



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

Cezeriye

Cezerye



3 cups finely grated carrots
1 + 1/2 cups granulated sugar
1 cup hazelnut
1/2 cup wheat starch
Grated rind of a lemon
1 cup coconut

- # Grate the carrots finely, put them into a steel pot, add 1 tbsp water on it and cover the lid on.
- # Cook them over low heat until they start to soften.
- # Add sugar on it, keep it over low heat until it softens.
- # Add wheat starch in it before removing it from the stove, uncover the lid and cook it until it hardens.
- # Add grated lemon rind and pounded hazelnut in it finally, and remove it from the stove.
- # Wet a small baking tray, drain its water, and then pour the mixture into the tray with 1 inch thickness, force on it to flatten, place it into the refrigerator.
- # Refrigerate it overnight, then cut it into matchbox sized pieces.
- # Cover the cezeriye pieces with coconut.
- # Put them into the sugar bowl and then place it into the refrigerator. Remove it from the refrigerator just before serving them.

Note: Cezeriye is prepared by edible beef gelatine instead of wheat starch originally. But too many kinds of unhealthy gelatines are sold as edible beef gelatine, so using wheat starch is more logical.