



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

---

## Apple Goodies

Elma Şekerlemesi



4 small apples  
1 cup granulated sugar  
1 cup water  
Juice of half lemon  
Extra 2 tbsp granulated sugar

- # Choose the unripe apples for this recipe. Wash the apples and peel them carefully without cutting their stems off.
- # Tie up 15 inch strings to each of the apple stems. And place them into a pot and boil them with water until they soften.
- # Hang out the apples for drying them for about 1.5 hours.
- # Meanwhile, prepare the syrup. Put 1 cup granulated sugar, 1 cup water (using the water which you boiled the apples in, is advised) into a pot, and boil them until it reaches a low consistency. Add lemon juice in it just 5 minutes earlier than turning the heat off, boil it for 5 more minutes, and turn the heat off.
- # When the syrup turns to tepid, dip the hanged out apples into the syrup and rest them in the syrup for 10 minutes. At the end of resting time, hang out the apples again, rest them at that position for 1.5 hours more.
- # Finally cover the hanged out apples with granulated sugar, hang them out for 10 more minutes again.
- # Then cut off their strings, pack them with aluminium foil and store them at a dry place, and serve them whenever you want.

Note: Apple Goodies is the recipe of Ottoman Cuisine, but it is almost forgotten.