

# Koeksisters

**Yield:** about 72 pieces

## Dough:

Ingredients	American	Metric	Yield%	Bakers %
Flour, pastry	35 oz	1000 g	57.54 %	100.0 %
Baking Powder	1 oz	30 g or 60 ml	1.73 %	3.0 %
Salt	1 tsp	5 g	0.30 %	0.5 %
Butter	3 ½ oz	100 g	5.76 %	10.0 %
Eggs, whole	3 ½ oz	100 ml (2)	5.76 %	10.0 %
Milk, whole	10 ½ oz	300 ml	17.29 %	30.0 %
Buttermilk	7 oz	200 ml	11.53 %	20.0 %
<b>Total</b>	<b>3 lbs 12.5 oz</b>	<b>1735 g</b>	<b>100.00 %</b>	<b>173.5%</b>

- Sift together the flour, baking powder and salt. Rub in the butter until the mixture is finely crumbled.
- Whisk the eggs with the liquid, add to the flour mixture and knead to a soft, pliable dough.
- Form into a ball, wrap and chill for a couple of hours or overnight if possible.

## Syrup:

Ingredients	American	Metric	Yield%
Water, tap	3 pints, 5 oz	1500 ml	33.30 %
Sugar, granulated	6 lbs, 10 oz	3000 g	66.59 %
Cream of tartar	1 tsp	5 g	0.11 %
Ginger, fresh, thinly sliced	(6)	(6)	- - -
Lemons, fresh, grated and juiced	(3)	(3)	- - -
<b>Total</b>	<b>6 quarts</b>	<b>4505 ml</b>	<b>100.00 %</b>

## Method:

1. Combine the ingredients in a large saucepan and bring to boil, stirring until the sugar dissolves.

Boil without stirring for about five minutes to form light syrup. Strain into a large bowl. Cool,

then refrigerate until well chilled.

2. Remove the dough from the refrigerator. Roll the dough to about 1/8 thickness.
3. Using a pizza wheel, cut strips, 4 1/2 inches long and 1 1/8 inches wide. Divide each strip into three strips as shown above (1). Fold the left strip into the middle of the remaining two (2) and repeat the same from the right side (3). Repeat the steps until the end. Seal by pressing the ends together.



4. Place on a parchment lined sheet pan.



5. Remove the syrup from the refrigerator and chill over a bowl of ice.



6. Heat frying fat or oil to 375 ° F. Deep fry on both sides about one minute, until golden brown.



7. Remove from oil and place on a paper towel lined tray.



8. Dip immediately into the chilled syrup.



9. Submerge in the syrup for about 30 seconds while still hot.



10. Remove from syrup and place on dripping tray.



11. Assemble on platter.



12. Present as above or as desired.