



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

Apricot Jelly

Kayısı Peltesi



1.10 pounds ripe apricots
2 cups water
3 tbsp wheat starch
1 cup granulated sugar

- # Wash the apricots, drain their water, remove the seeds. Strain them to get their juicy puree.
- # Put the puree into the pot, add water and sugar in it and mix it.
- # Place the pot over medium heat. Mix the starch with 1/4 cup of water. When the mixture turns to hot, add the starch little by little into the hot mixture. Stir the mixture constantly during the addition.
- # Cook it by stirring constantly until it reaches to the consistency of milk pudding.
- # Pour the hot jelly into 4 bowls.
- # Rest it for a while after removing it from the stove, and then place it onto the lowest layer of the refrigerator.
- # Refrigerate it for 4 hours at least, and then serve.

Note: You must use wheat starch for cooking this jelly. Because the other kinds of starch don't make the jelly as transparent as wheat starch does.