



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

Kalburabasti with Cocoa

Kakaolu Kalburabasti



1 egg
1/2 pack butter
1 cup yogurt
1 cup rice flour
1/2 cup sunflower oil
4 tbsp cocoa
1 pack vanilla
1 pack baking powder
1/4 tsp salt
Flour, as much as the mixture gets in

For Filling:
1 + 1/2 cups walnut

For Syrup:
4 cups granulated sugar
4 cups water
Juice of half lemon

- # Prepare the dough at first. Pour the melted, and then cooled down butter into a deep bowl. Add egg, yogurt, sunflower oil and cocoa on it. Whisk it by a fork or a beater, until the mixture smoothens totally.
- # Add rice flour, vanilla, baking powder on it. And add flour into the mixture little y little, until the dough reaches to the right consistency, it must not stick to your hands at the right consistency. Knead the mixture constantly, during the flour addition. Knead it for a while more, then cover and rest it for half an hour.
- # Meanwhile, prepare the syrup. Put the sugar and the water into a pot. When this mixture reaches to the boiling temperature, turn the heat to medium. 5 minutes later, add lemon juice in it. Boil it for 5 more minutes and remove it from the stove.
- # Pick pieces, which are smaller than walnuts, from the rested dough and shape as balls. Then, place them onto a colander or grater. Roll out each of the dough balls over the grater into the size of saucer, by your fingertips.
- # Slice the walnuts finely and put some pieces of walnut onto the middle of the rolled out dough pieces, as a string. Then roll the dough pieces as bars. Then place them onto the baking tray, by getting the folded sides of the bars stay downside, with some spaces between each of the bars. (Do not grease the tray, before placing the dough pieces on it.)
- # Preheat the oven to 392 F, while shaping the dough bars. After preparing all of the bars, place the tray into the hot oven. Cook them for about 20-25 minutes.
- # Rest the cooked dough pieces for 2 minutes at room temperature, after removing them from the oven. Then, pour cold syrup all over.
- # When the dough pieces soak the syrup, serve them.

Note: It is very important to place the tray into the preheated hot oven, to prevent the dough pieces from laying over the tray during the cooking.