



# Koeksisters

## KOEKSISTERS

Prepare the dough and the syrup the day before.

Mix the ingredients to form a smooth dough and knead it very well. Wrap dough in cling wrap and leave overnight in the fridge.

To make the syrup, put sugar, water and cinnamon sticks in a pot and bring to a simmer. Cook for 7 minutes. Stir in lemon juice. Allow to cool and leave overnight in the fridge.

Roll out the cold dough to 5 mm thick and cut into 3 cm x 12 cm strips. Cut two slits lengthwise into each strip – but don't cut all the way through; keep the one end intact. Plait the three strands and pinch them together at the other end.

Deep-fry koeksisters in hot oil until golden brown, and dip them directly into the ice-cold syrup. (Keep the syrup cold as you continue to make the whole batch.) Allow excess syrup to drip off as you take the koeksisters out and leave to cool.

*Makes about 60*

### **Dough**

5½ cups (700 g) cake  
wheat flour  
3 tsp (15 ml) baking powder  
pinch of salt  
pinch of ground nutmeg  
1 tbsp (15 ml) butter  
1 egg  
1 cup (250 ml) water  
cooking oil for deep-frying

### **Syrup**

10 cups (2 kg) sugar  
6 cups (1,5 litres) water  
2 cinnamon sticks  
juice of 2 lemons