



BANANA FAT CAKES

Think vetkoek meets banana bread - sweet, fluffy and dangerously easy to devour straight from the fryer.

4–6 servings (30–40 mini fat cakes) | **PREP TIME:** 15 minutes | **RISING TIME:** 1 hour
COOKING TIME: 20 minutes

2 ripe **bananas**
1/4 cup **white sugar**
2 1/2 tsp **instant yeast**
1 cup **lukewarm water**
3 cups **white bread flour**
1/4 cup **milk powder** or **coffee creamer**
1/2 tsp **ground nutmeg**
1/2 tsp **salt**
1 tsp **vanilla extract**
4 cups **sunflower** or **canola oil**
120 g **chocolate chips**
icing sugar for dusting

1. Mash the bananas with a fork until smooth.
2. In a large bowl, whisk the sugar and yeast in the lukewarm water until dissolved.
3. Add the flour, mashed bananas, milk powder or creamer, nutmeg, salt and vanilla extract, and stir until fully combined.
4. Cover the bowl with cling wrap or a kitchen towel and leave the dough to rise for about 1 hour, or until doubled in size.
5. Heat the oil in a saucepan to 180 °C.
6. Fill a piping bag with the risen dough and cut off a 2-cm-wide tip or use a 2-cm round nozzle.
7. Pipe the dough into the oil, cutting it into 2–3 cm pieces using an oiled pair of scissors. Do not overcrowd the pan.
8. Fry the dough balls, turning them continuously, for 4–6 minutes until golden-brown. Remove with a slotted spoon and drain on paper towel while you fry the remaining batches.
9. In a microwave-safe bowl, melt the chocolate chips on low heat, stirring every 30 seconds until smooth. Transfer the melted chocolate to a piping bag (or a resealable plastic bag with a small corner cut off).
10. Drizzle the melted chocolate over the warm fat cakes and finish with a light dusting of icing sugar. Alternatively, serve the melted chocolate separately for dipping.

NOTE

To fill the piping bag, place the bag inside a tall glass and fold the edges over the rim. Then fill with the dough or melted chocolate.

