



THE MINISTRY OF HEALTH
General Directorate of Primary Health Care
Primary Health Care Department of Nutrition and Physical Activity

TURKISH CUISINE

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PREFACE

The Turkish cuisine which was developed centuries with the effect of various civilizations in Anatolia and enriched not only by the palace cuisine culture, is now taken place within the most famous world cuisines with its rich meal varieties, techniques for food preparation, storage and cooking, dinner table style, service style, traditional beliefs and eating habits.

The Turkish cuisine is not only presenting various tastes by using the most different materials and flavorings together in different ways but also has the property of encouraging healthy nutrition by gathering the different food groups together and giving the meals high nutritional value and texture as well.

The book that in your hand is the one which was prepared by carefully selecting the meals from the thousands of meals of delicious and healthy Turkish cuisine. I really thank the all professors and academicians who has an effort in the preparation of this book and I hope this book will be helpful for the presentation of Turkish cuisine to the whole world.

Dr. Seraceddin OM
General Director of Primary Health
Care Department

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GENERAL CHARACTERISTICS OF TURKISH CUISINE

WITH RESPECT TO NUTRITION AND HEALTH

A person who is not bed ridden does not necessarily mean that he is in good health. A person who has developed his natural talents both physically and mentally at a maximum level; who is active socially and economically; and who lives in harmony with his environment and environmental factors into account is considered to be in good health.

The way a person nourishes himself affects his health either positively or negatively. Poor nutrition is the consequence of inadequate food intake or the body's inefficient usage of the nutrients. It is why balanced diets are fundamental during every stage of life. However, healthy nutrition should be supported by some environmental factors such as sanitation, hygienic habits, medical knowledge and care etc. in order to provide good health.

Consumption pattern of an individual been formed by the culture of the society he lives in and by the availability of foods around him rather than his nutritional needs. In primitive societies, man had to feed himself with what was available as food, suitable or unsuitable. In time, with the teachings of religious beliefs, through his observations and convictions, he found out that some foods had bad effects on his health. So he excluded consuming these foods. Meanwhile the food varieties were increased, food production and processing methods were developed. With these, the consumption patterns of societies started to change gradually. Developments in food science and technology, methods of food analysis, health sciences helped to increase the knowledge about nutrients, their roles in the body, the reasons why the lack of one or more nutrients in some forms of foods. These findings helped man to protect himself from the consequences of nutritional deficiencies. Availability of food has a significant influence on food consumption patterns. It has been proven from the data of nutritional sciences and related fields that adequate and balanced diets were fundamental for good health and well-being. Agreeable corrections have been made according to these data. Health problems which originated from malnutrition have been solved to some extent in developed countries. However, obesity and/or excessive consumption of processed foods remain to exist as serious health problems in these countries. On the other hand, inadequate and unbalanced diets in developing countries hinder the productivity of people. Famine is still the most serious nutrition and health problem in some parts of the world because fitness of the body requires good nutrition. It is important to provide people with correct information about health and nutrition. In developed countries people are informed about and directed toward "Food consumption standards" or "Food guides for proper nutrition". Information includes importance of breast feeding, protection of body's weight and height proportion for a life-long period, distribution of daily foods evenly between meals, decreasing the daily intake of total lipid, cholesterol, saturated fats, sugar and alcohol while increasing the intake of cereals and cereal products, poliunsaturated fats and oils. In such countries, strict control systems have been developed for food processing and production in order to prevent any microbiologic or toxic contamination of foods.

Good nutrition does not mean to satisfy hunger or to eat excessively. Good nutrition is to provide proper food substances in proper amounts for all age groups. It is especially important for infants to

grow up in good health, for their well-being and for their body maintenance and in order to get them ready for a productive life in the future. None of the single food can provide all these tasks at one time and by itself. Therefore, different kinds of foods must be provided.

For a balanced meal planning "Food Groups" will be a good guide to select a wide choice of foods within the groups. Recommended daily allowances of each group provide an adequate diet. They furnish the basic nutrients necessary for well being. Most of the Turkish dishes are good combinations of well balanced foods and/or ingredients. Dolma and sarma (stuffed and wrapped vegetables) are good examples for these combinations. They include meat or lentil from Meat Group, a suitable vegetable from Vegetable-Fruit Group, rice or bulgur (Boiled and cracked wheat) from Bread-Cereals Group, finally yoghurt, which is served with most of these dishes, from the Milk Group. Meat and vegetable stews are always served with rice or bulgur pilaf. Borek(patty) are mainly made of plain or raised doughs which include egg, milk, yoghurt, oil and flour. Meat, cheese, vegetables with herbs and variable seasonings are used as fillings in borek(patty). Yoghurt-based soups with a variety of cereals and meat and/or legume mixtures are also perfect combinations. Dried legumes are combined with vegetables meat and cereals. In some regions kurut (dried form of yoghurt) is added into dishes. Pilafs are made with meat, chicken, fish and/or variety of vegetables. Pilafs are also good side dishes for dried legumes. They are usually served with ayran (yoghurt with water) or cacik(yoghurt with cucumber). Kebabs are prepared with vegetables and served with pilafs and ayran. It is known that the cholesterol and saturated fat contents of mixed diets are lessened to some extent. Energy furnished by proteins of these diets is between 10-15%. These diets seem to contain enough vitamins and minerals. On the contrary, plain meat dishes mostly provide only protein, B vitamins, zinc and iron. These plain meat diets are inefficient in calcium, vitamin A and ascorbic acid contents, while their cholesterol and saturated fat contents are relatively high. Desserts based mostly on flour, fat and sugar seem empty calorie sources. The most popular and favored dishes of Turkish Cuisine are dried legumes or various vegetables cooked with olive oil, and various kinds of bulgur dishes. They are considered as preventive factors of intestinal diseases and diabetes, also as controlling factors against blood lipids. The excess use of onions and garlic in Turkish dishes is also thought to be very healthy.

Turkish people, who once consumed the foods of their own produce now prefer to buy more refined products from the market. Producing only industrial plants such as cotton or tobacco caused tremendous changes in the lives of these people, and as a result their food preferences were influenced. Migration to the cities also changed their eating habits. They started to use pasta products, rice and sugar instead of home-made noodles, bulgur, dovme(dehusked wheat), chickpeas, yoghurt and molasses. The amount of vegetable consumption has been decreased in rural families who deal with commercial type of agriculture. Since, they are usually from a low-income group, they have limited budget to spend on foods like meat and milk products. So, they mostly consume limited amount of cheap vegetables bought from open-markets and refined cereal products. Use of sugar has been increased because of increased consumption of tea. Due to lack of knowledge about the nutritive values of fresh vegetables and fruits, they are reluctant to grow or buy these kinds of foods. As a result, their diets have changed in a negative way.

WITH RESPECT TO INGREDIENTS

A meal is prepared with various a foods by adding different flavor agents, using different preparation methods. Food varieties of a country depend upon climate, economical resources, agriculture and husbandry, technology, and the distribution, transformation and storing of the foods.

Sheep breeding was one of the most important forms of farm life for the Turks. Wool and skin of sheep were used in making clothing while meat and milk were consumed as foods. Today this form of life is still the most economical way of living in the east, south, southeast and central regions of Anatolia. Therefore, meat, articularly lamb is almost the basic component of Turkish Cuisine. On the other hand, farmers who deal with animal husbandry are inclined toward selling their animals in order to satisfy the needs of increasing number of consumers as a result of industrialization and urbanization. The mechanization in agriculture also caused a decrease in the number of pastures and, therefore, in animal husbandry. Consequently, farmers started to consume less meat in their diets. According to the food consumption surveys covering the whole nation, meat consumption level per capita is 90 g. in big cities while it is only 10 g. in poor villages. Dishes based on using large amounts of meat varieties are limited to only economically high income groups or used only during the

Feast of Sacrifice

Cereals are the basic foods in the diets of Turkish people from the very beginning. Rye cultivated in the mountainous areas although wheat is the major cereal cultivated and consumed today. In Turkey consumption level of wheat is 148 kg. per capita a year and 52% of the daily expenditure of energy comes from cereal products. Wheat is consumed as flour generally, which is mostly used in bread making. Bread is the main food item in the diets of Turkish people. During summer months combinations of bread and tomato, bread and cheese, bread and fruits are consumed as midday meals by a large number of rural people in the villages. Yufka(thin dough) bread sprinkled with water, softened and filled with cheese, hard boiled eggs or tomato slices and rolled in a jelly roll fashion, is a sort of sandwich. This is called diirttm and it is taken to the field and orchards to be consumed while working.

Wheat flour is the basic ingredient of borek, manti (wheat dough stuffed with mince beef and cooked), katmer(flaky pastry), cörek(cookie), pide (Turkish pizza)and gozleme(savory pancake). Wheat flour is also used in soup making as thickening agent. A combination of wheat flour and semolina is the main ingredient of helvas(halvah). Baklava (Sweet flaky pastry), a popular Turkish pastry is made of layers of tissue-thin dough sheets of wheat flour. It is filled with crushed nuts. Wheat is used in to produce bulgur, which is indispensable in the diets of Turkish people. It is mostly used in soups, pilaf, dolma and sarma . Smaller grains of bulgur is called diigii or simit (ring-shaped bread covered with sesame seeds), It is combined with ground meat and seasonings, and used in kofte(meat ball) varieties in the South, the East, the Southeast and the Central Anatolia specialities. Millet and corn are being used widely in the Black Sea Area. Corn flour is the main ingredient of soups and breads in this region. Cracked millet is used in soups and pilaf making. Fresh corn is farboiled, shelled, dried and stored to

be used in soups and pilafs in winter months. Rice consumption has been increasing parallel to urbanizing. Using rice is considered as a sign of a higher standard of living because bulgur is produced and preferred mostly in rural areas. Yoghurt is the most preferred form of milk. It has a wide variety of uses. It is used in soups, in borek, cörek bread doughes, used in salads and served with dolmas, sarmas and vegetable dishes as an accompaniment. Vegetables, although introduced into Turkish Cuisine at a relatively later period, are widely used in Turkish dishes today. The most common way of preparing vegetable dishes is to combine vegetable with meat chunks or ground meat. Plain vegetable dishes are cooked in olive oil. Molasses, honey and sugar are the main sweetening agents of desserts. Juice of any fruit is boiled to thicken to make molasses which contains iron, calcium and potassium as well as energy. It is combined with nuts and tahin which is pressed sesame seeds-similar to liquid peanut butter to form tahin helva(tahini halvah). Sugar is substituted for molasses in large confectioner's shops to make helva. Average consumption levels of main food items used in Turkish dishes can be observed in Table1. It can be observed that, consumption levels of meat, meat alternatives, fats and sugar are higher in cities. Whereas, bread, cereals and yoghurt consumption is higher in rural areas

Table 1. Consumption of main food items in Turkey (per capita/gram/day)

Food	1974			1984		
	Rural	Urban	Total	Rural	Urban	Total
Bread	415	384	402	382	337	360
Other cereals	78	45	91	99	86	93
Dried legumes, seeds	6	13	10	34	38	36
Milk, yogurt	85	62	79	71	67	69
Cheese	20	27	24	22	24	23
Red meat	30	64	49	26	50	38
Poultry	2	4	3	4	4	4
Fish	3	5	3	7	7	7
Egg	9	10	9	12	14	13
Vegetables (including potato)	236	285	343	321	227	245
Fruits	197	232	222	166	180	173
Oils (including olive oil)	16	21	19	22	21	24
Fat (including margarine)	17	22	19	25	23	24
Sugar & sweets	33	39	36	43	41	42

Food energy and consumption of other foods are shown in Table 2. Approximately 15% of food energy comes from proteins, 25% from fats, 60% from carbohydrates. According to these results, it can be said that Turkish people consume adequate and balanced diets. On the other hand, there are differences among the families with respect to the food consumption levels. However, the average consumption indicate that people on the whole are observing the principles of good nutrition in recent years.

Table 2. Consumption levels of food and energy and various nutrients (per capita/day)

Energy and nutrients	1974	1984
Energy-K calorie	291	2281
Protein (g)	68	68
Animal protein(g)	18	20
Carbohydrate (g)	369	364
Fat(g)	62	62
Calcium (mg)	362	410
Iron (mg)	14.6	17.8
Vitamin A (Iu)	3752	4471
Vitamin C (mg)	106	113
Thiamine (mg)	1.82	1.72
Riboflavine (mg)	1.03	1.00
Niacine (mg)	608	16.50

METHODS OF PREPARATION AND COOKING

Turkish Cuisine requires agreeable combinations of various foods and ingredients in different ways. Some require skill, but many of them can be prepared in a simple way.

Vegetables and fruits are generally consumed fresh. A considerable time is required to clean and prepare fresh vegetables and fruits before cooking. Some cereals like rice and dovme (dehused wheat) are always rinsed and drained. Dried legumes are washed and soaked overnight. Since production and consumption level of using frozen foods is very low-limited to a small number of consumers who live in large cities-vegetables and fruits are usually bought fresh. Canned vegetables and fruits are consumed by a limited number of consumers. Dried forms of vegetables and fruits are used in large amounts in rural areas.

Steps in Preparation:

Cutting, slicing or dividing are done according to the preparation method of a particular dish. Meat is used in cubes, chunks, chops or ground forms. If Turkish style meat patties (or burgers) are to be prepared, meat is ground twice, In kebabs or stews it is cut into 1/2-1.0 inch cubes. This form of meat is called kuşbaşı (meat cut in small chucks). Meat with bone is used in vegetable stews or in meat stews. It is cut into pieces of desired sizes. Vegetables are also cut into slices or chunks according to the recipe. Grape leaves are boiled in salted water and rinsed before using. If salted leaves are to be used they must be soaked in luke warm water till salt content dissolves.

Filling for stuffed or wrapped vegetables are prepared with ground meat, rice or bulgur, chopped tomatoes, onions, parsley and seasonings. Some recipes call for chopped fresh dill and mint leaves. Filling for olive oil based dolmas and sarmas are prepared with saute'ed chopped onions, rice and pinenuts in olive oil; partly cooked and seasoned with herbs and spices. Grape or cabbage leaves,

Swiss chard are blanched before wrapping. Shells of eggplants, green peppers, summer squash or zucchini, tomatoes, celery and turnip roots, leeks, onions are stuffed and cooked. If there is no fresh tomatoes at hand diluted tomato paste is always used instead. While preparing meat patties two-three slices of stale bread is soaked and squeezed to dry, then combined with ground meat and other seasonings.

Preparation of Borek Pastry:

Raised or plain dough is used for börek. But for convenience ready made yufka layers are preferred. These dough layers are produced and sold in bakeries. Fillings for börek, gözleme or pide are generally prepared with ground meat or chicken meat and seasonings or cheese and seasonings. Variety of vegetables or legumes are also used as fillings. These filled pastries are usually either baked or deep fried. With an increasing number of health conscious people deep frying method is less popular nowadays, instead people tend to prefer pan-frying or broiling. Another method is to bake or brown these pastries over a hot thin-iron sheet which is called sac(sheet iron). Sometimes börek or other pastries are baked between two hot iron sheets.

Cooking Procedures:

Cooking is done on the range, over wood or charcoal, in oven or tandır (oven made in a hole in the earth), over or between hot thin iron plates. Kebab or köfte is broiled over direct heat-wood or charcoal-or grilled or baked in the oven or in tandir. Nowadays, a variety of electrical home appliances are being used for cooking, baking or broiling.

Musakka (mousakka) is a popular vegetable dish prepared with ground meat. Eggplants, summer squash or zucchini, cauliflower, potatoes, leeks can be used in musakka dishes. Ground meat and chopped onions are browned until water dissolves. Chopped tomatoes or diluted tomato paste is added and seasoned. Sliced, sometimes blanched, or browned or deep fried vegetables are spread in a casserole. Topped with ground meat mixture and tomato slices; they are baked in oven or simmered over range. When around meat is omitted, amount of onion is increased and olive oil is added, the result is olive oil dishes. This is the main point of all olive oil based dishes. The olive oil dishes are always served cold.

Preparation Methods of Turkish Desserts:

In some desserts the dough is rolled out into tissue-thin layers. Each layer is filled with nuts, baked and sweetened with syrup made of sugar. This is how baklava is made. It is always made with sugar based syrup used as sweetener. Fillings can be either walnuts, pistachionuts, clotted cream or unsalted fresh cheese. Other forms of baklava are called şobiyet, sarayburma or bulbul yuvasi. Some desserts are made of batters of various ingredients, shaped and deep fried, dipped into cold syrup. The most popular desserts of this kind are lokma, hanimgobegi, dilberdudağı, tulumba tatisı. There is another well-known pastry called kadayif or künefe which is made of finely shredded sheet dough. Kadayif is broken into small pieces in melted butter or margarine, divided into 2 portions. One half, is pressed in a

baking pan. Filling is spread, then remaining half is spread and pressed; baked and sweetened with syrup. Helva is made of flour, semolina or starch browned in butter or margarine. Nuts, milk or cream, unsalted cheese, sugar are added. Some other form of helva is made with pressed sesame seeds, grape molasses or sugar combined with nuts. This last form of helva is called tahin helva. Rice or rice hour puddings with milk, sugar, nuts and spices are old time favorites. Sütlac., zerde, muhallebi, kazandibi, keşkül or tavukgöğsü are the most popular varieties among milk and rice or rice flour based desserts. One of the oldest and most traditional of all is Aşure or Noah's Pudding. Basic ingredients are cereals, legumes, dried fruits, nuts, sugar and spices. More than fifteen ingredients go into Aşure. The main cereal is always dövme, pounded wheat kernels. Rice is optional. Dried beans, chickpeas, black eyed beans, broad beans are also included. These cereals and legumes are soaked and cooked separately until tender, then combined. Other ingredients are added, simmered, sweetened and seasoned, garnished with nuts and fruits.

Seasonings and Condiments

Spices, herbs and seasonings are the savor of Turkish cuisine. Almost all kinds of herbs and spices are being used in Turkish dishes for better taste, flavor and aroma. They are also used in large amounts or garnishing the dishes.

Onions are one of the basic ingredients of meat and vegetable stews, dolma , sarma and musakka. In olive oil dolma and sarma dishes, onions are used in large quantities. Hot pepper sauce, tomato paste are main condiments in many dishes. Plum paste, pomegranate, sumach and unripened grape syrup are widely used in the southern provinces. Lemon juice is a must in olive oil based cold dishes. Olive oil dishes are always garnished with parsley or dill. Mint leaves, dried or fresh and dill along with parsley are main ingredients of herb origin used in fillings for olive oil dolmas and sarmas. Mint leaves are indispensable in yogurt based soups. Parsley and dill are used in fillings for pastries like borek, pide, çörek and gözleme. Black pepper, red pepper, allspice, cinnamon, ginger, cumin, fennel seeds, fenugreek, cloves are the primary spices among others used in quantities in many ways. Thyme, sweet basil, oregano, savory, saffron, safflower, tarragone are the foremost herbs used next to parsley, mint leaves and fresh dill.

COMPILING AND STANDARDIZATION OF RECIPES

This book contains recipes for dishes compiled by observation, research and personal communication in various regions of Turkey. Published material of various kinds, in Turkish or in other languages, about Turkish Cuisine and Culinary Art or Turkish Foods, were surveyed. Recipes of Turkish dishes published in other languages were examined. Among these recipes, 300 of them were selected by the compiling and testing committee to be tested. Testing was done in the Food Laboratories of the Department of Nutrition and Dietetics of Hacettepe University. During testing, principles of food preparation were observed. Many of the practices which had been stated in compiled recipes that would influence the nutritive value and the quality of food products in a negative way have been corrected. Some of these incorrect practices were as follows.

- Overheating fats and oils
- Over-browning foods in fats and oils
- Excessive use of deep-fat frying
- Excessive use of fats and oils
- Excessive use of sugars in desserts
- Discarding the cooking liquid of vegetables
- Washing vegetables and fruits after cutting or slicing
- Overcooking the vegetables

Recipes were developed on the basis of these corrections. Food products were examined by the members of the committee as panelists. The recipes were standardized on the committee's decision.

Recipe Writing

Recipes were grouped in the book according to the order of serving. Yieldings were given in 6 servings generally. Size of servings were estimated on the basis of "Daily Food Guide". Ingredients were listed in the order used. Approximate cooking times were indicated, but some characteristics of food products were described or specified as "until tender" or "until light golden" since cooking appliances differ from home to home from country to country.

Nutritional information was determined for each serving. Nutritional data was obtained through computer, using the food composition tables of the "Turkish Dietitians' Association". Net weights of foods were taken as a base in determining the nutritional information data. The values were therefore calculated after removing and discarding the unwanted parts of foods. Table 3 gives the mean values of food losses. Nutritional information data includes energy, protein, carbohydrate, fat, vitamin and mineral values as well as cholesterol and sodium contents. 0.4 gram of sodium equals to about 1 gram of salt. Loss of nutrients besides food wastes were taken into consideration. Table 4 shows these losses.

Table 3. Percentage of foods refuses during food preparation

Food	Refuse %	Food	Refuse %
Potatoes (pared)	30	Swiss chard	30
Potatoes (peeled after boiling)	10	Summer squash (cut or sliced)	- 7
Onions	10	Summer squash (shells* for stuffing)	40
Carrots	10	Spinach	ij
Eggplants (pared and sliced)	10	Purslane	25
Eggplants (shells*for stuffing)	50	Cucumbers	10
Green peppers	10	Parsley	50
Tomatoes (sliced)	2	Dill	40
Tomatoes (shells** for stuffing)	32	Qinces (kebab)	10
		Qinces (shells**** for stuffing)	20
Leeks (sliced)	20	Row	10
Leeks (shells* for sutuffing)	25	Chicken	38
Celery roots (pared and cut)	15	Fish	30
Celery roots (shells*** for stuffing)	60	Meat with bone	30
Quince (shells for stuffing)	15		
Turnip roots (shells*** for stuffing)	40		

* Pulp can be used as filing in borek ** Pulp can be used in dishes *** Pulp can be used in vegetable soups **** Pulp can be used in jams and preserves

Table 4. Approximate loss of vitamins during food preparation

Foods	Loss, %			
	Niacin	Ascorbic acid	Vitamin A	Thiamine Riboflavine
Potato	25	20	20	35
Green and yellow vegetables	45	40	40	50
Other veg. And fruits	20	20	20	25
Egg	15	5	—	—
Meat, fish, chicken	25	5	10	—

In recipes practical measurings as well as weights of ingredients are given in metric units. Since sizes and volumes of measuring cups and spoons used in Turkey differ in volumes slightly from the satandard measuring cups of 240 ml or 250 ml, and spoons of 15 ml.,and 5 ml., measuring units are converted into corresponding units of standard cups and spoons. When exact conversion of weights to standard cups and spoons is not possible because of small fractions, the approximate equivalents of measures are given. While measuring the ingredients, the variety, breed, seasonal, regional and geographical differences in foods should be taken into account. Gross weights for some ingredients such as vegetables and fruits are given for convenience in buying. Measuring units of Turkish cups

and spoons are indicated in Table 5 in order to compare with standard measuring units. Weights of some vegetables and fruits are shown in Table 6.

Table 5. Volumes of cups and spoons used in Turkish cuisine

Cup and spoons	Volume (mL)
1 cup	200
1 tea cup	100
1 table spoon	10
1 tea spoon	5

Table 6. Approximate weights of some vegetables and fruits

Vegetable and fruit	Measure in size	Gram (Gross weight)
	Small	40—60
Onion	Medium	60—75
	Large	75—100
Carrot	Medium	80—110
	Medium	60—80
Lemon	Large	80—100
Parsley	Bunch	50—60
Summer squash	Medium	140—170
Potato	Medium	90—110
Eggplant	Medium	160—200
Tomato	Medium	120—140
Green pepper	Medium	10—15
Scallion (green onion)	Medium	20—25
Apple	Medium	160—180
Pear	Medium	125—190
Dried apricot	Medium	5—7
Egg	Medium	50—60
Quince	Medium	200—250
Celery root	Medium	350—400
Leek	Medium	150—200
Cucumber	Medium	110—140
Cabbage	Medium	1000—1250

CEREAL BASED TRADITIONAL FOODS

Dried fermented wheat soup (tarhana)

Tarhana is one of the most widely consumed fermented foods in Turkey and Middle East Countries. It is produced mainly from yoghurt and wheat flour. Although the origin of tarhana is not recorded. It has presumed that this product was brought by Turkish settler to the Middle East, Anatolia, Hungary and Finland as early as 450 A.C.. Investigations have shown that tarhana was used by the Turks while they were living in Central Asia.

Basically tarhana is dried soup that is prepared from lactic acid fermentation, initiated by the presence of yoghurt or sour milk. Usually, it is made at the end of the summer before the sun loses its heat. When milk is plentiful and crops are harvested. Tarhana is often prepared in the home by mixing yoghurt, wheat flour, variety of vegetable and herbs together and allowed fermentation for one to five days. Fermentation usually is carried out by yoghurt bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus* and yeast. Development of *Bacillus subtilis* also indicated. After the fermentation the mixture is dried. It has a characteristic acid salty flavor and yeast aroma. It could be reconstituted by the addition of water or broth to the dried mixture, and served as soup throughout the year. There are two kinds of tarhana in Turkey :

- a) Ege tarhana ; is mixture of wheat flour, yoghurt, tomatoes, red pepper, green pepper, onion, garlic, mint, herbs and spice. The mixture is fermented four or five days, dried, powdered and stored in cloth bags for use during the winter months. This type of preparation is common in the Western part of Turkey, and is also commercially produced.
- b) Goce tarhana; Cracked wheat is simply mixed with yoghurt or buttermilk to a thick consistency. It is stirred and allowed to stand 24 hours for fermentation then it is broken up into small balls and sun-dried. This is especially popular in the Central and Eastern part of Turkey.

The product has good keeping quality, low pH and low water content which make the food unattractive to pathogens and food spoilage organisms. Since tarhana is not hygroscopic, it can be stored in open jars for 2 to 3 years without obvious deterioration. Tarhana is comparatively low in cost and easily prepared. It is readily processed from locally available milk and other ingredient, and is used by a large number of communities for a long period of time (Ozbilgin, 1980).

Tarhana ingredients; a) Yoghurt: Yoghurt is one of the oldest fermented milk products, has been made in warm countries like as Turkey. It is very popular in Europe, Asia and Africa, Azerbaijan especially in those countries bordering the Mediterranean coast, and known by different names. Traditionally yoghurt made from milk has been boiled in open pans, to evaporate part of water, thereby increasing the solids. In some preparations the volume was reduced as much as one-half. The concentrated product was inoculated by a small portion of previous fermented product and kept for fermentation at the existent temperature conditions. Following fermentation, in most Middle East Countries, yoghurt separated into curd and whey straining. This process causes the destruction of heat sensitive nutrients and loss of water-soluble vitamins. Yoghurt is excellent food, high in good quality protein, riboflavin, calcium, phosphorus and potassium.

