



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

Enclosure Dessert

Mazruf Tatlısı



2 eggs
1/6 cup sunflower oil
1 tbsp vinegar
1 + 1/2 cups milk
1/2 tsp salt
Flour, as much as the mixture gets in
7 ounces butter

For Rolling Out:
1 cup wheat starch

For Filling:
2 cups pounded walnut

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

Prepare the syrup at first: Boil the mixture of water and granulated sugar. When the mixture becomes thicker, turn the heat to medium and add lemon juice into the mixture. Boil the mixture for about 4-5 minutes more. Then, remove it from the stove.

Break the eggs into a mixing bowl, add milk, sunflower oil and vinegar on it. Mix it well. Then add salt in it and add flour into the mixture little by little, till the dough reaches to medium-hard consistency and stop sticking to your hands.

Cover the dough and rest it for 20 minutes. Meanwhile, melt the butter. Then, divide the rested dough into 18 equal pieces.

Roll out each of the dough pieces, over starch sprinkled bench, by a rolling pin into the size of dessert plate. Superpose 6 of the rolled out dough pieces by spreading butter all over, after placing each of the layers. You will get 3 clusters, each has 6 layers.

To solidify the butter between the layers, refrigerate the clusters for half an hour. Then, roll out each of the clusters, over starch sprinkled bench, by a rolling pin, as big as you can.

Slice the rolled out dough pieces into squares, each has 3x3 inches size. Superpose 2 of these squares. Place walnut between the layers and fold the dough squares as envelope. Repeat the same processes for all of the dough squares.

Place the prepared pastries onto the baking tray, by partially superposing them. Pour the remaining butter all over the pastries.

Place the tray into the oven, which is set to 392 F. Bake them, until they turn into pink. Rest them for 3 minutes, after removing them from the oven. Then, pour cold syrup all over the pastries.

You can serve the dessert for about 3 hours later.

Note: For using the waste dough pieces, when you get during the slicing, slice them finely and mix with the walnut. Then, use it as filling.