



Moorddrift
Dairy

VETKOEKS

(serves 4 - 6)

Vetkoek is a kind of pastry or fried bread, and can be served with both sweet and savoury fillings – such as golden syrup or curried mince. To make it the traditional South African way, follow this easy recipe and rest assured that your vetkoeks will always be perfect!

INGREDIENTS:

2 cups cake flour
4 tsp baking powder
1/2 tsp salt
1-2 tbsp melted butter or cooking oil
1 egg
1 cup buttermilk
cooking oil for deep frying

METHOD:

Sift flour, baking powder and salt together.

Beat butter, egg and buttermilk together.

Now add this to the flour mixture and stir. The dough should have a spongy texture that drips easily off a spoon. Half fill a large pot with cooking oil and heat until it bubbles.

Place spoonfuls of dough into the hot oil. Deep fry for a few minutes and then turn and fry them until golden brown. Remove when cooked and drain on paper toweling. Allow to cool slightly before eating.

F R E S H E R F O R L O N G E R

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