



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mûtevazî Lezzetler® Turkish cooking recipes

Mafis

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2 eggs
1/3 cup yogurt
1 tbsp vegetable oil
1 tbsp lemon juice
1/4 tsp sodium bicarbonate
3 – 3 + 1/2 cups flour
1 pinch salt

For the Syrup:
3 cups granulated sugar
2 + 1/2 cups water
Juice of half lemon

For Frying:
2 cups vegetable oil

- # Firstly, prepare the syrup: Boil the mixture of sugar and water. When it becomes thicker, add lemon juice in it. Boil it for 5 more minutes and remove it from the stove. Let it cool down.
- # Break the eggs into the mixing bowl, add yogurt and vegetable oil on it. Mix it by your fingertips.
- # Add the mixture of lemon juice and sodium bicarbonate onto the mixture. Add the sifted flour into the mixture little by little during the kneading. Make the dough reach medium consistency and stop sticking to your hands. Rest it for half an hour.
- # At the end of the resting time, roll out the dough thinly, then cut it into squares, each has matchbox size.
- # Get the 2 opposite corners of the squares together. Get the remaining 2 corners together but at the opposite side of the first ones.
- # After preparing all of the pastries by this way, fry them in hot oil with pink color. Then, place them into the cold syrup urgently.
- # When the dessert soaks the syrup, serve it.

Note: The oil for frying the pastries, must be very hot definitely.