

## Crispy and Sweet Koeksisters You'll Love with Every Bite

Koeksisters (South African Syrup-Soaked Pastry Twists) ???



**OVEN**  
**350°F**

**TIME**  
**45 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

3 cups all-purpose flour  
1/2 tsp salt  
1/4 tsp ground cinnamon  
1/4 cup cold butter, cubed  
1 large egg  
1/2 cup milk  
Vegetable oil (enough for deep frying)  
1 cup white sugar  
1 cup water  
1/2 tsp lemon juice  
1/4 tsp vanilla extract

Instructions:

Tips for Success:

Syrup timing matters: Keep the syrup warm-not hot-so it soaks in without making the koeksisters soggy.

Work in batches: Fry a few at a time and soak them while fresh to keep the texture crisp.

Add flair: Infuse the syrup with cinnamon sticks, orange peel, or even cardamom for a personalized twist.

Storage: Store koeksisters in the fridge for up to a week. They taste even better after a day or two!

What to Serve With Koeksisters:

A cup of rooibos tea or rich hot coffee

Chocolate Chip Cookie Bites for a crunchy contrast

Grasshopper Pie for a chilled, creamy pairing  
No-Bake Peanut Butter Oatmeal Bars to balance the sweet with nutty  
More Sweet Recipes You'll Love:  
Caramel Apple Pie Cookies  
Big Family Banana Pudding  
Chocolate Chip Cookie Bites  
Grasshopper Pie  
No-Bake Peanut Butter Oatmeal Bars  
Final Thoughts:

## DIRECTIONS

1. Prepare the Dough: In a large mixing bowl, whisk together the flour, salt, and cinnamon. Rub in the cold butter with your fingertips until the mixture resembles coarse breadcrumbs.
2. In a separate bowl, beat the egg and milk together. Add to the dry ingredients and mix into a soft, pliable dough. Cover and let it rest for 30 minutes.
2. Shape the Koeksisters: Roll out the rested dough to about 1/4 inch thickness. Cut into strips and braid or twist three at a time, pinching the ends to seal.
3. Heat the Oil: In a deep pan, heat vegetable oil to 350°F (175°C). Work in batches to avoid overcrowding the pan.
4. Fry Until Golden: Fry the braided dough until golden brown-about 2-3 minutes per side. Remove with a slotted spoon and drain briefly on paper towels.
5. Make the Syrup: In a saucepan, combine sugar, water, lemon juice, and vanilla extract. Bring to a boil, then simmer for 5 minutes. Keep the syrup warm (not boiling) while frying the dough.
6. Soak the Koeksisters: While still warm, dunk the freshly fried twists directly into the warm syrup, making sure they're fully coated. Let soak for a few minutes to absorb the syrup.
7. Cool and Serve: Allow the soaked koeksisters to cool fully on a wire rack or tray. Serve chilled or at room temperature for maximum enjoyment.
9. Tips for Success: Syrup timing matters: Keep the syrup warm-not hot-so it soaks in without making the koeksisters soggy.

10. Work in batches: Fry a few at a time and soak them while fresh to keep the texture crisp.
11. Add flair: Infuse the syrup with cinnamon sticks, orange peel, or even cardamom for a personalized twist.
12. Storage: Store koeksisters in the fridge for up to a week. They taste even better after a day or two!
13. What to Serve With Koeksisters: These treats shine on their own but are even more special when paired with:
14. A cup of rooibos tea or rich hot coffee
15. Chocolate : Chip Cookie Bites for a crunchy contrast
16. Grasshopper : Pie for a chilled, creamy pairing
17. No-Bake : Peanut Butter Oatmeal Bars to balance the sweet with nutty
18. More Sweet Recipes You'll Love: If you're into satisfying your sweet tooth, don't miss:
19. Caramel : Apple Pie Cookies
20. Big : Family Banana Pudding
21. Chocolate : Chip Cookie Bites
22. Grasshopper : Pie
23. No-Bake : Peanut Butter Oatmeal Bars
24. Final Thoughts: If you've never made Koeksisters before, now is the time! With their crisp edges and syrupy centers, they're a showstopper dessert with deep cultural roots and big flavor. Whether you're honoring heritage or just craving something different, these twisted treats deliver every time.
25. Tried this recipe? Tag @ChefManiac and let us know how they turned out-we love seeing your creations! ?

## TIPS FOR SUCCESS

Syrup timing matters: Keep the syrup warm-not hot-so it soaks in without making the koeksisters soggy.

Work in batches: Fry a few at a time and soak them while fresh to keep the texture crisp.

Add flair: Infuse the syrup with cinnamon sticks, orange peel, or even cardamom for a personalized twist.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/crispy-and-sweet-koeksisters-youll-love-with-every-bite/>