

THE KOEK SISTA'S KOEKSISTER

EPISODE 4 / *Alet*

METHOD

STEP 1 – MAKING THE DOUGH

- Sift the dry ingredients together and rub in the butter.
- Add the liquid and mix to a soft dough. Knead thoroughly.
- Leave to stand for 15 minutes.

STEP 2 – MAKING THE SYRUP

- Put all water, sugar salt and cream of tartare into a saucepan and heat until all the sugar is dissolved.
- Turn the heat up and add the ginger, lemon rind and juice. Boil for 5 minute. Do not stir.
- Remove from the heat and chill.

STEP 3 – SHAPING AND COOKING THE KOEKSISTERS

- Flour a surface and your rolling pin.
- Roll to a thickness of 1cm and cut into strips of 1cm width.
- Press together the ends of three strips and plait to the length of 7.5cm. Press end firmly together again.
- Deep fry in hot oil until golden and well done.
- Drain on crumpled paper towel.

STEP 4 – SERVING

- Lay into dish and pour over the syrup and soak over night.
- Serve at teatime with a steaming hot cup of rooibos tea!

INGREDIENTS

KOEKSISTER:

250 g PnP cake flour

20 ml baking powder

3 ml salt

30 ml butter

125 ml buttermilk

50ml sunflower oil

Sunflower oil for deep frying

SYRUP:

500 ml water

1 kg sugar

Pinch of salt

Pinch cream of tartar

2 pieces bruised ginger

Grated rind and juice of ½ lemon