



Bursa Helvasi

Would it be halwa of milk?

you can say no, lets see together :)



History of Milk Halva (Bursa halva)

Although not in the early Turkish Cuisine, it is known that halva has an important place among the desserts in the medium and recent Turkish Cuisine.



The importance given to halva can be seen from the presence of a section called halvahane for making desserts in the palace kitchen in the Ottoman Empire and employing chefs responsible for making desserts under the title of helvacıbaşı.





Today, milk halva made only in Bursa has become the most preferred dessert in artisan restaurants due to its low cost. The milk halva, which is consumed at lunch time in Bursa's food culture, is consumed in all restaurants after 14.00 and is not made again during the day.



ingredients;

- milk
- flour
- butter
- granulated sugar
- egg yolk
- salt
- watermelon/pumpkin (if you prefer)
- banana
- walnut

How to make Bursa halva (milk halva)

Put the granulated sugar in a saucepan and add 1 cup of milk on top and put it on the stove. Keep on the stove until the sugar melts. As soon as the sugar melts, add 4 cups of milk from the stove. Add the egg yolks and whisk.



Put the butter in a non-stick pan, melt it and put the pinch of salt on top and roast it until it smells of flour and applied to yellowing. Pour the sugar milk mixture over the roasted flour and mix well to avoid lumps. Cook for another 5 minutes, stirring. Then put it in 200 degrees heated oven.



Istanbul/TURKEY

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