



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

Sesame Rings

Susamlı Halka



1 tsp yeast powder
1/3 cup sunflower oil
1 tsp granulated sugar
1/2 cup warm water
1/3 cup semolina
1/3 cup coconut
2 or 2+ 1/2 cups flour

For Upper Side:
1/3 cup sesame

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

- # Put the warm water, yeast powder and granulated sugar into a deep bowl and rest this mixture for 10 minutes. Then, add semolina, coconut, sunflower oil and sifted flour into the mixture little by little and knead the dough. (The dough may be a little oily and soft)
- # Cover the dough and rest it for half an hour. Then pick pieces, which are smaller than walnut, from the dough. Shape them as bars, then get the ends of these bars together to shape them as rings.
- # Cover the rings with sesame. Place them onto the greased baking tray.
- # Place the tray into the oven, rest it in the cold oven for 10 minutes. Then, set the heat of the oven to 356 F. Bake them, until their upper sides turn into red.
- # Meanwhile, prepare the syrup: Boil the mixture of water and granulated sugar. When the mixture reaches a thicker consistency, add lemon juice in it. 5 minutes later, remove it from the stove.
- # Pour the hot syrup all over the hot pastries urgently, after removing them from the oven.
- # The pastries soak the syrup very fast. But, it is advised to serve the dessert 2 hour later.

Note: Because of the coconut ingredient, the pastries may lose their shape during the baking, it is normal.