



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

Frigo Ice

Frigobuz



1 cup milk
1 cup water
5 tbsp granulated sugar
1 + 1/2 tbsp wheat starch
1 tbsp cocoa
1 pack vanilla (0.17 ounces)

- # Put the starch, cocoa, granulated sugar into the pot, and mix them in the pot.
- # Add the cold milk and water into the mixture by stirring constantly.
- # After smoothening the mixture, place it over medium heat.
- # Boil it by stirring constantly, until it reaches to a consistency which is a little bit lower than milk pudding.
- # Remove it from the stove, add vanilla in it, and stir it.
- # Pour the hot mixture into the icebox smoothly.
- # When it turns to tepid (room temperature), place it into the freezer.
- # The day after, remove it from the stove and remove the cubes from the ice box.
- # Pack them with aluminium foil pieces.
- # Rest them in the freezer, until serving it.

Note: Frigo ice is a kind of ice cream which was the favourite at the movie houses in the last decades.