

KOEK SISTERS (SOUTH AFRICAN RECIPE)



- 1- Go to: <https://edpuzzle.com/media/5ece5ea1cece3f3f2189b73d> and watch the video recipe.
- 2- Prepare the ingredients:

Ingredients

1 cup of flour
1 teaspoon of baking powder
a pinch of salt
2 tablespoons of butter
½ cup of milk

some water
½ cinnamon stick
½ teaspoon of vanilla essence
½ teaspoon of lemon juice

Put the ingredients on the table:



FLOUR	BAKING POWDER	CINNAMON STICK
SALT	MILK	WATER
BUTTER	LEMON JUICE	VANILLA ESSENCE



Write the name under the picture (cup, tablespoon, bowl, teaspoon or pan) :



3- Order the steps of the recipe:

Roll them on coconut, cinnamon or caster sugar if you want.

Make 3 small balls of dough, roll them and make a braid

Add the milk and mix it again

Put the flour, baking powder, salt and butter in a bowl.

Pour oil in a pan and heat it. Fry the koeksisters until they are brown.

Let the dough rest for 40-60 minutes.

Mix the flour, baking powder, salt and butter with your hands.

Add the cinnamon stick, the vanilla essence and the lemon juice.

Pour 1 cup of sugar in a pan and cover it with water.

Stir and let it boil.

Soak them in the syrup for 5 minutes.

Enjoy!

