



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

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## Mint Jam

Nane Reçeli



3 bunch of fresh mint  
1 + 1/2 cups of sugar  
2 cups of water  
Juice of half lemon

- # Remove the leaves of the mints from their stems. Wash them and place over a colander. After removing all the water over the mint leaves, place them into a pot and add sugar over the leaves.
- # Knead the leaves by palms, until they lose their fresh shape. Cover the lid of the pot and rest the mixture overnight.
- # The day after, add water into the pot. Cook the mixture by mixing time to time, until it reaches to the right consistency.
- # Add lemon juice and cook for about 5-6 minutes more. Then remove the pot from the stove.
- # Cool the jam in the pot, then fill into the jars.

Not: By this way, you may make jasmine jam or lemon leaf jam also.