

Kenyan Breakfast Delight: Mandazi

Mandazi is a popular Kenyan breakfast pastry, lightly sweetened and spiced with cardamom. These fluffy, golden-brown treats are perfect for dipping in tea or enjoying on their own, making them a delightful start to your day.



Kenyan

45 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 tsp baking powder
- 1/2 tsp ground cardamom
- 1/4 tsp salt
- 1/2 cup coconut milk
- 1 egg (beaten)
- Oil for frying

Steps

- 1 In a large mixing bowl, combine flour, sugar, baking powder, cardamom, and salt.
- 2 In another bowl, mix coconut milk and beaten egg until well combined.
- 3 Gradually add the wet ingredients to the dry ingredients, mixing until a dough forms.
- 4 Knead the dough for a few minutes until smooth and elastic.
- 5 Cover and let it rest for about 30 minutes.
- 6 Roll out the dough to about 1/4 inch thick and cut into triangles or circles.
- 7 Heat oil in a deep pan over medium heat.
- 8 Fry the Mandazi in batches until golden brown on both sides (about 3-4 minutes each side).
- 9 Remove and place on paper towels to drain excess oil.
- 10 Serve warm with tea or enjoy as a snack.