

# Zanzibari Mandazi

(Spiced Doughnuts)

## What you'll need:

- 4 cups all-purpose flour
- ¼ cup granulated sugar
- 1 cup coconut milk
- 2 ¼ teaspoons active dry yeast
- 1 large egg or equivalent
- 3 tablespoons oil + 1/2 cup for frying
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- 1 teaspoon salt
- ½ cup lukewarm water

## Directions:

1. Mix lukewarm water and yeast in a bowl and let sit until small bubbles form.
2. In another bowl, mix together sugar, egg, and milk.
3. Add the flour, cinnamon, cardamom and salt then stir to form a dough.
4. On a floured board, knead until dough comes together and is slightly sticky (15-20 minutes.)
5. Roll the dough out until ¼ inch thick. Cut into desired shapes.
6. Let dough rest for another 20 minutes.
7. Pour oil into a pan up to 3 or 4 inches and heat.
8. Fry the doughnuts for about 2 minutes each side.
9. Serve warm with chai or coffee!



# Zanzibari Spiced Coffee

## What you'll need:

- 3 cardamom pods, lightly crushed
- 1/2 stick dried cinnamon (or 1 teaspoon ground)
- 1/4 teaspoon nutmeg
- 1 tablespoon freshly ground ginger
- 1/4 cup coarse ground coffee
- Brown or raw cane sugar.
- Cream or milk.

## Directions:

1. In a saucepan, bring 2 cups of water to a gentle boil and add the cardamom, cinnamon, and nutmeg.
2. On low heat, steep the spices for 5-8 minutes.
3. Add ginger and ground coffee.
4. Bring to a gentle boil, then turn off the heat and allow the grounds to settle.
5. (Optional) Repeat the boil and steep 2 or 3 more times to infuse the flavours.
6. Add sugar and milk of your choice.
7. Strain and enjoy!

