

Global Eats!

Mandazi

Mandazi is a form of fried bread popular in the African country of Kenya. Similar to a donut, mandazi is enjoyed as a snack or after dinner treat.

Prep time: 30 minutes

Cook time: 30 minutes



Ingredients:

- 2 cups flour
- 1 teaspoon butter
- 1 ½ teaspoons baking powder
- 1 beaten egg
- ¼ cup milk
- 1 cup water
- 4 teaspoons sugar
- ¼ teaspoon, half cardamom, half cinnamon
- Vegetable oil for frying
- Powdered sugar (optional)

Preparation:

- Mix together all dry ingredients, except sugar.
- Beat milk, water, and egg then add to dry mixture.
- Add butter and sugar to the mixture to create dough.
- Knead dough.
- Roll out the dough and cut into triangle shapes.
- Boil oil and deep-fry triangles until golden brown.
- Drain your Mandazi well and serve warm.
- Dust with powdered sugar for added sweetness.



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