

Turkish Mihlama

Learn to make authentic Turkish Mihlama, a creamy cornmeal and cheese dish from the Black Sea region. Perfect for breakfast or afternoon tea.

5 min

PREP

10 min

COOK

15 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Turkish Mihlama

Ingredients

- 1 tbsp corn flour
- 2 tsp butter
- 3 cup kashari cheese
- 1 tsp water
- 1 tsp salt

Instructions

- 1 Toast the cornmeal**

Heat a heavy-bottomed saucepan over medium heat (175°C/350°F). Add 1 tablespoon butter and let it melt completely. Add 1 tablespoon cornmeal and stir constantly until it becomes fragrant and lightly golden, about 2-3 minutes.
- 2 Add 3 cups grated cheese to the toasted cornmeal.** Stir continuously until the cheese begins to melt and combine with the cornmeal, about 1-2 minutes.
- 3 Add liquid gradually**

Pour 3 cups warm water very slowly into the cheese mixture while stirring constantly in a figure-8 motion. Add the water gradually over 2-3 minutes to prevent lumps from forming.
- 4 Continue stirring the mixture constantly over medium heat until it thickens to a creamy, porridge-like consistency that coats the back of a spoon, about 5-7 minutes.** The mixture should be smooth and stretchy.
- 5 Prepare butter finish**

In a small pan, melt 2 teaspoons butter over low heat until it turns light golden and fragrant, about 1-2 minutes.
- 6 Season the mihlama with 1 teaspoon salt and stir to combine.** Taste and adjust seasoning as needed.
- 7 Remove the mihlama from heat immediately when it reaches the proper consistency.** Transfer to serving bowls, drizzle the golden butter over the top, and serve hot while still creamy.

Tips

Toast the cornmeal until it becomes fragrant and slightly golden - this develops a nutty flavor that's essential to authentic Mhlama.

Use room temperature cheese when possible, as it melts more evenly and prevents the mixture from seizing up.

Add liquid gradually while stirring constantly to prevent lumps from forming in your cornmeal base.

Keep the heat at medium-low throughout cooking to prevent the bottom from burning while achieving the perfect creamy consistency.

Stir in a figure-8 motion continuously - this helps develop the characteristic stretchy, elastic texture that makes Mhlama special.

If your Mhlama becomes too thick, add warm water or milk one tablespoon at a time until you reach the desired consistency.

Serve immediately while hot for the best texture and flavor - Mhlama is meant to be enjoyed fresh from the pan.

Clean your pan immediately after serving with hot water while it's still warm to prevent the cheese mixture from hardening and sticking.