

Mandazi Coconut and Cardamom Beignets



Ingredients

400ml coconut milk

7g fast-action dried yeast

675g plain flour

plus extra for dusting

215g caster sugar

1 tbsp ground cardamom

1 egg

(optional)

1 litre vegetable or sunflower oil

Method

Warm the coconut milk in a pan for a few minutes over a low-medium heat until warm but not hot, then mix in the yeast and set aside for 5 mins. Tip the other ingredients (except the oil) into a large bowl, then add the warm coconut milk and yeast mixture.

Knead the mixture in the bowl for 15 mins by hand, or 7-10 mins in a stand mixer until smooth. Cover the bowl and leave to rest in a warm place for 1 hr 30 mins until doubled in size.

Divide the dough into six pieces. Knead each piece lightly on a floured work surface, shape into a smooth ball, then roll into flat circles about 1.5cm thick. Cut each ball into quarters to give you four triangles. Cover with a clean tea towel and leave to rise for 30 mins.

Heat the oil in a large pan over a medium-high heat, ensuring it is no more than two-thirds full. When it reaches 180C, you're ready to cook. If you don't have a cooking thermometer, carefully drop in one triangle – it should rise to the top and puff up.

step 5 Carefully drop the triangles into the oil, cooking in batches of three. Cook for 2-3 mins, then carefully turn them and cook for another 2-3 mins. If they turn dark brown very quickly, lower the heat. They should look like they are about to pop