



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

Pasty Rings Served in Holy Days

Kandil Simidi



1 matchbox sized yeast
1/2 pack margarine (4.4 ounces)
1 tsp granulated sugar
2 eggs
1/3 cup warm water
1/3 cup vegetable oil
1/3 cup yogurt
2 tsp salt
1 tsp mahaleb
Enough flour

For Upper Side;

1 cup sesame
1 tbsp nigella seeds

- # Put the granulated sugar, warm water and yeast into a deep bowl, mix it until the sugar and the yeast dissolve totally via your fingertips.
- # Add yogurt, 1 egg, egg white of the remaining one, mahaleb, salt, vegetable oil and margarine which is softened at room temperature, after mixing them it well add flour little by little while kneading the dough, make the dough reach medium consistency.
- # Cover the dough and rest for 1 hour at least at warm place.
- # Divide the rested dough into 18 equal pieces. Shape each piece as bars with 10 inches length and then get both ends together, place them onto the greased oven tray with some spaces between them.
- # Prepare some of the buns with sesame, and spread yolk and sprinkle nigella seeds all over the remaining ones.
- # Dip the buns which will be prepared with sesame into the mixture of sugar which is dissolved in 1/2 cup water, and then cover them onto the sesame on a flat plate.
- # Rest the buns for half an hour, then place the baking tray into the oven which is preheated to 410 F for a while, and bake them until they turn to red.
- # Serve them fresh.

Note: You can dip the buns into molasses instead of the sugar which is melted in water, and then cover them with sesame.