



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

Lokma with Holes

Delikli Lokma



2 tsp yeast powder
2 tsp granulated sugar
2 cups warm water
5 cups flour
1/4 tsp salt
4 tbsp olive oil

For the Syrup:
3 cups granulated sugar
3 cups water
1 tbsp lemon juice

For Frying:
3 cups vegetable oil

- # Add 2 tsp yeast and 2 tsp granulated sugar into 1 cup warm water and mix it. Rest it for 10 minutes. Then, Pour this mixture into mixing bowl. Add 1 more cup of warm water on it.
- # Add the sifted flour into this mixture little by little. Meanwhile, add the olive oil and salt into the mixture also. Cover the dough, which has medium consistency. Rest it for about 3 – 4 hours.
- # Prepare the syrup: Boil the mixture of sugar and water, until it reaches to the right consistency. Then add lemon juice in it. Boil the mixture for a few more minutes. Then, let it cool down.
- # Knead the rested dough for a while. If it is necessary, you can add some salt into the dough during the kneading process.
- # Put vegetable oil into the skillet and make it hot over medium heat.
- # Squeeze the dough by one of your hands, and pick walnut sized pieces from this squeezed dough by your other wet hand. Make holes in the middle of this pieces, by your thumbnail. Put these prepared “yeast fritters with holes” into the hot oil. Fry them with pink color.
- # Then, remove them from the oil and place into the cold syrup. After resting them in the cold syrup for about 15- 20 minutes, place them onto the service plate.
- # Serve them cold.

Note: Preparing the dough of the dessert at night and resting it in order to use the day after, makes the taste of the dessert better.
