



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

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## Semolina Dessert with Banana

Muzlu İrmik Tatlısı



1 liter milk  
9 tbsp sugar  
9 tbsp semolina  
4 tbsp walnut  
For the Medium Layer:  
1 big banan  
1 pack of chocolate (1.4 oz)

- # Pour cold milk into a pot, add sugar and semolina in it. Mix it well, before placing over the stove.
- # Place the pot over medium heat. Cook it by string constantly, until it its consistency becomes thicker.
- # Add pounded big walnut pieces into the pot and mix just before removing the pot from the stove.
- # Wet a proper size glass tray.Pour half of the semolina dessert in it and flatten its surface.
- # Grate chocolate over the dessert and place circle shaped sliced banana slices onto the chocolate layer.
- # Add remaining semolina dessert onto the banana layer by a spoon gently to keep the chocolate and banana layer. Flatten its surface by a wet spoon.
- # Refrigerate it for overnight.
- # Cut into squares to serve and sprinkle cinnamon all over.

**Note:** Other ingredients as raisins, dried apricot, dried mulberry ets may be added also into semolina dessert.