

Mandazi

(African Donuts)

Prep Time: 15 minutes

Cook Time: 30 minutes

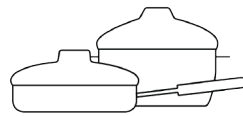
Servings: 6

Fun Fact: A popular fried treat in Rwanda, Mandazi is similar to a donut but not as sweet.



Ingredients

1 cup of all-purpose flour	1/2 cup of coconut oil, melted
1 teaspoon of baking soda	1/4 cup of brown sugar
1 teaspoon of baking powder	1/4 cup of maple syrup
1/2 teaspoon of kosher salt	1 cup of grated carrot
1 tablespoon of coriander seed, ground	1/3 cup of uncooked millet
2 eggs	



Directions

1. Mix yeast and warm water in a bowl and stir.
2. Let sit for 5 minutes until yeast dissolves.
3. Add flour, salt, cardamom, and cinnamon to bowl and mix.
4. Add vegetable oil, egg, coconut milk, and sugar.
5. Mix until dough does not stick to the side of the bowl. (Add additional flour as needed)
6. Place the dough in an oiled bowl and cover with plastic wrap. Let it rest for about an hour, until dough rises.
7. Heat oil in a frying pan (or wok).
8. Cut the dough into 6 pieces to make it easier to roll. Roll each piece so dough is 1/2 inch thick.
9. Cut into triangles and place in hot oil. Fry on both sides.
10. Place donuts on paper towels to soak up oil.
11. Repeat with remaining dough.
12. Sprinkle with powdered sugar.