

Pumpkin fritters (PAMPOENKOEKIES)

These traditional fritters are a very popular snack within the Cape Muslim community during Ramadan, but they are also considered a ‘Boerekos’ side dish within many Afrikaans communities. They are sweet yet slightly savoury, lightly spiced, soft on the inside and sprinkled with cinnamon sugar. Unlike deep-fried pumpkin puffs, pampoenkoekies are shallow-fried in a wide pan.

SERVES 4-6 AS A SIDE DISH

FOR THE FRITTERS

500 g peeled and cubed pumpkin

lightly salted water, for cooking

140 g (1 cup) cake wheat flour

10 ml (2 tsp) baking powder

2½ ml (½ tsp) salt

2½ ml (½ tsp) ground cinnamon

1 XL egg

60 ml (4 Tbsp) vegetable oil, for frying

FOR THE CINNAMON SUGAR

80 ml (⅓ cup) white sugar

5 ml (1 tsp) ground cinnamon

Cook the pumpkin in lightly salted water over medium heat until soft. Strain the water, then use a stick blender or food processor to blend the pumpkin to a smooth purée. Set aside.

In a medium mixing bowl, whisk together the flour, baking powder, salt and cinnamon. Add the puréed pumpkin and egg, then mix well.

Heat the oil in a wide pan over medium heat, then drop spoonfuls of batter into the oil. (If a droplet of batter sizzles when it hits the oil, it’s ready.) Fry until bubbles form on the edges of the fritters. Turn over and fry until golden-brown and cooked through, then drain on paper towel. Transfer to a serving plate and sprinkle with cinnamon sugar. Serve warm.

