



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

Dough Dessert with Apple

Elmalı Hamur Tatlıs



Yeast, matchbox sized
1 cup warm water
1 tsp granulated sugar
1/2 tsp salt
Flour, as much as the mixture gets in

For Filling:
1 cup grated apple
1 handful walnut
1 tsp cinnamon

For Frying:
1 + 1/2 cup vegetable oil

For the Syrup:
1 cup granulated sugar
1 + 1/2 cups water
2 – 3 drops of lemon juice

- # Place the yeast, warm water and granulated sugar into a deep bowl. Mix it, until the yeast dissolves.
- # Add salt on it, and add flour, until the dough reaches to soft consistency. Knead it. Cover and rest it for half an hour at least.
- # Meanwhile, prepare the syrup: boil the mixture of water and granulated sugar. When the mixture becomes thicker, add drip the lemon juice into the mixture. Boil the mixture for about 1-2 minutes, then remove the pot from the stove.
- # Mix the grated apples with pounded walnut and cinnamon to prepare the filling.
- # Pick pieces, which are a little bit smaller than walnuts, from the rested dough. Roll out each of them over floured bench by your fingertips, into the size of small glass' brim.
- # Place 1 tsp of filling onto the rolled out dough pieces, cover the dough around the filling, then roll it between your palms to shape as ball.
- # Pour the vegetable into a deep and small skillet. Heat it over medium heat, but do not make it very hot. Place the prepared ball shaped pastries into the oil and fry them with pink color.
- # Then, place the pastries into a small tray and pour the cold syrup all over.
- # Rest it for 1 hour at least, then serve it.

Note: This dessert may be prepared by 1 piece of ready-to-use bread dough also.