



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

Hanim Gobegi

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3 tbsp butter
3 + 1/2 cups flour
1 tbsp granulated sugar
3 eggs
1/4 tsp salt

For Frying:
2 cups vegetable oil

For Syrup:
2 cups granulated sugar
2 cups water
1 tbsp lemon juice

- # Firstly, prepare the syrup. Boil the mixture of the water and sugar. When it reaches to a low consistency, add lemon juice in it. Boil the mixture for a while more. Then, remove it from the stove and let it cool down.
- # Put 1 + 1/2 cups water into a pot, add butter in it and boil this mixture.
- # When the butter melts, add 2 + 1/2 cups sifted flour into the mixture. Add granulated sugar and salt also.
- # Cook the dough over low heat by stirring it constantly. Then remove it from the stove and cool it down. Then break the eggs into the mixture respectively, by kneading the mixture after each egg addition. Then knead it for a while more.
- # Add the remaining 1 cup flour into the mixture little by little while kneading it, to make the mixture reach to the right consistency.
- # Grease your palms, pick half lemon sized pieces from the dough and roll them, then force onto the each of the pieces between your palms to shape them patties. Make a hole in the middle of the patty by your forefinger to shape the patty as ring.
- # Shape all of the dough pieces by this way. Put vegetable oil into a skillet, and when it is cold yet, place the prepared lady's bellies into the skillet, with some spaces between them. Fry them over medium heat with pink color, by shaking the skillet time to time.
- # Put the fried dough pieces into the cold syrup urgently. Cool down the oil in the skillet, for frying the remaining dough pieces. Repeat the same processes, until finishing the process of frying for all of the dough pieces.
- # When the dough pieces soak the syrup, place them onto the service plate.

Note: If you fry the dough pieces in hot oil, inside of the dough pieces can not be cooked properly.