Pumpkin fritters (bunyols de carabassa)

Yield: 12 pieces

Ingredients

Dough

Roasted pumpkin (flesh only) — 500 g

Strong bread flour — 250 g

Fresh yeast — 25 g

Frying and serving

Sunflower or seed oil, for frying — to taste

Sugar — to taste

Steps

1. Cut the 500 g in half, leave the seeds in and set it on baking paper. Roast it at 180 °C for a little over an hour, watching the colour so it does not burn.
2. Take it out of the oven, scoop out the flesh with a spoon, without skin or seeds, and let it cool.
3. Mash the cold flesh to a purée, with your hands or in a mortar.
4. Break up the 25 g with a little of the 250 g, mix it into the purée until no lumps show and add the rest of the flour. If the pumpkin is not sweet enough, add some to taste too.
5. Mix to a smooth dough and leave it to rest for about 30 minutes, until it ferments and rises.
6. Heat the to taste over a moderate heat; wait about two minutes, until it smokes.
7. Flour your hands or wet them with warm water. Take as much as fits in a tablespoon, shape it into a ball and make a hole in it with your thumb.
8. Drop it into the oil. Move it with a long stick so the hole does not close, and turn it with a spatula without letting it brown too much.
9. Drain them on kitchen paper and serve with to taste on top.

Sources

Pumpkin fritters, traditional recipe for the typical Valencian sweet (Valencia Bonita, 2016): https://www.valenciabonita.es/2016/01/26/bunuelos-de-calabaza-receta-tradicional-del-dulce-tipico-fallero-por-excelencia/

Recetario de la Vega Baja, recipe 14: pumpkin fritters (Convega): https://convega.com/wp-content/uploads/2026/05/Recetario.pdf