Beshidiye halva (butter and starch halva)

Whole recipe

Ingredients

227 g	Butter 1¼ glass
227 g	Wheat starch
568 g	Water 2¾ glass
454 g	Sugar 2¾ glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Melt the butter in a pot and take it off the heat.
2. Dissolve the starch in the water and add it to the butter. Melt the sugar in a small amount of water and add that too.
3. Return to the heat and stir constantly. When the mixture turns crumbly, stir a few minutes more, take it off and serve.

Last changed: November 1, 2026
Turabi Efendi, Turkish Cookery Book (1864)
tatname.com/en/tarif/besidiye-helvasi-turabi