



# Vetkoek

Recipe Content

**Prep time:** 120 mins

**Cooking time:** 45 mins

**Serves:** 14 people

## **Description:**

Vetkoek is so yummy it makes your mouth water just reading about it! This traditional Afrikaans meal is fried dough served with either a sweet or savoury filling. This easy recipe will help you get the basics right.

## **Ingredients:**

6 Cups cake flour

1 ½ tsp Salt

1 Pkt Dried yeast

2 tsp Sugar



2 to 2 ½ Cups warm water

¼ Cup Sunfoil Sunflower Oil

6 Cups Sunfoil Sunflower Oil

**Method:**

1. Mix the flour, salt, yeast and sugar in a large bowl. 2. Make a hole in the middle of the flour mix and add in 2 cups of water and ¼ cup of Sunfoil Sunflower oil. Mix well until a dough forms, you may need to add extra water if the dough is too dry. 3. Knead the dough for 10 minutes on a floured surface (or in a mixer with a dough hook) and add extra flour if the dough is sticky. The dough should be elastic and smooth in texture. 4. Grease a large bowl with oil and add in the dough, lightly coat the dough with oil and cover the bowl with a damp dish cloth. Allow the dough to double in size. This will take approximately 1 hour. 5. Pinch off pieces of dough and roll into balls, just smaller than a tennis ball size. 6. Place the



balls onto a floured surface and gently flatten the balls down once with the palm of your hand. Cover and allow to rise again until they have doubled in size. 7. In a deep fat fryer or in a pot of oil, heat oil to 175 °C and fry the dough in the hot oil for 2-3 minutes a side until golden brown.