



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

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## Apple Yeast

Elma Maya



Half matchbox sized yeast  
1/3 cup vegetable oil  
1/3 cup warm milk  
1/3 cup warm water  
1/3 cup granulated sugar  
Grated rind of a lemon  
1 egg  
Enough flour

For Filling;  
4 apples medium size  
1 cup raisin  
4 tbsp granulated sugar  
2 tsp cinnamon

For Upper Side;  
Castor sugar

- # Put the yeast, warm water, warm milk, granulated sugar and the egg into a deep bowl and whisk it until the sugar dissolves.
- # When the sugar dissolves totally add the grated rind of lemon, vegetable oil and yogurt in it, and add flour little by little while kneading the dough. Make the dough reach medium consistency.
- # Cover the dough and rest it for one and half hour at least, because the measure of the sugar in the dough is high.
- # Divide the rested dough into 2 pieces at the end of the resting time.
- # Roll out the both of the pieces into the size of baking tray. Cut the circle shaped edges of the rolled out dough pieces to shape it as square.
- # Place the cut circle shaped pieces onto the squares smoothly, and then place the half of the filling mixture; diced apples, granulated sugar, cinnamon and raisins onto the square shaped dough piece and lay the mixture to whole surface.
- # Shape it firmly as a roll, but do not squeeze it to much while shaping. Cut the roll into the pieces which have the width of thumbnail, and then place these pieces onto the greased baking tray.
- # Prepare the remaining square shaped dough piece by the same way.
- # Place the tray into the cool oven, and set up it to 356 F. Bake them until they turn to pink.
- # You can serve by sprinkling castor sugar all over the hot buns just after removing them from the oven.

**Note:** You must peel the apples just before shaping the dough pieces as roll, because the apples keep their juice at that case.