



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

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## Pear Parfait

Armutlu Parfe



3 cups milk  
1/2 cup wheat starch  
3/4 cup granulated sugar  
1 egg  
1 cup grated pear  
Grated rind of half lemon  
1 pinch salt

- # Put the cold milk, starch, granulated sugar and yolk into a pot which is not aluminium, mix it by a beater before placing it over the heat.
- # Place the pot over medium heat, cook it by stirring constantly, remove it from the stove when it reaches to the consistency of milk pudding.
- # Blend the egg white with 1 pinch salt until it turns to foam.
- # Add the grated pear and grated lemon rind into the tepid pudding, and stir it. Add the mixture of egg white and salt in it finally.
- # Wet 4 small bowls. Pour the parfait into the bowls. Place the bowls into the freezer.
- # Remove it from the freezer after freezing it overnight. Reverse the bowls onto the service plates.
- # Wait for the parfaits fall onto the service plates without doing anything else to fall them. (About 15 – 20 minutes)
- # You can garnish its surface with pounded walnut or coconut before serving.

Note: You can prepare parfait with apple also.