



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

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## Banana Crème

Muzlu Krem



1 litre milk  
1 cup + 1 tbsp granulated sugar  
4 tbsp rice flour  
2 tbsp wheat starch  
2 medium bananas  
1 tbsp butter

- # Put cold milk, rice flour and starch into the pot and blend the mixture.
- # Cook it over medium heat by stirring constantly until the holes start to seem over the pudding.
- # When it gets close to the right consistency add sugar in it. Cook it by stirring for 5 more minutes with sugar also.
- # Remove the crème from the stove and add butter in it immediately. Blend until the butter melts.
- # When the crème turns to tepid a little, blend it by low spin for about 6 – 7 minutes.
- # Finely slice 1 + 1/2 bananas for garnishing.
- # Add the banana slices into the cool crème. Blend it for a few times, not too much.
- # Pour the banana crème into the bowls.
- # Refrigerate it for 2 hours at least. Slice the remaining half banana and garnish the crème, just before serving it.

**Note:** Because of the juice of the bananas the consistency of crème becomes more juicy than normal.