



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

Bulbul Yuvasi

Bülbül Yuvası



2 eggs
1 cup milk
1/2 cup vegetable oil
1/2 tsp vinegar
1 chickpea sized lemon salt
1/8 tsp salt
Enough flour

For Stuffing;
8.8 ounces butter
3.5 ounces margarine
2 cups walnut

For Syrup;
3 + 1/2 cups granulated sugar
3 + 1/2 cups water
1 tsp lemon juice

For Rolling Out;
1 cup wheat starch
1 cup flour

- # Put some flour onto a flat place, make a hole in the middle of the flour hill, put egg, milk, vegetable oil, vinegar, pounded lemon salt and salt into the hole, knead the mixture.
- # Add sifted flour into the mixture while kneading it to make the dough reach medium hardness.
- # Ret the dough for 20 minutes, then divide it into 12 equal pieces.
- # Sprinkle starch and flour onto all of the pieces, and roll them out into the size of a circle shaped baking tray, they must be thin.
- # Spread melted mixture of margarine and butter all over the dough pieces, and sprinkle finely pounded walnut all over the greased surface.
- # Roll half of the dough around a thin rolling pin, and roll the remaining half of the dough piece around another thin rolling pin, by this way the thin rolling pins will get together in the middle.
- # Gather the rolled dough piece from ends to middle, then remove the rolling pins.
- # Cut the gathered dough piece into 3 equal pieces, then force onto the both ends of the three pieces to close them, then get the closed ends together to shape each of them as circles.
- # Prepare the remaining 11 dough pieces by this way also. (You will get 36 bulbul nests by this way.)
- # Place the bulbul nests onto the greased baking tray firmly. Pour the remaining melted margarine all over the nests.
- # Place the tray into the oven which is preheated to 374 F for a while. Bake them until their surfaces turn to red.
- # Prepare the syrup just before removing the bulbul nests from the oven. Put the water and the sugar into a pot, boil the mixture over medium heat, turn the heat to low and boil for a while more, then add lemon juice in it, remove it from the stove 5 minutes later.
- # Pour warm syrup all over the cold bulbul nests, rest it for 4 hours at least at room temperature, then serve them.

Note: You should cover a baking tray over the bulbul nests after removing them from the oven to cool them down without drying.