



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

Halva With Cheese

Peynir Helvası



8.8 ounces mozzarella cheese, tongue shaped is advised
100 ml. wheat starch
1/4 pack margarine
1 tbsp rice flour
1/3 cup water
1 cup granulated sugar

- # Put the margarine on the skillet, melt it over low heat, when it melts add chopped cheese.
- # In another pot mix the rice flour and starch and then add cold water, stir until it gets smooth.
- # Add this mixture to the melted margarine and cheese mixture by stirring.
- # Cook over low heat until all the ingredients turn a smooth mixture.
- # When it reaches the right consistency pour on a flat plate, cut into squares.
- # Serve hot or warm.

Note: This dessert is in inheritance of Malatya region.