

Product Information Sheet



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PRODUCT:

MALORA VETKOEK MIX

KEY FEATURES - MALORA VETKOEK MIX

PRODUCT BRIEF:

Multi-functional Complete Vetkoek Pre-mix with neutral flavour.

Malora Baking Range was designed with the objective to deliver convenience and consistent quality to our customers. Only add water and instant yeast to the pre-mix vetkoek mix to deliver consistent flavoursome products.

INGREDIENTS:

Wheat Flour, Sugar, Salt.
Instant Yeast packet included.

NB – Easy to use, consistent portion cost.

PACK SIZES:

10 x 1Kg

NB – Variable Applications – See Below

Please visit our website for Recipes and Product Data Sheets
if you require any further information.

Your Premium Choice

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PRODUCT APPLICATIONS

TRADITIONAL VETKOEK:

Place 1kg powder in mixing bowl, add yeast and 600ml of warm water. Mix until sticky dough is formed. Let it rise for 20 minutes. Roll 3-5cm thick, cut to size and fry at 180 degrees until cooked.

POTBROOD:

Place 1kg powder in mixing bowl, add yeast and 600ml of warm water. Mix until sticky dough is formed. Let it rise for 15 - 20 minutes. Place in flat bottom cast iron pot and bake in pre-heated oven for 1 hour at 180 degrees. Can also be placed on a few well burnt down coals with some coals on the lid.

ROOSTERBROOD:

Place 1kg powder in mixing bowl, add yeast and 600ml of warm water. Mix until sticky dough is formed. Let it rise for 15 - 20 mins. Roll dough into a long roll about 5cm in diameter. Cut into 5cm slices. Flatten slices slightly and shape into squares. Grill over slow coals or on electric grill.

DUMPLINGS:

Place 1kg powder in mixing bowl, add yeast and 600ml of warm water. Mix until sticky dough is formed. Let it rise for 15 - 20 minutes. Roll dough into a long roll about 5cm in diameter. Cut into 5cm slices and roll into a ball and flatten lightly. Place on top of stew, etc.

PIZZA DOUGH:

Place 1kg powder in mixing bowl, (add yeast optional for thicker base) and 600ml of warm water. Knead the dough on a floured surface and cut into shape.

PIE CRUST:

Place 1kg powder in mixing bowl, add 600ml of warm water. Knead the dough on a floured surface. Let it stand for 15 - 20 minutes. Roll out the dough on a floured surface and cut into shape.

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DOUGHNUT RECIPE:

20 Portions

Ingredients:

Malora Vetkoek Mix	1Kg
Instant Yeast	10g
Water	500ml
White Sugar	160g

Icing:

Margarine	200g
Icing Sugar	500g
Vanilla Essence	10ml
Hot water	As needed

Method:

Mix the yeast with the vetkoek flour and add the luke warm water and sugar. Mix the dough till everything is blended. Place in a mixing bowl and cover, let it stand to rise for an hour. Once dough has risen, turn the dough out onto a floured surface and cut into the required amount of pieces. Cut the shape out with a doughnut cutter. Set aside and let rise again till double its size.

Heat oil in a deep fryer or pot and slide doughnuts into hot oil. Fry them until both sides are golden brown.

Melt margarine in a sauce pan over medium heat. Stir in icing sugar and vanilla essence until smooth. Remove from heat. Stir in hot water as needed to get it to a thinner consistency that will be able to cover the doughnuts.

Dip doughnuts into the glaze while still hot and set aside to cool down.

Note that should you require chocolate coating you can add some cacao to the icing sugar mix.

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CINNAMON ROLLS RECIPE:

24 PORTIONS

Ingredients:

Malora Vetkoek Mix	1Kg
Instant Yeast	10g
Water	600ml
Sugar	100g
Cinnamon	10g
Eggs	2

Syrup:

Icing Sugar	100g
Water	

Method:

Mix the vetkoek according to instructions and let rise for 1 hour. Roll the vetkoek dough out on flour sprinkled surface till about 1cm thickness and rectangular in shape. Sprinkle the sugar and cinnamon over the flat dough till the whole surface is covered. Starting from one end, roll the dough into a sausage shape. Then carefully cut into 2cm slices. Place on a well grease baking tray and let rise for another half hour. Brush with egg wash and sprinkle sugar and cinnamon. Bake in oven until golden brown, approximately 25-30 minutes. Mix the icing sugar with water and once the cinnamon rolls come out of the oven, drizzle until well covered.

*Add Raisins to create a Chelsea Bun Alternative.

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MALORA BAKING	
VETKOEK MIX	Per 100 g Powder
Energy (kj)	1646
Protein (g)	9,5
Glyceamic carbohydrates (g)	83,7
of which total Sugars (g)	19,7
of which total Starch (g)	63,7
of which total Lactose (g)	0,0
Total Fat (g)	1,3
Saturated fat (g)	0,1
of which Trans fat (g)	0,0
Dietary Fibre (g)	2,6
Sodium (mg)	332
All results calculated	