



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

Sugar Coated Apples

Elma Şekeri



Sugar Coated Apples (Elma Şekeri)

4 Golden or Starking apples
4 nobet candies
2 – 3 drops of lemon juice

- # Wash the apples, dry them. Cut their stems off.
- # Dig 6 – 8 inches wooden sticks into the apples firmly.
- # Put the nobet candies into a small pot by breaking them into a few pieces.
- # Place the pot over very low heat. When the candies melt, drip the lemon juice into the melted candies, and remove the pot from the stove immediately.
- # Dip the apples into the melted candies, turn them in it to cover the apples with melted candy totally. Put the apples onto a flat place and rest them for a while.
- # When the candies around the apples solidify, melt the remaining nobet candy, and dip the apples in it.
- # Repeat this process until the apples seem as candies.
- # Serve them when they solidify totally at room temperature.

Note: You must not boil the nobet candies for a long time, because they turn to bitter. You can keep it over heat just for a short time to melt them.