

ORANGE ROOIBOS KOEK SISTERS

Makes 40

INGREDIENTS

For the syrup:

- ½ cup Fruitree Orange Squash
- 1 cup sugar
- 1 tbsp lemon juice
- 4 rooibos tea bags

For the koeksisters:

- 3 cups self-raising flour
- 1½ cups double cream plain yoghurt

Serving suggestion:

Fruitree Orange Squash

METHOD

1. Add Fruitree Orange Squash to a glass jug and stir through 2 cups of water.
2. In a medium-sized pot, combine the sugar, lemon juice and diluted orange squash over medium-high heat. Stir until the sugar is dissolved, then bring to the boil. Turn the heat down, add the tea bags and allow to simmer for 15 minutes before removing from the heat.
3. Strain the syrup into a bowl and place in the fridge for 4-6 hours until ice cold.
**Chef's Tip: Keep in the fridge overnight for best results.*
4. Sift the flour and gently fold in the yoghurt with a spatula until the mixture forms a dough. On a floured surface, knead the dough by hand for 6-8 minutes, until smooth. If the dough is too sticky, add more flour, a little at a time.
5. Roll out the dough to 5mm in thickness. Cut the dough into 6cm x 3cm strips. Slice each strip into three, lengthways, leaving ½ cm at the top uncut to keep the 3 strips attached. Plait and press the other end together.
6. Heat the oil to 180°C, then deep-fry the koeksisters for 2-3 minutes, a few at a time, turning often, until golden and cooked through. **Chef's Tip: To tell when your oil is at the right temperature, dip the back of a wooden spoon into the hot oil – if bubbles appear around the spoon, your oil is ready!*
7. Remove the koeksisters with a slotted spoon and immediately submerge in the ice-cold syrup. **Chef's Tip: Keep the syrup cold by placing the bowl in another container filled with ice.*
8. Serve the koeksisters alongside a glass of orange juice and ENJOY!