



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

---

## Balls

Beze



2 egg whites  
1/2 cup granulated sugar

- # Put the egg whites into a deep bowl, and add granulated sugar in it.
- # Blend it until the mixture turns to bubbles. (You can see bubble traces on the blender.)
- # Lay aluminum foil or grease-proof paper onto the baking tray, grease it a little. Fill the mixture into a cream pump, then pour walnut sized mixture pieces with 1 inch spaces between them. (You can use spoon instead of cream pump.)
- # Bake the cookies in the oven with 176 – 194 F, by keeping the white color of the cookies, without opening the door of the oven, until the cookies turn to hard.
- # Cool the cookies down in the oven, and serve them with tea or some other drinks.

Note: If you can not remove the yolks of the eggs totally, you can't get smooth bubbles.