



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

Vanilla Ice Cream

Vanilyalı Dondurma



1 litre milk
2 tbsp salep powder
5/6 cup granulated sugar
1 pack vanilla

- # Put the cold milk, salep powder and sugar into a pot, and mix it.
- # Place the pot over medium heat, cook it by stirring constantly.
- # When it starts to boil, cook it for a while more by stirring.
- # When it reaches to a high consistency and gets a elasticity, it means that it is cooked.
- # Turn off the heat, add vanilla in it and stir well.
- # Pour the ice cream, which you cooled down by stirring constantly, into a plastic bowl and place it into the refrigerator.
- # At the end of 1 hour refrigerating remove it from the freezer and stir to prevent it crystallites and pale it into the freezer again. Repeat this process after each 1 hour freezing for about 5 – 6 hours.
- # When it reaches to the right consistency it is ready to serve. You can store it in the freezer for a long time.
- # You can sprinkle, walnut, pistachio or hazelnut all over for garnishing it while serving.

Note: You can find salep powder in the markets with the name of various brands in the markets easily.