



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

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## Rusk

Galetta



Half matchbox sized yeast  
3/4 cup warm water  
7 tbsp vegetable oil  
3 cups flour  
1 tablespoonful granulated sugar  
1 tsp salt

- # Put the warm water, yeast and sugar into a deep bowl, mix until the yeast and the sugar dissolve totally.
- # Add salt and 2 cups flour on it, and knead the mixture.
- # After adding the vegetable oil, add the remaining 1 cup flour and knead the mixture well.
- # Cover the lid and rest the dough for 1 hour.
- # Pick half lemon sized pieces from the rested dough.
- # Shape them on the bench as bars.
- # Place the rusks onto the greased baking tray, and rest them on the tray for 20 minutes.
- # Place the tray into the cold oven, adjust the heat to 374 F, bake them for 40 minutes.
- # Turn off the heat and rest the rusks in the oven for cooling them down.

**Note:** You can spread yolk over the rusk bars and sprinkle sesame or nigella seeds all over before baking them.