



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

Cream Chocolate with Gum

Sakızlı Krem Şokola



5 cups milk
1 + 1/2 cups granulated sugar
2 gum mastics
4 tbsp flour
1 tsp butter

For Upper Side;
2 tbsp cocoa
5 tbsp granulated sugar
1 egg
1 tsp butter

- # Put 1 cup milk aside, and then pour the remaining 4 cups of milk into a aluminium medium pot.
- # Before placing the pot over the heat, add sugar and flour into the milk, stir it to prevent the flour turns to small balls in the milk.
- # Place the mixture over medium heat, cook by stirring constantly until it reaches to the right consistency.
- # When it reaches to the right consistency, add gum mastic and stir. Remove it from the stove and add butter in it.
- # Blend the crème for about 8 – 10 minutes, until the crème get a smooth consistency.
- # Pour the crème into the bowls and let them cool down.
- # Prepare the cream chocolate meanwhile. Put the remaining milk, cocoa, granulated sugar and egg into a pot, after blending the ingredients, place the pot over low heat. Cook by stirring constantly until it reaches a thicker consistency than milk pudding, remove it from the stove and add butter in it, mix.
- # Pour the cream chocolate all over the crèmes in the bowls.
- # Refrigerate them for a few hours, and then serve.

Note: You can put little cakes onto the layer of the bowls also. If you wet the cakes with some coffee it tastes much more delicious.