We are launching AMY and LUKE off to AFRICA!

Feb 26th after service we will be having a potluck. The theme will be food that Amy and Luke will be eating in Lesotho. So, Stews, BBQ, boiled or roasted meats, and Magwinya (donut holes also known as FAT CAKE). There are recipes on the internet. Or just make a stew your family loves.

The people of Lesotho (called Basotho) are known to be very peaceful and relaxed and tend to lead a very simple life. Their simple nature is reflected in their dishes that are often very functional and simple with a few ingredients, easy preparation methods, and no spices.

Most Basotho are involved in subsistence agriculture, with the most common crops being maize (corn), sorghum, wheat, beans, and peas. They also rear cattle, sheep, goats, and chickens. Lately, the youth are also involved in local commercial farming, planting a variety of vegetables such as tomatoes, bell peppers, leafy greens, and others. These products, therefore, influence a majority of the Lesotho dishes.

Magwinya are fast and easy to cook, and very tasty! Here is our recipe for magwinya - we hope you enjoy it and that they turn out perfectly!

**Ingredients**

2 cups all-purpose flour

2 teaspoons instant yeast

4 tablespoons white sugar

1/2 teaspoon salt

1 tablespoon vegetable oil (plus more for frying)

2 cups warm water

**Preparation**

1. In a large mixing bowl, combine the dry ingredients: flour, sugar, yeast, and salt. Mix well.
2. Add the water and 1 tablespoon of vegetable oil and mix into a soft dough.
3. Cover the mixture with a tea towel and allow to rise for about one hour. The dough should roughly double in size.
4. Mix further and let the dough rest for 10 minutes.
5. Heat a large pot of vegetable oil over a medium flame for deep frying. Test the temperature of the oil by dropping a little batter in. If it sizzles, you’re ready to start frying.
6. With a tablespoon, add dollops of dough into the oil, using a second spoon to help push the dough down if necessary. Make sure you turn them frequently until golden brown.
7. Drain over paper towels and serve whilst they are warm.

Can be shaken in a zip lock with sugar and/or cinnamon, or powdered sugar, also some are eaten with jam or jelly as well. It also says they freeze well so you can make them ahead.