



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

White Pudding with Chicken Breast

Tavuk Gs



1 litre milk
1 + 1/2 cup granulated sugar
Half chicken breast
1/2 cup gravy of fatless chicken breast
4 + 1/2 tbsp rice flour
Cinnamon

- # Boil the chicken breast in 3 cup water till it softens completely.
- # Place the boiled chicken breast on the bench, and mash it by rolling it out.
- # Place it into a deep bowl, and add 1 cup cold water on it.
- # Get it from the water to your palm and tease it apart.
- # After teasing it apart drain the water which is added later.
- # Meanwhile, add sugar and rice flour into the milk and mix, then place it over medium heat and cook by stirring constantly until it reaches to the consistency of milk pudding, and then remove it from the stove.
- # Pour the gravy of fatless chicken breast on the drained chicken breast pieces, after mashing it by the help of the back side of a spoon add it into the milk pudding.
- # Blend the mixture for 5 minutes, and fill it into the bowls.
- # Refrigerate and garnish by sprinkling cinnamon all over while serving.

Note: Vanilla is not added into white pudding with chicken breast. Adding it clears off the special taste of chicken.