



PAMPOEN KOEKIES

SERVES 4

COOK TIME: 40 MIN

INGREDIENTS

FOR THE FRITTERS

- 1 cup pumpkin cooked and pureed
- 1 cup flour
- 2 teaspoon baking powder
- 2 tablespoon caster sugar
- 1 egg
- $\frac{3}{4}$ cup milk
- pinch of salt
- oil for deep frying

FOR THE CARAMEL SAUCE

- $\frac{3}{4}$ cup sugar
- 1 cup cream
- 1 teaspoon vanilla extract
- 3 tbsp butter
- $\frac{1}{2}$ cup golden syrup
- 1 teaspoon sea salt flakes

METHOD

FOR THE FRITTERS

Combine all the ingredients and mix until you have a smooth batter.

Heat the oil in a medium saucepan and fry spoonfuls of the batter until golden brown and cooked throughout, approximately 2-3 minutes.

Allow to drain on kitchen paper.

FOR THE CARAMEL SAUCE

Combine all the ingredients in a medium saucepan and allow to cook over a medium heat for 10-15 minutes until the sauce is thick and glossy.

Pour the syrup over the fritters and serve.