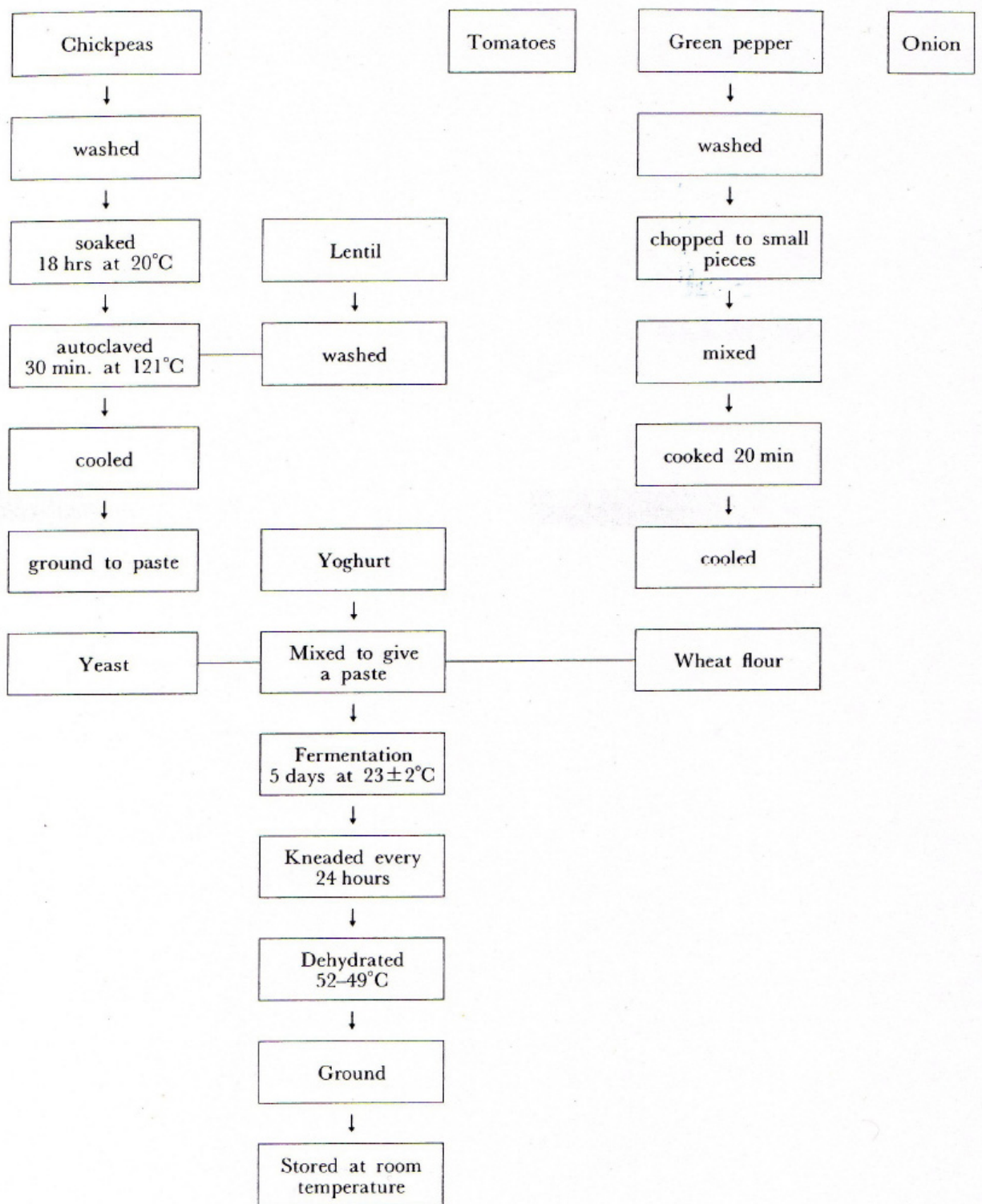


Fig 1. Preparation of Tarhana (Ozbilgin, 1980)



Table 7. Recipe of Tarhana Preparation*

Materials	Amount (g)
Flour	1,000
Yoghurt (from cows milk)	500
Tomato	500
Onions	500
Green pepper	500
Salt	80
Red pepper	30*
Mint	7
Black pepper	5

* In the case of supplementary addition wheat flour is mixed with legume flour in different ratio like as lentils, chickpeas, soybeans etc.

- b) Wheat: Wheat and wheat product are the major food stable group in Turkey, and about half of the total calorie intake of Turkish people is derived from them.
- c) Legume : The family Leguminosea includes more than 13,000 species in about 500 genera that are widely distributed from the tropics to the other regions. With in this large subfamily only 20 species are consumed directly as food in many parts of the world and are important sources of dietary protein in countries where animal protein are scarce and expensive or are not consumed for religious, cultural habit or other reason. Chickpeas (*Cicer arietinum*) and lentils (*Lens esculenta*) are available and highly acceptable in Turkey, thousand metric tons, respectively. Dry legumes have been called the poor man's meat due to relatively high protein

content which varies between 20—30 percent. Preparation of tarhana from different material are illustrated in Fig. 1. Also recipe of tarhana are shown in Table 7.

The chemical composition of tarhana from different material

The chemical composition of some tarhana samples are presented in Table 8. Moisture content of tarhana samples was varied between 3.10 to 9.68%. Moisture content of tarhana is directly related to yoghurt amount incorporated to the mixture. Since its water content (80%) is higher than the wheat flour (12%), chickpeas and lentils (9.6%). A pH range of tarhana samples differ 4.10 to 4.25. Total fat, crude protein, ash, minerals and vitamins content of tarhana samples are also varied considerably to the amount and type of ingredient used in their production. Soybean could be used for improving nutritional components like as protein.

Amino acid profiles of tarhana from different materials

The calculated amino acid profiles of seven tarhana samples from different material presented in Table 3 and Table 4. Also chemical scores and limiting amino acids are given in the same tables. It was on the basis of balance between estimated PERs and chemical scores. In regard to home made tarhana lysine was the most limiting essential amino acid. Increasing amount of yoghurt in the mixture modified the chemical score, increasing it from 43 to 65.

Table 8. Chemical composition of Tarhana samples (Ozbilgin, 1980)¹

	50W	5CP	35CP	70CP	5L	35L	70L	PC	HT
pH	3.85	3.85	4.25	4.40	4.05	4.25	4.65	4.10	4.05
Moisture (%)	9.68	6.26	5.10	3.59	8.04	T.DT	J. 1U	7.26	9.14
Total Fat (%)	1.11	1.52	3.32	5.38	1.20	0.82	0.54	0.63	4.69
Carbohydrate (%)	80.10	79.52	73.35	68.38	80.10	75.22	70.79	66.40	70.53
Ash (%)	2.04	2.02	2.61	3.15					
Minerals (mg/100g)									
Calcium	227.49	176.16	153.63	202.50	163.65	123.54	115.40	125.98	56.54
Iron	3.16	3.06	6.13	9.67	3.39	7.86	9.98	5.45	3.19
Zinc	1.44	1.43	2.51	3.86	1.47	2.56	3.97	0.81	1.51

* 50W : 50% Wheat flour, 5CP: 5% Chickpeas, 35CP : 35% Chickpeas, 70CP : 70% Chickpeas, 5L : 5% Lentils, 35L : 35% Lentils, 70L : 70% Lentils, PC: Commercial tarhana soup, HT: Homemade tarhana

Boiled and cracked wheat (bulgur)

Bulgur is a traditional Turkish alternative food of rice pilaf, contains high amounts of thiamin, riboflavin and niacin. Bulgur production began very early period in Turkey. Generally bulgur is prepared from Triticum durum. Bulgur production flow chart is described in Figure 2 (Ercan, 1986; Anonymous, 1991).

Bulgur production : For bulgur production cleaning is done by tap water for removing stone, straw and some extraneous matters in wheat. In industrial scale aspirator is used for cleaning. Soaking is necessary for gelatinisation of starch. For this aim wheat should get at least 50% water. Soaking temperature is 60— 70°C for 4 to 5 hours. Cooking step is performing due to gelatinisation of wheat at 100°C for 1 to 2 hours. In industrial scale cooking is done at 1.4 kg/cm² pressure at 10 minutes at 100°C. Gelatinised wheat is drying in tunnel or trays up to 10% moisture. This step is taking 4 hours at 60-70°C. Dried wheat is sieving with machine for classification. Classification helps dehulling step.

Dehulling is made with machine or wooden pestle stone in reservoir. At the end of dehulling wheat weight is decreased 7%. During the dehulling step alleuron and endocarp part must be kept in natural. After dehulling wheat is cracked to 1.5 to 2.5 mm length. Bulgur is keeping 20-25°C for at least 1 year.

Chemical composition of boiled and cracked wheat (bulgur)

The chemical composition of bulgur is given in Table 11 with comparison with other cereals.

Bulgur (boiled and cracked wheat) pilaf (bulgur pilavi)

Ingredients : For 8 person

Bulgur (300 gram), water or meat broth (1,200 gram), 2 onion, 2 tomatoes, 3 green pepper, salt, 100 gram butter. Preparation : Wash the bulgur with water. Put the green pepper, chopped onion and butter into the kettle and fry. Add bulgur fry for 15—20 minute. Add tomatoes fry all again 5 minute. Add water or meat broth and cook. Serve with salad or yoghurt with water (ayran).



Beverage made slightly fermented millet (boza)

Boza is made from millet, rice, rye and corn by lactic acid and alcohol fermentation with sugar addition. Boza production is shown in Figure 3.

Table 9. Amino acid composition (g/16 gN) of Tarhana samples* with their Cal. PERs, chemical scores and limiting Amino acids**

Amino Acids	Developed							Commercial Homemade		
	50W	5CP	35CP	70CP	5L	35L	70L	PC	HT	
Aspartic acid	6.23	6.35	8.22	10.32	6.52	8.69	10.69	4.14	4.83	
Threonine	3.36 (84)	3.28 (82)	3.49 (87)	3.76 (94)	3.34 (83)	3.56 (89)	3.81 (95)	2.29 (57)	2.86 (76)	
Serine	4.70	4.64	4.90	5.21	4.71	5.02	5.03	3.50	4.64	
Glutamic Acid	23.70	23.39	20.97	18.74	23.43	20.97	18.75	24.39	25.88	
Proline	8.16	7.80	6.60	5.55	7.84	6.46	5.37	6.90	8.49	
Glycine	3.47	3.43	3.68	3.97	3.47	3.73	3.97	2.46	2.75	
Alanine	3.56	3.52	3.92	4.36	3.58	3.98	4.36	2.69	3.21	
Valine	4.98 (100)	4.83 (97)	4.96 (100)	5.20 (105)	4.91 (99)	5.06 (102)	5.31 (107)	3.37 (68)	4.26 (86)	
Methionine	2.23 (104)	2.18 (102)	2.09 (97)	2.06 (93)	2.17 (102)	1.84 (89)	1.61 (79)	1.50 (90)	1.96 (120)	
Isoleucine	3.92 (98)	3.85 (96)	4.12 (103)	4.45 (111)	3.90 (98)	4.12 (103)	4.36 (109)	2.63 (66)	3.18 (79)	
Leucine	7.83 (111)	7.64 (100)	7.86 (112)	8.25 (117)	7.72 (102)	7.93 (113)	8.22 (117)	5.46 (78)	6.89 (99)	
Tyrosine	4.19	4.05	3.97	3.98	4.10	4.03	4.03	2.70	3.62	
Phenylalanine	4.49 (143)	4.54 (141)	5.06 (149)	5.63 (158)	4.53 (142)	4.83 (146)	5.10 (150)	3.49 (102)	4.29 (130)	
Histidine	2.28	2.26	2.38	2.54	2.41	3.16	3.79	1.69	1.94	
Lysine	5.59 (103)	5.42 (100)	6.12 (113)	6.91 (128)	5.56 (101)	6.42 (118)	7.30 (104)	2.36 (43)	3.53 (65)	
Arginine	3.82	4.14	6.13	8.05	4.15	5.49	7.42	2.89	3.58	
Tryptophan	1.20 (125)	1.14 (111)	1.09 (113)	1.06 (110)	1.14 (119)	1.01 (108)	0.93 (97)	0.64 (67)	0.78 (81)	
Cysteic Acid	1.39	1.42	1.32	1.22	1.43	1.29	1.16	1.68	2.27	
Cal. PER	1.80	1.75	1.98	2.29	1.79	2.03	2.29	0.90	1.47	
Chemical Score (%)	84.0	82.0	87.0	93.0	83.0	89.0	79.0	43.0	111.1	
Limiting A.A.	Thr. Iieu	Thr. Iieu	Thr. Met. Cys	Met & Cys.	Thr. Iieu	Met & Cys.	Met & Cys.	Lys. Thr	Lys. Thr	

* Calculated amino acid composition, ** Abbreviations are same as with Table Thr



Table 10. Amino acid composition (g/16gN) of basic ingredients with their Cal. chemical scores and limiting amino acids (Ozbilgin, 1980)

Amino Acid	Wheat Flour	Chick Peas	Lentil	Yogurt	Yeast
Aspartic Acid	3.15	11.7	12.32	8.36	12.24
Serine	3.77	5.14	5.40	5.36	6.17
Threonine	2.07 (52) ^a	3.53 (83)	3.71 (93)	4.26 (107)	5.89 (147)
Glutamic Acid	78.07	16.46	17.05	20.43	21.43
Proline	7.64	3.63	3.60	8.72	4.05
Glycine	2.65	3.95	4.04	4.01	5.59
Alanine	2.36	4.40	4.49	4.34	7.26
Valine	3.18 (64)	4.69 (95)	5.00 (100)	6.29 (127)	6.66 (134)
methionine	1.56 (99)	1.66 (81)	1.03 (62)	2.83 (110)	2.17 (106)
Isoleucine	2.67 (67)	4.31 (108)	4.26 (107)	4,83 (121)	5.28 (135)
Leucine	5.46 (78)	7.62 (108)	7.81 (111)	9.59 (176)	8.65 (125)
Tyrosine	2.92	3.38	3.59	5.14	4.79
Phenylalanine	4.02 (114)	6.07 (155)	5.32 (146)	4,83 (164)	5.17 (164)
Histidine	1.79	2.50	4.54	2.63	3.03
Lysine	1.82 (33)	6.59 (121)	7.25 (133)	8.53 (153)	9.76 (179)
Arginine	3.10	10.34	9.33	4.26	6.57
Tryptophan	0.75 (78)	0.82 (85)	0.64 (67)	1.44 (160)	1.15 (118)
Cysteic Acid	1.92	1.19	1.14	1.01	1.56
C. Protein (%)	14.19 ³	19.75	22.47	4.59 ¹	34.00
Chem. Score (%)	33.0	81.0	62.0		
Cal. PER	0.74	2.19	2.29	2.60	1.99
Limiting A.A.	Lys. Thr.	Met & Cys. Try	Met & Cys. Pry		

1 : Chemical Scores calculated by using FAO (1973) amino acid pattern as reference pattern.

2 : Values in paranthesis represent chemical scores of essential amino acids.

3: NX5.70 4: NX6.38

Boza and some cereals mash composition is shown in Table 12.

Sesame seed paste (tahin)

Tahin is produced sesame seeds by the production steps of dehulling, roasting and milling. Tahin production is shown in Figure 4. Chemical composition of tahin is given in Table 13. Tahin is good for recovering of cholesterol problem.



Lentils soup (mercimek çorba)

Ingredients: Red lentils (500 gram), meat broth (300 gram), water (300 gram), 3 onions, some wheat flour, powder red pepper, butter.

Preparation: Wash the red lentils with tap water. Put the red lentils and fresh water into big pan and boil it for lentils become mash. Filter from the fine wire sieve for removing pomace part. Put the butter, wheat flour, powder red pepper, chopped onion and fry up to golden color of onion. Add hot water and lentils pure and boil, add meat broth while stirring and cook (Kut, 1995). Optionally carrot, potatoes can be used to soup enrichment during the cooking.

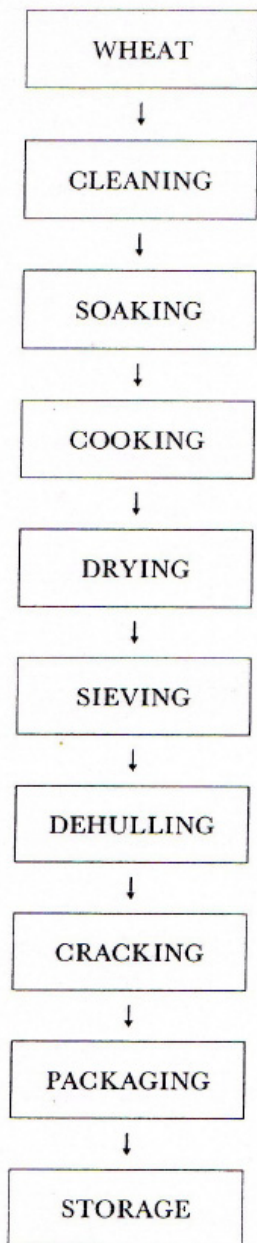
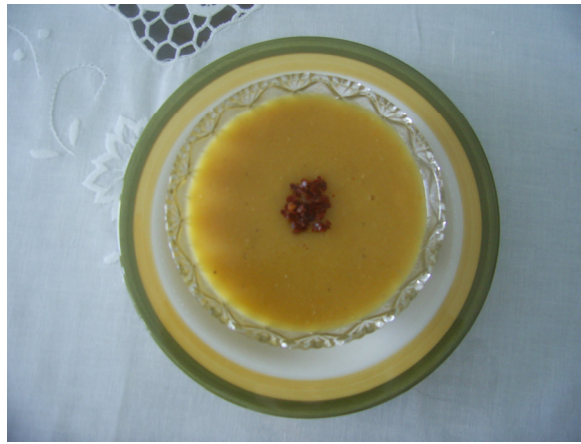


Fig 2. Flow chart of boild and cracked wheat (bulgur) (Ercan, 1986)

Table 11. Chemical composition of bulgur with comparison with other cereals (Ercan, 1986)

Component	Wheat Bulgur	Wheat	Milled Rice	Dehulled Barley	Milled Maize
Energy (kal)	362	335	362	349	355
Protein (g)	8.5	8.4	7.6	8.2	9.2
Lipid (g)	1.2	2.0	0.3	1.0	3.9
Carbohydrate					
Total (g)	78.2	76.4	79.4	78.8	73.7
Fiber (g)	1.2	1.9	0.2	0.5	1.6
Ash (g)	1.3	1.7	0.4	0.9	1.2
Calcium (mg)	64	36	24	14	10
Phosphorus (mg)	267	394	136	189	256
Iron (mg)	28	30	8	20	24
Thiamin (mg)	0.35	0.53	0.07	0.12	0.38
Riboflavin (mg)	0.10	0.12	0.03	0.18	0.11
Niacin (mg)	3.0	5.30	1.60	3.10	2.0

Table 12. Boza and some cereals mash composition (Akman, 1952)

COMPONENT	RAW MATERIALS					
	BULGUR		CORN + WHEAT		MILLET + CORN	
	MASH	BOZA	MASH	BOZA	MASH	BOZA
Dry Matter	14.02	29.93	10.74	25.20	8.71	23.65
Soluble Solid	9.05	26.94	3.99	20.02	2.48	10.36
Unsoluble Solid	4.52	2.99	6.75	5.18	15.59	13.39
Total Sugar	3.05	17.10	0.95	17.10	0.65	11.90
Invert Sugar	0.80	3.18	0.33	6.28	0.30	9.16
Dexrrin	4.14	1.44	0.64	1.02	0.39	0.60
Starch	9.48	—	6.88	—	4.39	—
Protein	1.58	1.66	1.62	1.14	2.10	0.88
Ash	0.04	0.17	0.17	0.12	0.18	0.16
Fiber	0.00	0.00	0.00	0.00	0.08	0.02
Fat	—	—	0.99	0.21	0.38	0.27

Wheat flour halvah (un helvasi)

Ingredients : Wheat flour (500 gram), sugar (600 gram) walnuts (50 gram), margarine (200gram), butter (50 gram) milk or water (500 gram).

Preparation : Fry wheat flour with butter and margarine mixture up to light brown color. Add nuts and continue to fry them. Add 100 gram water and continue to fry with stirring. In another pan : Add 600 gram sugar and remain water or milk (400 gram) and boil for preparing light syrup. Add syrup into the wheat, margarine and butter mixture, mix and cook up to water evaporation. Mix, cool and serve.



Wheat dough stuffed with mince beef and cooked (manti)

Ingredients: for 10 person

Wheat flour (500 gram), milk (200 gram), mince beef (250 gram), 1 egg 1 onion, butter (100 gram), yoghurt (500 gram), black pepper (5-10 gram), garlic, salt, red hot pepper, parsley. Preparation : Mix wheat flour, milk, water, salt and egg. Knead up to having hard dough. Hold in the warm place for 40 minutes. Roll out the dough 2—3 mm thickness. Cut the onion into small piece and parsley and mix with mince beef for filling material. Cut the rolled dough to 3—4 cm length square with knife. Put the mince beef mixture into to middle of the dough and close up from the four tips. Put the oven tray and cook up to dough color change to light brown. Boil water in a big pan and put the precooked dough into the water, cook for 20 minutes. Serve with yoghurt with garlic and dress with melted butter mix red pepper (Kut, 1995).



Table 13. Chemical composition of sesame seeds paste

COMPONENTS	n	VARIATION LIMITS		
		Min.	Max.	Mean
Moisture (%)	11	0.39	1.47	0.86
Ash (%)	11	2.60	3.70	2.96
Crude Protein (%)	11	17.88	24.27	20.30
Fat (%)	11	46.90	58.70	55.27
Crude Fiber (%)	11	3.25	4.70	3.71
NaCl (%)	11	0.22	0.69	; p, 38
N (%)	11	0.17	0.27	0.23
P (%)	11	0.75	1.40	1.11
K (%)	11	0.24	0.53	0.37
Cu (mg/kg)	11	13.55	20.45	17.38
Fe (mg/kg)	11	52.02	80.92	71.80
Mn (mg/kg)	11	14.34	21.90	18.52
Zn (mg/kg)	11	61.95	100.65	78.89

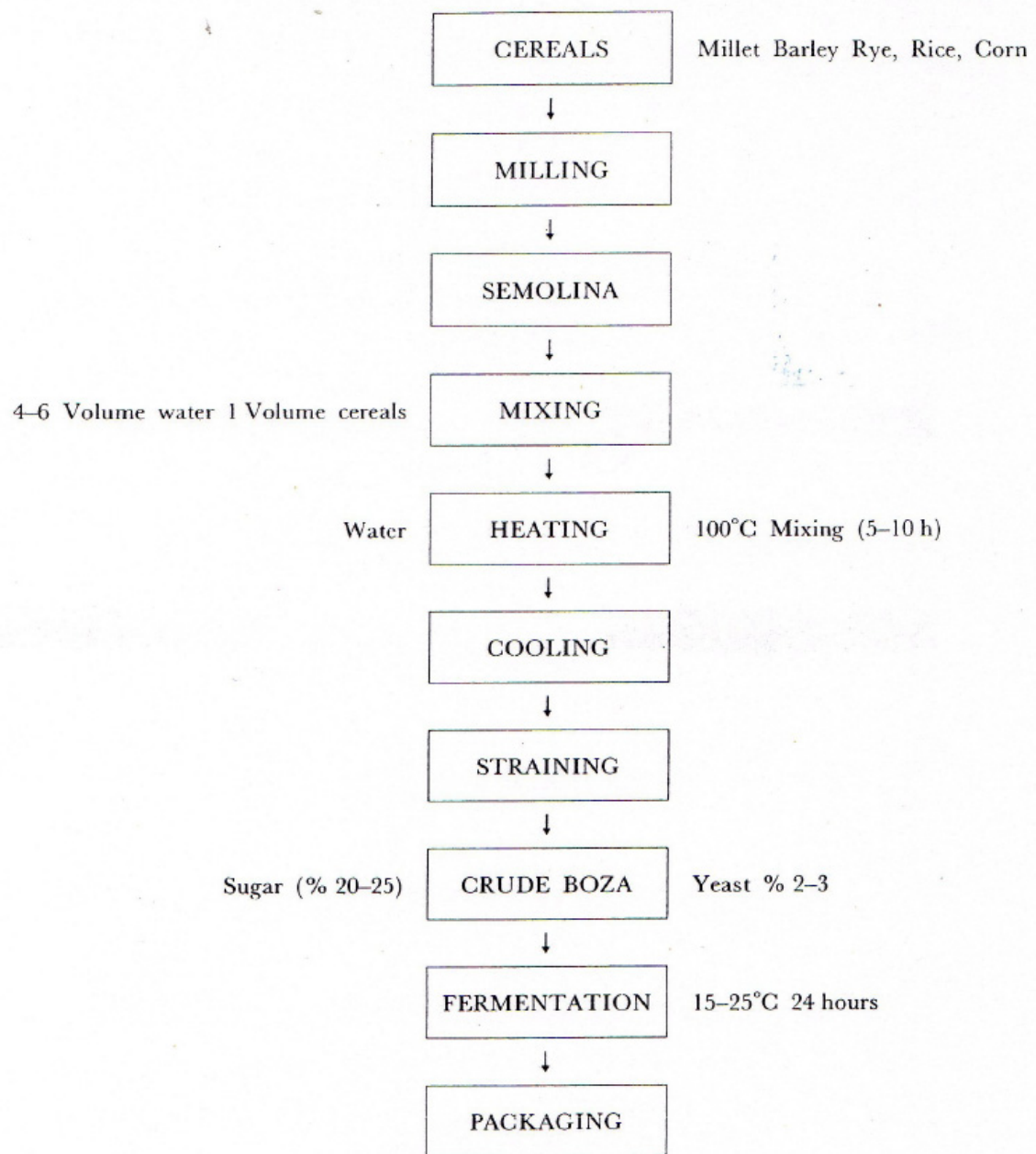


Fig 3. Beverages Made Slightly Fermented Millet (boza)

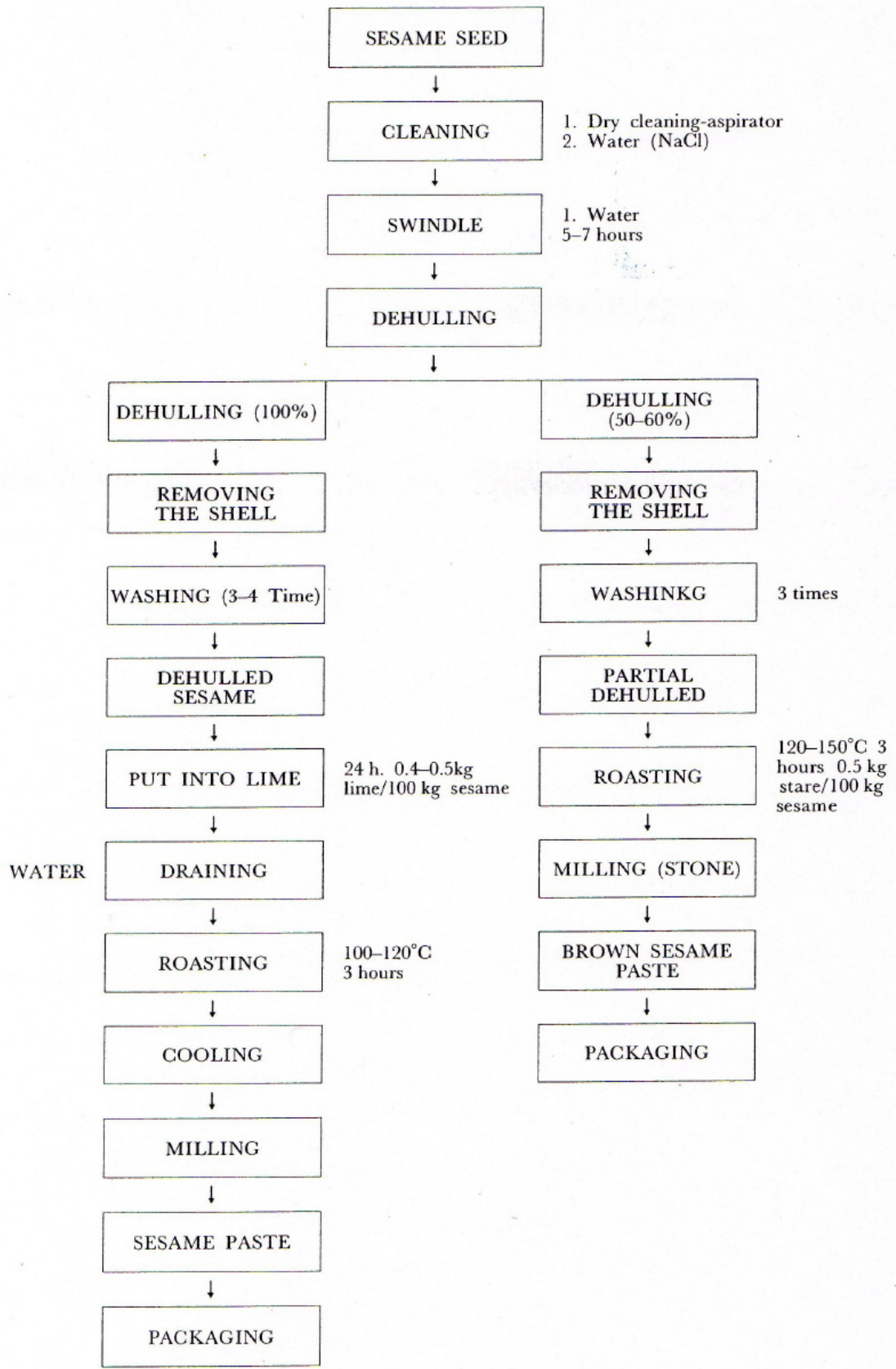


Fig 4. Tahin (sesame seeds paste) production (Anonymus, 1997)

Rice with nuts and lamb liver (iç pilav)

Ingredients : Rice (400 gram), lamb liver (100 gram), water or meat broth (500 gram), salt, butter (150 gram), 2 tomatoes or enough tomato paste, pinenuts (500 gram), currants (10 gram).

