



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

Black Bird Dessert

Karakuş Tatlısı



1 cup yogurt
2 eggs
1 tbsp lemon juice
1/3 cup sunflower oil
1/4 tsp salt
Flour, as much as the mixture gets in

For Rolling Out:
1 cup wheat starch
1 cup flour

For Filling:
2 + 1/2 cups pounded walnut

For Upper Side:
1 pack butter (8.8 ounces)

For the Syrup:
4 cups granulated sugar
3 + 1/2 cups water
Juice of half lemon

Prepare the dough at first. Break the eggs into mixing bowl, add yogurt, sunflower oil, lemon juice and salt on it. Whisk it by a fork or beater, until the mixture smoothens. Add sifted flour into the mixture little by little, while kneading the dough, until the dough reaches to medium-hard consistency.

Cover the dough and rest it for half an hour. Meanwhile, boil the mixture of granulated sugar and water. When the mixture becomes thicker, add lemon juice into the mixture and boil the mixture for 5 more minutes. Remove the pot from the stove and let it cool down.

Divide the rested dough into 16 equal pieces. Roll out each of the pieces over the bench, which is floured with the mixture of flour & starch, as thin as you can. Drop at an amount of 1 tsp pounded walnut by leaving 1 inch spaces between each other till finish the walnut, onto the center of the rolled out dough piece.

Then fold the yufka onto the walnut layer as an accordion, from down to upside. Then, fold it by the same way, but from upside. Shape it as bonbons, by squeezing the yufka and getting the walnuts in the centre.

Slice it into pieces by a knife. To keep the walnut filling in the pastries, force onto the cut sides of the pastries. Place these pastries onto the greased baking tray with some spaces between each other.

After placing all of the pastries onto the baking tray, pour the melted butter all over the pastries. Place the tray into the oven, which is preheated to 392 F.

After baking the pastries by keeping their pink color during the cooking, rest them for 5 minutes to cool down. Pour the cold syrup all over the pastries.

When the dessert soaks the syrup, serve it.

Note: Black Bird Dessert is incident to Adana City. Regional people fries the pastries in hot oil instead of baking.