



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

Sour Cherry Ice Cream

Vişneli Dondurma



2 cups milk
1/2 cup granulated sugar
1/2 cup sour cherry
1 tablespoonful sahlelep powder
1/2 tbsp wheat starch
2 tbsp granulated sugar (for sour cherries)

- # Wash the sour cherries, remove their seeds, cut each of them into 7 - 8 pieces. Add 2 tbsp granulated sugar on them, cover it and rest it for 2 hours.
- # Put the cold milk into a pot which is not enamel, add 1/2 cup granulated sugar, sahlelep powder and wheat starch in it.
- # Whisk the mixture well before placing it over the heat.
- # Place the over medium heat. Cook it by stirring constantly, when it starts to boil, turn the heat to low.
- # When it reaches to a elasticity, means cooked.
- # Remove the mixture from the stove. When it cools for a while, add the sour cherries which are rested in sugar into the mixture. Stir the mixture without mashing the sour cherries.
- # When the mixture cools down and reaches to the room heat, put it into a deep bowl. Place it into the freezer.
- # When the mixture crystallizes in the freezer, remove it from the freezer, mix it and then place it into the freezer again.
- # Repeat this mixing process for 3 times with 1.5 hours periods.
- # When the mixture freezes and reaches to soft consistency cover the lid of the bowl.
- # Remove it from the freezer when you want to serve it, put it into the bowls by a spoon or an ice-cream spoon.

Note: If you add the sour cherries into the mixture, when it is hot yet, the sour cherries lose their fresh colour.