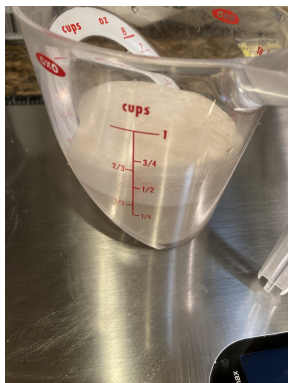


Chai Scented Mandazi

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, African	Breakfast Recipes	VG, NF, SF	12	2.23 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Yeast, Dry Instant	For Mandazi Dough: In a bowl of a stand mixer, combine all ingredients in step 1 and mix well. Set aside for 10 minutes until foamy.
	1 1/2 tsp	6 g	0%	6 g	Sugar, White, granulated	
	1/2 cup	113 g	0%	113 g	Water	



Activated yeast should be foamy

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/3 cup	77 g	0%	77 g	Non-Dairy Milk, Coconut, canned, full fat	In the same bowl, add all ingredients listed in step 2 to yeast and whisk to combine.
	1 1/2 tbsp	0 lb 0.75 oz	0%	0 lb 0.75 oz	Non-Dairy Butter, Unsalted, melted	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
	7 1/2 tsp	0 lb 1.11 oz	0%	0 lb 1.11 oz	Sugar, White, granulated	



Milk mixture combined with yeast mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/4 pt	326 g	0%	326 g	Flour, All-Purpose	In a separate bowl, combine flour and chai spice mix. With dough hook attachment, gradually add flour to liquids with mixer on low speed. Once all flour has been added, increase speed to medium for 5 minutes until a smooth dough forms.
	1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Chai Spice	



Flour and chai spice



Dough after 5 minutes in mixer

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Transfer dough to a lightly oiled bowl, cover with plastic wrap, and put in a warm place for 1 to 1 1/2 hours or until the dough has doubled in size.

4



Coverd dough in oiled bowl



Risen Dough

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Heat fryer to 350°F. On a lightly floured surface, turn out the dough. Cut it into 4oz. pieces. Working with one piece at a time, gently roll it out to a 1/4" thick circle and then cut into 4 triangles. Repeat with the remaining pieces of dough and transfer all the triangles to a parchment-lined sheet tray.

5



Dough portioned into 4oz. pieces



1/4" triangles

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

6

Without overcrowding the fryer, drop 2-4 pieces of dough at a time and cook for 2 minutes; flip and cook on the other side for 1 minute. Dough will puff up and be golden brown. Transfer to a paper towel-lined sheet tray to drain excess oil. Allow to cool for 2-3 minutes.

6



Fried dough

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

7

3/4 cup

0 lb 5.32 oz

0%

0 lb 5.33 oz

Sugar, White,
granulated

3 tbsp

0 lb 0.60 oz

0%

0 lb 0.60 oz

Chai Spice

For Chai Sugar: Combine ingredients in step 7. Coat cooled mandazi in chai sugar mix, ensuring all sides are evenly coated. Serve immediately.



Cooked Mandazi in Chai Sugar



Chai Scented Mandazi



Final-Chai Scented Mandazi

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
8					Serving Suggestion: Serve with plant-based yogurt and fresh fruit coulis.

RECIPE IMAGES



Chai Scented Mandazi

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	1 lb 10.70 oz	0 %	1 lb 10.70 oz	0 %	1 lb 10.70 oz
Size of portion	2.23 oz		2.23 oz		2.23 oz

ADDITIONAL INFO

-

MEMO

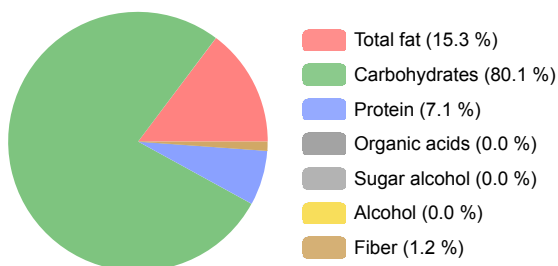
If unable to source Chai Spice can substitute with house-made spice blend or pumpkin pie spice blend.

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			Vitamins		
					RDI			RDI			RDI
Total fat	3.34 g	4 %	15.27 %	193.42 kcal	10 %	Salt	0.06 g		Vitamin A	14.73 µg	2 %
Saturated	1.65 g	8 %	7.52 %	809.26 kJ		Salt	0.10 %		Vitamin D	0.00 µg	0 %
Monounsaturated	0.83 g		3.78 %			Sodium	24.98 mg	1 %	Thiamine	0.13 mg	11 %
Polyunsaturated	0.57 g		2.61 %			Phosphorus	42.82 mg	3 %	Riboflavin	0.05 mg	4 %
Trans fatty acids	0.26 g		1.21 %			Potassium	62.72 mg	1 %	Niacin	0.75 mg	5 %
Cholesterol	0.00 mg	0 %				Iron	0.88 mg	5 %	Vitamin B6	0.03 mg	2 %
Linolenic acid	0.53 g		2.41 %			Calcium	16.98 mg	1 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	0.00 mg		0.00 %			Zinc	0.33 mg	3 %	Folate	0.00 µg	0 %
Total Carbohydrate	38.13 g	14 %	80.11 %			Magnesium	11.68 mg	3 %	Vitamin C	0.21 mg	1 %
Sugars total	15.90 g	32 %				Iodine	0.00 µg	0 %	Vitamin E	0.21 mg	1 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	9.52 µg	17 %	Vitamin K	2.20 µg	2 %
Lactose	0.00 g					Copper	0.07 mg	8 %	Others		
Fiber	1.20 g	4 %	1.19 %						Water	17.85 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %								
Protein	3.37 g	7 %	7.08 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.19 kg
Main courses	0.26 kg
Desserts	0.12 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.