

MANDAZI (Kenya, Tanzania and Uganda)

Ingredients

- 1 Cup Self-raising flour
- Pinch salt
- 2 Tbs Sugar
- 1 tsp Cardamom
- ½ tsp Nutmeg
- 2 Tbs Desiccated Coconut
- 2 Tbs Yoghurt
- 2 tsp Oil
- 1/2 cup Coconut Cream

Method

1. Place all the dry ingredients into a bowl and stir together to combine.
2. Make a well in the centre of the dry ingredients and put the wet ingredients into this well.
3. Mix until the mixture comes together and the dough is smooth.
4. Sprinkle a little flour on the bench and put the dough on top of the flour. Roll the dough into a 1.5cm thick circle
5. Cut the dough into 8 even triangles.
6. Fry in oil until golden.