Preparation : Wash rice and soak with hot water for 30 minutes.

1. PAN: Add 100 gram butter and chopped tomatoes and fry. Add 500 gram water or meat broth, salt and boil them.
2. PAN : Add 50 gram butter and pinenuts and fry them. Add cut lamb liver and currant and fry. Add 2. pan mixture into 1. pan and add rice and cook for 20 minutes.



Turkish meat pizza (kıymalı pide)

Ingredients : for 4 person

Minced beef or lamb (300 gram), wheat flour (400 gram), water or milk (50 gram), yeast (5 gram), butter (100 gram), salt (4 gram), sugar (3 gram), 2 eggs, 1 onion, 2 tomatoes, tomato paste (15 gram), red pepper, 1 bunch parsley.

Preparation : Put the wheat flour to the bowl, dissolve the yeast and sugar with milk or water. Put them into the flour; add 1 egg, half of melted butter and salt. Knead into a soft dough, cover and keep due to fermentation for 40 minutes. In the separate pan, add minced onion, tomatoes, parsley, red pepper, tomato paste and minced meat knead well for meat filling mixture. Gut the dough into small egg size pieces and give elliptical shape by using rolling pin and by hand. Put the meat filling to the each piece of wheat dough. Fold the edges inwards about 1-2 cm filling should be seen. Break 1 egg top side and cook until they are golden color in the bakery oven. Brush with remain butter and serve with any salad, pickles or yoghurt with water.



Water pastry (su böreği)

Ingredients : for 5 person

Wheat flour (400 gram), water (40 gram), 5 eggs, salt (4 gram), starch (150 gram), butter (200 gram) mashed white Turkish cheese (300 gram), 4 onions, milk (100 gram), 1 bunch of dill and 1 bunch of parsley.

Preparation : Put the wheat flour into the big pan, add 4 eggs, water and salt. Mix and knead well. Divide into 10 pieces. Cover with a wet cloth and keep it for 45 minutes.

For filling ; mix mashed white cheese, minced parsley, 1 egg, milk, minced dill and parsley, knead well. Roll the dough pieces with rolling pin. One of them should be as big as the cooking pan (diameter 25—30 cm). Cover the rolled dough into the buttered cooking pan. Roll the other 9 pieces out. Put 5 them together, sprinkle the starch between each layer. Roll them out together as big as the cooking pan. Repeat the same for the other 4. Boil 5 liters water with salt. Cook the doughs one by one for 2 minutes. Remove them from water without tearing carefully and cool with tap water and drain. Put into the baking pan with melted butter in between. After 5 pieces dough spread the cheese filling. Put the other 5 pieces dough, boiled one by one. Fold the edges of the first one over. Spread remain butter and 1 egg yolk. Cook in the medium hot oven for 75—90 minutes. Serve at once with plate.



Home made noodles (erişte)

Ingredients: Wheat flour (1.5 kg), 8 eggs, water or milk (50 gram), salt (10 gram).

Preparation : Put the wheat flour, salt, eggs and water or milk into a pan and knead very well. The wheat dough should be smooth. Divide wheat dough into four equal parts and keep it 30 minutes for fermentation with covering wet clothes. Roll out each piece into circles by using rolling pin 1.5—2.0 mm thickness. Keep it on the floured wooden board due to drying for 2 hours. Cut into quarter circles and stack one on the top of the other and cut these strips nearly 2—3 cm wide, and then cut the strips widthways into pieces 2—4 cm wide. Dry them on the cloth in a cool place and store them in cloth bags for consuming.



Chickpeas paste (humus)

Ingredients : for 5 person

Chickpeas (400 gram), sesame seed paste (150 gram), olive oil (100 gram), salt, powder red pepper, 6 cloves of garlic, 4 lemon.

Preparation : Soak the chickpeas with tap water for overnight. Cook until they are well tender. Remove the skin and mash. Add sesame seed paste, minced garlic, salt and pepper. Mix well and add olive oil and lemon juice to make a smooth paste. Arrange the plate and serve with toasted bread.



Haricot beans salad (kuru fasulye piyazı)

Ingredients : for 5 person

Haricot beans (300 gram), vinegar (150 gram), 2 big onions, 4 tomatoes, 4 green pepper, black olive, 1 bunch of parsley, 4 hard boiled eggs, salt and olive oil (50 gram).

Preparation : Soak the haricot beans with water for overnight. Remove them and put into boiling water. Cook on medium heat until they are tender. Drain and put the beans in a bowl. Sprinkle with some salt and pour over them 3/4 of vinegar, keep for 3 hours. Cut the onions into lengthwise slices. Put them in a bowl and drain the beans. Add the onions and chopped parsley. Mix well and serve into plate. Cut the green pepper into slices, peel the tomatoes into pieces. Slice hard boiled eggs. Decorate with black olive, olive oil, remain vinegar and salt.



Red mullet beans in olive oil (zeytinyađlı barbunya)

Ingredients : for 4 person

Red mullet (1 kg), 2 big onions, 2 green peppers, 2 big tomatoes, 1 carrot, 6 cloves garlic, olive oil (200 gram), salt (5 gram), sugar (10 gram), 1 bunch of parsley, 1 lemon.

Preparation : Soak the beans for overnight. Drain and wash well. Cook the beans with water for 30 minutes. Remove the water. Heat the olive oil and put the chopped onions. Fry them in golden color. Add chopped and seeded green peppers. Add cubic cut carrot and fry them together. Add chopped tomatoes and small pieces of garlic. And then add beans, salt and sugar. Mix well, put enough water to cover them. Cook on medium heat for 70 minutes. Decorate with minced parsley and lemon slice, serve cool.



Wheat pudding (aşure) (cereal pudding made with sugar, nuts, dried fruits and raisins)

Ingredients: Boiled and dehulled wheat (without cracking) (500 gram), rice (100 gram), haricot beans (150 gram), chickpeas (150 gram), dried apricot (150 gram), dried fig (150 gram), raisins (300 gram), pine nuts (5 gram), currants (75 gram), walnuts (300 gram), hazelnuts (150 gram), starch (50 gram), water (8 kg), sugar (2 kg), 1 pomegranate, cinnamon and peel of 1 orange.

Preparation: Soak the boiled and dehulled wheat, rice, chickpeas and haricot beans separately with water for overnight. Next day drain them. Cook the rice with 2 kg water for 45 minutes. Boil dehulled wheat with remain water 4 hours. Add cooked rice and cook again for an hour. Cook the soaked haricot beans and chickpeas. Add sugar to the wheat and rice mixture. Dissolve starch with water and add into the same mixture. Add prewashed and soaked raisins to the mixture. Cook on the low heat until it thickness. Add cooked haricot beans and chickpeas, currants and dried apricot. Add cut figs pieces to the mixture. Cook for 20 minures. Distribute it out in separate cups, decorate with cinnamon and pomegranate kernel.



Sweet flaky pastry (baklava)

Ingredients : Wheat flour (500 gram), 5 eggs, salt (4 gram), starch (500 gram), butter (200 gram), walnuts (300 gram), pistachio nuts (100 gram), sugar (1.5 kg), 1 lemon juice.

Preparation : Put the wheat flour to the big pan. Add eggs, salt and 50 gram water. Mix and knead for 20 minutes. Cover with wet cloth and keep for 40 minutes for fermentation. Add 15 gram melted butter and knead for 20 minutes. Cut it into 16 equal pieces and sprinkle each one with starch. Roll them one by one by using rolling pin. Make 20 cm circles, spread the starch each one and put them each other. Keep for 25 minutes. Roll them again to make bigger circle. Dough sheets should be transparent. Brush the pan with melted butter. Put the 4 layers of dough, brush each them with butter. Spread the minced walnuts. Repeat this for other 3, 4 layers. Cut through the rectangular or triangular pieces. Cook these pastry for 50 minutes, until golden color.

For syrup preparation; put the sugar, lemon juice, 1 kg water and boil on medium heat for 20 minutes. Remove the pan from the oven and keep for cooling 15 minutes. Brush the cooked flaky pastry with remain melted butter. Pour the syrup slowly, syrup absorption takes time nearly one hour. Decorate top side of pastry with minced pistachio nuts and serve (Kut, 1995).



MEAT BASED TRADITIONAL FOODS

Fermented meat sausage (sucuk)

Turkish type sausage is a raw meat product which is produced from meat, salt some spices, garlic, ascorbic acid, nitrat, nitrit, sugar, GDL and etc. Turkish type sausage production is shown in Figure 5. Turkish type sausage formulation generally calculate for 100 kg raw material. For 100 kg meat additive materials are : 2-3 kg edible salt, 300—500 gram black pepper, 300—500 gram red pepper, 200-400 gram cummin, 200-400 gram allspice, 400-1000 gram garlic, 500 gram ascorbic acid, 100 gram nitrat and nitrit. Sausage recipe contains maximum 3% spices (Sahin et al, 1996). But addition amount of spices are optional.



Dried beef threaded with spice-pastrami (pastirma)

Pastirma is one of the most traditional Turkish food, which has been consumed for centuries in Turkey. It is a raw meat product is salted and covered with cummin. Firstly, it was produced without cummin by Ottomans to supply the need of army for long period since it was a long shelf life. The best season for pastirma production is second half of October and first half of November, called "pastirma summer" due to day time and night temperature which differs 15— 18°C for suitable for pastirma production. For production 1.5 year old cattles are generally used. After slaughtering, the carcass is chilled for rigor mortis period and then it is cut to suitable parts. Twelve to twenty-five different part of cattle are used for pastirma production.

After slaughtering, cutting and trimming are performing, the parts are cut through from various areas in order to provide salt diffusion. One side of parts is salted for 24 hours in a tank. The following day the other side of parts is salted. For this process, coarse salt should be used due to its slow diffusion into the meat parts. In this stage nitrite is added with salt to improve color and prevent microbiological growth. The amount of salt and nitrite used should not exceed 6% and 150 ppm, respectively. The ascorbic acid and/or its salt can also be added with nitrite. After salting, each part is shaken off remove excessive salt and then washed with cold water. After washing, salted parts are hanged for first drying in a cool and windy place. In natural conditions, parts are protected form direct sun light. Duration of this period depend on to thickness of parts, largeness and the number of knife incision.

The meat parts are examined periodically and parts which are dried enough are taken into a closed place. After first drying, the meats parts are laid out on concrete ground and covered with a cotton cloth. A smooth piece of wood is put on the meat bulk. The piece of wood should cover all meat surface. In order to give a shape to meat parts and to remove the water from meat, it is necessary to compress at an average of 15 kg/cm pressure. This stage called "cold compress". It is important to remove free water. After sufficient pressing, meat parts are hanged for drying.



In this stage due to heat the meat parts begin to sweat, warmed meat parts soften. At the end of this stage, the parts are compressed again as soon as possible as in the "cold compress". In this pressing time meat parts gain their typical shape. In the third drying, followed by second compressing, meat are dried to 35—40% moisture content which is necessary for requirements. In final stage, dried meat are covered with cummin. Cummin mix consists of 50% cummin seeds flour, 35% red pepper, 15% garlic and salt. These materials are mixed with water until an adhesive watery paste is obtained. Then the cummin mix is transferred to a cummin tank and dried meat parts are laid down into this mixture for 24 hours. Later, meat parts are removed, excessive cummin is taken out, meats parts are trimmed, and finally they are hanged for drying of the cummin. After sufficient drying, pastirma is transferred to the storage room where the temperature is 8—10°C (Sahin et al, 1996; Candogan, 1996).

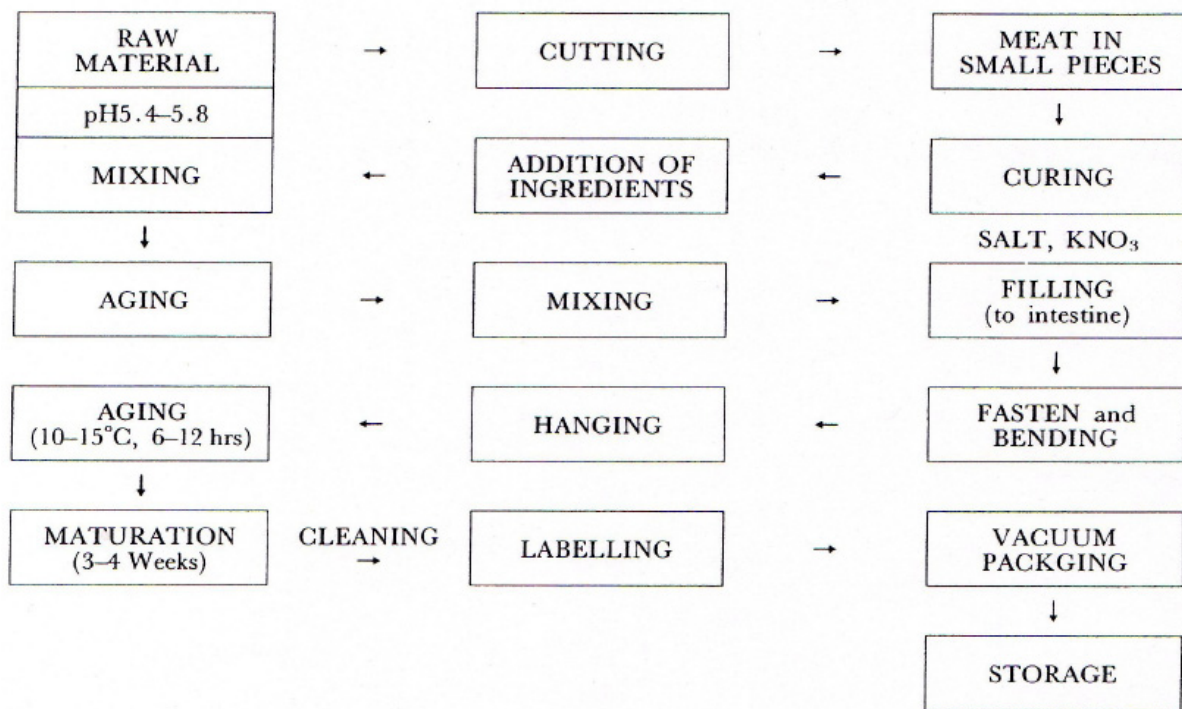


Fig. 5. Turkish type sausage production (Candogan, 1996)

Doner kebab-pressed beef roasted on a vertical skewer (döner kebab)

Ingredients : for 40 person

Beef or lamb (8 kg), 5 onion, 10 gloves of garlic, milk (1 kg), yoghurt (2 kg), enough salt, vegetable oil (1 kg), fat (1 kg), black pepper, tomatoes, green pepper, parsley, Turkish pizza (pide) and butter.

Preparation : Slice beef or lamb for removing neural part and fatty part of meat. Mix meat with onion extract, minced garlic, milk, yoghurt, salt, vegetable oil, black pepper. Keep in the refrigerator for overnight. Hang the meat into revolving vertical skewer with pressing by hand. Put the slice of green pepper every 5 cm. Put the tomatoes and one slice of fat to the top of sliced meat. Cook with coal fire while meat is turning and cut with special knife and serve with Turkish pizza with melted butter in plate (Anonymous, 1996 ; Kut, 1995).



Shish kebap (beef, mutton or lamb cooked with special spit) (şiş kebap)

Ingredients : for 4 person

Lamb, beef or mutton (1 kg), 1 onion, 1 clove of garlic, milk (200 gram),yoghurt (200 gram) enough salt, vegetable oil (100 gram), black pepper,tomatoes, green pepper, lettuce, parsley, Turkish pizza.

Preparation : Cut the meat into 2 cm cubic. Mix meat with onion extract, minced garlic,milk, yoghurt, salt and vegetable oil. Keep in the refrigerator for overnight. Cuthe tomatoes and green pepper nearly meat size and put into the spit. Cook on the preburned coal fire. Serve with on Turkish pizza with slice onion and lettuce.



Mixed special minced beef cooked with special spit (adana kebab)

Ingredients : for 4 person

Beef (700 gram), mutton or lamb (300 gram), fat (150 gram), egg, parsley, red pepper (50 gram), black pepper, onion, Turkish pizza.

Preparation : Make minced meat from meat by using special knife by hand. Make fat also minced by knife. Mix meat, fat, egg, red pepper, black pepper. Knead by hand for 30 minutes for well texture. Keep in the refrigerator for overnight. Put minced meat into spit by using finger. Cook at the preburned coal fire. Serve with Turkish pizza, slice onion and parsley.



Egg coated meat balls ("woman tights") (kadın budu köfte)

Ingredients : for 4 person

Mince beef (600 gram), 2 onion, rice (100 gram), butter (50 gram), 4 eggs, salt (5 gram), black pepper (5 gram), vegetable oil (200 gram).

Preparation : Melt the butter in the pan. Fry the chopped onion. Add rice, some salt and 150 gram water, cover and cook on low heat until the rice is soft and the water is evaporated. Cool the mixture. Put half of meat in a pan, cook it at high temperature up to to juice evaporation. Add the other part of meat and mix well. Add 2 eggs, salt, black pepper and rice with onion. Knead for 5 minutes. Prepare oval shape pieces from the mixture by hand. Heat the vegetable oil. Mix the 2 eggs in a bowl. Dip each pieces the meat balls into eggs and fry on medium heat until golden color both sides.



Lamb casserole (kuzu güveç)

Ingredients : for 5 person

Lamb (750 gram), 10 small onions, 5 tomatoes, 3 green peppers, 3 gloves of garlic, thyme (5 gram), butter (50 gram), salt (5 gram), red pepper (3 gram).

Preparation: Cut the lamb meat into small pieces. Peel the onions, tomatoes, and chop them. Put all the ingredients in a casserole. Pour melted butter to this mixture. Cover and cook in a very low heat or in the oven for 3 hours.



Circassian chicken (çerkez tavuğu)

Ingredients : for 5 person

Chicken (800—1,300 gram), 1 onion, 1 carrot, salt, walnuts (500 gram), 4 slice of dry bread, powder red pepper, 4 gloves garlic, chicken broth (750 gram).

Preparation : Peel whole onion, slice carrot and cleaned chicken, cover with water and cook until tenderness with low heat. After cooling remove the chicken from stock. Remove the skin and bones, tear it into small pieces. Grind the walnuts. Soak the bread in water. Drain the water, crumble and add to the ground walnuts with minced garlic and red pepper. Put the mixture through a food mill and add the chicken broth for having a creamy sauce. Pour half of the sauce on the chicken. Serve to plate and spread the rest of the sauce over. Dress with powder red pepper.



Fried lamb liver (arnavut ciğeri)

Ingredients : for 6 person

Lamb liver (1.5 kg), wheat flour (100 gram), powder red pepper (20 gram), salt, olive oil (150 gram), 4 big onions, 1 bunch parsley, summac.

Preparation : Remove the membrane and veins of the liver. Gut into small cubes. Wash and drain well. Add red pepper. Heat the olive oil in the frying pan. Cover the liver with wheat flour. Fry in very hot olive oil for two minutes. Add salt, serve with slice onions and minced parsley with summac.



Raw meat balls (çiğ köfte)

Ingredients : for 6 person

Lean beef (1 kg, specially cut 5-6-times for raw meat balls), boiled and cracked wheat (bulgur) (1 kg), 3 big onions, 12 gloves garlic, cummin (15 gram), red pepper (25 gram), red hot pepper paste (150 gram), olive oil (25 gram), 1 bunch green onion, 1 bunch parsley, powder red pepper, salt, 1 lemon, 1 big lettuce.

Preparation : Pour 250 gram water over the bulgur and keep it 10 minutes. Mix the meat with other ingredients and leave for 1 hour. Mix the meat with bulgur and knead for 20 minutes, rubbing it against the side of hand. Take the small walnut size pieces of it hand squeezing each one in the palm of hand in irregular shape. Serve with lettuce leaves, and a mixture of chopped green onions and parsley with salt, lemon, and olive oil.



Tripe soup (işkembe çorbası)

Ingredients: Veal tripe or processed ready for cook tripe (750 gram), salt (20 gram), margarine (150 gram), wheat flour (5—10 gram), 2 eggs yolks, 1 lemon, vinegar (25 gram), 5 gloves of garlic, red pepper.

Preparation: Clean tripe well or use processed tripe. Wash it very clean, remove the membrane. Boil tripe with 4 liters of salted water with mild heat for at least 4—5 hours, until tripe becomes tender. Remove the scum after boiling. Remove the tripe from water and cut into thin strips. Put them back into the soup. Take a small saucepan, melt the margarine. Add the wheat flour and fry until slightly brown color. Mixing constantly, slowly add this mixture into the soup. Let simmer for 20 minutes. In

a small bowl, mix the egg yolks with lemon juice. Slowly add some boiling soup to this mixture. Add this sauce to the soup. When soup starts boiling again, stop heating. Serve with vinegar, crushed garlic and melted margarine with red pepper.



Trotters-sheep leg soup (paça)

Ingredients : for 4 person

10 sheep trotters (clean and burned the skin hairs), water (3 liters), 15 cloves of garlic, olive oil (25 gram), salt (5 gram), 8 slice of bread, vegetable oil (100 gram) wheat flour (40 gram), margarine (40 gram), 4 eggs yolk, 2 lemon, butter (15 gram), red pepper.

Preparation : Take the well cleaned trotters in a big pan. Add peeled garlic, olive oil, and salt. Put the water up to covering them. Cook for 7 to 10 hours until trotters tenderness. Remove the scum during the boiling period. Remove the trotters from water. Separate the bones without smashing the meat to small pieces. Heat the vegetable oil in the pan. Fry slice of bread of two sides. Arrange them to flat plate. Put the trotters each slice of bread. Melt the margarine in a small pan. Add the egg yolks, salt, lemon juice and wheat flour and mix well. Cook on very low heat with constant mixing. Pour this sauce to the over the trotters meat. Heat for 5 minutes and serve with red pepper with melted butter.



Fried sheep head (kuzu başı)

Ingredients : for 2 person

1 lamb or sheep head, thyme (3 gram), 1 onion, summac (2 gram), butter (25 gram), salt.

Preparation : Flay the skin of sheep or lamb head, clean inside of nose and mouth. Wash the head and sprinkle salt and cover with butter. Put the oven in the earthen pot. Cook up the head become brown. Remove the bones and break the head and remove brain. Serve with onion and summac mixture and sprinkle with thyme.



MILK BASED TRADITIONAL FOODS

Koumiss (fermented milk based alcoholic beverage) (kımız)

Koumiss is a traditional Turkish alcoholic beverage which produce from fresh mare and defatted cow milk. Now, koumiss is not common, just produced for foreigner. Koumiss produced by milk acid fermentation by using special yeast. During the fermentation milk acid and milk protein change to other components. Pure koumiss yeast contains *Lactobacillus bulgaricus* which produce lactase enzyme and converts milk sugar to glucose and galactose. And then glucose and galactose change into milk acid. Ethyl alcohol fermentation occurs by zymase enzyme. Generally 100 gram milk acid gives 51.5 gram ethyl alcohol and 48 gram CO₂. Chemical composition of koumiss is shown in Table 14.

Other components are acetaldehyde, glycerol, acetic acid and high molecular alcohol. Koumiss production is shown in Figure 6.

Table 14. Chemical composition of koumiss (Yaygin, 1995)

COMPONENT	VARIATION LIMITS		
	Min.	Max.	Mean
Soluble solid (%)	7.38	8.56	8.15
Protein (%)	1.97	2.47	2.19
Fat (%)	1.3	1.8	1.6
Milk sugar (%)	3.38	4.39	3.88
Ash (%)	0.23	0.41	0.34
Ascorbic Acid (mg/kg)	118	139	127
Alcohol (%)	2.20	2.70	2.38
Acidity (SH)	40.8	44.8	42.9



Yoghurt

Turkey yoghurt is well-known all over the world. Yoghurt is prepared from cow, sheep and goat's milk. For yoghurt production; after milk acceptance, fat content is adjusted to 3.5%. After this adjustment pasteurization is performed due to get rid of pathogenic and other microorganisms and destroying natural enzymes for preparing as a favorable environment for the development of *Streptococcus thermophilus* and *Lactobacillus bulgaricus*. After 2—3 hours later yoghurt is occurred with this strains. And then cooling is necessary under 10°C. In country side for long term using of yoghurt; yoghurt is concentrated by removing water in the cloth bag. This yoghurt is called "torba yoghurt" and keep in the refrigerator for using later.



Yoghurt with cucumber (cacık)

Ingredients : for 6 person

Yoghurt (1kg), 3 cucumbers, salt (5 gram), dill (2 gram), dried mint (2 gram), 2 garlic and olive oil (10 gram).

Preparation : Peel the cucumbers and cut them into very small and thin pieces or grate it. Put the yoghurt in a bowl. Beat it well with a mixer, add 300 gram water. Add the salted cucumbers and crushed garlic. Sprinkle with chopped dill and dried mint. Dress with olive oil and serve.



Poached eggs with yoghurt (cılbr)

Ingredients : for 5 person

10 Eggs, salt, 600 gram yoghurt, 2 gloves garlic, 50 gram butter, red pepper.

Preparation : Put the water into small cooking pan up to 3/4 volume. Add salt and boil. Decrease the level of heating. Break each eggs into the boiling water in pan, cook for 10 minutes. Remove them with skimmer. Drain the water well serve to the plate cover with yoghurt contains crushed garlic. Melt the butter, add the red pepper. Pour it over the yoghurt and serve immediately.



Rice pudding (sütlaç)

Ingredients : Milk (1.5 kg), sugar (200 gram), rice (150 gram), rice flour (35 gram), starch"(40 gram), cinnamon.

