



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

Halva With Starch

Aside Helvası



8.8 ounces butter
2 + 1/2 cup starch
1 + 1/2 cup granulated sugar
1 + 1/2 cup water

- # Put the butter in a wide pot and melt over low heat.
- # Add starch little by little by stirring.
- # Roast the starch over low heat by the help of a beater.
- # Roast it by stirring constantly for the first 10 minutes.
- # Roast for about 5-10 minutes more, the starch will turn a colour close to brown. (Total roasting time over the low heat should be 17 minutes at least.)
- # When the starch reaches the right colour, pour the cold mixture of sugar and water on the hot halva carefully.
- # Cook over low heat for 5 minutes more by stirring. Remove the pot from the stove.
- # Put some paper towel between pot and its lid while covering. Let it stand for steeping at least half an hour.
- # Serve warm or cold.

Note: the ingredient of the halva is starch. Because of that halva has an elastic and pre-colourless shape. So there is no need to shape it by a spoon.