

TURKISH DELIGHT



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Treat

2 tablespoon gelatin

1/4 cup water (to soften the gelatin)

2 cups sugar

2 tablespoon Corn starch (Maizena)

200 ml water

1/2 teaspoon Rose water / Lemon Essence

1 drop red or yellow food coloring

Coating:

2 tablespoon icing sugar

2 tablespoon Corn starch (Maizena)

Soak the gelatin in the water to soften. Mix the sugar and starch in pot and add in the 200 ml water. Cook on low heat and stir continuously until the sugar has dissolved. Remove from heat and add in the rose water, colouring and gelatin. Pour into a prepared non stick dish about 14 x 23 cm. Set aside to firm up for about 8 hours, cut into blocks and roll in the icing sugar and starch mix.

For the Lemon flavor just replace the rosewater with lemon essence and coloring with yellow.

Recipe and photo: Doret Nienaber