a clean surface and knead until you can no longer see the bits of shortening. Wrap in clingfilm and chill in the fridge for 1 hour.

3) Preheat oven to 180C (356F). Cut the pastry in half, use the warmth of your hands to make it more malleable and shape it into a disc. Roll on a floured surface to about 1cm thickness. Cut your sticks so they're 2cm wide by 25cm in length with a pizza cutter. The length will depend on the size of your baking tray. Usually they're 30cm long but there is no rule as they come in all different sizes! Repeat with the other half of dough. Place the sticks on a tray with baking paper leaving some space between them because they will expand a bit in the oven. Bake for 20 minutes. Cool on a wire rack.

4) While the sticks are cooling, make the spiced fruit syrup. Place 4 cups of water in a large pot. Add quartered apple, lime, pineapple, orange and banana. Now, add the cinnamon sticks, cloves, and star anise. Bring the water to a boil, lower heat and simmer, covered, for 20 minutes. Strain the mixture. You should have 3 cups of fruit water.

5) Place your strained fruit water in a saucepan. Add the white and brown sugar and molasses. Bring it to a boil. Place a wooden spoon on top of the pot to prevent it from overflowing. Boil on medium low until it reaches 115C on a candy thermometer or soft ball stage. Let the syrup cool for at least 15 minutes. It should be slightly thick in texture or else it won't stick to the cookies.

6) To assemble. Line a baking sheet with baking paper. Place ¼ of the sticks next to each other horizontally (this recipe makes 40-45 sticks if you cut them the same size I did. I'll be using 10 to 11 sticks per layer). Cover the first layer with ¼ of the syrup. Place another layer of sticks on top of the first layer but put them down crosswise over the first layer. Cover with more syrup. Repeat with the rest of the sticks and syrup. You should end with a layer of syrup.

7) Cover all of the top generously with sprinkles. Make sure you sprinkle it now or else they won't stick once the syrup cools. Let the turrón rest at room temperature for at least 2 hours before slicing.

8) Once it's rested, trim all the edges including the baking paper with a sharp knife. With the help of a large spatula transfer it into a serving plate and slice it into the desired number of pieces.