



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

Milk Pudding with Apricots

Kayısılı Muhallebi



2.20 pounds ripe apricots
2 cups milk
1 + 1/2 cups granulated sugar
3 tbsp rice flour
1/2 tbsp wheat starch
1 pack vanilla

- # Wash the apricots, remove their seeds, drain them to get the puree.
- # Put the puree into a medium pot, add 1 cup granulated sugar into the pot and mix it.
- # Place the pot over low heat, remove it from the stove when the mixture starts to boil. Rest it at room temperature for 1 hour at least to cool it down.
- # Add cold milk, rice flour, remaining sugar and starch into the tepid mixture of sugar and apricot puree. Mix it before placing it over heat.
- # Place the pot over medium heat. Cook it until it reaches to the consistency of milk pudding by stirring constantly by a beater.
- # Remove the pudding from the stove, add vanilla in it and stir.
- # Pour the hot pudding into 4 bowls.
- # Rest them at room temperature to make them turn to tepid, then place them into the refrigerator. Serve them the day after.

Note: The acidity level of the apricots more than the remaining fruits. Because of that you should boil them with sugar.