



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

Oil Free Semolina Halva

Yaęsz İrmik Helvas



2 cups semolina
4 cups milk
3 cups castor sugar
1 pack vanilla
1/3 cup almond

- # Peel the inner skin of the almonds. Put the almonds and the semolina into the pot, place over the low heat.
- # Roast them by stirring time to time for about 30 minutes.
- # Pour the boiling milk on the colourized mixture of semolina and almond, and turn off the stove and cover the lid.
- # Rest it for 10 minutes with covered lid, wait for it soaks whole of the milk.
- # Uncover at the end of the time, add 2 + 1/2 cups castor sugar and vanilla in it, and mix well.
- # Cover the lid again and rest it for about 5-10 minutes.
- # Place on the service plate, and drizzle the remaining castor sugar on it. Serve.

Note: Oil free semolina dessert is stickier than the semolina halva.