



South African Traditional Vetkoek Fried Bread

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

1 hr 15 mins

Description

Vetkoek is a traditional South African crispy fried bread sometimes called fat cake. You can make them any size you wish; they're a great party snack when made small. They can be filled with meat, tuna, and mayo, syrup, curried, minced meat, cheese, or basically anything you feel like using. They're fast, easy, and very tasty.

Ingredients

— - 2 cups lukewarm water - ¼ cup white sugar - 1 (.25 ounce) package active dry yeast - 7 cups all-purpose flour - 2 teaspoons salt - 3 cups oil for frying

Instructions

1. Mix lukewarm water
2. sugar
3. and yeast in a small bowl. Let stand until yeast softens and bubbles slightly
4. about 5 minutes. Sift together flour and salt in a large bowl. Pour yeast mixture over flour mixture and knead until dough is smooth and elastic
5. 5 to 7 minutes. Cover bowl with a clean cloth and let dough rise until doubled in volume
6. about 45 minutes. Pinch off a piece of dough about the size of a tennis ball; roll until smooth. Flatten ball of dough until it is palm-sized; set aside on a floured work surface. Repeat with remaining dough. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Fry in hot oil
7. 2 to 3 pieces at a time
8. until golden brown
9. about 3 minutes per side. Drain on paper towels. Cook's Note You may need to add more flour or water while kneading to achieve a bread dough consistency. 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
10. ingredient density
11. and specific type of oil used.