



Epping Forest Foodbank is a Registered Charity in England & Wales (1182270)

Ingredients 150g self-raising flour 300ml vegetable oil Pinch of salt 100ml water Zest of 1 lime

100g sugar (optional)



Recipe

- 1 | Sieve the flour in a large bowl, add a pinch of salt and the lime.
- 2 |Mix well, then, add the water and work the dough until it is lump free and stretchy.
- 3 |Cover the dough and leave it to rest for 10 minutes.
- 4 | Meantime, heat the oil in a saucepan The oil should be really hot. To test that the oil is hot, drop in a very small piece of dough. If it stays at the bottom of the pan. Leave it to heat well and do another test.





Recipe cont.

- 5 | Once the oil is hot. Cut the dough in small pieces and put them into the oil, 5 pieces at a time.
- 6 | Fry for 3-5 minutes until the balls are brown all over.
- 7 | Remove the balls from the oil, and put it on tissue to rest. Repeat until all the dough is cooked.
- 8 | Roll the balls in sugar (if using) and enjoy.





Cost Flour - 5p Oil - 48p Lime - 30p Sugar - 7p





TOTAL - 90p

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