



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

Tutu with Jelly Dessert

Pelteli Tutu



For Tutu;
3 cups milk
1/3 cup rice
1 cup granulated sugar
Juice of half orange
2 tbsp rice flour
1 orange (grated)

For Jelly Dessert;
1 cup orange juice
1 cup water
8 tbsp granulated sugar
2 tbsp starch

- # Wash the rice, cover it with 1 + 2/3 cups water, cook until all of the water evaporates and the rice softens.
- # Add cold milk, granulated sugar, orange juice, and rice flour into the boiled and cooled rice, mix.
- # Place the mixture over medium heat, boil by stirring constantly, when it reaches to the consistency of milk pudding, add grated orange rid, remove from the stove. Portion the dessert out into the small sups.
- # When the tutu cools down, prepare the jelly; put sugar and starch into a pot, mix them, and then add water and orange juice, mix.
- # Place over medium heat, cook by stirring constantly until the jelly dessert turns colourless.
- # Portion the dessert onto the tutus in the cups.
- # Refrigerate for about 1-2 hours.
- # Serve cold.

Note: You can cook jelly dessert with the juices of the fruits as peaches, apricots also.