



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

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## Eclair

Alman Pastası



### For Bagel:

Warm water, a few less than 1 cup  
1 + 1/2 tbsp granulated sugar  
Yeast, half matchbox size  
1/4 tsp salt  
7 tbsp vegetable oil  
Enough flour

### For median cream:

2 cup milk  
2/3 cup flour  
1/2 pack vanilla

### For upper cream:

1 + 1/2 cup of water  
7 tbsp granulated sugar  
4 tsp flour  
2 + 1/2 tsp cocoa  
1/2 pack vanilla

- # Put water in a bowl, add yeast and sugar, mix, and wait for 10 minutes. Add flour, oil, salt and make dough. Rest the dough in a closed and warm place.
- # Pick walnut sized pieces from the dough, roll on your palm, make a hole in it by your finger tip for making it bagel. And put on the greased oven tray. Wait 1 hour.
- # Bake until they turn red in 175 C (F 347) oven.
- # In meantime for preparing the medium cream; put milk in a pot, add sugar, mix. Put on the stove. Cook until it gets a high density.
- # Take from the stove, mix vanilla in it, and wait for cooling down.
- # Crosscut the baked bagels. Spread the cream on it and close the other part on cream.
- # For upper cream; mix water, sugar, flour, cocoa. Then cook until it gets a soft temper.
- # Spread the cream on bagels.

**Note:** You can use jam instead of upper cream, and sprinkle pistachio on it.