



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

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## Kiwi Jelly

Kivili Pelte



4 ripe kiwis  
1 + 1/2 cup sugar  
4 tbsp wheat starch  
1 pack vanilla  
4 cups water

- # Peel the kiwis. Cut each of them into 2 pieces, then dice as thin as you can.
- # Pour cold water into a pot and add sugar and starch in it. Stir the mixture until the ingredients dissolve totally.
- # Place the pot over medium heat. Add the kiwis into the mixture when it turns into hot and before reaches the boiling temperature.
- # Cook it by stirring constantly, until the mixture turns into transparent and have a thicker consistency. Finally add vanilla into the mixture.
- # Divide the mixture into 6 bowls. When they cool down, place them into the refrigerator.
- # After refrigerating them for about 2-3 hours, you may garnish and serve them.

Note: The homeland of kiwi is East Asia. Kiwi includes A and C vitamins. It is also rich in potassium, calcium, magnesium and iron.