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by ewfood

Koeksisters

Ingredients

For the syrup
21 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. ad 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