



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

Nalesnik

Naleřnik (Ponik)



1/3 cup granulated sugar
7 tbsp vegetable oil
Yeast, matchbox size
1 egg
1 cup warm milk
Flour
Jam
3 tbsp castor sugar

- # Add the sugar into the warm milk, and dissolve.
- # Add yeast and let it stand for 10 minutes.
- # Add vegetable oil, flour and egg and get soft dough.
- # Let the dough stand at least an hour.
- # Cut the rested dough into 2 pieces. Roll out the dough pieces to get them small pan sized pieces.
- # Cut the each pieces into 8 triangle style pieces.
- # Place 1 tsp jam on the large side of the pieces and wrap the dough pieces.
- # Place on the greased baking pan. Let it stand for about 20-25 minutes.
- # Preheat the oven to 356 F. Cook for about 30 minutes.
- # After getting out of from the oven sprinkle icing cream while it is hot yet.

Note: Nalesnik is the national bun of Poland.