



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

Dark Brown Dessert with Pistachios

Fıstıklı Kara Bacı



1 pack butter (8.8 oz)
1 egg
1 cup milk
1 cup pistachio
1/3 cup castor sugar
2 tbsp cacao
1/2 tsp cinnamon
1/2 tsp sodium bicarbonate
1 pinch salt
Flour, as much as the mixture gets in
For the Syrup:
3 + 1/2 cups sugar
3 + 1/2 cups water
Juice of half lemon
For the Upper Side:
45 big whole pistachios

- # Firstly prepare the syrup. Pour water and sugar into a pot. When it reaches to the boiling temperature, add lemon juice and boil for 5 minutes more. Then, remove the pot from the stove.
- # Put melted and cooled down butter into a mixing bowl. Break the egg onto the butter and add milk and castor sugar, whisk the mixture until it turns into homogenous.
- # Add cinnamon, cacao, salt, sodium bicarbonate and knead the dough by adding flour little by little until the dough stops sticking to your hands.
- # Finally, add pounded big pistachio pieces and knead the mixture until the pistachio pieces dissolve in the dough homogeneously.
- # Divide the dough into about 45 pieces. Roll them, then shape as patties.
- # Transfer those dough patties into a greased baking tray. Place pistachios onto the dough patties horizontally and force on them.
- # Place the tray into the oven which is preheated to 355 F. Bake them for about 25 minutes.
- # Pour the cold syrup all over the cooked dough pieces urgently after removing them from the oven.
- # It may be served 2 hours later.

Note: Gum mastic, vanilla or grated lemon rind may be added into the dough of dessert also.