

MOFO MENAKELY MIARAKA AMIN'NY GILASY PISTACHIO SY LITCHI (Malagasy donuts with lychee and pistachio ice cream)

👤 Masika sipa

📁 Madagassische Rezepte

Mofa menakely means "small red bread" - the Malagasy version of the donut. The sweet pastry can be bought everywhere on the street at small booths. It is eaten as a quick breakfast or small snack in between. We enjoy our mofa menakely with lychee and pistachio ice cream. Although lychees originally come from Malaysia, they were brought to the tropical island with the first inhabitants of Madagascar. Since then they have been cultivated there very successfully. The main harvesting season for lychees in Madagascar is December and January.

Ingredients for 15 mofa menakely:

- 250 g wheat flour
- 1 sachet vanilla sugar
- 1 sachet baking powder
- 40 g sugar
- 200 ml water
- 1 egg
- Oil for frying



For the lychee ice cream:

- 300 g lychees (or 1 can)
- 150 g yogurt
- 100 g cream
- 40 g sugar

For the pistachio ice cream:

- 100 g roasted pistachios
- 50 g roasted, salted pistachios
- 5 g locust bean gum
- 25 g inulin
- 400 g milk
- 100 g cream



- 120 g sugar

Here's how:

Prepare the ice cream first. For the pistachio ice cream, crush the pistachios with a blender. Bring the milk, cream, and sugar to a boil in a small pot, stirring, and remove directly from the heat. Mix in inulin, locust bean gum, and ground pistachios. Using a hand blender, blend through the mixture until it thickens significantly. Allow cooling. Pour into the ice cream maker and run for a good hour. Freeze in a mold. For the lychee ice cream, peel and core the lychees. Alternatively, drain the liquid from the canned lychees. Chop lychees with a hand blender. Bring the yogurt, cream, and sugar to the boil briefly, remove from the heat and fold in the lychees. Let cool and freeze in the ice cream maker.

Mix wheat flour, vanilla sugar, baking powder, water, egg, and sugar to make a relatively liquid batter. Mix with a mixer until there are no lumps in the batter. Heat the oil in a high pot to 165°C. Now there are two variants to make the mofo menakely. The easy variant is to get a donut ladle. You have to leave the ladle already in the hot oil for a minute before using it. Then you leave a few drops of hot oil in the ladle before pouring the dough. Only then, after a moment, the dough will detach from the ladle and float to the surface of the oil. Wait briefly, then turn directly with a wooden stick. In Madagascar, not everyone has such a ladle, so alternatively you can simply spray rings with the dough directly into the oil. They usually become a little less round, but very authentic.

Serve Mofo menakely still warm with ice cream. Bon appetite!