



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

Sobiyet

Şöbiyet



2 eggs
1/3 cup milk
1/3 cup sunflower oil
1 tbsp vinegar
1/4 tsp salt
Flour, as much as the mixture gets in
1 pack butter (8.8 ounces)

For Rolling Out:
1 cup wheat starch

For Filling:
1 + 1/2 cups crushed pistachio

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

- # Break the eggs into the mixing bowl. Add milk, vegetable oil, vinegar and salt on it. Mix it by your fingertips well. Then add flour into the mixture little by little, until the dough reaches to medium consistency, and knead it.
- # Rest the dough for half an hour. Meanwhile, prepare the syrup. Boil the mixture of sugar and water. When it reaches to right consistency, add lemon juice in it. Boil this mixture for about 5-6 minutes more. Then, remove it from the stove and let it cool down.
- # Divide the rested dough into 2 equal pieces at first, then divide each of these pieces into 14 pieces (28 pieces in total). Sprinkle starch over the bench, and then roll out each of these small dough pieces into the size of saucer over this layer. Then sprinkle starch over all of this pieces, and then superpose them.
- # After superposing these layers, force on them by your hands and roll them out by your hands also. Then, roll it out by a rolling pin into the size of baking tray.
- # Slice this dough piece, which has 14 layers, into 2x2 inches squares. Put 1/2 tsp crushed pistachio onto the corner of each piece. Then fold them into triangles. Repeat the same processes for the remaining big dough piece.
- # Melt the butter, without burning it. Grease the medium size baking tray, with some of this melted butter. Place the prepared triangles onto the baking tray, with 1 inch space between each of them, you can superpose them.
- # Pour the remaining butter all over the triangles. Place the tray into the oven, which is preheated to 365 F. Cook it until the upper sides of the triangles turn into red.
- # Rest the baked triangles for about 2-3 minutes, after removing them from the oven. Then pour cold syrup all over the baklava.
- # When the baklava soaks the syrup and cools down, serve it.

Note: The small dough pieces, which you get when cutting the circles into squares, may be used instead of noodle while cooking a soup.