

Less than 45 minutes

Makes 32

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Ingredients:

- 1 cup (150g) cake flour
- 1 cup (150g) self-raising flour
- Pinch salt
- ¼ cup (50g) castor sugar
- 1 tsp (5ml) each ground ginger, ground cinnamon, mixed spice, cardamom
- ½ tsp (3ml) aniseed, finely ground
- 1 packet (10g) instant yeast
- ⅓ cup (80g) butter
- 1 cup (250ml) warm milk
- 4 cups (1L) oil, for frying

Syrup:

- 3 cups (600g) sugar
- 1½ cups (375ml) water
- 2 whole cardamom pods, bruised
- 2 star anise
- 2 cinnamon sticks
- Peel of 1 orange or lemon

Method:

1. Combine flours, salt, sugar, spices and yeast.
2. Add butter and rub in with fingertips until mixture resembles breadcrumbs.
3. Add milk slowly, mixing until combined.
4. Knead dough for 8-10 minutes.
5. Place in a lightly oiled bowl and cover with clingfilm pressing down onto dough.
6. Rest dough until it has risen and doubled in volume – depending on temperature, this can take between 1 and 3 hours.

7. Once dough has risen, turn out onto a lightly floured surface.
  8. Divide dough in four and shape into 2cm-thick logs.
  9. Cut each log into 8cm pieces.
  10. Roll out gently with a rolling pin to form into an oval koesister. Set aside to puff up slightly.
  11. Fry in batches for 5-7 minutes, or until golden.
  12. Drain on kitchen paper and cool completely.
  13. Combine syrup ingredients and simmer until sugar is dissolved.
  14. Boil for 3-5 minutes.
  15. Prick koesisters with a fork and add to bubbling hot syrup. Soak for a minute, turning continuously to coat evenly.
  16. Remove koesisters and let the excess syrup drain.
  17. Sprinkle with desiccated coconut and serve immediately.
- Tip: Freeze dough balls after frying. To serve, defrost for 10 minutes and then plunge into boiling syrup. Drain and sprinkle with coconut.
- Tip: When working with dough, it can become slightly sticky, so be sure to oil your hands lightly when shaping.