



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

---

## Apple Rings

Halkalı Elma



3 apples  
1 cup flour  
1 egg  
1/2 cup milk  
1/4 tsp baking powder  
1/4 tsp salt  
1 tbsp vegetable oil  
2 tbsp honey  
Vegetable oil for frying

- # Prepare the dough at first; break the eggs into a deep bowl, add milk, flour, salt baking powder and 1 tbsp vegetable oil into the bowl and blend the mixture.
- # Cover the dough which has a light consistency, and rest it for 20 minutes.
- # Meanwhile prepare the apples. Peel them, remove the seeds and seed beds by holing it. Slice the apple to get rings.
- # You can slice the apples at first and then remove the middle also.
- # Cover the apple rings with the liquid dough. (Be careful to keep the hole of the rings.)
- # Fry the apple slice in the oil which is reheated with pink colour.
- # Rest the apple rings for a while after removing them from the oil to make them tepid. And then spread honey all over and serve.

**Note:** You can spread different kinds of jam to sweeten the apple rings.