

Mandazi - sweet East African doughnuts

These are made from flour and deep fried in hot oil, or baked in an oven

Makes: 36 Mandazi

Prep Time: 90 min Cooking Time: 10 min

Ingredients:

- 3 cups self-raising flour
- 1 egg
- 1 teaspoon dried yeast
- ½ cup milk
- ½ cup sugar
- ½ cup warm water
- 1 tablespoon oil
- Oil for deep frying

Optional: 1 teaspoon ground cinnamon or cardamon

Variations: You can:

- replace the milk with coconut milk or yoghurt
- replace the tablespoon of oil with butter
- replace the teaspoon of yeast with 2 teaspoons of baking powder

Method

- Dissolve the yeast in the warm water and set aside.
- Beat the egg in a bowl; add the milk, sugar and oil. Mix well and set aside.
- Take two cups of the flour, and add the cinnamon or cardamon if you are using them. Add the yeast mixture and mix well using your hands.
- Gradually add the egg mixture and also the remaining cup of flour while mixing continuously until you get dough that is not too sticky. You may need to add more flour if the dough sticks too much to your hands.
- Transfer the dough to a flat area and knead for 10 to 15 minutes until it is soft, smooth and elastic. Then put in a bowl and cover with napkin or clingfilm and let the dough rise somewhere warm for 45 minutes to an hour.
- Divide the dough into 9 equal small balls and roll into flat round shapes about 1 centimetre thick. Then use a sharp knife or a cookie cutter to divide it up into triangles (2-3 centimetres a side).
- Heat the vegetable oil on medium high heat and fry the mandazi in batches of 5 or 6 for just a few seconds until golden brown. Remove and place on paper towel to remove the excess oil.

Sprinkle with a little more sugar and serve warm. Enjoy!

