



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

Milk Pudding with Cabana Melon

Kavunlu Muhallebi



4 cups milk
2 cups cabana melon juice
1 cup granulated sugar
1 cup wheat starch

- # Slice the small cabana melon, grate it and drain to get its juice.
- # Put the cold milk, cabana melon juice, sugar and starch into a pot. Mix it until the starch and the sugar dissolves totally.
- # Place the pot over medium heat. Cook by stirring constantly until the holes start to seem over the surface of the mixture.
- # Pour the hot mixture into the bowls. Rest the puddings to turn them to tepid.
- # When they turn to tepid, place them into the refrigerator. Refrigerate them for 2 hours at least. Garnish them with nuts while serving.

Note: The best type of cabana melon for preparing this dessert is "Shemen". Shemens are small, yellow, sweet and smelly.