

Less than 45 minutes

Makes 40-50

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Ingredients:

- 5 cups (750g) self-raising flour, sifted
- ½ tsp (3ml) fine salt
- 2 Tbsp (30ml) baking powder
- 1 cup (250ml) milk
- ⅓ cup (80ml) water
- 3 large eggs
- ¼ cup (60g) butter, melted
- 4 cups (1L) oil for frying

Syrup:

- 6 cups (1.2kg) sugar
- 3 cups (750ml) water
- ½ cup (125ml) lemon juice
- 2 tsp (10ml) cream of tartar

Method:

1. Combine flour, salt and baking powder.
2. Whisk together milk, water, eggs and butter.
3. Add wet ingredients to flour while mixing by hand, or use a mixer with a dough hook attachment.
4. Knead for 8-10 minutes on a floured surface until smooth and elastic. (Add a dash of flour if your dough is too sticky.)
5. Place in a lightly oiled bowl and cover with clingfilm pressing down onto dough.
6. Rest for at least 2 hours, or preferably overnight.
7. Combine syrup ingredients and heat until sugar is dissolved.

8. Simmer for 5 minutes. Remove, cool and chill well.
9. Place dough on a lightly oiled surface and divide into 4.
10. Shape a piece of dough into a log and roll out to a 3mm thickness. Cut into a neat 10cm-wide rectangle.
11. Cut rectangle into 3cm-wide strips.
12. For a simple twist, cut each strip in half, keeping 1cm at the top attached. Cross dough pieces once over and under and pinch together the loose ends. (For a plait, see step-by-step below.)
13. Repeat with remaining dough.
14. Heat oil in a pot until hot – a piece of dough should float to the top and bubbles should appear around it when oil is hot enough.
15. Fry koeksisters in batches for 4-6 minutes, or until golden, turning regularly.
16. Drain briefly on kitchen paper and immediately plunge into ice-cold syrup. Soak for 15 minutes.
17. Remove and store in an airtight container for up to four days, or freeze if not eating immediately.