

Koeksisters

Makes between 24 and 52

Ingredients

Batter/dough

480 g cake flour

½ tsp (2ml) salt

6 tsp (30ml) baking powder

100g butter (cold)

2 eggs

1 cup (20ml) milk

Oil for deep frying

Syrup

800g sugar

375g/ml water

½ tsp (2ml) cream of tartar

3 sticks whole cinnamon

2,5 cm fresh ginger, sliced

What to do

1. The syrup

- Place the sugar, water, cinnamon and ginger into a large, deep saucepan.
- Gently bring to a boil. **Do not stir.**
- Add the cream of tartar and boil for 5 minutes.
- Remove from heat and place in the fridge until required.

2. The dough

- Measure the dry ingredients into a large bowl or food processor.
- Add the butter and rub until the mixture resembles fine breadcrumbs.
- Beat the egg and the milk together and gradually add to the dry ingredients.
- Knead or mix until the mixture comes together as a soft dough.
- Place in an oiled bowl, cover and rest for at least an hour.
- Roll the dough and cut into rectangles. The thickness of the dough and the size of the oblongs depends on the number and size of koeksisters you are making – see notes.



g. To make the koeksisters:

- i. Starting about $\frac{1}{2}$ to 1cm from the top of the rectangle, make two cuts down the length of the dough to give you three strips.
- ii. Loosely plait the strips and secure them at the loose end.
- h. Heat the oil in a deep fryer or wok to 190°C (375°F)
- i. Remove the syrup from the fridge and place the saucepan into an ice bath to keep it cold.
- j. Deep fry the plaited pieces of dough, turning regularly, until they are puffed up and golden brown.
- k. Remove from the hot oil and immediately dip into the ice cold syrup, making sure they are coated.
- l. Place in a large dish and if you wish, discard (also optional) the cinnamon and ginger and drizzle with the surplus syrup.

Notes:

- Make the syrup first. Do not stir - if you over stir it, the sugar crystallises and your koeksisters will be dry.
- You cannot make koeksisters in a hurry: the dough must rest. In an oiled bowl. When "they" say the longer it rests, the better, they're absolutely right.
- The dough is also easier to work with if it's a little firm: if the weather is hot – over 25°C, it's advisable to rest the dough in the fridge.
- Take your time with the cutting and plating – the longest, most time-consuming part of the process. The dough benefits from the extra rest and dries out a little.
- **It's all in the size**
 - **To make 24**, roll the dough to about 1,5 cm thick and the rectangles measure 8 x 4 cm.
 - **To make 25**, roll the dough to about 1,5 cm thick and the rectangles measure 4 x 5.5 cm.
- The long rest also means that you don't have to rush to cut and plait them - take your time. It doesn't matter if they dry out a little...

