



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

Milky Thessalonica Dessert

Sütlü Selanik Tatlısı



1/2 pack butter (4.4 ounces)
3 cups flour
1 tbsp castor sugar

For the Milk Pudding:
2 + 1/2 cups milk
3 eggs
3 tbsp wheat starch
1/4 tsp salt

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

- # Put the softened butter, sifted flour and castor sugar into the mixing bowl, and knead this mixture.
- # Place the prepared dough into the greased small baking tray firmly, by forcing on it. Bake it in the oven, which is preheated to 365 F, with pink color.
- # Pour the milk into a pot, add wheat starch and salt in it. Cook it over medium heat by stirring constantly, until it reaches to the consistency of milk pudding.
- # Cool the milk pudding down for a while, after removing it from the stove. Add the eggs, which are whisked in a separate bowl, onto the pudding and mix well.
- # Pour the prepared milk pudding all over the baked dough, which is removed from the oven.
- # Place the tray into the oven again, bake it until the milk pudding start to seem solid.
- # After removing the dessert and cooling it down, prepare the syrup: Boil the mixture of water and granulated sugar, add lemon juice in it and boil for 5 more minutes.
- # Slice the cool dessert and pour hot syrup all over.
- # Rest it for 1 day at least, then serve it.

Note: Milk Thessalonica Dessert is a Rumelian Cuisine recipe.