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

## Flour Halva <br> 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.

