

MAGWENYAS

in sweet and spicy syrup

Magwenya or amagwenya are little round doughnuts. We have added a twist by soaking them in an aromatic syrup and serving them with delicious Amarula ice cream.

Ingredients

2 cups (500 ml) flour
10 g dry yeast (half a sachet)
½ tsp (2.5 ml) salt
1 tsp (5 ml) sugar
¾ cup (180 ml) lukewarm water
oil for deep-frying

Cardamom syrup

2¼ cups (560 ml) caster sugar
2 1/2 Cups (725 ml) water
10 cardamom pods
3 cinnamon quills

Method

1. For rose and cardamom syrup, stir sugar, cardamom, cinnamon and the water in a large saucepan over medium-high heat until sugar dissolves, then bring to the boil and cook until a slightly sticky syrup forms (8-10 minutes; test between thumb and index finger – it should form a thread when stretched). Remove from heat, cool to room temperature

2. Sift the flour, yeast, salt and sugar into a bowl. Add the water and stir until well combined.

3. Transfer to a lightly floured surface and knead for 5 minutes or until the dough is soft and pliable.

4. Cover and keep in a warm place for 40 minutes or until double in size. Punch the air out and knead for a minute. Divide into 15 g balls.

5. Set aside on a tray in a warm place and leave to double in size for 10 minutes.

6. Meanwhile heat a pot of oil over medium heat. Check the temperature from time to time by dropping a small piece of the dough in the oil. It should cook through without browning too quickly.

7. When the oil is ready, add 2-3 dough balls and cook for 3 minutes, flipping them over halfway. Remove with a slotted spoon and drain on paper towels.

8. Immerse in sugar syrup while they are still warm, soak for 1 hour, then serve with Amarula ice cream, and some syrup drizzled over.