

May 2022



HAPPY AFRICA MONTH

As AFRICA month comes to a close, we are reflecting on the beautiful cultures that make this beautiful continent. From the languages, the fashion, the modes of transport, the architecture and most especially...

THE FOOD!!!

Naturally we celebrate with food.

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Banana Puff-puff



“Puff-puff” is a west-African inspired dish. The best way to describe it is; “sweet magwinya”, a more sweetened fat cake. We added a little twist to this dish and elevated it and added a banana flavour to it and rolled it in cinnamon sugar.

We love this dish because it celebrates and blends The Southern African and West African cultures. That’s the theme of our an entire chapter of our cookbook “Food Stories” called “South African Jollof”.

Ingredients

- 4 cups cake flour
- 2 cups self-raising flour
- 2 tsp ground nutmeg
- 2 tsp ginger
- 2 tsp cinnamon
- 2 tsp aniseed
- 80 g castor sugar
- 10 g instant yeast
- 1/2 tsp salt
- 2 Tbls butter
- 300 ml hot water
- 300 ml milk
- 3 Tbls palm oil
- 2-3 ripe bananas, mashed
- Sunflower oil, for deep frying
- 1 large egg
- Cinnamon sugar to coat puff-puff

Method

Mix the flours, spices, sugar, yeast and salt together.

Melt butter into the hot water and add milk.

To the dry ingredients, add oil, bananas and milk mixture. Mix until a soft dough forms.

Leave to rise until double in size.

Heat oil to 160 °C. Drop tablespoons of batter into the oil. Fry for 2 mins or until golden brown.

Remove with slotted spoon. Roll puff-puff into cinnamon sugar while hot.

Enjoy!



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