



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

Milk Pudding with Molasses

Pekmezli Muhallebi



2 cups milk
2 cups water
2 tbsp wheat starch
2 tbsp flour
1/3 granulated sugar
1 pack vanilla
1/6 cup molasses

- # Put the starch, flour and sugar into the pot, and mix them.
- # Add water and milk on it by stirring.
- # Cook it over medium heat by stirring constantly.
- # When it reaches to the right consistency add vanilla in it, and remove the pot from the stove.
- # Wet a small tray, and drain its extra water then.
- # Pour the cooked milk pudding into the tray smoothly.
- # When the milk pudding turns to tepid at room temperature, place it into the refrigerator. Refrigerate it overnight.
- # The day after, dip the knife into the molasses and then cut the milk pudding into the matchbox sized pieces. Dip the knife into the molasses just before cutting each piece.
- # Place the pieces onto the service plate.

Note: You should slice the milk pudding just before serving them. Because the edges which you cut turns to liquid in a very short time.