Preparation : Wash and cook rice in 250 gram water. Put the milk and rice in a pan. Boil and let simmer. Put the rice flour and starch in a bowl. Add 100 gram water slowly while stirring constantly due to having smooth paste. Add this mixture to the boiling milk. Cook for 10 minutes, stirring constantly. Add the sugar and cook until thicknes while stirring. Divide it out into small bowls and cool. Decorate with cinnamon. Optional, bake the bowls in the oven until occurring brown crust on the top, due to egg yolk addittion.



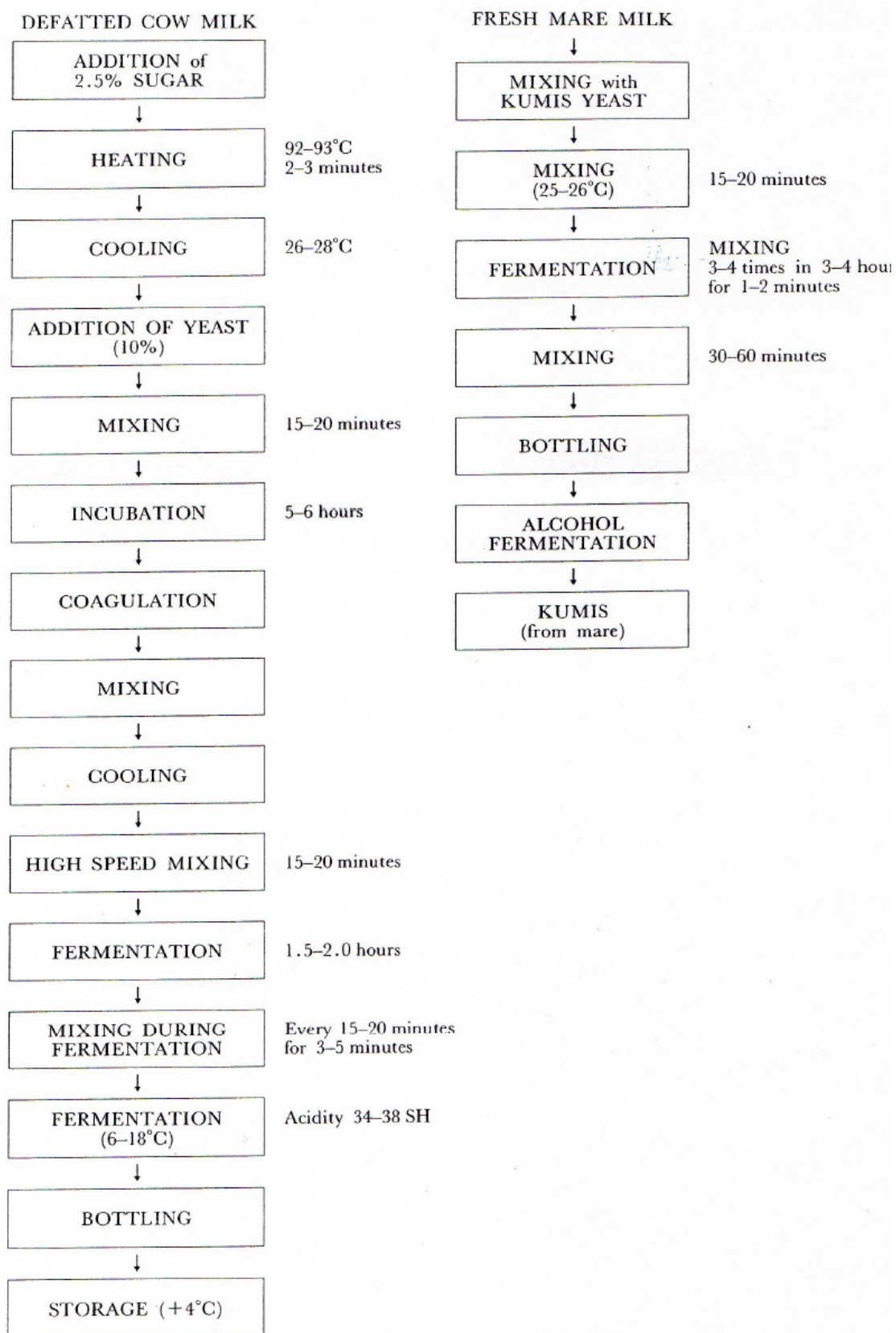


Fig. 6. Koumiss production from cow and mare milk (Yaygin, 1995).

FRUIT BASED TRADITIONAL FOODS

Traditional grape concentrate (pekmez)

Pekmez made from grape which consuming winter time for energy. In Turkey 340,000 metric tons grape is produced. Approximately 20% grape is produced as a traditional grape concentrate named pekmez. In fact pekmez is a grape concentrate which natural acidity is decreased by using special soil or CaCO₃. Pekmez production flow chart is shown in Figure 7. Two spoon pekmez is equal 2 mg iron, 80 mg calcium and 58 kcal energy, for this reason good for baby and child diets (Velioglu and Artik, 1993). Two different type of pekmez are producing in Turkey which chemical composition is given in Table 15.



Carrot sweet with dried fruit (cezerye)

Cezerye is a traditional Turkish sweet which produce form carrot. Cezerye ingredients are carrot, sugar, water, citric acid, dried fruit, fruit pulp and some aromatic components like as peel of orange, cinnamon, coconut powder, etc. Cezerye production is illustrated in Figure 8. Carrot contains high amount carotenoids which decreased in cezerye cooking period shown in Table 16. Chemical composition of cezerye also is shown in Table 17 (Cemeroglu et. al, 1991).



Spreaded dried fruit (pestil)

Pestil is a traditional Turkish food made from remaining fruit after selling best quality table grape in autumn. This is a kind of conservation technique like other traditional foods production. Pestil production is shown in Figure 9. Generally pestil is produced from apricot, mulberry, grape and plum. Pestil composition of these fruits are shown in Table 18 (Eksi and Artik, 1984).

Table 15. Chemical composition of pekmez (Karakaya and Artik, 1990)

COMPONENTS	GRAPE PEKMEZ	ZILE PEKMEZI	
Soluble Solid (%)	80.0	70.6	82.4
Moisture (%)	28.0	15.45	20.83
Total Soluble Solid (%)	82.0	79.17	83.42
Titrateable Acidity (% TA)	0.48	0.32	2.25
pH Value	5.05	6.01	7.15
Total Sugar (%)	83.80	72.60	83.42
Reducing Sugar (%)	82.22	66.38	82.48
Sucrose (%)	1.50	0.893	13.12
Protein (% NX6.25)	0.627	0.714	0.08
Total Ash (%)	1.864	1.41	1.76
K (mg/kg)	6,100	6,126	7,920
HMF (mg/kg)	28.0	27.16	34.41
Na (mg/kg)	128	130	163
Ca (mg/kg)	1,390	1,398	1,792
Fe (mg/kg)	12.60	10.69	11.10



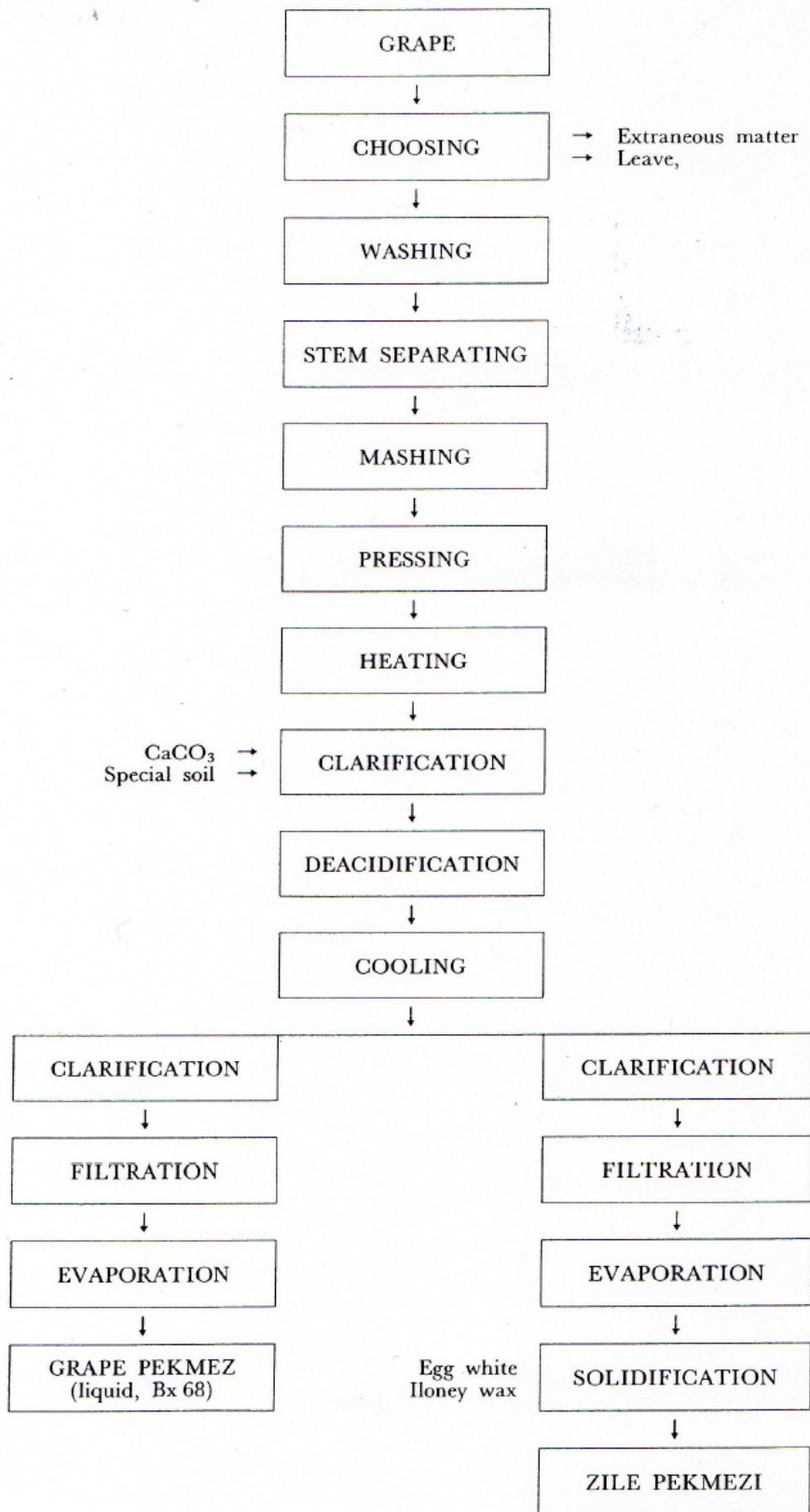


Fig. 7. Pekmez production (grape is kiquid, Zile pekmez is solid) (Karakaya and Artik, 1996)

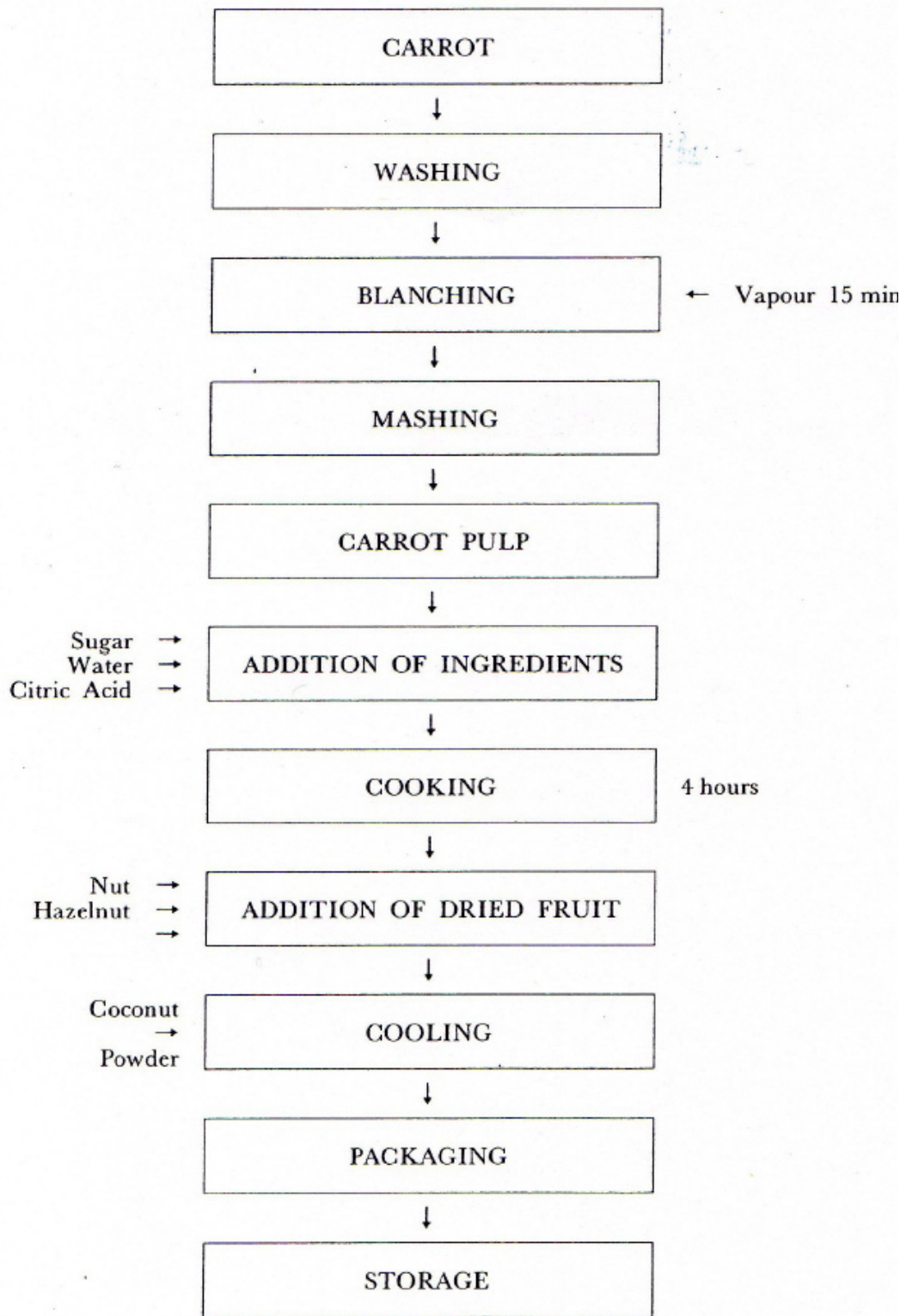


Fig. 8. Cezerye (carrot sweet with dried fruit production) (Cemeroglu et al., 1991)

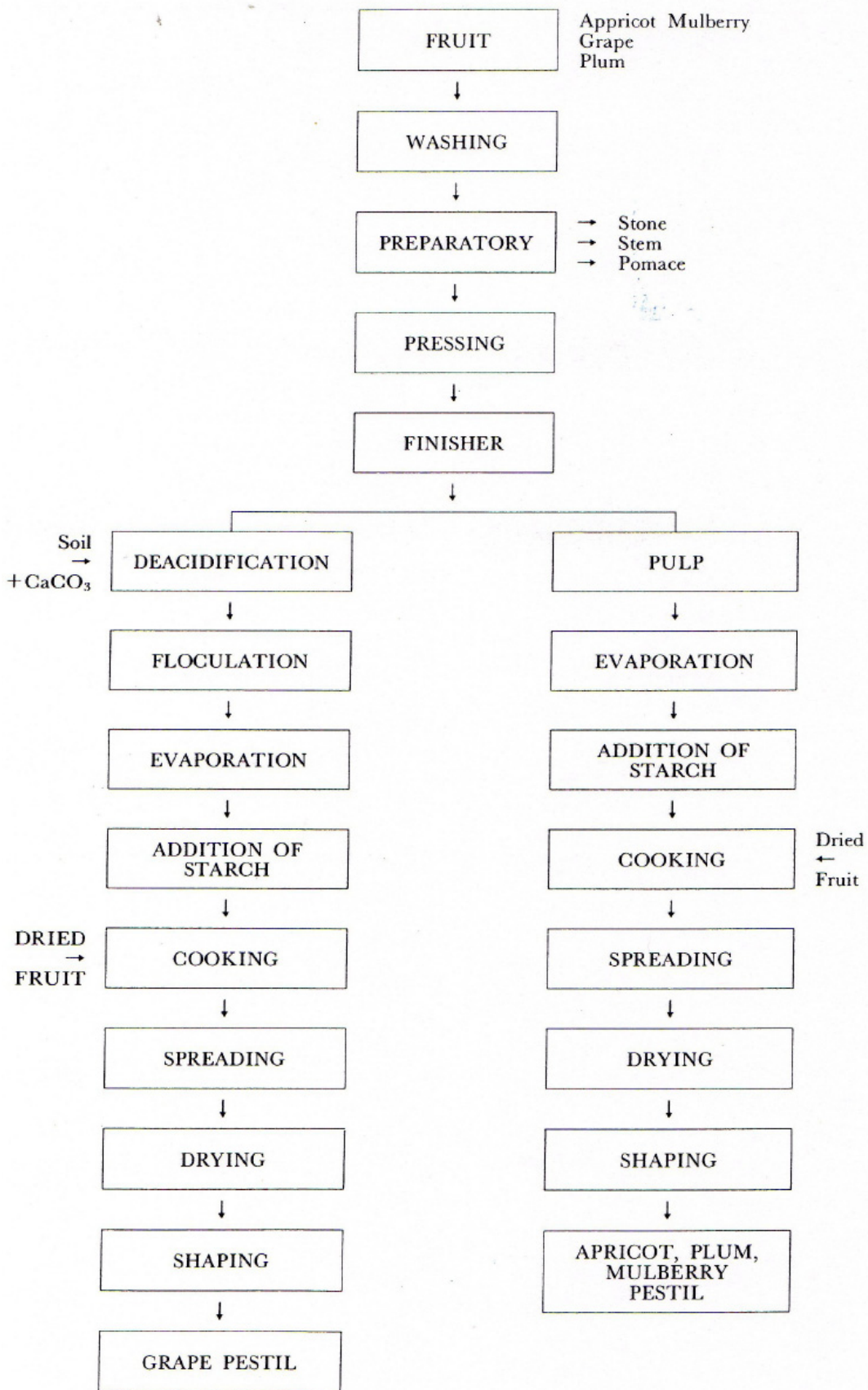


Fig. 9. Pestil (spreaded dried fruit) production (Eksi and Artik, 1984).

Table 17. Chemical composition of cezerye samples (Cemeroglu et al., 1991)

Sample	pH Value	Titratable Acidity (%)	Soluble Solids (%)	Unsoluble Solid (%)	Moisture (%)	Protein (% (NX6.25))	Ash (% (DM))	Total Sugar (%)	Reducing Sugar (%)	Sucrose (%)
1	3.88	0.61	79.80	9.80	10.40	0.626	0.785	74.32	24.97	49.35
2	3.86	0.65	77.82	10.07	12.11	1.370	0.849	73.46	25.59	47.87
3	4.12	0.52	80.00	7.95	12.05	1.419	0.510	70.40	17.44	53.00
4	4.11	0.55	76.00	12.28	11.72	1.604	0.905	67.06	15.56	51.50
5	4.32	0.30	81.70	11.87	6.43	0.519	0.823	70.20	12.40	57.73
6	4.30	0.29	83.13	7.44	9.43	0.812	0.624	71.24	13.35	57.89
7	4.18	0.34	81.23	5.41	13.36	0.648	0.731	63.48	14.60	48.88
8	4.05	0.40	75.96	11.91	12.13	1.390	0.689	71.55	19.60	51.95
9	4.13	0.40	74.54	10.01	15.45	0.512	0.973	74.86	17.80	57.06
10	4.12	0.40	72.82	6.22	20.96	1.758	1.139	72.06	17.54	54.72
11	4.14	0.40	72.38	18.43	9.19	0.575	0.943	68.01	17.44	50.57
12	3.61	1.05	75.94	8.82	15.24	1.044	0.735	70.20	35.74	34.46

Table 18. Pestil (spreaded dried fruit) composition

Components	Mulberry Pestil	Plum Pestil	Apricot Pestil	Grape Pestil
Moisture (%)	14.3	19.5	17.3	11.3
Total Solid (%)	85.7	80.5	82.7	88.7
Total Sugar (%)	83.4	79.0	80.1	87.6
Total Acid (%)	0.2	2.3	6.2	0.7
Protein (%)	2.0	2.0	1.9	4.1
Total Ash (%)	1.4	1.6	3.5	1.6
Crude Fat (%)	0.4	0.1	2.6	0.6

TRADITIONAL NON-ALCOHOLIC AND ALCOHOLIC BEVERAGES

Turkish tea (Türk çayı)

Ingredients: Turkish black tea (15 gram) for 500 gram water.

Preparation : For preparation 2 tea pots and samovar are used. With tea pots : Put the water into big pot (below), and put the black tea small pot and leave on the big pot. Boil the water, keep boiling for 5 minutes. In this time small pot should be on the big pot, and then pour boiled water into the black tea which in the small pot. Add fresh water into big pot. Boil again, keep small pot on the big pot while boiling. The tea will be drop down of small pot. Serve with small tea glasses (Gurses and Artik, 1982).

With samovar: Samovar is a very special equipment of Turkish tea. It has two parts; water is boiled in the main body, under which there is a small part which contains preburned coals for keeping the water hot. Small pot rests on the top. Preparations and serving are same as with tea pots preparation as described before (Gurses and Artik, 1982; Gurses and Artik, 1983).



Turkish coffee (Türk kahvesi)

Ingredients : for 2 person

Ground coffee (5 gram), water (125 gram), sugar (4 gram).

Preparation : Put the ingredients into the a special long handled pot named "CEZVE" and mix well with tea spoon. Put over very low heat and bring slowly to boil. After boiling froth occurs on the top. Before it overflows, pour and divide the froth into special coffee cups named "FINCAN". Continue the boiling again and divide the remain coffee and serve, (sugar level depends on person; without sugar, little sugar, medium sugar and with sugar is available).



Yoghurt with water (ayran)

Ingredients: Yoghurt (1 kg), salt (10 gram) and water (500 gram)

Preparation : Whip the yoghurt with electrical mixer or with wooden churn. Add water and salt mix well. In the case of wooden churn after mixing long time, yoghurt butter will separate and remain part is used.



Milk beverages with salep (dried tubers of certain orchids) (salep)

Ingredients: Salep (150 gram), wheat starch (50 gram), sugar (600 gram), milk (5 liter), water (500 gram), powder cinnamon.

Preparation : Put the sugar, starch and salep into the bowl, mix well, slowly add the water and stir up to removing any lumps. Boil the milk. Add the boiled milk and beat with a wooden spoon and simmers for 5 minutes. Remove from the heat when it thickens. Serve with tea cups with powder cinnamon.



Turkish raki (aniseed aromatic alcoholic drink)

Aniseed aromatic alcoholic beverages are produced by distillation of a mixture of agricultural alcohol and aniseed. These products consumed with different names which are "raki" in Turkey, "ouzo" and "mastika" in Greece and Bulgaria and "pastis" in France, respectively (Yavas and Rapp, 1995).



Turkish raki is produced by using high concentrated alcohol (93.5—94.0) from grape spirit (suma). Suma is distilled from fermentated raisins with special retorts by using special methods. The distilled alcohol is diluted to 45% vol, mixed with aniseed (6 hours steeped in water) and distilled a second time. The fractioned alcohol is used for alcoholic drinks named "raki".

Turkish raki has some special characteristics which are mentioned below : **a**-In raki production raisins based alcohol or other agricultural based alcohol should be distilled two times by using special retort with aniseed (*Pimpinella anisum*). **b**-Raki should contain at least 10 gram sugar and 0.8—2.2 gram anethol per liter. **c**-Raisins alcohol should take place at least 40% in total raki alcohol. **d**-Raki should be distilled up to 94.5% alcohol for preventing aromatic compound losses. **e**-Raki name is only used which produced in Turkey (Yavas and Rapp, 1995).

Raki Production

In the raki production raisins, aniseed and sugar are used as main ingredients. Some factories use fresh grape in Turkish Monopoly Organisation. In Turkey three different types of raki are produced which named Yeni (new), Kulup (club) and Altinbas raki (golden head). Aniseed concentration is 80 g/l in Yeni raki, 100 g/l in Kulup raki and 120 g/l in Altinbas raki.

Raki production is illustrated in Figure 10 (Yavas and Rapp, 1995). For raki production raisins mashed with a grinder. Before entering grinder tap water is added to the raisins for receive the ready Baume degree in the raisins juice. Baume degree should be 8—10 ($d = 1.060-1.074$). Mixture is heated 60°C for 20-30 minutes and then cooled to 22-25 degree. After this step mixture is taken in a fermentation tank and then inoculated by yeast (*Saccharomyces cerevisia* Rasse M and XII). After 2-2.5 fermentation days, alcohol content is increased up to 8-10% vol in mash. This mash is distilled in a continuous distillation column to approximately 93.5-94.0% alcohol. This product is named "suma". Suma is stored in tank.

