



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

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## Rose Sherbet

Gül Şerbeti



4 cups odorous rose petals  
3 cups granulated sugar  
4 cups water  
Juice of a lemon

- # Pick the petals of the roses, wash them and drain them.
- # Put the washed rose petals into a pot which is not aluminium, add granulated sugar into the pot, and knead the mixture well.
- # Cover the lid of the pot on, and rest it for 2 days. (Do not uncover the lid during the resting time.)
- # At the end of the resting time, add 4 cups water into the pot. Poach it for a short time.
- # Remove it from the stove, strain it, remove the rose petals from the mixture, and pour the mixture into the pot again over medium heat. When it reaches a low consistency add lemon juice in it, boil it for 5 more minutes, remove it from the stove.
- # Fill the sherbet into the bottle, when it cools down totally. Put 1 tbsp mixture into the glass, and fill the remaining part of the glass with water, and mix it while serving.
- # You can sprinkle cinnamon powder, roasted almond or roasted sesame all over while serving also.

**Note:** You must not harm the rose petals during the washing, and you must not rest them in water too much. Otherwise, rose petals lose their aroma.