



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

Mixed Jelly

Karışık Pelte



4 ripe red plums
4 ripe apricots
1 ripe peach
1 ripe pear
1 + 1/2 cups granulated sugar
1/2 cup wheat starch
2 + 1/2 cups water
Grated rind of a lemon
1/3 cup pounded hazelnut

- # Wash the peach and the pear and then grate them. Wash the apricots and the plums also, and then place them onto a colander and mash them to get their puree.
- # Put water into a small pot, add the puree and the sugar into the water.
- # Place it over medium heat, when the mixture turns to hot add the mixture of starch and some water in it little by little, by stirring the mixture in the pot constantly.
- # Cook the mixture until it turns to transparent and reaches to the consistency of milk pudding by stirring constantly.
- # Add the pounded walnut and the grated rind of lemon into the mixture after turning the heat off, and mix it well.
- # Pour the mixture into 4 bowls. Rest it for a while to turn it to tepid and then place it into the refrigerator.
- # Serve it about 4-5 hours later.

Note: Unripe fruits are not used for preparing jelly.