



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

Freezing Peaches

Şeftali Buzda



1/2 litre milk
1/3 cup granulated sugar
2 tbsp corn starch
1 egg
2 peaches
1 pinch salt
1 pack vanilla
Grated coconut

- # Mix milk, sugar, starch, 1 egg and salt when they are cold.
- # Cook over the medium heat until it reaches a thicker consistency than pudding.
- # Take from the stove and add vanilla.
- # Let it stand for cooling down, in the meantime dice the peaches.
- # Blend the mixture for about a few minutes.
- # Add the peach cubes when it gets so cold and stir.
- # Moisturize the bowls and fill the mixture into them.
- # Put into the icebox and let it stand for a night.
- # When you want to serve, reverse the bowls on the plates and wait them to # fall themselves. This can take 30-35 minutes.
- # And then you can garnish with coconut or cinnamon.

Note: The ices pieces in the dessert, makes it special.