

MAGWINYA

SERVES 9 - 12

COOK TIME: 1 HR 40 MIN

INGREDIENTS

500 grams all-purpose flour, or cake flour without raising agent
4 tablespoons (30 grams) sugar
2 teaspoons instant yeast
1/2 teaspoon kosher salt, optional
500 millimeters warm water
1 tablespoon vegetable oil, plus more for deep-frying
Jam and sugar, for rolling, optional
Tea, for serving, optional

METHOD

In a clean bowl, mix the flour, sugar, yeast, and salt (if using) together.
Add dry ingredients

Add the warm water and vegetable oil and begin to mix into a soft dough.
Combine dry and wet ingredients

Once the dough has been mixed very well, cover with a tea towel and set aside to rise for an hour. Note: This dough won't be kneaded. Cover with towel and let rise

After an hour, the dough should have doubled in size. Mix the dough again—this helps to achieve softer dough. After mixing, allow the dough to rest for a further 10 minutes. Allow dough to proof

In the meantime, heat up enough vegetable oil in a pot for deep-frying over medium heat. Oil in pan

Scoop out some batter with a large spoon and drop it into the hot oil. Use a second spoon to push the dough into the hot oil, if needed. Ensure the oil is being heated under a medium flame to prevent the magwinya from browning too quickly without fully cooking on the inside. Fry the doughnuts until golden brown, turning halfway to ensure even browning. Scraping off dough from a spoon to fry

Once ready, scoop the magwinya out of the pot and place them onto absorbent paper towels to drain the excess oil.
Scooping fried magwinya out of the pot

The magwinya can be served alone, but they also go well with a cup of tea. For extra indulgence, roll them in jam and sugar. Serve immediately and enjoy.



