



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

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## Noah's Pudding

Aşure



1 cup wheat  
1/3 cup white bean  
1/3 cup chickpea  
1/3 cup almond  
1/3 cup walnut  
1/3 cup hazelnut  
8-10 fig, chopped  
1 cup milk  
1 + 1/2 cup granulated sugar  
1 tbsp butter  
1/3 cup mincemeat

# Boil wheat, chickpea, white bean, almond, walnut, hazelnut in different pots. Peel almond, walnut and hazelnut after boiling.

# Put 8 + 1/3 cup of water in a pot, add half of the wheat, white bean and chickpea and cook a little, then add sugar on it.

# Add a little boiled mincemeat and fig, when mincemeat cooked, add almond, hazelnut and walnut and cook a little more.

# Mix the other half of wheat and 1 cup milk by a blender, and add in the pot.

# Cook well all the ingredients by stirring time to time over low heat, but be careful don't let the ingredients lose their shape. When they get cooked add butter and mix. Take from the stove.

# Put the pudding in bowls. Cool down in fridge. Garnish however you want and serve.

**Note:** Some other recipes say that you can add apricots, rice and pomegranate.