



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

Halva With Pine Kernal And Walnut

Fıstıklı Cevizli Helva



1/2 pack margarine
2cup flour
2 cup granulated sugar
1 cup milk
1 cup water
3 tbsp + 1 tsp pine kernel
6 tbsp + 2 tsp walnut
Cinnamon

- # Melt the margarine on the stove add pine kernels and roast until kernels turn pink. Drain the kernels, add flour to the remaining butter in the pot, roast until the flour turns pink also.
- # Add the roasted kernels and thickly pounded walnuts in it.
- # Roast until the walnuts give their colour to the flour.
- # Mix water, milk, granulated sugar in another pot and add this mixture into the roasted mixture slowly by stirring.
- # Cook over the medium heat, stir constantly. It is ok when the halva starts not stick to the pot.
- # Put a paper between pot and its lid and let it stand.
- # Put into the service plate, sprinkle cinnamon on it.

Note: Walnut darkens the halva because of that this halva also called as "dark halva".