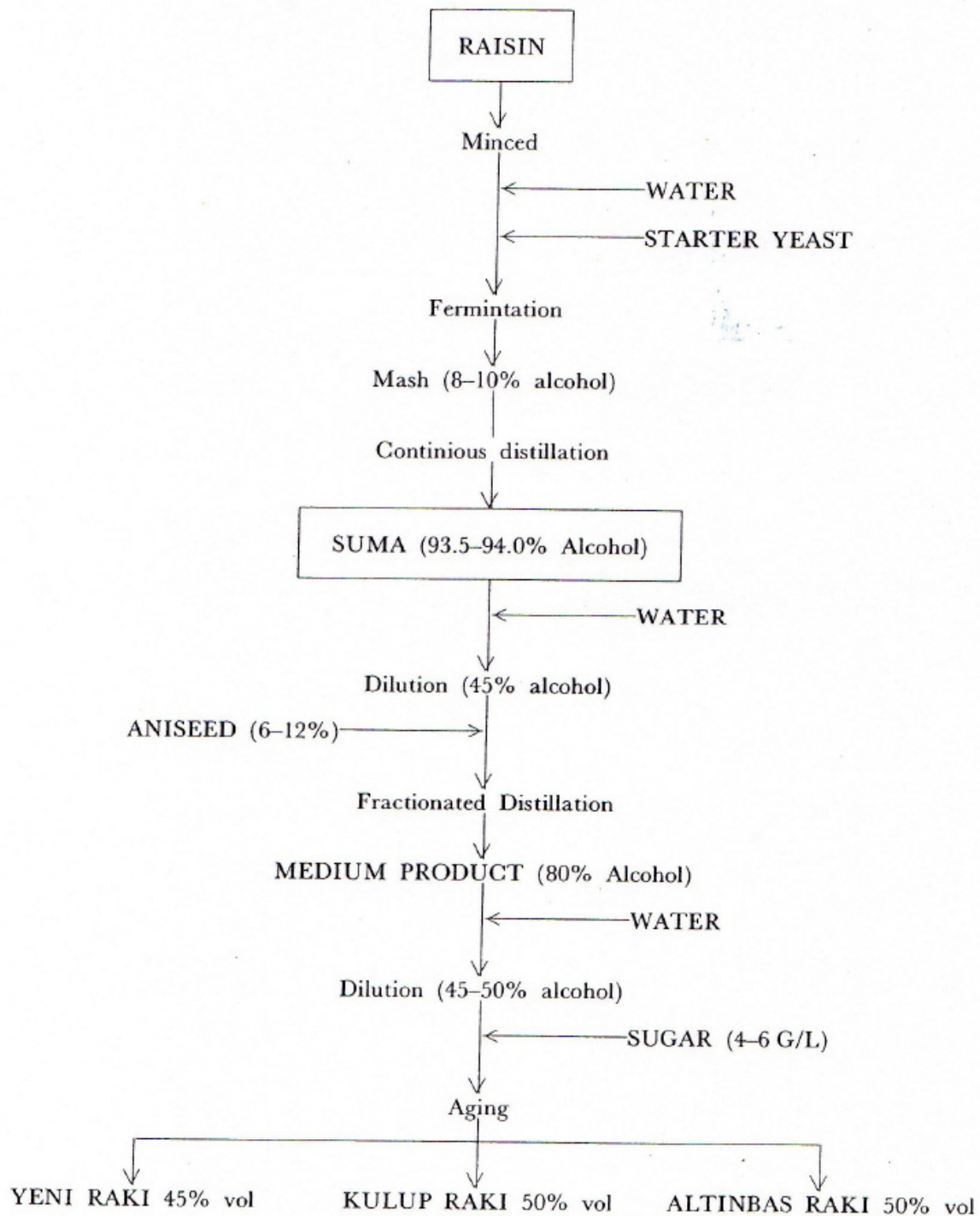


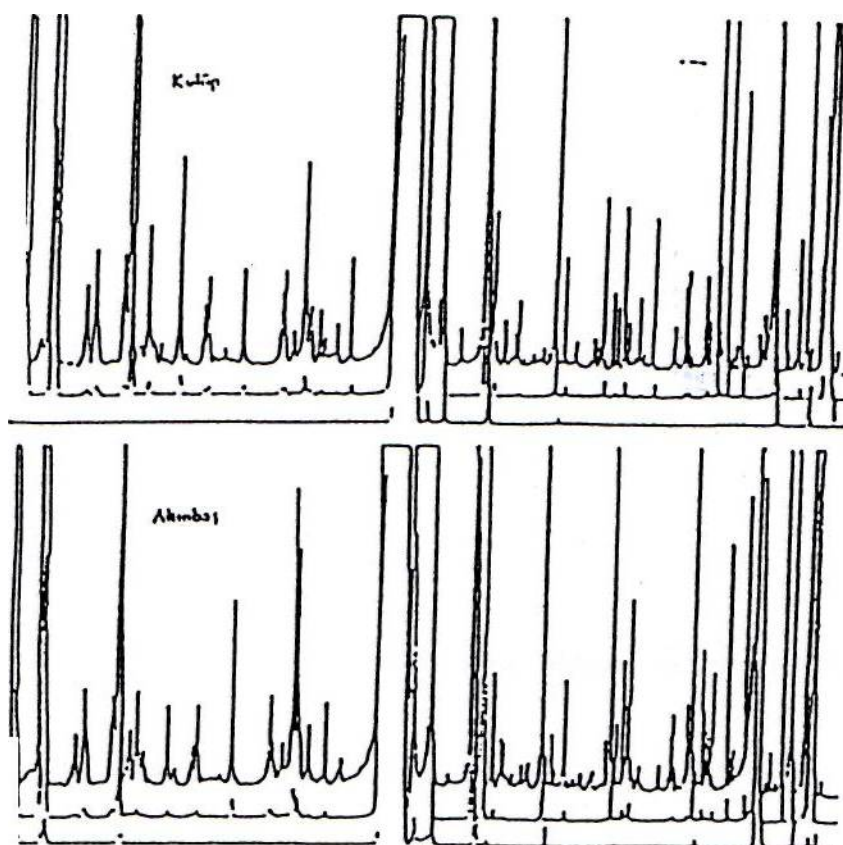
Fig. 10. Raki production (Yavas and Rapp, 1995)

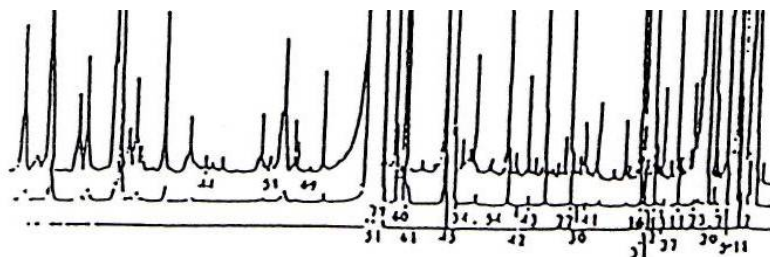
Aniseed extract is prepared in a separate tank. For extraction aniseed is steeped for 6 hours in water. This extract is added 6-12% to suma which alcohol concentration is diluted with water to 45% vol. Generally distillation period is 46 hours. In fractioned distillation; head (first), medium and last product is separated. Medium part is important and used for raki production which alcohol concentration is 80% vol. First part is 10-11% whereas medium part is 64% vol. Alcohol concentration of medium part should be diluted for different raki types with good quality water.

At the end of the raki production 6 gram sugar should be added to Kulup and Altinbas raki and 4 gram for Yeni raki. Then raki is stored in oak (*Teuricum chamaedrys*) barrel for a ripening process. This storage period should be minimum 20 days usually 30 days for Yeni raki, 60-90 days for Kulup and Altinbas raki. During this period airing is needed for 2-3 times.

Volatile Aromatic Compounds of Raki

Raki aromatic compounds were determined by using direct injection methods by same researchers (Yavas and Rapp, 1985; Yavas and Rapp, 1991; Yavas et al. 1991). These research results are shown in the Figure 11.





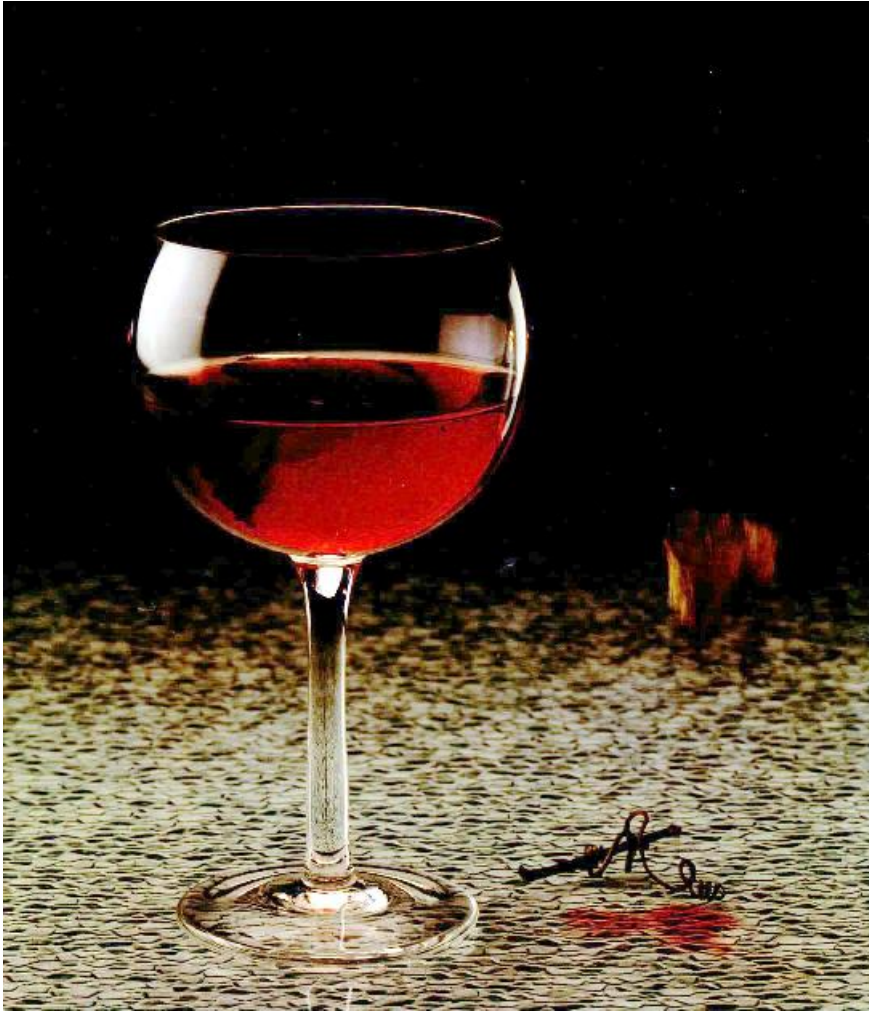
- | | |
|---------------------------------------|-------------------------------|
| 2 = Acetic acid ethylester | 5 = 3-Methyl-butan-1-ol |
| 7 = Propionic acid ethylester | 11 = Butiric acid ethylester |
| 13 = 3-Methyl butiric acid ethylester | 16 = 3-Methylbutylacetal |
| 18 = Butanol-1 | 20 = 3-Methyl-butanol-1 |
| 22 = Caproic acid ethylester | 23 = Pentanol-1 |
| 30 = 6-Methyl-5-hepten-2-on | 31 = Hexanol-1 |
| 32 = cis-3-Hexenol-1 | 34 = Caprylic acid ethylester |
| 42 = Linalool | 43 = Octanol-1 |
| 44 = Sesquiterpen (Cedren) | 45 = Estragol (4-Allylanisol) |
| 51 = trans-Anethol | 54 = 2-Phenylethanol |
| 58 = Eugenolmethylether | 60 = isom. Eugenolmethylether |
| 61 = Anisaldehyd | 69 = 4-Methoxyacetophenon |
| 79 = Anisalkohol | |

Fig 14. Volatile Aromatic Compounds of Turkish Raki (Yavas and Rapp, 1985; Yavas and Rapp, 1991; Yavas et al., 1991)

TURKISH WINES

Some very fine wines are produced in Turkey and top-of-range quality wines are very reasonably priced. All the grape-growing regions have their own local wines, and there are also the wines of such major producers as Kavaklıdere and Doluca, which are available all over Turkey, and include vintage as well as cheaper table wines.

The most famous of Turkey's wine-producing regions are Ankara, Nigde, Nevşehir, Gaziantep, Elazığ, Tokat, Çanakkale, Tekirdağ, İzmir, Manisa and Bozcaada. Some of the famous Turkish white wine grapes are the Hasan Dede of Ankara, the Narince of Tokat, the Misket of izmir, the Emin of Nevşehir and the Seminyon of Bozcaada. Famous black grape varieties used for producing red wine are the Kontra of Bozcaada, the Papaz Karası of Kırklareli, the Kalecik of Ankara, the Sergi Karası of Gaziantep and the Öküz Gözü of Elazığ.



VEGETABLE BASED TRADITIONAL FOODS

Scrambled egg with vegetables (menemen)

Ingredients : for 5 person

10 eggs, 4 green peppers, 5 tomatoes, salt red pepper, 2 onion, butter (30 gram).

Preparation : Melt the butter in a flat pan. Chop the onion. Cut the seeded peppers into small pieces. Fry them up to brown color. Add peeled cut cubic tomatoes. Cook for 15 minutes, mix the egg and add with salt and red pepper. Put all of them into the flat pan. Cook while mixing constantly. Serve at once.



Eggplant mousakka (patlıcan musakka)

Ingredients : for 4 person

8 eggplant (medium size), vegetable oil (200 gram), margarine (100 gram), 4 onions, 3 tomatoes, mince beef (250 gram), 7 green peppers, salt and meat or water

Preparation : Remove the stems of eggplant and peel the eggplant leaving lengthwise stripes. Cut them lengthwise in halves and cut these into 3—4 cm long pieces. Keep them in the salted water. Chop the onions and fry it in the margarine. Add peeled tomatoes and salt. Cook until tomato juice evaporation. Heat the vegetable oil, remove the eggplant from water fry them. Arrange them in a flat pan. Spread the minced beef over. Cover the slice of tomatoes and green peppers. Add salt and cook for 45 minutes on low heat (Kut, 1995).



Vegetable stuffed with meat (etli sebze dolma)

Meat Filling For Stuffed Vegetables (etli dolma ici)

Ingredients: Mince meat (beef or mutton) (250 gram), 1 big onion, rice (75 gram), 2 tomatoes or tomato paste (10 gram), dill (2 gram), black pepper (4 gram), salt.

Preparation : Chop the onion, wash the rice. Mix all ingredients and knead for 10 minutes.



Eggplant stuffed with meat (karniyarik)

Ingredients : for 4 person

8 eggplant (medium size), vegetable oil (20 gram), 4 onions, mince beef (250 gram), margarine (50 gram), 4 big tomatoes, 8 green peppers, salt (4 gram).

Preparation : Remove the stems of eggplant. Peel them lengthwise stripes. Make a deep incision with a knife. Keep in the salted water for 1 hour. Chop the onions and brown them in the margarine. Add

the minced meat and cook for 15 minutes. Add peeled and chopped tomatoes and salt. Cook until juice evaporation. Heat the vegetable oil, drain the eggplant, fry until brown color. Take them side by side in a flat pan and split them. Fill the splits with the minced meat. Put the top each one a slice tomatoes and whole green pepper. Add a little water and cook for 45 minutes on low heat.



Squash stuffed with meat (etli kabak dolma)

Ingredients : Squash (1 kg) (short and thick), vegetable oil (50 gram), 2 tomatoes or tomato paste (20 gram), dill, salt, meat filling

Preparation : Peel and cut the squash half and ends off. Hollow them out with knife or small spoon without cutting of edges. Stuff them with meat filling and close them with one slice of tomatoes. Arrange them to big pan, add vegetable oil and 150 gram water. Cover and cook for 30 minutes.



Cabbage leaves stuffed with meat (etli lahana dolması)

Ingredients : for 4 person

Cabbage (1kg), vegetable oil (50 gram), tomato paste (15gram), salt (5 gram), meat filling

Preparation : Open the cabbage leaves, remove the hard part. Chose the suitable part for filling and cook in the big pan with salted water for 10 minutes. Cabbage leaves should be very soft, over cooked leaves will tear easily. Drain the leaves and cool, cut them pieces enough for filling. Fill the leaves with meat filling and roll them. Arrange them to a big pan and put one thick pieces of leaves to the bottom of pan. Add 300 gram water and cook for 50 minutes.



Tomato stuffed with meat (etli domates dolmasi)

Ingredients: for 4 person

8 tomatoes (5—8 cm diameter), vegetable oil (50 gram), meat filling, salt.

Preparation: Cut the tomatoes around the top and remove the pulp with small spoon. Stuff the tomatoes with meat filling, put one slice cheese to the top of tomatoes. Add 250 gram water and cook for 45 minutes.



Green bell pepper stuffed with meat (etli biber dolma)

Ingredients : for 4 person

8 green bell pepper, vegetable oil (50 gram), salt, meat filling

Preparation : Cut the green bell pepper around, remove the seeds and wash them well. Stuff the pepper with meat filling. Put them in a cooking pan. Add 300 gram water and cook for 50 minutes with low heat.



Grape leaves stuffed with meat (etli yaprak dolma)

Ingredients : Grape leaves (250 gram) in brine, vegetable oil (50 gram), meat filling (without tomatoes)

Preparation : Put the grape leaves into the boiling water, cook them for 5—10 minutes. Drain and cool. Remove the stems. Put the meat filling to the each grape leaves. Fold the two sides over the filling and roll it on tightly towards the pointed end of the leaf. Put them in a saucepan. Add 300 gram water and cook for 45 minutes on low heat.



Vegetable stuffed with rice filling with olive oil (zeytinyagli dolma ici)

Ingredients: Rice (250 gram), 4 big onions, olive oil (200 gram), pine nuts (20 gram), currant (25 gram), dried mint (5 gram), 1 bunch dill, , black pepper (5 gram), salt (4 gram), sugar (8 gram), cinnamon (2 gram), allspice (2 gram).

Preparation : Soak the rice with warm water for 20 minutes. Remove water and drain. Chop the onions and put the big pan, add olive oil, pine nuts, and salt. Cook for 25 minutes with constant mixing. Add drained rice and fry them for 15 minutes. Add pepper, sugar and water for covering rice and cook for 20 minutes until water absorption. Keep it for 45 minutes. Mix before using for recipe.



Grape leaves stuffed with rice filling with olive oil (zeytinyagli yaprak dolma)

Ingredients : for 4 person

Grape leaves (300 gram), 1 lemon, rice filling

Preparation : Boil the grape leaves for 10 minutes. Drain and remove the stem. Stuff each grape leaves with rice filling, fold the two sides over and roll it on like a finger. Put them in cooking pan. Add 1 lemon juice and 200 gram water. Cover and cook for 70 minutes on low heat. Serve cold with lemon slice decoration.



Cabbage leaves stuffed with rice filling with olive oil (zeytinyagli lahana dolma)

Ingredients : for 4 person

1 cabbage (2 kg), olive oil (50 gram), 1 lemon juice, salt (15 gram), rice filling (without dill)

Preparation : Open the cabbage leaves, remove the hard part. Chose the suitable part for filing and cook in the big pan with salted water for 10 minutes. Cabbage leaves should be very soft, over cooked leaves tear easily. Take them from the water, drain and cool. Fill the each leaves with rice fdling. Fold the two sides over the filling and roll it on like a finger. Put them into cooking pan, add lemon juice, olive oil, salt and 200 gram water. Cover and cook on low heat for 70 minutes. Serve with lemon slice.



Green bell pepper stuffed with rice filling with olive oil (zeytinyagli biber dolma)

Ingredients : for 4 person

8 green bell peppers, 2 tomatoes, olive oil (30 gram), salt, rice filling

Preparation : Cut the green bell peppers of stem, remove the seeds. Wash and drain them. Stuff the peppers not very tightly. Put one slice of tomatoes the top. Add olive oil, salt and 200 gram water. Cover and cook on low heat for 50 minutes. Serve cool with lemon slice.



Green beans with olive oil (zeytinyađlı taze fasülye)

Ingredients : for 5 person

Green beans (1 kg), olive oil (200 gram), 2 big onions, 2 big tomatoes, salt (5 gram), sugar (10 gram).

Preparation : Cut the two ends and strings of the beans. Cut the beans into length "S~A cm. Wash and drain the beans. Heat the olive oil, fry the onions. Add the peeled and chopped tomatoes and fry them. Add the green beans, sugar and salt. Add 250 gram water, cover and cook on low heat for 70 minutes until the green beans tender. Serve cool.



FISH AND MARINE PRODUCTS BASED TRADITIONAL FOODS

Pilaf with anchovy (hamsili pilav)

Ingredients : for 4 person

Anchovy (1.5 kg), rice (200 gram), 1 onion, pine nuts (25 gram), currant (20 gram), butter (50 gram), dry mint (5 gram), salt, sugar (5 gram), black pepper (5 gram)

Preparation : Clean the anchovies, remove the heads, tails and backbones and wash. Soak and drain the rice. Put the half of the anchovies into oiled pan. Open the fleshing part of anchovies upwards. Put the pan in the oven on high heat and cook for 40 minutes. In the separate pan ; heat the butter, fry the chopped onions, pine nuts with salt. Add the rice and fry them on medium heat for 15 minutes. Add currants, black pepper, sugar, mint and 150 gram water. Mix well, heat on low heat for 15 minutes up to just before whole water absorption. Put the rice over the baked anchovies in the oven. Put the remain anchovies over the rice the skin facing upwards. Put the oven cook until the fish are lightly browned for 40 minutes. Serve at once.



Stuffed mussels (midye dolma)

Ingredients : for 4 person

Mussels with shells (15), salt (10 gram), rice (200 gram), 5 onions, olive oil (100 gram), 2 tomatoes, pine nuts (20 gram), currant (20 gram), sugar (5 gram), cinnamon (2 gram), allspice (3 gram).

Preparation : Soak the rice with warm water and cool. Drain the water and wash well. Take one cooking pan, chop the onions into small pieces. Add the nuts and 5 gram salt and olive oil. Brown them on medium heat, stirring constantly for 30 minutes. Add the drained rice and fry them for 10 minutes. Add peeled tomatoes cubes, remain salt, sugar, cinnamon, allspice and water up to level of rice. Stop heating immediately after boiling. Keep for 15 minutes for water evaporation. Sprinkle the

mussels with salt and keep them for 2 hours. Clean the shells scraping with knife and wash them carefully. Insert the knife for 2 cm through the shells and open. Remove the hairy parts and wash. Stuffed the shells with rice filling. Arrange them side by side in a cooking pan. Cover and cook with water at high temperature for 45 minutes until water evaporation. Serve with lemon (Kut, 1995).



Fried mussels (midye tava)

Ingredients : for 3 person

20 mussels without shells, wheat flour (125 gram), baking yeast (10 gram), butter (50 gram), 3 eggs, salt (5 gram), vegetable oil (150 gram), pine nuts or walnuts paste "tarator" (150 gram).

Preparation : Remove the hairy edges of mussels, wash and drain well, dry with cloth. Put the wheat flour into bowl, soak the yeast with warm water for 15 minutes. Put the melted butter, yeast, 3 egg yolks and 50 gram water. Knead to make a soft paste. Beat the egg whites stiff with little amount of salt. Add it to paste keep it in warm place for 50 minutes. Heat the oil in the frying pan. Take mussels, one by one dip first in some flour and then into the paste. Put into the hot oil, fry until golden color. Serve with pine nuts or walnuts paste named tarator.



DRIED CURDS SOUP (TARHANA (ÇORBASI))

6 servings

- 1 glass dried curds with flour (tarhana),
- 8 glasses meat stock,
- 150 gr. minced meat,
- 6 tablespoons margarine,
- 2 medium size tomatoes or
- 2 tablespoons tomato paste,
- 2 teaspoons salt,
- 6 slices of bread

Melt half of the margarine in a large saucepan. Add minced meat and cook until the juice evaporates, stirring from time to time. Add peeled and chopped tomatoes or tomato paste. Cook for 15 minutes. Add meat stock and dried curds. Mix well and stir until it starts boiling. Let simmer for 10 minutes. Serve with diced bread fried in 3 tablespoons of margarine.



WEDDING SOUP (DÜĞÜN ÇORBASI)

6 servings

- 500 gr. mutton, cut into small pieces
- 1 onion,
- 1 carrot,
- 1/2 tablespoon salt
- 7 tablespoons margarine,
- 4 tablespoons flour,
- 3 egg yolks,
- juice of 1 lemon,
- 1 teaspoon ground red pepper

Put the meat, peeled whole onion and carrot in 3 litres of water. Cover and cook on low heat for 2 hours until the meat is well tender. Take the meat out and tear it into very small pieces. Put them back into the stock. Melt 4 tablespoons of margarine in a saucepan. Add the flour and brown it lightly for 2-3 minutes. Slowly add the stock stirring constantly. Pour it into the soup. Cover and let simmer. Put 3 egg yolks in a bowl. Add the lemon juice and beat well. Go on beating vigorously with a fork, while adding little by little boiling soup with the help of a ladle. Add this mixture to the soup and turn the heat off. Pour it into a soup serving dish. Heat 3 tablespoons of margarine. Remove from heat and add the red pepper. Pour it over the soup and serve at once.



YOGHURT SOUP (YAYLA ÇORBASI)

6 servings

- 8 glasses meat or chicken stock or water,
- 80 gr. flour,
- 80 gr. rice,
- 3 glasses yoghurt,
- 2 egg yolks,
- 3 tablespoons butter,
- 2 tablespoons dried mint.

Boil the rice in 8 glasses of meat or chicken broth, on low heat. Beat the yoghurt with the egg yolks and flour. Stirring constantly, slowly add 2 glasses of boiling stock. Add it to the meat stock with rice. Let simmer for 10 minutes. Heat the butter. Add dried mint. Leave on low heat for 1 minute. Pour it over the soup and serve.



Nutritive value	Approx. per serving
Energy	137 cal
Protein	4.0 g
Fat	7.4 g
Carbonhydrate	13.5 g
Calcium	79 mg
Iron	0.26 mg
Phosphorus	83 mg
Zinc	1 mg
Sodium	824 mg
Vitamin A	214 IU
Thiamine	0.04 mg
Riboflavin	0.12 mg
Niacin	0.26 mg
Vitamin C	- mg
Cholestrol	49 mg

FLOUR SOUP (UN ÇORBASI)

6 servings

- 8 glasses of meat stock,
- 6 tablespoons butter,
- 3/4 glass flour,
- 2 tablespoons salt,
- 1/3 teaspoons ground red pepper,
- 6 slices of bread,
- 6 tablespoons margarine

Melt 4 tablespoons of butter in a saucepan. Add the flour and lightly brown it. Slowly add the meat stock, stirring constantly, to have a smooth cream. Cover and let simmer for 15 minutes. Heat 2 tablespoons of butter. Add red pepper and pour over the soup. Serve with diced bread fried in margarine.



STRAINED LENTIL SOUP (SÜZME MERCİMEK ÇORBASI)

4 servings

- lit meat stock,
- 125 gr. green lentils,
- 50 gr. flour,
- 2 tablespoons butter,
- Salt and pepper,
- 4-5 slices of stale bread,
- Oil for frying

Pick over and wash lentils, add water to cover and bring to boil. Cover and simmer until the liquid is absorbed. Gradually add the hot meat stock and sieve or put through an electric blender. Melt the butter add the flour and stir over medium heat for 1-2 minutes, gradually add the soup. Cover and let simmer for 10 minutes. Garnish the soup with croutons fried in some oil.



RED LENTIL SOUP (KIRMIZI MERCİMEK ÇORBASI)

6 servings

- 1 1/2 glasses red lentils,
- 8 glasses meat stock,
- 2 medium size onions,
- 2 tablespoons margarine,
- 1/2 tablespoon flour,
- 1 glass milk, 3 egg yolks,
- 7 tablespoon salt,
- 1/2 teaspoon black pepper,
- 6 slices of bread,
- 3 tablespoons oil

Wash the red lentils. Put them in 8 glasses of meat stock and 1 glass of plain water. Cook for 35 minutes until they are tender. Pass them through a sieve. Melt the margarine in another saucepan. Add chopped onions and fry them lightly for 7-8 minutes. Add flour. Brown for 1 minute more. Add them to the meat stock with the lentil puree. Put salt and pepper. Let simmer. Beat the egg yolks with cold milk. Add to the boiling soup, mix well. Turn the heat off as soon as it starts boiling. Serve with bread cubes fried in oil.



Nutritive value	Approx. per serving
Energy	134 cal
Protein	5.5
Fat	5.8
Carbonhydrate	16.0
Calcium	23
Iron	1.56 mg
Phosphorus	88 mg
Zinc	1 mg
Sodium	795 mg
Vitamin A	1406 mg
Thiamine	0.08 IU
Riboflavin	0.07 mg
Niacin	0.58 mg
Vitamin C	0 mg
Cholestrol	1 mg

RED LENTIL SOUP WITH RICE (PİRİNÇLİ KIRMIZI MERCİMEK ÇORBASI)

4 servings

- 1 glass red lentils,
- 2 small onions,
- 2 medium size tomatoes,
- 1 medium size potato,
- 2 tablespoons rice,
- 1Lt. meat stock,
- Salt,
- pepper

Wash the lentils and the rice. Add peeled and chopped onions and tomatoes, peeled potato cut into very small cubes and the meat stock. Cover and cook on low heat for 45 minutes.



RED LENTILS "BRIDE" SOUP (EZO GELİN ÇORBASI)

4 servings

- 100 gr. red lentils,
- 1 onion,
- 1 y2 water,
- 2 tablespoons tomato paste,
- 100 gr. fine "bulgur",
- 50 gr. butter,
- y2 teaspoon dried mint,
- Salt,
- pepper

Lightly brown the finely chopped onion in butter. Add the water, washed lentils, "bulgur" (cracked wheat), diluted tomato paste, salt and pepper. Let simmer until the wheat and lentils are very tender. Sprinkle with red pepper and mint.



