



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

Love Knot

Aşk Düğümü



2 eggs
1 egg white
1 cup sunflower oil
1 cup yogurt
1 tbsp mahaleb
1 tbsp vinegar
1 pack baking powder (0.4 ounces)
1/2 tbsp salt
Flour, as much as the dough gets in

For Upper Side:
1 yolk
1 tbsp milk
2 tbsp sesame

- # Put 2 eggs, 1 egg white, sunflower oil, yogurt and vinegar into a deep bowl. Whisk all of these ingredients by a fork.
- # Add mahaleb, salt and baking powder in it. Add flour little by little into the mixture, drying the kneading, until the dough stops to sticking to your hands.
- # Cover the dough, which has medium hardness, and rest it for half an hour.
- # Pick walnut sized pieces from the rested dough, roll them as balls at first, then shape them into pencils shaped bars, but thicker than pencil.
- # Make a knot with the ends of the bar, let the ends stay in the edges. If the ends stay long, cut them.
- # Place the prepared cookies onto the greased baking tray with some spaces between them. Spread the mixture of yolk and milk all over the cookies. Sprinkle sesame all over also.
- # Place the tray into the oven, which is preheated to 180 C, and bake them until their surface turns to red.
- # After turning off the heat, cool the cookies down in the oven, without opening the door of it.

Note: The color of the cookies darkens after turning off the heat, because of the heat inside the oven. So, you should turn off the heat before the cookies turn to red totally.