



Koeksisters

Servings: 12

Prep Time: 30min + overnight refrigeration

Cook Time: 20min

Ingredients

- 240g (500ml) cake flour
- 10ml baking powder
- 1ml salt
- 1 egg
- 40ml butter/margarine
- 125ml cold of water
- 900ml oil for frying
- 10ml sugar
- 1kg sugar
- 1 cinnamon sticks
- 2 pieces of 2.5cm each root ginger, minced
- 625ml of water
- ½ lemon, peeled, juice squeezed out
- 3ml cream of tartar
- 3ml salt

Directions

1. Sift the flour, baking powder and salt together.
2. Rub in the butter and mix until pliable.
3. Mix this with the beaten egg, sugar and water (adding the water a little at a time).
4. Work the dough well. If the dough appears to be lumpy and sticky, continue to work the dough until it will ball up.
5. Let the dough rest at room temperature for about 15min

METHOD – SYRUP:

6. Prepare the syrup a day before (it needs to be very cold).
7. Mix all the ingredients together. Boil over low heat and stir till all the sugar is dissolved.
8. Cover and boil for 1min. Remove lid and boil for 5min without stirring. Remove from heat and cool off. Place in refrigerator overnight

TO PREPARE THE KOEKSISTERS:

9. Roll out the dough (thickness 5mm).
10. Cut the dough into strips of 6cm long, 2cm wide.
11. Cut each of these strips into three strips (not all the way through, leave the strips connected at the top).
12. Plat each strip, pinch together at the end of the strip.
13. Deep fry until golden brown.
14. Remove and drain quickly – dip the hot koeksisters in the cold syrup (that was stored in the fridge up to now).
15. The secret is to keep the syrup cold and the koeksisters hot, this way it will draw just the right amount of syrup.
16. You can keep the syrup cold by keeping the syrup bowl in another container filled with iced water.