

'KOEKSISTER' & CUSTARD ICE CREAM SANDWICHES

Makes 8 ice cream sandwiches

Hands-on time: 20 minutes

Hands-off time: Overnight

INGREDIENTS

2 cups castor sugar

2 cups (500ml) cream, cold

2 cups (500ml) Danone Ultra Mel Vanilla Flavoured Custard

3 cups (339g) self-raising flour

1 tsp salt, to season (optional)

1½ cups double cream plain yoghurt

Oil, for frying

METHOD

1. Over a low heat, combine the sugar with 2 cups of water in a medium-sized pot. Stir until the sugar is dissolved then bring to a boil. Turn the heat down to low and allow to simmer for 15 minutes before removing the pot from the heat. Pour the syrup into a bowl and place in the fridge for 3 hours or until ice cold.
2. In a medium-sized chilled bowl, whip the cream with an electric hand mixer until medium peaks form. Gently pour the Danone Ultra Mel Vanilla Flavoured Custard into the cream and fold until well combined.
3. Cover the bowl with plastic wrap and freeze the custard mixture for about 8 hours or overnight.
4. Sieve the flour and salt, if using, into a large bowl. Add the yoghurt and gently fold it through with a spatula until a dough is formed. On a floured surface, knead the dough for 6-8 minutes or until smooth. **Chef's Tip: If the dough is too sticky, add more flour, a little at a time.*
5. Divide the dough into 16 equal portions. Gently roll each portion into a string-like shape and form into spirals. Press the spiral to flatten slightly. Repeat until you have 16 spirals. Cover the spirals with a damp cloth for 5-10 minutes.
6. Fill a medium-sized pot with cooking oil, 3cm deep, and place over a medium heat.
7. Deep-fry the 'koeksister' spirals, a few at a time for 6-8 minutes, turning often until golden and cooked through. Remove the 'koeksisters' with a slotted spoon and immediately submerge in the prepared ice cold sugar syrup. Place them on a wire rack over a tray to allow the excess syrup to drip off.
8. Remove the ice cream from the freezer 15-20 minutes before serving. Scoop a generous serving of ice cream and place onto a 'koeksister' spiral and top with another spiral to create a sandwich.
9. Repeat with the remaining 'koeksisters' and ice cream. Serve and ENJOY!