



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

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## Flour Halva

Un Helvası



2 cup flour  
125 gr. butter  
1 cup milk  
1 cup water  
1 + 1/2 cup granulated sugar  
Cinnamon

- # At first, mix water, milk and sugar until sugar dissolve.
- # Put the butter in another pot, melt it, when it melts add flour in it.
- # Mix without stopping until flour and butter turns pink, over medium heat.(about 13 minutes)
- # Roast a few minutes after turning off the stove.
- # Add the prepared water, milk and sugar mixture to the warm buttered flour.
- # Turn on the stove again and mix without stopping over medium heat.
- # When halva stops to sticking to the pot it is ok.
- # Take the pot from the stove and put paper towel between pot and its lid. Rest for 20 minutes.
- # After the 20 minutes put the halva on plates by using a spoon and sprinkle some cinnamon on them.

**Note:** You can add pine kernels and almond also.