



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

Eclair

Alman Pastası



For Bagel:
Warm water, a few less than 1 cup
1 + 1/2 tbsp granulated sugar
Yeast, half matchbox size
1/4 tsp salt
7 tbsp vegetable oil
Enough flour

For median cream:
2 cup milk
2/3 cup flour
1/2 pack vanilla

For upper cream:
1 + 1/2 cup of water
7 tbsp granulated sugar
4 tsp flour
2 + 1/2 tsp cocoa
1/2 pack vanilla

- # Put water in a bowl, add yeast and sugar, mix, and wait for 10 minutes. Add flour, oil, salt and make dough. Rest the dough in a closed and warm place.
- # Pick walnut sized pieces from the dough, roll on your palm, make a hole in it by your finger tip for making it bagel. And put on the greased oven tray. Wait 1 hour.
- # Bake until they turn red in 175 C (F 347) oven.
- # In meantime for preparing the medium cream; put milk in a pot, add sugar, mix. Put on the stove. Cook until it gets a high density.
- # Take from the stove, mix vanilla in it, and wait for cooling down.
- # Crosscut the baked bagels. Spread the cream on it and close the other part on cream.
- # For upper cream; mix water, sugar, flour, cocoa. Then cook until it gets a soft temper.
- # Spread the cream on bagels.

Note: You can use jam instead of upper cream, and sprinkle pistachio on it.