



# MANDAZI

## (AFRICAN DONUTS)

Adapted from [AllRecipes.com](https://www.allrecipes.com)

MAKES 18 SERVINGS

### INGREDIENTS

- 1 cup warm milk
- ¼ cup vegetable oil
- ¼ cup fine white sugar
- 1 medium egg
- 2 teaspoons instant yeast
- ½ teaspoon salt
- ½ teaspoon ground cardamom
- 3 ½ cups all-purpose flour, sifted
- 2 quarts vegetable oil for frying

#### NOTE:

Substitute shortening for vegetable oil if preferred.

### INSTRUCTIONS

#### STEP 1

Combine milk, vegetable oil, sugar, egg, instant yeast, salt, and cardamom in a large bowl. Mix in the flour 1 cup at a time until the dough comes together and is easily handled. Knead the dough on a flat work surface until it's no longer sticky. Return the dough to the bowl. Cover and let it rise in a warm place for 1 hour or until it's doubled in size.

#### STEP 2

Press the dough down gently. Knead it briefly, then divide the dough into 4 equal portions. Roll each portion into a ball. Keep the dough balls covered with a cloth to prevent the dough from drying.

#### STEP 3

Roll each dough ball into a ⅓-inch-thick circle on a floured work surface. Cut each circle into 4 triangles using a pizza cutter. Cover with a cloth.

#### STEP 4

Heat 2-inches of oil in a deep fryer or large saucepan over medium heat.

#### STEP 5

Working in batches, fry the dough in the hot oil for 1 to 2 minutes or until puffed. Flip the dough and continue frying until golden brown. Transfer the donuts to a paper towel-lined plate to drain.