Sabuniye halva (butter, sugar and starch)

Whole recipe

Ingredients

454 g	Butter 2¼ glass
454 g	Sugar 2¾ glass
227 g	Wheat starch
568 g	Water 2¾ glass

Allergens

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

Method

1. Dissolve the sugar in a little water. Put the butter in a pot with the sugar syrup and set it on the heat.
2. Whisk the starch with the water into a thin mixture. When the butter bubbles, add it a little at a time, stirring without a break.
3. Taste now and then; the halva is ready once it no longer clings to your teeth. Plate and serve.

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