

JALAPENO MINCE VETKOEK

Prep time: 1 hour 15 minutes

Cook time: 45 minutes

Serves 4 people



INGREDIENTS

FOR VETKOEK

166ml lukewarm water

30ml white sugar

5g active dry yeast

2 cups all-purpose flour

½ teaspoon salt

3 cups oil (for frying)

FOR MINCE FILLING

500g ground beef mince

½ red pepper

½ yellow pepper

2-3 red onions

10ml oil

3ml salt

5g ground ginger

10g paprika

50g pickled jalapeno

100g cheese

INSTRUCTIONS

1. In a small bowl, mix the dry ingredients for the vetkoek and add lukewarm water.
2. Knead dough mixture thoroughly and leave for 30 minutes, or until well risen (this may take longer on a cold day).
3. Start with your mince filling while the dough is rising. Heat oil (10ml) in a large skillet over high heat and add red onion.
4. Cook for 1 minute or until the onion starts browning.
5. Add peppers to skillet and stir occasionally.
6. Add beef and cook, breaking up the meat as you go.
7. While the beef cooks, dust a tray lightly with some all-purpose flour.
8. Scoop up handfuls of dough and roll them into small balls. Place vetkoek on the tray and allow them to rise until they have doubled in size. Set aside.
9. Once the beef changes from red to brown, add the remainder of the seasoning.
10. Continue cooking for a further 2 minutes or until the meat is fully cooked. Set aside.
11. TIP: Check that your mince isn't too saucy as you will fill the vetkoek dough with mince.
12. Heat oil in a deep saucepan.
13. Carefully open up your risen vetkoek dough balls and fill them with a spoonful of filling.
14. Ensure each vetkoek is well sealed by pinching the dough together so it doesn't break apart when frying.

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15. Fry a few vetkoek at a time: drop dough balls in oil and cover with lid. Check vetkoek after 10 minutes (they will rise to the top when they are close to being ready).
16. Once one side of the vetkoek is golden brown, turn over and brown the other side.
17. Drain vetkoek from excess oil using kitchen paper.
18. Remember that your filling is already cooked, so you just want to cook the vetkoek with the frying process.
19. Serve with any dipping sauce of your choice. Some great options include sweet chilli, chutney or mayonnaise.