

Traditional Koeksisters

Servings: 14

Prep Time: 2hrs

Cook Time: 30min



Ingredients

Dough

- 1 cup corn flour (100grams)
- 1 1/2 cup all purpose flour
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 2 tablespoon sugar
- 1/2 cup milk
- 1 large egg

- 25 gram butter
- oil for deep frying

Spicy Syrup

- 2 cups sugar
- 1 1/4 teaspoon cream of tartar
- 1 tablespoon chopped ginger
- Fresh squeeze lemon juice (half lemon)
- 1 cinnamon stick
- 1 cup water

Directions

1. In a medium saucepan. Add, cream of tartar, salt, sugar, ginger, lemon juice and cinnamon stick. Bring water to a boil and let it simmer for about 10 minutes, Stirring syrup occasionally. Let it cool and refrigerate until ready to use
2. In a large bowl combine all the dry ingredients- corn meal, flour, sugar, baking powder
3. Then all the wet ingredients milk and egg followed by butter. Knead several times until all the ingredients have been incorporated. Let it rest for about 30 minutes
4. Place dough on board and roll out into about 25mm thickness. Using a cookie cutter or knife cut into strips thin strips and then shorter strips, Divide the dough into three strands and stretch them out carefully until they are of an even thickness all the way down. Pinch the ends together
5. Take the left strand and cross it over the middle strand Take the right strand and cross it over the middle strand. Tightly pinch to seal the end

6. In a large, sauce pan pour vegetable oil into a pot, until it is at least 3 inches Test to make sure the oil is hot enough by putting a 'drop' of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rising to the top. If using a deep fryer, fry at 350 degrees
7. Gently place koeksisters in the pan
8. Fry for a few minutes until the bottom side is golden brown
9. Turn the over and fry for a few more minutes until the other side is golden brown
10. Use a large spoon or something like that to take it out of the oil and directly place in syrup
11. Leave to soak in the syrup for a while. Transfer to a cooling rack. Cool completely before eating