



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

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## Sesame Goodies

Susam Őekeri



1/2 cup granulated sugar  
1/3 cup sesame  
Some vegetable oil for greasing

- # Put the sugar into a small milk pot which is not aluminium. Add 1 tbsp water into the pot.
- # Shake the pot over low heat to melt the sugar and turn it to caramel.
- # Add sesame in it before the caramel solidifies.
- # When the sesames turns to hot and the mixture starts to boil, remove the pot from the stove.
- # Pour the mixture onto the marble bench which is greased by a odourless oil, or put some pieces on the greased bench by a spoon.
- # When they cool down, place the goodies into a sugar bowl. If you poured the mixture on the bench at once, break it at first, and then place into the sugar bowl.

**Note:** If the mixture solidifies while pouring it onto the bench, place the pot over heat to melt it again.