



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

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## Tarator

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Crumbs of old bread's 2 slices  
1 cup white walnut  
3 cloves of garlic  
1 lemon  
5 tbsp olive oil  
1 tbsp sesame oil  
5-6 stems parsley  
1 tsp cumin  
1/2 tsp salt

- # Pour lemon juice, sesame oil and olive oil onto the bread crumbs. Mix it by a fork until the crumbs lose their shape.
- # Then, add thinly pounded walnut, pounded garlic, cumin, thinly chopped parsley and salt in it.
- # Mix it until it reaches honey consistency.
- # Spread it over bread slices and serve.

**Note:** Adding sesame and parsley into Tarator is optional.