



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

Strawberry Dream

Çilek Rüyası



6 cups milk
1 + 1/2 cups granulated sugar
1/2 cup rice flour
1/6 cup wheat starch
2 packs vanilla
Margarine, walnut size

For the Strawberry Sauce;
2 cups strawberries
5 tbsp granulated sugar

- # Wash the strawberries, blend them to turn them to puree. Put the puree into a small pot, add 5 tbsp granulated sugar in it, boil it for a while over low heat, rest it to cool down.
- # Put the cold milk, 1 + 1/2 cups granulated sugar, rice flour and starch into a separate pot. Mix them at first, then place the pot over medium heat and cook by stirring constantly.
- # When the holes start to seem over the surface, it means that the pudding is cooked. Add vanilla and margarine into the mixture after removing it from the stove and mix it. (Mix it time to time until it cools down). The strawberry sauce cools down at the same time.
- # Add 3 tbsp strawberry sauce into the cool pudding and mix, the colour of the pudding turns to pink by this way.
- # Put 1 tbsp strawberry sauce into a small bowl or a cup at first, add 3 – 4 tbsp milk pudding onto it then. Repeat these actions to fill the cup. Put strawberry sauce on top definitely.
- # Refrigerate the strawberry dream for 2 hours at least, and then serve.

Note: Both of the mixtures must be cool while mixing them, the colour of the dessert does not seem good if they are not.