



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

## Eyyam Dessert with Apple Filling

Elmalı Eyyam Tatlısı



1 pack butter or margarine  
1 egg  
1 cup yogurt  
1/3 cup castor sugar  
1 tsp baking powder  
Flour, as much as the mixture gets in

For Filling:  
3 apples, medium size  
1 handful walnut  
1/3 cup granulated sugar  
1/3 cup cinnamon

For the Syrup:  
1 + 1/2 cups granulated sugar  
1 + 1/2 cups water  
1 tsp lemon juice

For Garnish:  
2 tbsp coconut

- # Firstly, prepare the filling: Peel the apples and grate them. Add granulates sugar and cinnamon on it. Cook this mixture over medium heat by stirring constantly, until the apple juice evaporates.
- # Then, remove this mixture from the stove and add pounded walnut in it and mix. Let the mixture cool down.
- # Prepare the syrup: Boil the mixture of granulated sugar and water. When the mixture becomes thicker, add lemon juice in it. Boil the mixture for 5 more minutes. Then, remove the syrup from the stove.
- # Put the butter, which is melted and cooled down, into a deep bowl. Add yogurt, castor sugar and egg on it. Mix it.
- # Add the baking powder, which is mixed with some flour, into the mixture. Add flour little by little into the mixture, until the dough reaches soft consistency. Knead the dough for a while more.
- # Pick walnut sized pieces from the dough. Roll each of them over floured bench into the size of saucer by your fingertips.
- # Place enough mixture of apple onto the middle of the rolled out dough pieces. Get the edges of the dough together to close the filling. Shape these pieces as balls.
- # Place the prepared pastries onto the greased baking tray with spaces between them. Place the tray into the oven, which is preheated to 356 F. Bake the pastries, by keeping their pink color during the baking.
- # Pour the cold syrup all over the hot pastries, after removing them from the oven. When the dessert soaks the syrup, sprinkle coconut all over the dessert and serve it.

**Note:** 2 tbsp cocoa may be added into the dough of the dessert to colorize it also.