Gaziler helva (flour, butter, milk and honey helva)

Whole recipe

Ingredients

1.28 kg	Clarified butter (ghee) 7½ glass
1.92 kg	Wheat flour 18¼ glass
1.28 kg	Milk 6¼ glass
2.57 kg	Honey 9 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 clarified butter and strain it, add the flour and cook over medium heat, stirring constantly.
2. Prepare the milk and honey in the proper manner and keep them ready beside the heat.
3. When the flour is well cooked, add the honey and milk and cover the pot.
4. After a while, lift the lid and stir. When the helva has cooled a little and begins to crumble, transfer it to a tray or a wide plate.

Last changed: November 1, 2026
A. Süheyl Ünver, Tarihte 50 Türk Yemeği (1948)
tatname.com/en/tarif/gaziler-helvasi-unver