

MAGWENYA

too fresh to flop

PREP: 20 minutes + 1hr rising time

BAKE: 25 - 30 minutes

MAKES: 12 - 16

INGREDIENTS:

- 5½ cups Snowflake Cake Wheat Flour + some for dusting
- 2 tsps salt
- 3 Tbsps sugar
- 1 packet of instant yeast (10g)
- 2 cups lukewarm water
- 2L vegetable or sunflower oil, for frying

What you need:

- Mixing bowl
- Measuring jug
- Measuring cups
- Measuring spoons
- Flat bladed knife (*dinner knife*)
- Large pot
- Slotted spoon or tongs

CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	½ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

METHOD:

1. In a large bowl, mix salt, sugar, water, and yeast.
2. Set aside for 5 minutes to allow the yeast to activate (bubbles will form on top once activated).
3. Add the flour then mix until a smooth dough forms, leave the dough in the bowl.
4. Cover dough loosely with a clean cloth, and allow it to rise in a warm, draft-free spot in your kitchen for 1 hour, or until it has doubled in size.
5. Once the dough has risen, turn it out onto a lightly floured surface.
6. Flatten the dough to knock out air bubbles and knead for 2-3 minutes to make a firm dough (you may need to add a little flour if it is too sticky to handle).
7. Pour vegetable oil into a large pot, until it is at least half full.
8. Heat oil on medium-high heat until hot (to test, break off a small piece of dough and gently place in the oil, if it bubbles and starts rising to the top, your oil is ready).
9. Using your hands, break off balls of dough, slightly bigger than a golf ball, and gently drop them into the hot oil, 2 to 3 at a time, you don't want to overcrowd your pot.
10. Fry until golden brown, about 3-5 minutes depending on size, turning regularly so all sides are cooked and brown.
11. Remove with a slotted spoon and drain on paper towelling.
12. Repeat the frying process until all your magwenya are cooked.
13. Serve warm with a curried mince filling.



NOTES AND TIPS

Deep frying is achieved at high temperatures, ideally between 180°C and 200°C. Since the oil is heated to a much higher temperature than it would reach in a pan or the oven, it's extremely important to note the following:

- Choose the right cooking fat - vegetable oil is good for deep frying because it's cost effective and does not have a strong flavour which means it maintains the integrity of other ingredients.
- Never overcrowd the deep-frying pan - adding too much food at one time can cause the oil temperature to drop too low for deep-frying to take place effectively. Low oil temperature means the food will not only take longer to cook but can also result in fried food becoming soggy because it has absorbed too much oil.
- Let the oil come all the way back up to the correct deep-frying temperature before adding the next batch of food to be deep-fried.

CURRIED MINCE

PREP: 15 minutes

BAKE: 35 minutes

MAKES: 4

INGREDIENTS:

- 500g beef mince
- 2 Tbsps olive oil
- 1 onion, finely diced
- 1 clove garlic, finely diced
- 1 tsp origanum
- 1 Tbsp curry powder (as hot or as mild as you like)
- salt and pepper, to season
- 1 tin diced tomatoes
- 2 cups beef stock
- 2 carrots, peeled and cut into small cubes
- 2 potatoes, peeled and cut into small cubes
- ½ cup frozen peas

METHOD:

1. Heat your oil in a medium sized saucepan or pot over medium heat.
2. Add the onion and cook until onions have softened.
3. Add the garlic, and, stirring continuously, cook garlic for 1 minute, making sure not to burn the garlic.
4. Add mince, origanum, curry powder and salt and pepper and stir to combine.
5. Cook mince until browned.
6. Add the diced tomatoes, beef stock, carrots and potatoes and mix.
7. Lower your heat and allow the mince and vegetables to simmer for 25-30 minutes or until potatoes have cooked through.
8. Remove the pot from the heat and stir in the peas.
9. Allow peas to warm through, before serving curried mince with magwenya.

What you need:

- Saucepan or pot
- Wooden spoon
- Measuring cups
- Measuring spoons

CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	½ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml



NOTES AND TIPS

- The sauté technique is used in many savoury recipes, but it really is a lot simpler than it sounds. Sautéing onions simply means cooking in a pan with butter, oil, or other fat until the onions are tender. Here is a step-by-step guide to sauté onions:
- In a large pan heat oil or butter over medium-high heat until hot (just about any fat can be used here).
- If you prefer to sauté onions without oil, use a non-stick pan, and add a small amount of water or vegetable broth to help prevent the onions from sticking and burning.
- Add the chopped or sliced onions and cook for 5 to 7 minutes or until tender but not browned, stirring frequently with a wooden spoon or heat proof spatula.