

Vetkoek

Vetkoek is an Afrikaner fried dough usually served either with savoury mince or jam – the name is sometimes used interchangeably with the snack, Magwinya, but the latter is usually sweeter.

Makes about 10 medium-sized vetkoeks (ideal for 'stuffing')

10 g (1 packet) instant yeast

2 tsp sugar

375 ml warm water

4 cups flour, plus extra for dusting

1 tsp salt

About 2 l canola oil for deep frying

Mix the yeast, sugar and warm water together in a bowl until the yeast has dissolved.



Leave for 5–10 minutes. The yeast should start to foam.

Sift the flour and salt together in a bowl and make a well in the centre.

Pour in the yeast mixture, combine and kneed until a dough is formed.

Cover with a damp cloth and leave for about an hour, until the dough has doubled in volume.

Knock the air out of the dough and turn onto a floured surface.

Divide into 10 small balls.

Flatten (or roll out) each ball to a thickness of about 2.5 cm.

Leave these under a damp cloth until they have doubled in size (about 10 minutes).

Pour the oil into a medium saucepan to a depth of about 10 cm.

Heat to 180°C.

Deep fry the vetkoeks until they are golden brown, turning while frying (about four minutes).

Remove with a slotted spoon and drain on paper towels.

Slice each vetkoek in half and fill with savoury mince.

Savoury mince

2 tbs oil

1 large onion, finely chopped

2 cloves garlic, finely chopped

1 tbsp curry powder

600 g minced beef

1 tbsp tomato paste

1 medium tomato, chopped

1 large carrot, grated

1 apple, peeled and grated

2 tbsp mango chutney

1 tsp vinegar

1 bay leaf

1 cup chicken or beef stock

salt and pepper to taste

Heat the oil on medium in a large pan.

Fry the onion and garlic for about two minutes.

Stir in the curry powder.

Add the mince and cook until completely browned.

Add the tomato paste, tomato, carrot, apple, chutney, vinegar and bay leaf.

Stir to combine.

Pour in the stock.

Reduce the heat and simmer for about 10–15 minutes, until most of the liquid has evaporated.

Add salt and pepper as required.