

Ingredients (for 12 pieces)**Pastry:**

1 cup flour, plus some extra for dusting
 1 tbsp sugar
 2 tbsp unsalted butter
 1/8 tsp salt
 2 tbsp pulque, Tequila, or vodka
 ¼ cup water, as needed
 Oil, for frying, or to brush if air frying, and for greasing moulds

Filling:

2 large eggs (only egg whites used in this recipe)
 1/3 cup granulated sugar
 ½ cup powdered sugar
 1/8 tsp cream of tartar

Equipment:

Stainless-steel tube moulds, 1 inch (2.5 cm) in diameter
 Candy thermometer



Grease outer side of tube moulds with a little oil and reserve. **Prepare dough:** Place flour, sugar, butter and salt in a mixing bowl. Mix all together, breaking up butter, until grainy; add alcohol. Continue mixing and gradually add water; use up to one quarter of a cup of water to obtain a soft dough. Cover bowl and allow to rest for twenty to thirty minutes. Using a rolling pin on a lightly floured surface, extend dough to form a long piece, approximately 6 inches (15 cm) wide, and as thin as possible; trim the edges to make it a neat rectangle. Cut segments every 4 inches (10 cm), and using the rolling pin, thin a little bit more if possible. Cut dough into rectangles 3x4 inches (7.5x10 cm). Gather all the trimmings and repeat, to form a total of 12 rectangles. Starting at a short edge, wrap dough around prepared tube moulds, and seal the other end by brushing very lightly with water before pressing to form a pastry cylinder (photo below, left). If using an air fryer, brush the outside of each pastry cylinder with oil, to help browning. (**NOTE FOR DEEP FRYING:** Omit brushing oil. Prepare a pot with enough oil for a depth of at least one inch, heat up on the stove to 350-375°F (180-190°C); fry pastry tubes in batches, turning cylinders to evenly brown on all sides, then transfer to paper towels or a colander, to remove excess fat.) For the air fryer, place a few cylinders in the frying basket, trying not to crowd; set-up to 400°F (204°C) for 8 minutes, flipping halfway for even browning (photo below, right):



While still hot, remove pastries from tube moulds; repeat for the rest of the tubes. Reserve.

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Prepare Swiss meringue filling: Separate egg whites into a clean and dry, metal mixing bowl (save egg yolks for another recipe). Add granulated and powdered sugars, and cream of tartar and mix to dissolve. Heat up water in a pot over high heat, then reduce to a simmer. Place mixing bowl on top for a double boiler setting (*baine Marie*), making sure the pot is not touching the water (photo below, left). Beat egg white mix with a wire whisk to get it foamy and airy, and occasionally scrape wall and bottom of the bowl with a spatula, so the egg will not get cooked and stick to the bowl. Continue cooking, vigorously beating, and scraping, until the mix reaches a temperature of 160°F (70°C) (photo below, left). Remove from heat and continue beating, preferably with an electric mixer, adding food colouring. Continue beating just until the paste is glossy and firm. Transfer some to a pastry bag with a large nozzle, or use a large plastic storage bag and cut an opening at one of the bottom corners. To fill the pastry tubes, take one at a time and hold vertically; place the bag nozzle or opening at the bottom end, and press to pump the filling up the tube, until it is visible at the top end (photo below, right):



Continue with the rest of the pastry tubes, refilling the bag with meringue as needed.

The pastry cooked in the air fryer is not as flaky as when deep fried, but still has a very pleasant taste and is much less greasy. The filling is safe to eat, and will not dry out, but will remain deliciously creamy. Keep treats in an airtight container at room temperature; consume within three days.

