



Makoenya - Doughnuts - a recipe from Lesotho

Ingredients

- 6 cups Baking flour
- 6 teaspoons baking powder
- 1 cup Sugar
- 1 teaspoon Salt
- 500ml Milk
- 4 large Eggs
- 1-2 teaspoons Nutmeg spice
- 750ml Flora oil.

Method

- Sift the flour, baking powder, nutmeg and salt into a mixing bowl,
- Stir in the sugar
- Beat the eggs and stir them into the mixture with a wooden spoon
- Slowly add the milk to make the dough to the desired softness. Do not make it too wet.
- On a flour dusted surface, roll the flour into a 1 cm thickness and cut into desired shapes.
- On moderate heat, heat the oil and deep fry the doughnuts, turning them once or twice.
- Cook until crispy golden brown, and drain on a paper towel, and serve hot or cold.
- Enjoy with tea, coffee or our ginger drink.

This is the fastest selling food item in most fast food restaurants that sell Makoenya and fish and chips in most towns in Lesotho. The basic doughnut recipe is mainly flour water and oil. It is very easy to make and less costly. Different people and shops make theirs to taste a little different and better so they can sell faster by adding other ingredients that make it richer like the ones in my recipe.

There is even an informal expression that goes, "It sells like hot fat cakes (doughnuts)", to refer to the sales rate at which any item is going. Try this recipe at home while you are welcome to enjoy the basic version of our doughnuts with ginger drink at the Bazaar in the Lesotho Embassy stall.