

KOEKSISTERS RECIPE



SERVES: 12-16 | PREP: 25 MIN (+ REST) | COOK: 15-20 MINS

Sweet, sticky, deep-fried dough plaits soaked in cold syrup with a crisp outside and a juicy, syrup-filled centre.

INGREDIENTS

For the Dough:

- 3½ cups (420 g) flour
- 2 tsp baking powder
- ¼ tsp salt
- 4 tbsp (60 g) cold butter
- 2 tbsp sugar
- 2 eggs
- ½ - ⅔ cup (120–150 ml) buttermilk/milk
- 1 tsp vanilla (opt.)

For Frying:

- Neutral oil (deep-frying)

For the Syrup:

- 2½ cups (500 g) sugar
- 1 cup (250 ml) water
- 1 tbsp lemon juice
- 1 cinnamon stick
- Small piece ginger (opt.)
- 1 tsp vinegar (opt.)



METHOD

1. Make Dough – Mix dry ingredients, rub in butter. Add eggs + milk, form soft dough. Rest 30–60 min in fridge.
2. Prepare Syrup – Boil sugar, water, cinnamon, ginger. Simmer 5–7 min. Add lemon juice + vinegar. Cool completely.
3. Shape – Roll dough ¼ in thick. Cut rectangles (8×4 cm). Slice into 3 strips, plait, pinch ends.
4. Fry – Heat oil to 170–180°C. Fry 2–3 min per side until golden. Drain briefly.
5. Soak – Drop hot koeksisters into cold syrup, turn to coat. Rest 1–3 min.
6. Serve – Drain on rack. Crisp outside, syrupy inside. Best fresh!