



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

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## Babel

Babil



4.4 ounces butter  
4.4 ounces margarine  
2 eggs  
3 cups flour  
1/2 tsp vinegar  
1/2 cup yogurt  
1/2 tsp salt  
2 cups finely pounded walnut

For Syrup;  
2 + 1/2 cups granulated sugar  
3 cups water  
1 tbsp lemon juice

For the memory of Iraqi people who died for their homeland on 2003 USA occupation.

- # At first, boil the water with sugar, when it starts to get consistency add lemon juice in it to prepare the syrup, rest it for cooling down.
- # Break the eggs into a deep bowl, add yogurt, vinegar, salt and add flour little by little by mixing constantly.
- # Knead the mixture to get smooth dough. Cover it and rest for half an hour.
- # Divide the rested dough into 12 pieces and shape each piece into balls.
- # Roll out each piece as thin as you can. Cut the rolled out dough pieces into slits which have matchbox sized width.
- # Superpose 5 of the slits and then cut the slits to shape them as squares. (You will get 5 squares by this way.)
- # Get 5 squares and put 1 tsp walnut onto the middle of the squares. Fold the squares as triangles, and force onto the edges of the triangles. Prepare the remaining 11 dough balls as you did for the first dough ball.
- # Melt the butter with margarine. Grease the tray with this mixture by this way.
- # Put the Babel triangles onto the greased oven tray. Get the corner of the first triangle under the large side of the second triangle while placing them. Place all of the triangles by this way. Greasing the corners of the triangles prevent them stick to each one.
- # After placing all of the triangles, pour the remaining butter mixture all over the them.
- # Place the tray into the oven which is preheated to 374 F.
- # Bake them until their surface turn to red. (For about 20 minutes)
- # Pour the cool syrup all over the hot triangles after removing it from the oven.
- # Rest the dessert for 2 hours at least, then serve.

**Note:** Using wheat starch is advised while rolling the dough out. You should remove the extra starch before shaping them.