



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

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## Tiltonbak

Tiltonbak



2 cups milk  
1 cup water  
1 cup granulated sugar  
2 + 1/2 tbsp wheat starch  
14 petit beures  
1 cup grated peach  
1 pack vanilla

- # Put cold milk, cold water, granulated sugar, 1 + 1/2 tbsp starch into the pot.
- # After stirring the mixture well, cook it over medium heat by stirring constantly until it boils and reaches to the consistency of milk pudding.
- # Cool the mixture after removing it from the stove by stirring time to time.
- # Add peeled and grated peach on it, and stir.
- # Add remaining 1 tbsp starch onto the peach juice.
- # Place the pot over medium heat again, and cook by stirring. When it reaches to the right consistency, remove it from the stove and add vanilla in it.
- # Fill half of the bowls with the mixture. Wait for about 5 minutes to see the cream all over the mixtures in the bowls.
- # Meanwhile blend or finely pound the petit beurre biscuits.
- # Put enough petit beurre pieces all over the mixtures.
- # Put mixture onto the petit beurre chips again, add pounded biscuit on the top again.
- # Refrigerate the desserts for 3 hours at least.
- # Put peach slices onto the top while serving them.

Note: "Tiltonbak" is the regional name of the peach in Central Anatolia.