



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

Rose Pudding with Banana

Muzlu Gullaç



8 gullac leaves

For Filling:
4 bananas
1/2 cup castor sugar

For the Syrup:
5 cups milk
2 + 1/2 cups granulated sugar

For Upper Side:
1/6 cup pounded walnut

- # Pour the milk into a pot and add sugar in it. Heat it over medium heat, without boiling it.
- # Peel the bananas, add castor sugar onto the bananas, mash them to turn into puree.
- # Place the first gullac leaf into a tray. Pour some of hot milky syrup all over it.
- # Then fold the softened gullac leaf as two layers.
- # Place enough puree of banana onto the long side of the folded gullac leaf. Roll it at first, then turn it around itself to shape as rose.
- # Prepare all of the gullac leaves by this way. (If the milky syrup cools down, you can heat it.)
- # Place the prepared gullac roses onto a tray. Pour the remaining milky syrup all over them.
- # After refrigerating them for 2 hours, garnish them with almond and serve.

Note: Banana darkens in a short time. It is not advised to use lemon juice to keep its color, because the lemon effects the taste of the dessert.