



## CHEESY VETKOEKE

**Servings:** 4

**Prep Time:** 15min

**Cook Time:** 16min

### Ingredients

- 360 g cake wheat flour
- 1 tsp. (5 ml) salt
- 1 tbsp. (15 ml) sugar
- 80 g Cheddar, plus 100g to serve; all grated
- 1 cup (250 ml) lukewarm water
- 10 g (1 packet) instant dry yeast
- Sunflower oil; for frying

### Directions

1. Place flour, salt, sugar and cheese in a medium-sized mixing bowl.
2. Mix the yeast into the lukewarm water and allow to stand for 5 min.
3. Add the yeast mixture to the dry ingredients and knead to form a smooth dough.
4. Cover bowl with a clean tea towel and set aside in a warm place to rise for about an hour.
5. Now divide your dough into evenly sized balls (the size of golf balls) and allow to prove (rise again) for 5 min. before frying.
6. Heat the oil in a medium-sized pot over low to medium heat.
7. Fry vetkoek for 2 min. on each side or until golden brown and cooked through.