



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

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## Semolina Halva

İrmik Helvası



2 cup semolina  
1 cup sunflower oil  
2 cup milk  
2 cup water  
3 cup granulated sugar  
1/3 cup almond  
Cinnamon

- # Put the oil into a pot, get it red-hot, add the inner skin is peeled almonds.
- # When the almonds turn pink add semolina, stir while roasting.
- # When the semolina starts to turn brown turn of the stove.
- # 5 minutes later turning the stove off add 1 cup milk, stir.
- # Turn on the stove, add the cold syrup which is prepared with 1 cup milk, 2 cup water and 3 cup sugar.
- # Cook until the semolina absorbs the syrup, stir during the cooking time to time, but not too much.
- # When the halva gets dry remove from the stove. Cover with paper towel for steeping the halva.
- # Stir by a fork to get it unsmooth.
- # Place on the plate, sprinkle cinnamon and serve.

**Note:** You must not roast the almonds too much. If you roast too much they darken and get a bad taste while roasting them again with semolina.