

Mandazi African Donuts

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 30 mins

Description

Mandazis are amazingly soft triangleshaped donuts famous in East Africa where I am from They are excellent with a cup of tea or coffee The dash of cardamom adds an authentic taste making them different from regular donuts You can serve them with honey or jam Mandazis can also be served with curry which is how we like them

Ingredients

- - 1 cup warm milk - $\frac{1}{4}$ cup vegetable oil - $\frac{1}{4}$ cup fine white sugar - 1 medium egg - 2 teaspoons instant yeast - $\frac{1}{2}$ teaspoon salt - $\frac{1}{2}$ teaspoon ground cardamom - 3 $\frac{1}{2}$ cups all-purpose flour
- sifted - 2 quarts vegetable oil for frying
- or as needed

Instructions

1. Combine milk
2. 1/4 cup vegetable oil
3. sugar
4. egg
5. instant yeast
6. salt
7. and cardamom in a large bowl. Mix in flour
8. 1 cup at a time
9. until dough comes together and is easily handled. Knead dough on a flat work surface until no longer sticky. Return dough to the bowl; cover and let rise in a warm place until doubled in size
10. about 1 hour. Press dough down gently. Knead briefly
11. then divide dough into 4 equal portions. Roll each portion into a ball; keep covered with a cloth to prevent dough from drying. Roll 1 dough ball into a 1/3-inch-thick circle on a floured work surface. Cut into 4 triangles using a pizza cutter; cover with a cloth. Repeat with remaining dough balls. Heat 2-inches oil in a deep fryer or large saucepan over medium heat. Working in batches
12. fry dough in hot oil until puffed
13. 1 to 2 minutes. Flip dough and continue frying until golden brown
14. 1 to 2 minutes more. Transfer to a paper towel-lined plate to drain. Cook's Note Substitute shortening for vegetable oil if preferred. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
15. ingredient density
16. and specific type of oil used.