RECIPE DEVELOPED BY:

Soy Yogurt made by the Association Pala Wassokoti in Namaacha, Mozambique

Photo Credit: Edison Rwodzi

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Ingredients
1 cup soybean flour
1 cup wheat flour
2 teaspoons yeast
1 cup warm water
1 egg
1 teaspoon salt
½ cup hot water or milk
2 tablespoons margarine or oil
½ cup sugar
Oil for deep frying.

Method
1. Dissolve yeast in 1 cup warm water; let it stand for 10 minutes.
2. Sift the wheat flour and soybean flour together.
3. Mix together the sugar, egg, salt, margarine and ½ cup hot water; when cool add to yeast mixture.
4. Add the flour to the liquid mixture and mix thoroughly.
5. Place in a warm place to rise until double in size.
6. Drop the batter by spoonfuls into hot oil.
7. Fry at a moderate heat, until golden brown.

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