



KOEKSISTERS

Syrup

Combine all the ingredients in a heavy-based pot. Cook over medium heat until the sugar has dissolved. Pour into a container and refrigerate until cold.

1 kg sugar
500 ml water
30 ml lemon juice
peel of 1 naartjie
2 pieces of fresh ginger, peeled

Dough

Combine the dry ingredients and butter in the mixing bowl of a stand mixer. Use the flat beater attachment and mix until the butter is incorporated and the mixture resembles fine breadcrumbs. Add buttermilk and mix the dough until soft and smooth. Cover the bowl with cling wrap and allow to rest for 30 minutes. Roll out the dough to a thickness of 5 mm. Cut the dough into strips, 6 cm long and 2 cm wide. Cut each of these strips into three strips but leave them connected at one end. Plait the three strips and pinch them together at the other end.

280 g cake wheat flour
20 ml baking powder
4 ml salt
30 ml butter
210 ml buttermilk

To fry

Heat oil in a deep-fryer or a deep pot and fry until golden brown. Remove koeksisters with a slotted spoon, drain quickly on paper towel and dip in the cold syrup. Keep the syrup cold and the koeksisters hot - this way it will absorb just the right amount of syrup. Allow excess syrup to drip off and leave to cool on a wire rack.

cooking oil, for deep-frying

Makes 35 koeksisters

CURRY ICE CREAM

Place egg yolks and sugar in the mixing bowl of a stand mixer and whisk on medium speed until light in colour. Turn the mixer to a slower speed and continue mixing while doing the steps below. Heat the oven to 180°C and toast curry powder and turmeric for 5 minutes. Pour cream and milk into a pot, add glucose and vanilla pods and seeds, and heat until the mixture starts to boil. Remove the vanilla pods and mix in curry powder and turmeric. Slowly pour the cream mixture into the egg mixture while the machine is whisking, and continue whisking for 5 minutes. Pour the custard into a container, cover with cling wrap so it rests on the custard to prevent a skin forming, and refrigerate for 24 hours. Churn the custard in an ice cream machine, following the manufacturer's instructions.

24 egg yolks
400 g sugar
25 ml medium curry powder
5 ml ground turmeric
1 ℓ cream
1 ℓ milk
30 ml liquid glucose
2 vanilla pods, split and seeds
scraped out

Makes 3 ℓ