



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

Newday Dessert

Yenigün Tatlısı



1 bottle of mineral water (20 cl)
1/2 cup sunflower oil
1/4 tsp salt
1 pack baking powder
Flour, as much as the mixture gets in

For Filling:
20 dried apricots
1/3 cup walnut
1 tsp cinnamon

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

For Garnish:
1 tbsp walnut

- # Pour the mineral water into a mixing bowl, add sunflower oil, salt and the baking powder, which is mixed with some flour, on it. Mix it.
- # Add sifted flour into the mixture little by little, while kneading the dough, until it stops to sticking to your hands. (The dough may be elastic, it is normal.)
- # Cover the dough and rest it for about 45 minutes.
- # Meanwhile, prepare the syrup. Boil the mixture of water and granulated sugar, until the mixture becomes thicker. Then, add lemon juice into the mixture and boil it for 5 more minutes. And then, remove the pot from the stove.
- # Dice the dried apricots. Add cinnamon and pounded walnut on it and mix.
- # Pick pieces, which are a little bit smaller than walnuts, from the rested dough. Roll them out over floured bench by your fingertips with 3 inches diameter.
- # Place enough filling mixture onto the halfside of the rolled out dough pieces, then cover the other sides of them onto the filling and close the pastries. (You can get about 40 pastries by this way.)
- # Place the prepared pastries onto the baking tray. Place the tray into the oven, which is preheated to 374 F. Bake them, until they turn into red.
- # After removing the pastries from the oven, rest them for 3 minutes. Then, pour the cold syrup all over the pastries.
- # When the dessert soaks the syrup, sprinkle walnut all over and serve it.

Note: Newday dessert may be prepared by using prunes instead of dried apricots.