VERMICELLI SOUP WITH EGG SAUCE (TERBİYELİ ŞEHRIYE ÇORBASI)

4 servings

- 7 lt meat stock or chicken broth,
- 100 gr. vermicelli,
- 1 egg yolk,
- 1/2 lemon,
- 7 tablespoon butter,
- Salt,
- paprika

Add the vermicelli to the boiling stock. Add salt and let simmer until the vermicelli are soft. Beat the egg yolk with lemon juice. After diluting it with a little of the hot soup, stir it into the pan, stirring all the time. Garnish the soup with melted butter mixed with some paprika.



TRIPLE SOUP (İŞKEMBE ÇORBASI)

6 servings

- 1 veal tripe (600 gr.),
- 7 tablespoon salt,
- 2 tablespoons margarine,
- 1 tablespoon flour,
- 2-3 meat stock cubes,
- 2 egg yolks,
- Juice of 1 lemon,
- To serve with :1 cup vinegar,
- 3cloves of crushed garlic,
- 3 tablespoons margarine,
- 1 tablespoon ground red pepper

Clean the tripe well. Wash it thoroughly. Remove the membrane. Boil it in 3 litres of salted water on low heat, for 4 hours, until it becomes tender. (Take the scum off when it starts boiling.) Take it out of the water and cut into thin strips. Put them back into the soup. Let simmer. In a small saucepan, melt the margarine. Add the flour and lightly brown. Stirring constantly, slowly add 6-7 ladles of boiling soup. Add this smooth mixture into the soup, together with 2-3 meat stock cubes. Let simmer for 15 minutes. In a small bowl, beat the egg yolks with the lemon juice. Slowly add some boiling soup to it.

Add this sauce to the soup. When it starts boiling again, turn the heat off. Serve accompanied with a bowl of vinegar mixed with crushed garlic. Pour over each individual serving, heated margarine mixed with red pepper.



Nutritive value	Approx. per serving
Energy	100 cal
Protein	10.0 g
Fat	5-1 g
Carbonhydrate	2.9 g
Calcium	65 mg
Iron	0.86 mg
Phosphorus	51 mg
Zinc	2 mg
Sodium	819 mg
Vitamin A	100 IU
Thiamine	0.01 mg
Riboflavin	0.07 mg
Niacin	0.84 mg
Vitamin C	- mg
Cholestrol	45 mg

SCRAMBLED EGGS WITH VEGETABLES (MENEMEN)

4 servings

- 8 eggs,
- 2 green peppers,
- 3 tomatoes,
- 1 teaspoon salt,
- 1/2 teaspoon pepper,
- 1 tablespoon margarine

Melt the margarine in a flat pan. Cut seeded peppers into thin rings. Lightly brown them. Add peeled tomatoes cut into small pieces. Cook for 7-8 minutes, stirring from time to time, until the juice half way evaporates. Beat the eggs in a bowl. Add salt and pepper. Pour into the pan and cook stirring constantly, taking care that it does not get too dry. Serve at once.



Nutritive value	Approx. per serving
Energy	179 cal
Protein	6.4 g
Fat	15.2 g
Carbonhydrate	4.7 g
Calcium	37 mg
Iron	1.38 mg
Phosphorus	103 mg
Zinc	1 mg
Sodium	848 mg
Vitamin A	821 IU
Thiamine	0.08 mg
Riboflavin	0.14 mg
Niacin	0.53 mg
Vitamin C	12 mg
Cholestrol	247 mg

EGGS ON SPINACH SAUTE (ISPANAKLI YUMURTA)

6 serving

- 12 eggs,
- 1 kg. spinach,
- 2 medium size onions,
- 6 tablespoons margarine,
- 1 teaspoon salt,
- 1/2 teaspoon pepper

Remove the roots of the spinach. Cut stem into two. Wash them well. Boil 2 lt. of water with some salt. Add the Spinach and cook them for 10 minutes. Drain and chop them. Melt the margarine. Brown chopped onions. Add the spinach and saute for 10 minutes. Sprinkle with salt and pepper. Arrange them in a flat pan. Make 12 hollows and break the eggs into each one. Sprinkle with salt. Cover and cook on medium heat for 3-4 minutes, until the egg whites are cooked. Serve at once



POACHED EGGS WITH YOGHURT (ÇILBİR)

4 servings

- 8 very fresh eggs,
- 2 tablespoons salt,
- 2 1/2 tablespoons vinegar,
- 500 gr. yoghurt,
- 2 cloves of garlic,
- 3 tablespoons margarine,
- 1 teaspoon ground red pepper

Beat the yoghurt with some salt and crushed garlicks. Fill a large and flat pan 3/4 full with water. Add salt and vinegar. Let boil. Lower the heat. Break each egg first into a small plate, then slide it slowly into the gently boiling water. Cook for 3 minutes and take it out with a skimmer. Drain well. Repeat the same with all the eggs and arrange them in a serving dish. Cover them with yoghurt. Heat the margarine. Remove from heat and add red pepper. Pour it over the yoghurt and serve immediately.



RAW MEATBALLS (ÇİĞ KÖFTE)

8 servings

- 7 kg. minced lean meat (not very fresh meat, specially cut and minced, 4-5 times forçig köfte"),
- 7 kg. fine "bulgur" (boiled and pounded wheat),
- 2 large onions, grated,
- 7 dozen cloves of garlic, crushed,
- 1 tablespoon cumin,
- 7 tablespoon pepper
- 7 cup hot red pepper paste,
- 1/2 cup tomato paste,
- 1 tablespoon olive oil
- Garnish : 7 bunch of green onions,
- 7 bunch of parsley,
- 1 teaspoon ground red pepper,
- ½ teaspoon salt,
- Juice of 1/2 lemon,
- 7 tablespoon olive oil,
- Cos lettuce leaves

Pour 1 glass of hot water over the "bulgur" and let stand. (You may replace the hot water with 1 glass of grated tomatoes.) Mix the meat with the other ingredients and leave for 1 hour. Mix the meat with the "bulgur" and vigorously knead for 20 minutes, rubbing it against the side of your hand. Take small walnut size pieces of it and squeezing each one in the palm of your hand give it an irregular shape.

Arrange them on a serving dish. Serve with cos lettuce leaves and a mixture of chopped green onions and parsley with salt, red pepper, lemon and olive oil.



FRIED EGG-PLANTS ANDBELL PEPPERS (PATLICAN VE BIBER TAVA)

6 servings

- 1 kg. medium size egg-plants,
- 6 bell peppers,
- 1 tablespoon salt,
- 1 1/2 glasses oil
- Sauce : 3 large tomatoes,
- 4 cloves of garlic,
- 2 tablespoons vinegar,
- Salt,
- pepper or 500 gr. yoghurt,
- 4 cloves of garlic

Remove the stems of the egg-plants. Without peeling, cut them lengthwise into 72cm thick slices, or peel them leaving lengthwise stripes and cut them diagonally into 1 cm. thick slices. Sprinkle with salt and let stand for 20 minutes. Heat the oil in a frying pan. Dry the egg-plant slices pressing lightly. Fry them until golden brown on both sides. Drain well. Arrange them on the egg-plant slices. Serve cool, either with tomato sauce or yoghurt beaten with crushed garlic and salt. Tomato sauce : Reduce the oil in the pan. Add peeled and chopped tomatoes and crushed garlic. Cook on medium heat for 7-8 minutes, stirring from time to time. Add salt, pepper and vinegar. Mix well and pour over the fried egg-plants and bell peppers.



ZUCCHINI SQUASH SALAD (KABAK SALATASI)

6 servings

- 1 kg. medium size zucchini squash,
- 250 gr. yoghurt,
- 2 cloves of garlic, crushed,
- 1 teaspoon salt,
- 1 bunch of dill,
- 5-6 black olives

Grate and cut the squash into pieces. Boil in salted water until they are well tender. Drain well and press lightly on them to extract all the water. Put them in a bowl and mash with a fork. Add yoghurt, garlic, salt and chopped dill. Decorate with olives.



RED LENTIL BALLS (MERCİMEK KÖFTESİ)

6 servings

- 1 glass red lentils,
- 1 glass fine "bulgur" (boiled and pounded wheat)
- >/2 glass oil,
- 1 medium size onion,
- 7 tablespoon tomato paste,
- 7 teaspoon salt,
- 7 teaspoon ground red pepper,
- 7 teaspoon cumin,
- 7 bunch of parsley,
- 6) fresh green onions,
- Cos lettuce leaves.

Wash the lentils and cook them in 3-4 glasses of water. Just before the whole water is absorbed, add the "bulgur". Boil for 1-2 minutes. Turn the heat off and let stand for 20 minutes. Brown finely chopped onion in oil. Add the tomato paste and remove from heat. Add the browned onions, spices and finely chopped spring onions and parsley to the lentils with "bulgur". Mix well. Let cool. Take small walnut size pieces of it and squeezing in the palm of your hand shape them irregularly. Arrange them on a layer of cos lettuce leaves and serve.



Nutritive value	Approx. per serving
Energy	405 cal
Protein	10.9 g
Fat	22.4g
Carbonhydrate	42.5 g
Calcium	56 mg
Iron	4.01 mg
Phosphorus	210 mg
Zinc	2 mg
Sodium	800 mg
Vitamin A	737 IU
Thiamine	0.19 mg
Riboflavin	0.14 mg
Niacin	1.97 mg
Vitamin C	8 mg
Cholestrol	0 mg

SHEPHERD'S SALAD (ÇOBAN SALATASI)

4 servings

- 2 large tomatoes,
- 1 mild onion,
- 3 medium size sweet peppers,
- 7 medium size cucumber,
- y2 bunch parsley,
- Olive oil,
- Lemon,
- Salt

Slice the onion. Dice the tomatoes. Peel and cut the cucumber in small pieces. Remove the stalks and seeds of the peppers and dice. Coarsely chop the parsley. Mix everything together and sprinkle with salt. Garnish with olive oil and lemon juice.



FRIED CARROTS WITH YOGHURT (YOĞURLU HAVUÇ KIZARTMASI)

6 servings

- 1/2 kg. large carrots,
- 300 gr. flour,
- 1 1/2 glass oil
- 400 gr. yoghurt,
- Salt

Boil 10 glasses of water in a saucepan. Scrape the carrots and cut them lengthwise into thin slices of 3-4 mm. Cook them in boiling water until they start to get soft. Drain and let cool. Put the flour and 1 teaspoon of salt in a flat bowl. Slowly add 5 1/2 of water, stirring constantly, until it becomes smooth and creamy. Heat the oil in a frying pan. Dip the carrot slices one by one into the flour paste and fry them in oil until they are golden brown on both sides (not more than 4-5 at a time). Serve with salted yoghurt.



EGG-PLANT SALAD WITH YOGHURT (YOGURTLU PATLICAN SALATASI)

4 servings

- 6 large egg-plants,
- Juice of one lemon,
- 2 tablespoons olive oil,
- 1 teaspoon salt,
- 2 cloves of garlic,
- 1/2 glass yoghurt,
- 1 tomato,
- 1 bell pepper,
- A few black olives

Proceed the same way as described for eggplant salad in the following recipe. To the mashed egg-plants, add salt, crushed garlic and yoghurt. Mix well. Arrange on a dish. Decorate with slices of tomatoes, green pepper and black olives.



EGG-PLANT SALAD (PATLICAN SALATASI)

4 servings

- 6 large egg-plants,
- Juice of 1 lemon,
- 1/2 cup olive oil,
- 1 tablespoon vinegar,
- 2 tomatoes,
- 1 onion,
- 6 green peppers,
- 1 dozen black olives.

Put the lemon juice and olive oil in a bowl. Grill whole egg-plants on gas flame (or wood fire) until they are burnt outside and very soft inside. Hold each egg-plant by the stem under running tap water for 2-3 seconds. Then peel the skin off with a knife. Cut the stem off and mash it with a fork. Put it immediately in the bowl, mixing well with lemon juice and olive oil. Add vinegar and salt. Mix well. Arrange on a serving dish. Decorate with peeled and sliced tomatoes, sliced peppers, finely sliced onion and black olives.



CARROTS WITH YOGHURT (YOGURTLU HAVUÇ)

4 servings

- 1/2 kg- carrots,
- 2 tablespoons olive oil,
- 250 gr. yoghurt,
- cloves of garlic,
- Salt, paprika

Scrape and coarsely grate the carrots, Saute in olive oil with some salt. Whip the yoghurt with crushed garlic. Add to the carrots. Mix well. Sprinkle with paprika.



CRUSHED TOMATO SALAD (EZME)

6 servings

- 250 gr. ripe tomatoes,
- 1 sweet green pepper,
- 1/2 cucumber, 2 spring onions,
- 1 teaspoon dried mint,
- Salt,
- pepper,
- paprika,
- 1 tablespoon paprika paste,

- 1 tablespoon olive oil,
- 2 tablespoons vinegar

Peel the tomatoes and the cucumber. Remove the stalk and seeds of the pepper. Remove the outer layer of the spring onions. Chop them up very small, without actually pulverizing them. Add all the other ingredients. Mix well.



WHITE BEANS SALAD (FASÜLYE PİYAZI)

4 servings

- 250 gr. white beans,
- 1 glass vinegar,
- 1 large onion,
- 3 tomatoes,
- 3 bell peppers,
- 1 dozen black olives,
- 1/2 bunch of parsley,
- 3 hard boiled eggs,
- 2 teaspoons salt,
- 1/3 glass olive oil

Soak the beans in water overnight. Drain and put them in boiling water. Cook on medium heat until they are tender. Drain and put the beans in a bowl.



CHICK-PEAS PASTE (HUMUS)

4 servings

- 1 1/2 glasses chick-peas,
- 1/2 glass ground sesame seed (tahin),
- 1/2 glass olive oil,
- 1 1/2 teaspoons salt,
- 1 1/2 teaspoons ground red pepper,
- 4 cloves of garlic,
- Juice of 2-3 lemons

Soak the chick-peas in water overnight. Change the water and cook until they are well tender. Remove the skins and mash. Add "thin", crushed garlic, salt and pepper. Mix well. Slowly add olive oil and lemon juice to make a smooth paste. Arrange on a serving dish. Serve with toasted bread. Sprinkle with some salt and pour over them 1/4 glass of vinegar. Leave for 2-3 hours. Cut the onions into lengthwise slices. Put them in a bowl, rub them with some salt to extract the juice. Wash and drain them. Drain the beans. Add the onions and chopped parsley. Mix well. Arrange on a serving dish. Cut the bell peppers into slices. Peel the tomatoes and cut them into pieces. Slice the hard boiled eggs. Decorate the beans with peppers, tomatoes, eggs and olives. Mix in a small bowl olive oil, salt and the rest of the vinegar. Pour over the beans.



EGG-PLANT FINGERS (PATLICAN KÖFTESİ)

6 servings

- 7 kg. large egg-plants,
- 50 gr. grated cheese,
- 3 eggs,
- 1/2 tablespoons flour,
- 1 bunch of parsley,
- 1 glass oil Saute: 3 tablespoons margarine,
- 2 tablespoons flour,
- 1/2 glasses milk,
- 2 teaspoons salt,
- 1 small lemon

Grill whole egg-plants on gas flame until burnt outside and very soft inside. Holding from the stem, peel each one lengthwise with a knife. Put them in 4 glasses of water with lemon juice. Melt the margarine in a saucepan. Add the flour and brown for 2 minutes. Slowly add warm milk, stirring constantly. Cook for 1-2 minutes and turn the heat off. Add grated cheese, salt, chopped parsley and squeezed egg-plants. Mix well, mashing with a fork. Let stand in the refrigerator for 2 hours. Heat the oil. Beat the eggs in a bowl. Take big walnut size pieces of the egg-plant paste and roll each one in the palms of your hands to shape them like fingers. Dip them first into some flour, then in beaten eggs. Fry them until golden brown. Drain well.



POTATO CROQUETTES (PATATES KÖFTESİ)

6 servings

- 1kg. fresh potatoes,
- 200 gr. grated cheese or
- 250 gr. mashed white cheese,
- 2 tablespoons flour,
- 3 eggs,
- 2 teaspoons salt,
- 1/2 teaspoon pepper,
- 1 1/2 glasses oil

Boil unpeeled potatoes for 25-30 minutes. Drain, peel and mash them. While they are hot, add cheese, flour, eggs, salt and pepper. Mix well and knead to make a consistent paste. Take big walnut size pieces of this paste and in the palms of your hand roll them into finger shapes. Arrange them on a tray sprinkled with flour. Heat the oil in a frying pan. Fry them until golden brown.



PICKLED STUFFED PEPPERS (DOLDURULMUŞ BİBER TURŞUSU)

- 1 kg. green bell peppers,
- 1 small white cabbage,
- 2 sweet red peppers,
- 1 bulb of garlic,
- 1 bunch of parsley,
- 10-12 green springs of celery,
- 2 cups of vinegar,
- Salt (1 tablespoonful to each 4 1/2 cups of water).

Remove the stalks and seeds from the peppers. Finely chop the cabbage, red peppers, garlic, parsley and celery stalks. Mix them well. Stuff the peppers with this mixture and arrange in a pickle jar. Pour over water mixed with salt and vinegar. Let stand for about three weeks.



FAVA BEANS PUREE (FAVA)

6 servings

- 2 glasses fava beans,
- 1 large onion,
- $\frac{1}{4}$ glass olive oil,
- 2 teaspoons salt,
- 4 teaspoons sugar,
- $\frac{1}{2}$ bunch of dill or parsley,
- 1 lemon

Soak the dry fava beans in water overnight. Drain and put them in a saucepan. Add the onion, peeled and cut into four pieces, olive oil, salt, sugar and enough water to cover them. Cover and cook on medium heat until the beans are well tender (20 minutes in pressure cooker). Mash them while still hot and make a smooth and not very thick puree. Pour it into a flat bowl. Let cool and get hard. Turn it upside down onto a serving dish. Decorate with dill or parsley leaves. Serve with slices of lemon.



FRIED LIVER (ARNAVUT CİĞERİ)

4 servings

- 1 sheep liver or 2 lamb livers,
- 1/2 cup flour,
- 2 teaspoons red ground pepper,
- 1 teaspoon salt,
- 1 glass oil,
- 3 medium size onions,
- 1 bunch parsley

Cut the onions in half and each half into thin lengthwise slices. Put them in a bowl and rub with 1 teaspoon of salt to extract the juice. Wash and drain. Add chopped parsley. Leave it aside to be used as garnish for the livers. Remove the membrane and the veins of the liver. Cut it into small cubes, the size of a large hazelnut. Wash and drain well. Add 1 teaspoon of red pepper. Heat the olive oil in a frying pan. Take a handful of liver cubes, coat them with flour and fry in very hot olive oil for one minute. Take them out and repeat the same with the rest of the liver cubes. Sprinkle with 1/2 teaspoon of salt. Serve accompanied with the garnish.



"BULGUR" SALAD (KISIR)

6 servings

- 1 glass fine "bulgur" (boiled and pounded wheat),
- 3 tablespoons hot red pepper paste,
- 1 tomato, peeled and finely chopped,
- 6 fresh green onions, finely chopped,
- 1 bunch of parsley, finely chopped,
- 2 teaspoons salt, 2 teaspoons dried mint,
- 1/4 glass olive oil, 3/4 glass vinegar

Put the "bulgur" in a bowl. Pour over it boiling water, just enough to cover it. Cover the bowl well with a lid and let stand until the water is absorbed and the "bulgur" grains are swollen. Add all the other ingredients. Mix well and serve.



BRAIN SALAD (BEYİN SALATASI)

6 servings

- 4 lamb brains,
- 4 tablespoon olive oil,
- 1 lemon, ½ cup vinegar,
- 7 small onion,
- 1 teaspoon salt,
- Parsley

Soak the brains in cold water and leave for one hour, changing the water 2-3 times. Remove the membranes under running water. Put the brains in 6 glasses of cold water. Add some salt, vinegar and the onion cut into four pieces. Cover and cook on medium heat for 10 minutes. Let them cool. Place the brains on a serving plate. Sprinkle with olive oil and lemon juice. Decorate with parsley leaves.



CACIK (YOGHURT WITH CUCUMBERS) (Pronounced as "jajik")

4 servings

- 500 gr. yoghurt,
- 2 medium size cucumbers,
- 1 teaspoon salt,
- 2-3 springs of dill,
- 1 teaspoon dried mint,
- 1 clove of crushed
garlic (optional),
- 2 tablespoons olive oil (optional)

Peel the cucumbers and cut them into very small and thin pieces. Sprinkle with salt and leave aside. Put the yoghurt in a bowl. Beat it well with a fork or a whisk, slowly adding up to one cup of water. Add the salted cucumbers and crushed garlic. Sprinkle with chopped dill and dried mint. Slowly pour the oil over it. Serve chilled.



ÇERKEZ TAVUĞU (CIRCASSIAN CHICKEN)

6 servings

- 1 chicken (1000-1200 gr.),
- 1 small onion,
- 1 small carrot,
- ½ tablespoon salt
- Sauce : 400 gr. walnuts,
- 3 thin slices of dry
- bread (without crust),
- 1 tablespoon ground red pepper,
- 2-3 cloves of garlic,
- 3 glasses chicken stock

Put a peeled whole onion, grated carrot, cleaned and washed chicken and salt into a saucepan. Cover with water. Cover and cook on low heat until tender. Let cool. Take the chicken out of its stock. Remove the skin and bones, tear it into small pieces. Grind the walnuts. Soak the bread in water. Squeeze them to extract the water. Crumble and add to the ground walnuts together with crushed garlic and red pepper. Put the mixture through a food mill and add the chicken broth to make a creamy sauce which should not be too thick. (All the ingredients for the sauce may also be blended in an electric blender.) Pour half of the sauce on the chicken pieces. Mix well.



EGG-PLANTPASTIES (PATLICAN BÖREĞİ)

4 servings

- 3 large egg-plants,
- 1 tablespoon salt
- Filling :
- 350 gr. white cheese,
- 3 eggs,
- 1 bunch of parsley
- For frying :
- 2 eggs,
- 250 gr. fine bread crumbs,
- 1/2 glasses oil

Cut the egg-plants lengthwise into 1/2 cm. thick slices. Then cut each slice into three. Sprinkle with salt and let stand for 20 minutes. Heat the oil. Wash and dry the egg-plant slices. Fry them lightly brown on both sides. Let cool. Mash the white cheese with a fork. Add the eggs and chopped parsley. Mix well to make a paste. Put a small amount of this paste on half on the egg-plant slices, covering each one with another slice and pressing lightly to stick them together. Beat 2 eggs. Dip the egg-plants first into the eggs, then in bread crumbs. Fry them for 4-5 minutes until golden brown on both sides. Drain well.



MANTI (DOUGH WITH MINCER MEAT)
(Served with or without yogurt)

6 servings

- Dough :
- 400 gr. flour,
- 1 egg yolk,
- 1 whole egg,
- 7/? tablespoon salt,
- 100 gr. water
- Filling :
- 200 gr. minced meat,
- 3 medium size onions.
- Salt,
- pepper
- For boiling :6 glasses meat stock
- To serve with :
- 500 gr. yoghurt,
- 2-3 cloves of garlic,
- 5 tablespoons margarine,
- 1 tablespoon ground red pepper,
- 1 tablespoon dried mint (optional)

Mix the minced meat with grated onions, salt and pepper. Knead for 2 minutes. Sift 350 gr. of flour. Make a hollow in the middle. Put 1 whole egg, 1 egg yolk, i/2 tablespoon of salt and 100 gr. water. Mix

well and knead to make a smooth dough. Cover it with a wet cloth and leave for 1 hour. Sprinkle the table top with flour. Place the dough. Sprinkle it with flour also. With a rolling pin, roll it out to the size of a plate. Then, with a thin rolling pin (oklava), make it bigger and as thin as possible. Cut out 6 cm. squares and into each one put 1 teaspoon of meat filling. Bring the four corners of the dough together and squeezing with the fingers, stick them together. Arrange them in an oven pan brushed with melted margarine. Bake them in medium hot oven for 25 minutes, until they are lightly browned. Pour over them 6 glasses of hot meat stock. Cover and cook in the oven or on low heat until the whole stock is absorbed and the pasties are well cooked. Share them out on individual plates. Spread over them yoghurt beaten with crushed garlic and some salt. Pour over margarine, heated and mixed with red pepper. Sprinkle with dried mint. Serve at once.



MINCED MEAT PIZZA (KIYMALI PİDE)

6 servings

- 5 cups flour,
- 4 tablespoons butter,
- 2 teaspoons yeast,
- 2 tablespoons milk,
- 1 teaspoon salt,
- 1 teaspoon sugar,
- 3 eggs (separate 1 yolk for brushing on top),
- 250 gr. minced lamb,
- y2 bunch of parsley,
- 1 medium size onion.
- Salt,
- pepper

Dissolve the yeast and sugar in the milk. Sieve the flour in a bowl, make a hole in the middle and into this place the yeast, the softened butter, 2 eggs and salt. Knead into a soft dough, cover and set aside

to rise. Divide the dough into egg-size pieces and on a floured board flatten each with the hands into a circular or elliptical shape about half a centimetre thick. Prepare the meat filling (p.31) and spread down the centre of each piece of pastry. Fold the edges inwards about 2 cm. so that the filling can be seen. Leave in a warm place to rise again. Brush with egg yolk and bake in a moderate oven until they are golden brown. Brush lightly with melted butter and serve immediately if you want them crispy. Otherwise, keep covered in a saucepan for about 5 minutes.



BAKED "BOREK" (TEPSI BÖREĞİ)

6 servings

- 3 sheets of "yufka" (philo dough),
- 3/4 glass milk,
- 6 tablespoons margarine,
- 2 eggs,
- Desired filling (minced meat, white cheese or spinach)

Brush an oven pan of 24-30 cm. in diameter with melted margarine. Add the eggs and milk to the rest of the melted margarine and beat them well. Lay one sheet of "yufka" into the pan, allowing the edges to go 8-10 cm. beyond the rims. Tear the excess parts away. Spread 3-4 tablespoonful of the milk mixture over the "yufka". Lay two more layers of "yufka", cut the same size as the pan, spreading milk mixture on each layer. Spread the desired filling (page 31-34) Lay the rest of the "yufka" in 2-3 layers, always moistening them with the milk mixture. Fold the edges of the first "yufka" over. Spread the remaining milk mixture all over it. Bake in medium hot oven for 25-30 minutes until it is golden brown.



HOME-MADE NOODLES (ERİŞTE)

- 1 kg flour,
- 5 eggs,
- 1/2 cup water or milk,
- salt

Sieve the flour onto a pastry board, make a dip in the centre and into this break 5 whole eggs, 2 teaspoons of salt, and half a cup of water or milk, and knead very well. The dough will be fairly stiff and when cut no small air bubbles should be visible. Divide the dough into two equal parts, cover with a damp cloth and set aside for 20 minutes. Roll out each piece into regular circles 2-3 mm in thickness. Leave the rolled out pastry on a floured board until it is partially dried (about 1 1/2 hours). Cut into quarter circles and stack one on top of the other, flouring each piece, and cut these into strips about 3 cm wide, then cut the strips width ways into pieces 34 mm wide so that each piece is the size of a match. Spread the pieces on a clean dry cloth and leave to dry in a cool place. When they are completely dry, pack in boxes or bags.



