

NISHOLDA

Nisholda is a national confectionery meal cooked in weddings, festivals, on eid and fest days.

Nisholda — is a white half-liquid product obtained by mixing the pulverized mass from the egg proteins with caramel juice, rosemmary root and etmak solution.

Rosemary roots are boiled in water, washed and cut. Then, it is heated in a stove with a slippery lid. Approximately one third of the pot is filled with rosemary roots. Periodically rosemary roots are also put into the pot.

It emerges after boiling two or three times. Ready solution is put into big wooden basin. Then it is filtered by passing it through 1 mm diameter hole. Under the same conditions, the roots left in the pot are boiled again for 6–7 hours. Secondary solution is put to the vessel, whose inner side is covered with ceramics. After the second and the third boiling, the solutions' concentration decreases.

After boiling for the third time the rosemary roots are cooled in cold water and taken away. The solution taken by boiling for the second, third and fourth times are less powerfull. The ready substance which has been filtered is wrapped with *lingup*.

In order to prepare caramel juice water is poured to the pot and mixed with sugar

(300 gr water to 1 kg sugar), then citric acid (2/3 out of total amount) is added and boiled under +112 C. Ready juice is sieved and cooled until 55–60 C.

Frothed egg mass is prepared by whipping for 20–25 minutes. While whipping rosemary roots jelatine is added periodically and it is continued until stable, soft, foam mass is formed. Then caramel juice is added to the foamlike mass and vanillin and acis is added while whipping. Whipping is continued until it gets soft smooth form for about 10 more minutes.

