



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

Cream Goodies

Kaymak Şekeri



1/2 litre milk (2 + 1/2 cups)
2 + 1/2 cups granulated sugar
1 tbsp castor sugar

- # Put the cold milk and granulated sugar into a pot which is enamel or steel, dissolve the sugar by stirring.
- # Place the pot over medium heat, stir constantly to prevent it boil over.
- # When it starts to boil adjust the heat to very low.
- # Stir the mixture constantly to make it reach to the consistency of milk pudding.
- # By this way it will not boil over, it will harden.
- # When you are stirring the mixture you will hear some sounds like crackling. It means that the goodies are cooked.
- # Remove it from the stove and rest it for a while to make it turn to tepid. When the hard goody turns to tepid, stir it by a wooden spoon to turn it to white.
- # Sprinkle the castor sugar all over the bench.
- # Pour the goody all over the castor sugar smoothly with 1/2 inch thickness.
- # When it solidifies, cut it into squares and put them into the sugar bowl.

Note: The cream goodies mixture tries to boil over during the cooking, you should stir it very well to prevent it.