SU BÖREĞİ (WATER PASTRY)

6 servings

- 350 gr. flour,
- 2 tablespoons water,
- 3 eggs,
- 7 tablespoon salt,
- 100 gr. starch,
- 6 tablespoons margarine
- Meat filling:
 - 200 gr. minced lean meat,
 - tablespoons margarine,
 - onions,
 - 7/2 bunch of parsley,
 - 1 teaspoon salt,
 - 1/2 teaspoon pepper
- Cheese filling:
 - 250 gr. mashed white cheese,
 - 1 egg, *1/2 CUP milk,

- 1/2 bunch of dill,
- 7/2 bunch of parsley

Sift 350 gr. of flour. Make a hollow in the middle. Put the eggs, water and salt. Mix and knead. Divide into 9 pieces (one of them bigger than the other 8). Flatten each piece. Cover them with a damp cloth and let stand for half an hour. Prepare the desired filling (page 29). With a rolling pin, roll out the bigger piece of dough twice as big as the baking pan, which should be a straight-sided one of 25 cm. in diameter. Place the rolled out dough into the buttered pan, with the edges coming out of the pan. Roll the other 8 pieces out. Put 4 of them together, one on top of the other, sprinkling with starch each layer. Roll them out together, as. 5ifas the baking pan. Repeat the same for the other 4. Boil 4 litres of water with 172 tablespoons of salt. Boil the doughs one by one for 1 minute each. Take them out, taking care not to tear them, dip in a bowl of cold water, drain and place into the baking pan, with melted margarine in between. After 4 layers of dough, spread the desired filling. Put the other 4 layers of dough, boiled one by one. Fold the edges of the first one over. Spread on the remaining margarine.



FISH FINGERS (BALIK KÖFTESİ)

6 servings

- 2 medium size bonitos,
- 2 medium size onions, 2 slices of dry bread (without crust),
- 4 eggs,
- 2 bunch of parsley,
- 1 1/2 teaspoons salt,
- 1/2 teaspoon pepper,
- 1/2 teaspoon cumin,
- 1/2tablespoon pine nuts,
- 1/2tablespoon currants,
- 1/2 glass flour,
- 1 glass bread crumbs,
- 1 glass oil

Clean and wash the fish. Cook in salted water with 1 peeled whole onion. Remove the bones and shred. Add the bread (soaked in water and squeezed), 2 eggs, chopped parsley, salt, pepper, cumin, pine nuts and currants. Mix well and knead. Take large walnut size pieces of it and roll each one in the palms of your hands to shape into fingers. Dip first in flour.



LOBSTER (ISTAKOZ)

- 1 lobster (of about 30 to 35 cm.),
- 1 carrot,
- 1 onion,
- 2 gloves of
- 1 tablespoonful of vinegar,
- Salt,
- Parsley

Scrape the carrot, peel the onion and the garlic. Put them in a large saucepan half-way filled with water, add salt, vinegar and parsley, and bring to boil. When it starts to boil drop a full lobster in and boil it for about 23 to 27 minutes, depending on the size of the lobster. Take it out and let cool. Cut the shell with pliers and remove the white meat. Arrange on a serving dish. Serve with mayonnaise mixed with mustard, vinegar, chopped capers and pickled cucumbers.



PRAWNS ON SKEWERS (KARİDES ŞİŞ)

- 24 prawns,
- 2 tomatoes,
- 2 bell pepper,
- 1 1/2 lemons,
- 4 bay leaves cut in halves,
- 1 tablespoon oil,
- Salt

Remove the shells, heads and tails of raw prawns. Clean the backbones if necessary. Wash and drain them. Wet with 1/2 lemon juice and sprinkle with salt. Cut the tomatoes and seeded peppers into 4-5 pieces each. Cut the lemon in slices. Put alternately prawns, tomatoes, peppers, bay leaves and lemon slices on 4 skewers. Brush with oil. Grill on fire or in the oven for 10 minutes. Serve with steamed potatoes or rice.



SHRIMPS CASSEROLE (KARİDES GÜVEÇ)

6 servings

- 7 kg. small shrimps,
- 3 small tomatoes,
- 3 small bell peppers,
- 7 small onion,
- 120 gr. grated cheese,
- 1 clove of garlic,
- 2 tablespoons oil,
- 1/2 teaspoon salt,
- 1/2 teaspoon pepper

Remove the shells, heads and tails of raw shrimps. Wash and drain them. Sprinkle with salt. Heat the oil. Lightly brown chopped onion and crushed garlic. Take them out and add to the shrimps. Cut the peeled tomatoes and seeded bell peppers into small pieces. Add to the shrimps together with some black pepper. Share them out in 6 small individual casseroles. Cover with roughly grated cheese. Bake in hot oven for 15-20 minutes.



FRIED RED MULLET (BARBUNYA TAVA)

4 servings

- 7 kg. red mullets,
- 1 cup of flour,
- 7 cup of oil for frying,
- 7 lemon,
- Salt,
- pepper,
- Parsley

Gut and wash the fish well and leave to drain. 20 minutes before frying, sprinkle them with salt and pepper to taste. Coat in the flour. Fry them until golden brown and drain on kitchen paper. Decorate with sliced lemon and springs of parsley.



PINE NUTS OR WALNUTS PASTE (FISTIKLI VEYA CEVİZLİ TARATOR)

- 100 gr. pine nuts or walnuts,
- 2 slices of dry bread (without crust),
- 2 cloves of garlic,
- 1/2 glass olive oil,
- 7/4 lemon juice or vinegar,
- 1/2 teaspoon salt.

Pound the pine nuts or walnuts in a mortar. Soak the bread in water. Squeeze by hand to extract excess water. Crumble and add to the nuts, together with crushed garlic and salt. Slowly add the olive oil and lemon juice or vinegar, beating constantly, to make a smooth paste.



FRIED MUSSELS (MİDYE TAVA)

4 servings

- 30 large mussels (without shells),
- 150 gr. flour,
- 10 gr. yeast,
- 2 tablespoons margarine,
- 2 eggs,
- 2 teaspoons salt,
- 1 glass oil

Garnish : Pine nuts or walnuts paste, called "tarator" (see the previous recipe).

Clean the mussels, removing the hairy edges. Wash and drain well. Place them on a dry napkin. Leave the yeast in 7/2 cup lukewarm water for 10 minutes. In a bowl, put 125 gr. flour. Make a hollow in the middle. Put the yeast, melted margarine, 2 egg yolks and 2 tablespoons of lukewarm water. Mix well to make a soft paste. Leave it in a warm place for 1 hour. Beat the egg whites stiff with a pinch of salt. Add it to the paste and mix well. Heat the oil in a frying pan. Take the mussels, one by one, dip first in some flour, then into the paste. Drop into the hot oil and fry until golden brown (not more than 3-4 at a time).



MUSSELS WITH VEGETABLES (MİDYE PİLAKİSİ)

6 servings

- 50 large mussels (without shells),
- 2 medium size onions,
- 2 medium size carrots,
- 2 medium size fresh potatoes,
- 1 small celery root,
- 7 celery stem,
- 7 large tomato,
- 5-6 cloves of garlic,
- 2 teaspoons salt,
- 2 teaspoons sugar,
- 1/2 glass olive oil,
- 1 bunch of parsley

Clean the mussels, removing the hairy edges. Wash them well. Heat the olive oil. Add onions cut into lengthwise slices and brown them lightly. Add scraped and sliced carrots, peeled and diced potatoes and celery root, chopped celery stem, whole cloves of garlic, peeled and chopped tomato, salt, sugar and 1 glass of water. Cover and cook on medium heat for 15 minutes. Add the mussels and keep cooking for 10-15 minutes more, until the vegetables are tender. Let cool. Decorate with chopped parsley before serving.



GRILLED BLUE-FISH (LUFER IZGARA)

4 servings

- 4 medium size blue-fish,
- 1/2 small cup of olive oil,
- 7 lemon,
- Salt,
- 7 onion,
- Parsley

Clean, wash and drain the fish. Sprinkle with salt and let stand for an hour. Lightly brush them with oil, put them on the grill about 5-6 cm. over the fire. Grill for about 8 to 18 minutes depending on the size of the fish. Arrange them in a dish. Pour over lemon juice mixed with some olive oil. Serve together with onion cut up in slices (cut the onion in slices, rub them with some salt, wash and drain, mix them with chopped parsley).



Vegetable Dishes With Meat

HÜNKAR BEĞENDİ (EGG-PLANTS PASTE WITH MEAT OR CHICKEN)

- 1 kg. mutton,
- 2 tablespoons margarine,
- 3 medium size onions,
- 2 medium size tomatoes or
- 40 gr. tomato paste,
- 2 teaspoons salt,
- 1/2 teaspoons pepper
- Egg-plants paste:
 - 1 ½ g. large egg-plants,
 - 2 tablespoons flour,
 - 1 1/2 glasses milk,
 - 50 gr. grated cheese,
 - 2 teaspoons salt

Chop the onions and brown them lightly in melted margarine. Add the meat cut into small pieces. Cook them on medium heat for 10 minutes, stirring from time to time. Peel and chop the tomatoes. Add to the meat. Cook until the juice evaporates. Add salt, pepper and 2 glasses of warm water. Cover and cook on low heat for 1 1/2 hours until the meat is tender. Egg-plant paste: Melt the margarine in a saucepan. Add the flour and brown it lightly on medium heat. Leave it aside. Grill whole egg-plants on gas flame (or wood fire) until they are burnt outside and very soft inside. Hold each egg-plant by the stem and hold it 2-3 seconds under running tap water. Then peel the skin off with a knife. Put it on a carving wood and mash it with a fork. Add it to the flour. Repeat the same with all the eggplants. Put the saucepan on medium heat and cook the egg-plants for 5-6 minutes, stirring constantly. Slowly add warm milk, salt and finally the grated cheese. Serve immediately together with the meat. (It may also be served with chicken stew.)



Nutritive value	Approx. per serving
Energy	?
Protein	?
Fat	?
Carbonhydrate	?
Calcium	?
Iron	?
Phosphorus	406 mg
Zinc	5 mg
Sodium	1210 mg
Vitamin A	808 IU
Thiamine	0.30 mg
Riboflavin	0.48 mg
Niacin	7.41 mg
Vitamin C	11mg
Cholestrol	108 mg

LENTILS WITH MINCED MEAT (KIYMALI MERCİMEK)

4 servings

- 400 gr. lentils,
- 4 tablespoons margarine,
- 2 large onions,
- 200 gr. minced meat,
- 2 large tomatoes or 2 tablespoons,
- tomato paste,
- 8 glasses meat stock or water,
- 2 teaspoons salt,
- 1/2 teaspoon pepper

Soak the lentils in water for a couple of hours. Melt the margarine in a saucepan. Add finely chopped onions and lightly brown them. Add the meat, salt and pepper. Cook for 15-20 minutes, stirring occasionally, until the juice evaporates. Add peeled and chopped tomatoes or tomato paste and meat stock or water. Cover and let simmer. Drain the lentils. Put them in 2 liters of boiling water. Cook for 20 minutes. Drain and add to the meat. Cover and cook on low heat for 45-50 minutes, until the lentils are soft.



KARNIYARIK (EGG-PLANTS STUFFED WITH MINCED MEAT)

6 servings

- 6 medium size egg-plants,
- 1/2 glass olive oil
- 3 medium size onions,
- 175 gr. minced meat,
- 2 tablespoons margarine,
- 3 large tomatoes,
- 6 green peppers,
- 1 1/2 teaspoons salt

Remove the seeds of the egg-plants. Peel them leaving lengthwise stripes. On one side, make a deep lengthwise incision with a knife. Leave them in salted water for half an hour. Chop the onions and brown them in margarine. Add the minced meat and saute for 10 minutes. Add peeled and chopped tomatoes and salt. Cook until the juice evaporates. Heat the oil. Drain the egg-plants. Squeeze them by hand to extract excess water and dry them. Fry until lightly brown on all sides. Place them side by side in a flat pan and split them. Stuff the splits tightly with minced meat. Top each one with a slice of tomato and one whole green pepper. Add a little water. Cover and cook on low heat for 30-40 minutes until the egg-plants are tender. Serve with rice.



PATLICAN MUSAKKA (EGG-PLANT MOUSSAKA)

6 servings

- 6 medium size egg-plants,
- 1/2 tablespoons oil,
- 1/2 tablespoons margarine,
- 3 medium size onions,
- 2 large tomatoes,
- 150 gr. minced meat,
- 5 green peppers,
- 1/2 Glasses meat stock or water,
- 1/2 teaspoons salt

Remove the stems and peel the egg-plants leaving lengthwise stripes. Cut them lengthwise in halves and cut these into 3-4 cm. long pieces. Keep them in salted water for half an hour. Peel and chop the onions. Lightly brown them in margarine. Add minced meat. Saute them until the juice is evaporated. Add peeled and chopped tomato and salt. Cook until the tomato juice evaporates. Heat the oil. Take the egg-plants out of the water. Squeeze them by hand to extract excess water. Dry and lightly fry them. Take them out and arrange in a flat pan. Spread the minced meat over. Cover with slices of tomato and pieces of green peppers. Sprinkle with salt. Cover and cook on low heat for 20-30 minutes. (You may also bake it in the oven. In this case it should be covered for the first 20 minutes). Serve with rice.



KUZU GÜVEÇ (LAMB MEAT CASSEROLE)

6 servings

- 1 kg. mutton,
- cut into small pieces,
- 1 dozen pearl onions,
- 4 small tomatoes,
- 2 bell peppers,
- 1 clove of garlic,
- 1 tablespoon thyme,
- 2 tablespoons margarine,
- 2 teaspoons salt,
- 1/2teaspoon pepper

Peel the onions. Peel the tomatoes and cut them into four. Seed the bell peppers and cut them into four. Place all the ingredients in a casserole. Pour melted butter over. Cover and cook on very low heat or in the oven for 2-2 1/2 hours unt" the meat is tender.



Nutritive value	Approx. per serving
Energy	246 cal
Protein	19.8 g
Fat	10.4 g
Carbonhydrate	19.5 g
Calcium	75 mg
Iron	4.00 mg
Phosphorus	254 mg
Zinc	3 mg
Sodium	880 mg
Vitamin A	1255 IU
Thiamine	0.30 mg
Riboflavin	0.037 mg
Niacin	7.30 mg
Cholestrol	75 mg

YAZ TURLÜSÜ (SUMMER VEGETABLE STEW)

6 servings

- 250 gr. mutton,
- 4 tablespoons margarine,
- 2 medium size onions,
- 250 gr. green beans,
- 2 medium size zucchini squash,
- 2 medium size egg-plants,
- 150 gr. okras,
- 3 large tomatoes,
- 6 bell peppers,
- 4 glasses meat stock or water,
- 4 tablespoons vinegar,
- 2 teaspoons salt

Melt 1 tablespoon of margarine in a saucepan. Add chopped onions and lightly brown them. Add the meat cut into pieces (with bones) and 1 teaspoon of salt. Cover and cook on medium heat for 20-25 minutes, stirring from time to time. Remove the ends and the strings of the green beans and cut them in halves. Scrape the skin of the zucchinis. Cut them lengthwise into four, and then cut each one into 3-4 cm. pieces. Leave the beans and the squash in water. Peel the egg-plants leaving lengthwise stripes. Cut them lengthwise into four and each one into 3-4 cm. pieces. Leave them in salted water. Trim the caps of the okras. Sprinkle with salt and vinegar, mix well. Boil the green beans and the squash in 1 glass of water (or meat stock) with 1 tablespoon of margarine for 15-20 minutes. Melt 2 tablespoons of margarine in a small saucepan. Drain the egg-plants, squeeze and dry them. Fry them

lightly. Wash the okras. Add them to the green beans and the squash. Spread the meat over the vegetables, together with its sauce. Put a layer of sliced tomatoes, a layer of egg-plants, another layer of sliced tomatoes and bell peppers. Sprinkle with salt. Add the meat stock or water. Cover and cook on medium heat for 1 1/2 hours.



PATLICAN OTURTMA (EGG-PLANTS WITH MINCED MEAT)

4 servings

- 3 large egg-plants,
- ½ glass oil,
- 1 1/2 tablespoons margarine,
- 2 medium size onions,
- 150 gr. minced meat,
- 3 medium size tomatoes,
- 2 small bell peppers,
- 1/2 bunch of parsley,
- 1 teaspoon salt,
- 3/4 teaspoon pepper

Peel the egg-plants leaving lengthwise stripes and cut them in 2 cm. thick rings. Leave them in salted water for half an hour. Chop the onions and brown them in margarine. Add and saute the minced meat for 10 minutes. Add 2 peeled and chopped tomatoes, salt and pepper. Cook until the juice evaporates. Add chopped parsley. Heat the oil. Drain the egg-plants. Squeeze them lightly to extract excess water.

Dry them. Fry until light brown on both sides. Arrange them side by side in a flat pan. On each one put a heap of minced meat, with a slice of tomato and a ring of bell pepper on top. Pour in from one side 1 glass of water. Cover and cook on medium heat for 30-35 minutes. Serve with rice.



Vegetable Dishes With Meat

PATLICANLI KEBAP (EGG-PLANTS KEBAB)

6 servings

- 1 kg. mutton,
- 2 tablespoons margarine,
- 3 tablespoons oil,
- 2 large onions,
- 2 medium size tomatoes or
- 2 tablespoons tomato paste,
- 4 medium size egg-plants,
- 2 teaspoons salt,
- 1/2 teaspoon pepper

Cut the egg-plants lengthwise into four and each one into 4 cm. long pieces. Leave them in salted water for 1/2 an hour-Drain and squeeze them lightly to extract the excess water. Heat the oil and margarine together. Fry the egg-plants lightly. Take them out. In the same saucepan put half of the meat cut into cubes and saute them for 2-3 minutes and take them out. Repeat the same for the other half. In the same saucepan lightly brown the onions cut into thin lengthwise slices. Add peeled and chopped tomatoes or tomato paste. Cook for 2 minutes. Add the meat, salt, pepper and 2 glasses of warm water. Cover and cook on low heat for 1 1/2 hours until the meat is tender. Add the fried egg-plants and cook for 30 minutes more.



STUFFED VEGETABLES (DOLMALAR)

Delicious dishes of stuffed vegetables, called "dolma", are divided into two groups : those stuffed with minced meat and served warm, usually together with yoghurt; those stuffed with garnished rice cooked with olive oil and served cold as a second course.

ETLİ DOLMA (MEAT FILLING FOR STUFFED VEGETABLES – I)

- 500 gr. minced meat,
- 2 tablespoons margarine,
- 2 medium size onions,
- 3/4 cup rice,
- medium size tomatoes,
- Dill,
- salt,
- pepper

Chop the onions and brown them lightly in margarine. Add washed rice and 3/4 glass of water. Cover and cook on medium heat for 10 minutes, until the water is absorbed. Remove from heat. Add the minced meat, chopped dill, tomatoes peeled and cut into small pieces, 1 teaspoon salt and 1/2 teaspoon pepper. Mix them well, kneading for about 5 minutes.

ETLİ DOLMA (MEAT FILLING FOR STUFFED VEGETABLES – II)

- 500 gr. minced meat,
- 2 medium size onions,
- 3/4 cup rice,
- Chopped dill,
- Salt,
- pepper,
- 1/2 cup water

Chop the onions. Add all the other ingredients and mix them well. This filling is not as tasty as the first one, but it is lighter and easier to prepare.



Nutritive value	Approx. per serving
Energy	230 cal
Protein	11.2 g
Fat	12.4 g
Carbonhydrate	18.9g
Calcium	37 mg
Iron	2.17 mg
Phosphorus	129 mg
Zinc	2 mg
Sodium	836 mg
Vitamin A	1252 IU
Thiamine	0.18 mg
Riboflavin	0.20 mg
Niacin	3.51 mg
Vitamin C	72 mg
Cholestrol	35 mg

ETLİ YAPRAK DOLMASI (GRAPE LEAVES STUFFED WITH MEAT)

- 500 gr. grape leaves in brine (medium size thin leaves),
- 2 tablespoons margarine,
- 250 gr. yoghurt (if wished, with garlic)

Boil some water. Put the leaves in and cook them for about 5 minutes. Drain and let cool. Remove the stems. If they are too large, divide them in halves and remove the thick middle veins. Prepare the meat filling (without tomatoes). Place each leaf on a plate. Put a small walnut size piece of filling on the larger side. Fold the two sides over the filling and roll it on tightly towards the pointed end of the leaf. Arrange them neatly in a saucepan, in tight rows so that they don't open up during the cooking. Add margarine and 2 glasses of water. Place an upside-down plate on top of them. Cover and cook on low heat for 35 minutes. Serve warm, together with yoghurt (beaten with some crushed garlic, if wished).



Nutritive value	Approx. per serving
Energy	188 cal
Protein	11.9 g
Fat	7.8 g
Carbonhydrate	16.4g
Calcium	125 mg
Iron	3.21 mg
Phosphorus	120 mg
Zinc	2 mg
Sodium	650 mg
Vitamin A	4934 IU
Thiamine	0.14 mg
Riboflavin	0.15 mg
Niacin	3.56 mg
Vitamin C	21 mg
Cholestrol	45 mg

ETLI LAHANA DOLMASI (CABBAGE LEAVES STUFFED WITH MEAT)

6 servings

- 1 cabbage of 17/2 kg.,
- 2 tablespoons margarine,
- 7 tablespoon tomato paste,
- 2 tablespoons salt,

Prepare the filling. Cut the cabbage lengthwise into two, remove the hearts. Put them in a large saucepan with 3 glasses of water. Sprinkle with salt. Cover and cook at high temperature for 5 minutes. Turn them over and cook for 5 minutes more. (Leaves should be soft enough to be handled, but not fully cooked, otherwise they will tear apart while being rolled.) Take them out, drain and let cool. Take the, leaves apart, remove the largest veins and cut — them in large enough pieces to be rolled like grape leaves. Place each piece on a plate, put a walnut size piece of filling on one end, fold the two sides over and roll it on like a cigar. Arrange them side by side in the saucepan, taking care that they don't open up. Add margarine and tomato paste melted in 2 glasses of water. Place a small lid or plate on top of them. Cover and cook on low heat for 40-50 minutes. Serve warm, with slices of lemon.



Nutritive value	Approx. per serving
Energy	232cal
Protein	11.4 g
Fat	12.4 g
Carbonhydrate	19.7g
Calcium	92 mg
Iron	1.92 mg
Phosphorus	136 mg
Zinc	3 mg
Sodium	654 mg
Vitamin A	732 IU
Thiamine	0.15 mg
Riboflavin	0.18 mg
Niacin	3.16 mg
Vitamin C	37 mg
Cholestrol	35 mg

ETLİ KABAK DOLMASI (ZUCCHINI SQUASH STUFFED WITH MEAT)

6 servings

- 1 kg. medium size zucchini squash,
- 7 tablespoon margarine,
- 3 large tomatoes or,
- 50 gr. tomato paste,
- Dill,
- salt,

Choose short and rather thick zucchinis. Peel them and cut the ends off. If they are too large, cut them in half. Cut out conical caps from the larger end of each one; hollow them out with a knife, taking care not to pierce them. Stuff them with the meat filling and close the open ends with the caps. Place them in a flat pan. Add margarine and 1 glass of water. Cover and cook on medium heat for 20 minutes. Add 1 tablespoon of salt, tomatoes peeled and cut into small pieces (or the tomato paste dissolved in 1/2 CUP of water) and 2 glasses of water. Cover and cook on medium heat for 20 minutes more, until they are tender. Arrange them in a serving dish and decorate with dill leaves. Serve warm (if wished, with yoghurt to which some garlic may be added.)



ETLİ DOMATES DOLMASI (TOMATOES STUFFED WITH MEAT)

6 servings

- 12 medium size firm tomatoes,
- 3 tablespoons margarine,
- 7/2 tablespoon salt,

Cut the tomatoes around the top and take the lids off. Remove the pulp with the help of a small spoon. (Cut the pulp into small pieces and use them in the meat filling). Stuff the tomatoes with the meat filling and put the lids on. Arrange them in a saucepan. Add 1 1/2 glasses of water, margarine and salt. Cover and cook on medium heat for 30-35 minutes, until they are tender. Serve warm (if wished, with yoghurt to which some garlic may be added).



ETLİ BİBER DOLMASI (BELL PEPPERS STUFFED WITH MEAT)

6 servings

- 12 medium size bell peppers,
- 3 tablespoons margarine,
- 1/2 tablespoon salt,

Cut around the stems of the peppers and open the lids up. Remove the seeds and wash them well. Stuff the peppers with the meat filling and put the lids on. Arrange them side by side in a saucepan, with the caps upwards. Add 2½ glasses of water, margarine and salt. Cover and cook on medium heat for 40-60 minutes, until they are tender. Serve warm (if wished, with yoghurt to which some garlic may be added).

Nutritive value	Approx. per serving
Energy	230 cal
Protein	11.2 g
Fat	12.4 g
Carbonhydrate	18.9g
Calcium	37 mg
Iron	2.17 mg
Phosphorus	129 mg
Zinc	2 mg
Sodium	836 mg
Vitamin A	1252 IU
Thiamine	0.18 mg
Riboflavin	0.20 mg
Niacin	3.51 mg
Vitamin C	72 mg
Cholestrol	35 mg

ETLİ BAMYA (OKRA WITH MEAT)

6 servings

- 750 gr. okra,
- 6 tablespoons margarine,
- 2 large onions,
- 2 large tomatoes,
- 200 gr. mutton,
- 3 green peppers,
- 1 small lemon,
- Salt,
- ½ cup vinegar

Trim the caps of the okra conically. Wash and drain them. Add 3 tablespoons of salt and the vinegar. Mix them well and leave for half an hour. Chop the onions and brown them lightly in margarine. Add the meat cut in small pieces and brown for 5 minutes. Add 1 teaspoon of salt, half a cup of water; cover and cook on medium heat for 20 minutes. Cut the tomatoes into slices, place them over the meat. Wash the okras well and place half of them side by side on top of the tomato slices. Repeat the same with two more layers of tomatoes and okras. Place pieces of green peppers on top of them, add lemon juice, 1 teaspoon of salt and 2½ glasses of water. Cover and cook on medium heat for 50-60 minutes



KIŞ TÜRLÜSÜ (WINTER VEGETABLE STEW)

6 servings

- 250 gr. mutton,
- 2 tablespoons margarine,
- 2 medium size onions,
- 3 medium size potatoes,
- 2 medium size celery roots,
- 2 medium size carrots,
- 2 leeks,
- 4 glasses meat stock or water,
- 2 teaspoons salt

Cook the meat as described for summer vegetable stew. Peel the celery roots and cut them into 1 cm. thick slices. Put them in 1 glass of water. Peel the leeks and cut them into 3 cm. long pieces. Add to the celeries with 1 tablespoon of margarine. Cook on high heat for 15-20 minutes, stirring occasionally. Add them to the meat. Melt 2 tablespoons of margarine in a small saucepan. Add sliced carrots and potatoes cut into 1/2 cm thick slices. Saute them for 10 minutes. Add them to the meat. Sprinkle with salt. Pour in the meat stock or water. Cover and let simmer until they are tender.



