

Quraac

Sweet enriched fried doughnuts from Somali are soaked in a delicious orange blossom sugar syrup.



Ingredients

For the quraac

150g/5½oz self-raising flour
1 tsp ground cardamom
pinch salt
100g/3½oz full-fat plain yoghurt
115ml/3¾fl oz full-fat milk, warmed
750ml/1½ pints sunflower oil, for deep-frying
desiccated coconut, to serve (optional)

For the sugar syrup

100g/3½oz brown granulated sugar
1 tsp orange blossom water

Method

To make the quraac, place all of the dry ingredients in a bowl. Add the yoghurt and knead with your hands until everything is mixed together. Add the warm milk and beat with your hands until the mixture is smooth and has a thick, batter-like consistency. (To get all the air you need into the quraac, do this for about 3 minutes.)

Heat the oil in a deep saucepan that is about 20cm/8in in diameter to 180–200C (or use whatever oil or pan you prefer as long as there's enough oil to deep-fry). (CAUTION: hot oil can be dangerous. Do not leave unattended.)

Meanwhile, make the sugar syrup. Place the sugar and 100ml/3½fl oz water in a small saucepan. Gently heat for about 5 minutes or until the sugar dissolves and the liquid is slightly thicker (but not too thick). Stir through the orange blossom water at the end. Set aside.

When the oil is hot, use a dessertspoon to scoop each quraac into the hot oil. Fry for about 2–3 minutes, or until deep golden brown. Carefully transfer the quraac to a bowl or plate lined with kitchen paper to soak up the oil.

Transfer to a separate bowl and cover with the sugar syrup, using a spoon to move the doughnuts around so they are all covered equally. Place on a serving plate and leave as they are or dust with desiccated coconut if you are feeling fancy