



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

Orphan Halva

Öksüz Helvası



1 cup grape molasses
2 cups flour
2 cups water
2 tbsp butter (1.7 ounces)

For Covering:
1 tbsp castor sugar

- # Put the grape molasses and cold water into a pot which is not aluminium, and mix well.
- # Put 5 tbsp from the mixture aside. Place the pot over medium heat.
- # When the mixture of grape molasses and water starts to boil, add the flour little by little. In the meantime stir the mixture consistently with mashing it.
- # When the mixture gets smooth, add the 5 tbsp mixture which you put aside before over the halva and mix.
- # Pour the halva into a flat plate or a small tray, flatten its upper side.
- # Cut into pieces however you want, pour red-hot butter all over.
- # Sprinkle castor sugar all over the halva, which was rested in the room temperature for 2 hours, just before serving.

Note: You can use carob molasses instead of grape molasses also while cooking Orphan Halva.