



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

Flower Yeast Fritters with Syrup

Çiçek Lokması



1 egg
1 egg yolk
1/3 cup vegetable oil
1 cup yogurt
1 tsp sodium bicarbonate
1 tsp salt
Flour, as much as the mixture gets in

For Filling:
1 egg white

For Frying:
3 cups vegetable oil

For the Syrup:
3 + 1/2 cups granulated sugar
3 + 1/2 cups water
Juice of half lemon

Break the egg into the mixing bowl, add yogurt, yolk and vegetable oil on it. Whisk this mixture well. Mix the sodium bicarbonate with 1 handful flour. Add this mixture into the mixing bowl, and add salt into the bowl also. Add flour into the mixture little by little, until the mixture reaches to low consistency and stops to sticking to your hands.

Cover the dough and rest it for half an hour. Meanwhile, prepare the syrup: Boil the mixture of granulated sugar and water, until this mixture reaches to the right consistency. Add lemon juice into the boiling mixture, turn the heat to low and boil the mixture for 5 more minutes. Let the mixture cool down.

Divide the rested dough into 3 equal pieces. Roll out each piece over floured bench by a rolling pin, with 0.1 inches (3 mm.) thickness. Cut the rolled out dough pieces into circles by a small glass' brim.

Make 4 cuts in each of the circles, but there must not any cuts in the middle of the rolls. Spread yolk onto the middle of the prepared dough pieces. Dislocate the cuts and superpose three of them, force onto the middle finally.

Repeat the same processes, until the dough finishes. Fry the prepared pieces in hot oil with golden yellow color. Place the hot pieces into the cold syrup.

After resting the fried flowers in the syrup for about 15 – 20 minutes, place them onto the service plate in order to serve.

Note: You can use 3 different glasses for cutting the rolled out dough piece, each of them has different diameters for getting a different view for the dessert. When you superpose these three different layers, it seems very nice.