

CASSIA-SPICED GLAZED DOUGH TWISTS





MA HWA: CASSIA-SPICED GLAZED DOUGH

Preparation time: 15 minutes

Cooking time: 15 minutes

Makes: 8

300g plain flour

200g caster sugar

1 tsp baking powder

½ tsp bicarbonate of soda

pinch salt

2 eggs

¼ cup ice cold water

canola oil, for deep frying

1 cup pure icing sugar

2 tsp ground cassia*

1 Combine the flour, 90g caster sugar, baking powder, bicarbonate of soda and salt in the bowl of a food processor and pulse to combine. Whisk the eggs and iced water, then add in a steady stream with the motor on low. Once combined, turn out, knead, wrap, then refrigerate for 1 hour.

2 Divide into 25g pieces, then roll out to 30cm long thin strings. Braid in sets of three, pinching the ends to seal. Fry in hot (180°C) oil for 2 minutes, until golden brown, then drain on kitchen paper.

3 Whisk the icing sugar with 2 tsp cold water, then drizzle over the dough twists. Mix the remaining sugar with the ground cassia, then dust over.

* If unavailable, use ground cinnamon