



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

---

## Nip Cimcik



1 egg  
3/4 cup water  
1 tsp salt  
Flour  
7 ounces ground meat  
3 tbsp vegetable oil  
1 tsp salt

- # Put the egg, milk and salt into big bowl, and get thick dough by adding flour little by little.
- # Cover the dough and rest for 20 minutes, and then cut into 3 pieces.
- # Flour each piece and roll on into the size of oven tray. Cut the rolled dough into 3x3 cm. sized pieces.
- # Shape the each piece as bow ties by the help of your finger tips.
- # Repeat this action until the whole dough finishes.
- # Let the macaronis dry for 30 minutes.
- # Fill a big pot with water and add some salt, then boil.
- # Put the macaronis into the boiling water, remove the macaronis from the boiling water for about 5-10 minutes later, and wash with cold water for a while.
- # Fry the ground meat with some oil in a pan. When the water evaporates, add salt, remove from the stove.
- # Put the macaronis into the pot, add the fried ground meat and cook over low heat for 5 minutes. Serve hot.

**Note:** This recipe is called "Nip/Cimcik" because of the nips while shaping the dough as bow ties. Cimcik is an old recipe from the Cayirhan region of Ankara.