



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

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## Gummy Ice Cream

Sakızlı Dondurma



1 litre milk  
5/6 cup granulated sugar  
2 tbsp salep powder  
4 – 5 gum mastics

- # Put 1 tbsp granulated sugar onto the gum mastics, and pound them together.
- # Put the milk into a pot which is not enamel, and poach it for a while.
- # Add the salep powder, granulated sugar and pounded gum mastics into the boiling milk.
- # Place the pot over heat again, and cook it for 10 more minutes by stirring constantly.
- # Stir the mixture constantly by stretching it, to make the mixture reach to right consistency.
- # Remove the pot from the stove, stir it to cool down faster.
- # Pour the tepid mixture into the plastic ice box, and place it into the freezer.
- # Remove it from the freezer 1 hour later, and stir it to make it homogenous, reverse them and place into the freezer again. Repeat this process in every 1 hour.
- # When it reaches to the right consistency, put it into a bowl which has a lid and cover the lid on. Serve it whenever you want.

**Note:** Gummy ice cream is the favourite recipe of Cesme town in Izmir.