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by ewfood

Koeksisters

Ingredients

For the syrup

2l oz. sugar

16fl oz. water

zest of half a lemon

½ tsp. ginger, minced

0.5 fl oz. fresh lemon juice

2 cinnamon sticks

For the dough

9 oz. flour

3tsp. baking powder

pinch of salt

1.5 oz. cold butter

4fl oz. water

1 egg

oil for frying

Preparation

- 1 Make the syrup the night before
- 2 In a pot add the water and sugar dissolving the sugar
- 3 add the rest of the ingredients and bring to boil
- 4 allow for the syrup to cool and place in the fridge over night
- 5 To make the dough
- 6 Sift together the flour, baking powder and salt into a bowl
- 7 using your fingers rub the butter into the dry ingredients until it resembles small crumbs
- 8 add the egg and slowly add the water and knead this with your hands until you have a ball of dough
- 9 cover the dough with a clean dish cloth and allow to rest at room temperature for 2 hours
- 10 Roll the dough out so that it is half a cm thick, 5 cm long and 1 cm wide
- 11 Take 2 pieces of dough and twist them together and pinch the ends to seal them
- 12 Heat the oil in a skillet and deep fry the koeksisters until they are golden, keep a kitchen towel handy to assist a quick draining of oil
- 13 submerge each hot koeksister into the cold syrup for 10-15 seconds
- 14 allow to cool on a cooling rack and serve with coffee.

Cooks Note