ETLİ KURU FASULYE (WHITE BEANS WITH MEAT)

4 servings

- 2 glasses white beans,
- 250 gr. mutton, cut into small pieces,
- 4 tablespoons margarine,
- 2 large onions,
- 2 large tomatoes or
- 3 tablespoons tomato paste,
- 4-5 glasses meat stock or water,
- 7 green or red pepper, Salt

Soak the beans in cold water for 8-10 hours. Drain. Put them in boiling water and cook on medium heat for 30 minutes, until they are half done. Drain them. Chop the onions and brown them lightly in margarine. Add the meat and cook them, stirring from time to time, until the juice evaporates. Add peeled and chopped tomatoes or the tomato paste, the pepper cut into 4-5 pieces and 2 teaspoons of salt. Cover and cook on very low heat for 45 minutes. Add the beans and the stock. Cover and let simmer until the beans are tender. Sprinkle with red pepper before serving with rice and mixed pickles.



ETLİ NOHUT (CHICK-PEAS WITH MEAT)

4 servings

- 2 glasses dried chick-peas,
- 250 gr. mutton, cut into small pieces,
- 4 tablespoons margarine,
- 2 large onions,
- 2 large tomatoes or
- 2 tablespoons tomato or
- 2 tablespoons tomato paste,
- 4-5 glasses meat stock or water,
- 1 green or red pepper,
- Salt

Proceed the same way as described for white beans with meat (page 64). The only difference is that the chick-peas should be soaked in "salted" water.



Vegetable Dishes

Different kinds of fresh vegetables take a great part in Turkish cookery. Usually vegetables are not eaten as simple garnishing with meat, but prepared as tasty dishes on their own. Apart from the warm vegetable dishes with or without meat, an important and tasty part of the Turkish food is "vegetables cooked with abundant olive oil", garnished with salt, sugar, onions and sometimes garlic, and served cold, usually as a second course. The most notable among these vegetables is the egg-plant which can be prepared in so many different ways starting with egg-plant salad and going up to stuffed egg-plants; there is even a dessert and a marmalade prepared with egg-plants.

İMAM BAYILDI (EGG-PLANTS FRIED IN OLIVE OIL, İMAM'S DELIGHT)

6 servings

- 6 medium size egg-plants,
- 6 medium size onions,
- 3 large tomatoes,
- 8 doves of garlic,
- 17/2 teaspoons salt,
- 4 teaspoons sugar,
- 1 glass olive oil,
- 1/2 bunch of parsley

Cut the onions in thin lengthwise slices. Brown them in olive oil, together with peeled cloves of garlic. Add peeled and chopped tomatoes. Remove the stems of the egg-plants. Peel them in lengthwise stripes. Cut them lengthwise into halves. Place the egg-plants side by side in a flat pan. Spread the onion and tomato mixture over them. Sprinkle with salt and sugar. Pour in 2 glasses of water. Cover and cook on medium heat until they are very soft. Let cool. Arrange the egg-plants on a serving dish. Heap the onions and tomatoes on each one. Decorate with chopped parsley. Carefully pour the sauce in from one side.



ZEYTİNYAĞLI KEREVİZ (CELERY ROOTS IN OLIVE OIL)

6 servings

- 3 medium size celery roots,
- 2 large onions,
- 6 small carrots,
- 3 medium size fresh potatoes,
- 1/2 glass olive oil,

- 2 teaspoons salt,
- 4 teaspoons sugar,
- 1 lemon,
- 1/2 bunch of parsley

Peel the celery roots and cut them into 2 cm. thick rings. Put them immediately in water with the juice of one lemon. Heat the olive oil in a saucepan. Add coarsely chopped onions and brown them lightly. Add scraped carrots and peeled potatoes cut into small cubes. Saute them for 5 minutes. Add the celery rings, salt, pepper and 1/2 glasses of water with lemon juice. Cover and cook on low heat for 45 minutes until the celeries are tender.' et cool. Arrange the celery rings on a serving dish. Heap onions, potatoes and carrots on each ring. Pour the sauce over. Top each one with chopped parsley.



ZEYTİNYAĞLI DOLMA (RICE FILLING FOR STUFFED VEGETABLES)

7 glass rice,

- 6-7 medium onions,
- 3/4 glass olive oil,
- 1 medium size tomato,
- 25 gr. pine nuts,
- 25 gr. currants,
- 1/2 bunch mint or 1 tablespoon,
- dried mint,
- 1 bunch dill,
- 1/2 teaspoon pepper,

- 2 teaspoons salt,
- 4 teaspoons sugar,
- 1 teaspoon cinnamon,
- 1 teaspoon allspice.

Cover the rice with lukewarm water and let cool. Pour the water out, wash well and drain. Chop the onions finely. Add the nuts, 1 teaspoon salt and the olive oil. Brown them on medium heat, stirring constantly, for about 20 minutes. Add the drained rice and toast them for 10 minutes. Add peeled tomato cut into small pieces, rest of the salt, pepper, sugar, and A glass of warm water. Mix them well and cover the lid. Turn the heat down as soon as it starts boiling. Let simmer for 10-15 minutes, until the water is absorbed Add the spices and chopped herbs. Cover well; with a cloth underneath the lid. Leave in its own steam for half an hour. Mix well with a wooden spoon before using for recipes



Nutritive value	Approx. per serving
Energy	467 cal
Protein	6.8 g
Fat	27.7 g
Carbonhydrate	50.7 g
Calcium	66 mg
Iron	2.83 mg
Phosphorus	136 mg
Zinc	2 mg
Sodium	1205 mg
Vitamin A	1576 IU
Thiamine	0.21 mg
Riboflavin	0.17 mg
Niacin	2.03 mg
Vitamin C	99 mg
Cholestrol	0 mg

ZEYTİNYAĞLI YAPRAK DOLMASI (GRAPE LEAVES STUFFED WITH RICE)

6 servings

- 250 gr. grape leaves, (large and thin ones)
- 1/2 lemon,

Prepare the rice filling. Put the leaves in boiling water and cook for 5 minutes. Drain and remove the stems. Place the stems at the bottom of the saucepan. (If the leaves are too large, remove the middle veins and divide each into two.) Place each leaf on a plate. Put 1/2 tablespoon of filling on the larger end of it, fold the two sides over and roll it on like a cigarette. Place them tightly side by side in a saucepan. Add lemon juice and 1 glass of water. Put a small lid or plate on top of them. Cover and cook on low heat for one hour, until the water is absorbed. Let cool. Arrange on a serving dish and serve with lemon slices.



Nutritive value	Approx. per serving
Energy	441 cal
Protein	5.8 g
Fat	26.0 g
Carbonhydrate	47.8 g
Calcium	137 mg
Iron	2.73 mg
Phosphorus	101 mg
Zinc	2 mg
Sodium	1136 mg
Vitamin A	4224 IU
Thiamine	0.15 mg
Riboflavin	0.07 mg
Niacin	1.11 mg
Vitamin C	28 mg
Cholestrol	0 mg

ZEYTİNYAĞLI PATLICAN DOLMASI (EGG-PLANTS STUFFED WITH RICE)

6 servings

- 6 large egg-plants,
- 3/4 glass olive oil,
- 1 teaspoon salt,

Remove the stems of the egg-plants. Cut out conical caps from this end. Hollow them out with a sharp knife. Wash them add leave in salted water. Rub the pulp with some salt and squeeze them in order to take the juice out. Cook the pulp together with the rice filling. Stuff the egg-plants with the filling and close the ends with the caps. Place them side by side in a saucepan. Sprinkle with salt. Add 1 glass of water. Cover and cook on low heat for 45-60 minutes, until they are tender. Let them cool before serving.



ZEYTİNYAĞLI BİBER DOLMASI (BELL PEPPERS STUFFED WITH RICE)

8 servings

- 16 medium size bell peppers,
- 4 small tomatoes (optional)
- 1/4 glass olive oil,
- 7 teaspoon salt,

Cut around the stems of the peppers. Remove the seeds. Wash and drain them. Stuff the peppers, not very tightly, with the rice filling and close them either with their own lids or with caps cut out from tomatoes. Place them side by side in a saucepan, with the lids upwards. Sprinkle with salt and olive oil. Add 3/4 glass of water. Cover and cook on low heat for 45-60 minutes, until the whole water is absorbed and the peppers are tender. Let them cool before serving. Place them neatly side by side in the saucepan. Add lemon juice, olive oil and 1 glass of water. Sprinkle with some salt. Cover and cook

on low heat for 45-60 minutes, until the whole water is absorbed and the leaves are tender. Serve cold with lemon slices.



Nutritive value	Approx. per serving
Energy	467 cal
Protein	6.8 g
Fat	27.7 g
Carbonhydrate	50.7 g
Calcium	66 mg
Iron	2.83 mg
Phosphorus	136 mg
Zinc	2 mg
Sodium	1205 mg
Vitamin A	1576 IU
Thiamine	0.21 mg
Riboflavin	0.17 mg
Niacin	2.03 mg
Vitamin C	99 mg
Cholestrol	0 mg

ZEYTİNYAĞLI LAHANA DOLMASI (CABBAGE LEAVE STUFFED WITH RICE)

6 servings

- 7 cabbage of 1/2-2 kg,
- 1 tablespoon olive oil,
- 1 tablespoons lemon juice,
- 3 tablespoons salt,
- Rice filling (without dill and mint)

Cut the cabbage lengthwise into two, remove the hearts. Put them in a saucepan with 5 cups of water. Sprinkle with salt. Cover and cook at high temperature for 5 minutes. Turn them over and cook for another 5 minutes until they are tender enough to be stuffed and rolled, but not fully cooked, otherwise they will tear apart. Take them out of the water, drain and let cool. Take the leaves apart, remove the large veins and cut them into hand size pieces. Place the thick pieces at the bottom of the saucepan. Place each piece on a plate. Put one table-spoonful of rice filling on the larger end. Fold the two sides over the filling and roll it on like a cigar.



Nutritive value	Approx. per serving
Energy	473 cal
Protein	6.7 g
Fat	27.7 g
Carbonhydrate	53.0 g
Calcium	123 mg
Iron	2.59 mg
Phosphorus	140 mg
Zinc	2 mg
Sodium	1149 mg
Vitamin A	893 IU
Thiamine	0.16 mg
Riboflavin	0.12 mg
Niacin	1.51 mg
Vitamin C	44 mg
Cholestrol	0 mg

ZEYTİNYAĞLI YEŞİL FASULYE (GREEN BEANS IN OLIVE OIL)

6 servings

1kg. green beans,

1 glass olive oil,

3 medium size onions, chopped,

2 large tomatoes,

1 green pepper,

2 teaspoons salt,

3 teaspoons sugar

Remove the two ends and the strings of the beans, trimming the two sides. Cut them in half. Wash and drain. Heat the olive oil. Lightly brown the chopped onions and the green pepper cut in 3-4 pieces. Add the tomatoes peeled and cut into small pieces. Add the beans, salt and sugar. Mix well. Pour in warm water just enough to cover them. Cover and cook on low heat for 1 hour until the beans are tender and the sauce is reduced. Let cool before serving.



ZEYTİNYAĞLI ENGİNAR (ARTICHOKES IN OLIVE OIL)

8 servings

- 8 large artichokes,
- 18 pearl onions,
- 3 medium size fresh potatoes,
- 1 medium size celery root,
- 3 small carrots,
- Juice of 1 1/2 lemon,
- 2 tablespoons flour,
- 7 glass olive oil,
- 1 tablespoon salt,
- 2 tablespoons sugar

In a large saucepan put 10 glasses of water, 2 tablespoons of flour and the juice of 1 lemon. Mix well. Add peeled onions, peeled tomatoes, celery root and carrots, all of them cut into small cubes. Remove the leaves of the artichokes and trim them well leaving only the fleshy middle part. Leave only 2-3 cm. of the stems. Put each one immediately into the water with the other vegetables. Take the artichokes out of the water and arrange them side by side in a large pan. Add the other vegetables, olive oil,

sugar, salt, 1/2 lemon juice and 5 glasses of the same water in which the vegetables used to be. Cover and cook on medium heat for 1 hour, until the artichokes are well tender. Let cool before serving.



YOĞURLU KABAK KIZARTMASI (FRIED ZUCCHINI SQUASH WITH YOGHURT)

6 servings

- 1 1/2 kg. zucchini squash
- 300 gr. flour,
- 1 glass oil,
- 500 gr. yoghurt,
- 2-3 cloves of garlic,
- 2 teaspoons salt

Peel the zucchinis, remove the stems and cut them lengthwise into thin slices (3-4 mm.). Sprinkle with salt and let stand for 1 hour. Put the flour in a flat bowl. Stirring constantly, pour in 1 1/2 glasses of water to make a soft and smooth paste. Heat the oil. Dry the zucchini slices, dip them in the flour paste and fry them golden brown (not more than 4-5 at a time). Serve with yoghurt beaten with crusted garlic and some salt.



ZEYTİNYAĞLI PIRASA (LEEKS IN OLIVE OIL)

6 servings

- 1 kg. leeks,
- 1 medium size carrot,
- ½ glass of olive oil,
- 2 tablespoons rice,
- 2 teaspoons salt,
- 4 teaspoons sugar,
- 1/2 bunch of parsley,
- 1 lemon

Clean the leeks, remove the green ends and cut them into 3-4 cm. long pieces. Wash and drain. Scrape the carrot and cut it into slices. Heat the olive oil. Add the leeks and carrots, Cook on medium heat for 15-20 minutes, stir ring from time to time. Add washed rice, salt, sugar and 2 glasses of water. Mix well. Cover and cook on low heat for 40 minutes, until the leeks are tender. Let cool. Put in a serving dish. Decorate with chopped parsley. Serve with slices of lemon.



BARBUNYA PİLAKİSİ (FRESH CRANBERRY BEANS IN OLIVE OIL)

6 servings

- 1 kg. fresh cranberry beans,
- 2 bell peppers,
- 2 medium size onions,
- 2 medium size tomatoes,
- 1 medium size carrot,
- 4-5 cloves of garlic,
- 3/4 glass olive oil,
- 2 teaspoons salt,
- 3 teaspoons sugar,
- 1/2 bunch of parsley,
- 1 lemon

Shell the beans. Put them in boiling salted water and cook on medium heat for 15 minutes. Drain them. Heat the olive oil in a saucepan. Add chopped onions and brown them lightly. Add bell peppers, seeded and cut into pieces, together with scraped and sliced carrot. Stir for 1-2 minutes. Add tomatoes peeled and cut into small pieces and whole cloves of garlic. Finally add the beans, salt and sugar. Mix

well. Pour in enough water to cover them. Cover the saucepan and cook on medium heat until the beans are tender. Let cool. Decorate with coarsely chopped parsley. Serve with lemon slices.



Meat Dishes

The large variety of meat dishes include grilled meats, roasts, stews, casseroles and the famous "koftes", i.e. different kinds of meatballs. One important kind of meat is the "doner kebab" which you only get in restaurants or in big banquets. This is made of layers of lamb meat on a big vertical skewer which slowly turns in front of a vertical grill. While the meat is slowly done, thin pieces of it are vertically cut with a special long knife and served with garnished rice.

TERBIYELİ KÖFTE (MEAT BALL IN EGG SAUCE)

6 servings

- 750 gr. minced mutton or beef,
- 7 large onion,
- 2 tablespoons rice,
- 7 tablespoon margarine,
- 1 bunch of parsley,
- 2 teaspoons salt,
- 1/2 teaspoon pepper,
- Sauce: 2 egg yolks or 1 whole egg,
- Juice of 7 lemon

Wash the rice and boil for 15 minutes in 2 glasses of water. Drain. Add it to the minced meat, together with grated onion, salt and pepper. Knead for 5 minutes. In the palms of your hands, roll small walnut size balls and put them in a tray containing finely chopped parsley. Shake the tray so that the parsley sticks onto the meat balls. Boil 2 1/2 glasses of salted water with margarine. Drop the meatballs into it. Cover and cook on medium heat for 20 minutes. In a small bowl beat 2 egg yolks or 1 whole egg with lemon juice. Beating vigorously, slowly add 1/2 glass of the boiling meat stock. Add it to the saucepan. Turn the heat off. Mix well and serve.

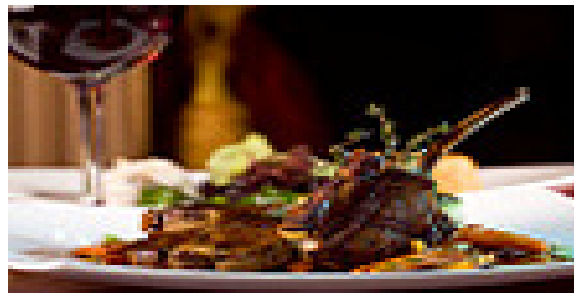


KUZU BUĞLAMASI (STEAMED LAMB WITH VEGETABLES)

4 servings

- 7 kg. of lamb (leg cut in large pieces),
50 gr. margarine,
- 2 medium size carrots,
- 6 fresh potatoes,
- 2 onions,
- 2 laurel leaves,
- 2 teaspoons thyme, Salt, pepper

Lightly brown in margarine pieces of meat together with the onions, peeled and cut in slices. Add salt and pepper. Pour over enough water to cover them and cook over medium heat during 40 minutes. Scrape the carrots and cut them in slices; peel the potatoes and cut them in medium size pieces. Add them to the meat. Let simmer on low heat during half an hour. Arrange them in a dish, sprinkle with thyme before serving.



KADINBUDU KÖFTE (EGG-COATED MEAT BALL)

6 servings

- 750 gr. minced meat (not very greasy),
- 2 large onions,
- 1/2 cup rice,
- 1 1/2 tablespoons margarine,
- 4 eggs,
- 2 teaspoons salt,
- 1/2 teaspoon pepper,
- 1 glass oil

Heat the margarine in a saucepan. Lightly brown chopped onions. Add rice, some salt and 1 glass of water. Cover and cook on medium heat until the rice is soft and the water is absorbed. Let cool. Put half of the meat in a saucepan and saute it at high temperature until the juice evaporates. Add it to the other half and mix well. Add 2 eggs, salt, pepper and the rice with onions. Knead for 5 minutes. Take egg size pieces of this mixture and roll each one in the palms of your hands to give flat and oval shapes. Heat the oil. Beat 2 eggs in a bowl. Dip each "köfte" in beaten eggs and fry on medium heat, until they are golden brown on both sides. Serve at once, with steamed potatoes.



Nutritive value	Approx. per serving
Energy	434 cal
Protein	19.7 g
Fat	31.3 g
Carbonhydrate	17.0 g
Calcium	38 mg
Iron	2.06 mg
Phosphorus	203 mg
Zinc	3 mg
Sodium	885 mg
Vitamin A	279 IU
Thiamine	0.16 mg
Riboflavin	0.24 mg
Niacin	4.32 mg
Vitamin C	2 mg
Cholestrol	223 mg

İSLİM KEBABI (STEAM KEBAB)

6 servings

- 1 kg. mutton (with bones),
- 4 tablespoons margarine,
- 3 large onions,
- 3 medium size tomatoes,
- 3 medium size egg-plants,
- 3 medium size bell peppers,
- teaspoons salt,
- 7/2 teaspoon pepper

Place the meat cut into pieces of 150 gr. at the bottom of a saucepan. Put layers of peeled onions cut into four, peeled and chopped tomatoes (2 of them), egg-plants cut first lengthwise then into 34 cm. pieces, seeded bell peppers cut into 2-3 pieces, one tomato cut into slices, margarine, salt, pepper and 1/2 glass of water. Cover very tightly to keep the steam inside and cook on very low heat for 1/2 - 2 hours.



GÖMLEK KEBABI (MEAT AND VEGETABLE CASSEROLE)

6 servings

- 1 kg. mutton,
- 4 tablespoons margarine,
- 1 dozen pearl onions,
- 150 gr. green beans,
- 1 large egg-plant,
- 2 medium size fresh potatoes,
- 2 medium size carrots,
- 2 large tomatoes,
- 50 gr. okras,
- 2 bell peppers,
- teaspoons salt,
- 1/2 teaspoon pepper,
- ½ bunch of dill.

In a large earthenware casserole, place the meat cut into cubes. Then arrange in layers: 1/3 of tomatoes cut into slices, green beans cut in halves, scraped carrots cut into short sticks, egg-plant cut lengthwise into four and then into pieces, peeled onions, 1/3 of tomatoes in slices, seeded bell peppers cut into four, peeled potatoes cut into large cubes, okras without caps and the rest of the tomatoes cut into slices. Sprinkle with salt, pepper and chopped dill. Add margarine and 1/2 glass of water. Cover and cook on very low heat for 2 hours until the meat is tender.

SIGIR PAPAZ YAHNISI (BEEF RAGOUT)

6 servings

- 800 gr. lean beef,
- 4 tablespoons margarine,
- 500 gr. pearl onions,
- 10 doves of garlic,
- 3 tablespoons vinegar,
- 1 teaspoon cinnamon,
- 1 teaspoon allspice,
- 2 teaspoons salt,
- 1/2 teaspoon pepper

Melt the margarine in a saucepan. Add the meat cut into large dice and cook on medium heat until the juice is evaporated. Add peeled whole cloves of garlic and onions. Brown for 4-5 minutes. Add vinegar, spices and 4 glasses of warm water. Cover and cook on low heat for 3 hours, until the meat is tender. Serve with rice.



BEYKOZ USULU PAÇA TROTTERS (the Beykoz way)

6 servings

- 12 large trotters,
- 12 glasses of water,
- 10-12 cloves of garlic,
- 1 tablespoon olive oil,

- 1/2 tablespoon salt,
- 12 slices of bread,
- 4 tablespoons oil,
- Sauce: 1 tablespoon flour,
- 1 1/2 tablespoons margarine,
- 5 egg yolks,
- Juice of 2 lemons,
- 1 teaspoon salt

Put the cleaned trotters in a large saucepan, together with peeled whole cloves of garlic, olive oil and salt. Cover with water. Cook on low heat (removing the scum when it starts boiling) for 8-10 hours until they are tender. Take them out. Remove the bones without breaking the meat into pieces. Keep the sauce warm. Heat the oil in a frying pan. Fry slices of bread on both sides. Arrange them side by side in a flat dish. Place trotters meat on each slice of bread. Melt the margarine in a small saucepan. Add the egg yolks, salt, lemon juice and flour, mixing well. Beating constantly and keeping it on very low heat, slowly add from the trotters sauce. Pour this sauce over the meat. Warm it up for 2-3 minutes. Serve at once. (You may pour over 2 tablespoons of heated butter mixed with ground red pepper.)



YOGURTLU KEBAP (KEBAB WITH YOGHURT)

- 750 gr. mutton, cut into, cubes (or 500 gr. minced meat, made into meatballs)
- 6 slices of bread,
- 500 gr. yoghurt,
- 3 tomatoes,
- 4 hot green peppers,
- 3 tablespoons butter,
- salt,
- black and red pepper,
- parsley

Leave the meat cubes in a marinade of sliced onions, olive oil, salt and pepper. Peel and chop the tomatoes. Cook with if 1 tablespoon of butter. Keep warm. (Tomatoes may be replaced by 2 tablespoons of tomato paste, dissolved in 1 cup of water.) Cut toasted slices of bread into cubes. Arrange them on a serving dish. (In Turkey, the bread may be replaced by "pide", a special kind of flat bread.) Grill the meat (or meatballs made with 1 small grated onion, 1 slice of dry bread soaked in water and crumbled, salt and pepper). Grill also the green peppers. Arrange them on pieces of bread. Pour first beaten yoghurt, then tomato sauce, finally melted hot butter. Sprinkle with ground red pepper. Decorate with parsley leaves. Serve at once.



KIMYONLU SAHAN KOFTESI (CUMIN MEAT BALL)

6 servings

- 750 gr. minced meat,
- 2 small onions
- 3 slices of dry bread (without crust)
- 3 large tomatoes or 2 tablespoons,
- tomato paste
- 2 cloves of garlic,
- 2 teaspoons salt,
- 1/2 teaspoon pepper,
- 2 teaspoons cumin,
- 1 glass oil

Soak the bread slices in water. Squeeze by hand to extract excess water. Crumble and add to the minced meat, together with grated onions, crushed garlic, salt, pepper and cumin. Knead well for 10 minutes. Take large walnut size pieces of this mixture and roll each one in the palms of your hands into round and flat shapes. Heat the oil in a pan. Lightly brown the meatballs on both sides. Take them out and arrange in a flat pan. Spread on them peeled and chopped tomatoes or the tomato paste dissolved in a glass of water. Sprinkle with salt. Cover and cook on medium heat for 20-25 minutes. (Instead of chopped tomatoes, you can put slices of potatoes, tomatoes and bell peppers on each meatball.)



TAVUK KÖFTESİ (CHICKEN CROQUETTES)

6 servings

- 300 gr. chicken meat,
- 2 tablespoons margarine,
- 3 tablespoons flour,
- 3/4 glass milk,
- 1 cup grated cheese,
- 3 egg yolks,
- 1 teaspoon salt,
- 7/2 teaspoon pepper,
- for frying: 1/2 glass flour, 2 eggs glass bread crumbs, 1 glass oil

Melt the margarine in a saucepan. Add the flour and brown for two minutes. Slowly add the milk, stirring constantly. Add grated cheese, egg yolks, salt and pepper and cook for 5 minutes stirring all the time. Turn the heat off. Add cooked chicken meat torn into small pieces. Mix well and leave in the refrigerator for 2-3 hours. Take large walnut size pieces of the mixture and roll each one in the palms of your hands to shape them into fingers. Dip them first in flour, then in beaten a eggs, finally in bread crumbs. Heat the oil in a frying pan. Fry them until golden brown. Drain well. Serve at once.

TAVUK YAHNİSİ (CHICKEN STEW)

8 servings

- 2 chickens,
- 4 tablespoons margarine,
2 large onions,
- 2 cloves of garlic,
- 3 large tomatoes or
- 2 tablespoons, Tomato paste,
- 2 teaspoons salt,
- 1/2 teaspoon pepper

Divide the chickens into large pieces. Saute them in margarine on high heat for 8 minutes. Add salt, garlic and onions cut into lengthwise slices and brown them. Add peeled and chopped tomatoes or tomato paste dissolved in 1/2 glass of water and black pepper. Cover and cook on low heat for 11/2 hours until the chickens are tender. Serve with rice or steamed potatoes, or egg-plant puree.



PILAVLI TAVUK KIZARTMASI (ROAST CHICKEN WITH PILAFF)

4 servings

- 1 whole chicken,
- 500 gr. rice,
- 1 tablespoon margarine,
- 7 onion,
- 1 carrot,
- 2 medium size tomatoes,
- 100 gr. green peas (canned),
- salt,
- pepper,
- Oil

Cover the rice with hot salted water and let it stand until it gets cool. Clean and wash the chicken. Put it in a casserole together with peeled onion, scraped carrot, salt and pepper. Cook over medium heat until it gets soft. Take it out of the stock, tear it up in large pieces and brown them in some oil. Melt the margarine in a saucepan. Saute the tomatoes peeled and cut up in small pieces. Add 3 glasses of chicken broth and the rice. Cook over low heat until the liquid is absorbed. Add the peas, cover and let stand for 15 minutes. Mix well with a wooden spoon, put it in a large dish. Arrange the chicken pieces on top.

İÇLİ KÖFTE (CRUSTED MEATBALLS)

8 servings

- 750 gr. minced meat,
- 1 1/2 glasses of fine "bulgur" (boiled and pounded wheat),
- 1 egg,
- 1/2 cup crushed walnuts,
- 7 tablespoon pine nuts,
- 1 tablespoon currants,
- 3 onions,
- 1 tablespoon margarine,
- 1 glass oil,
- 1 teaspoon salt,
- 1 teaspoon pepper,
- 1 teaspoon cumin,
- 1/2 teaspoon ground red pepper,
- 1 bunch of parsley

Melt the margarine in a saucepan. Brown the finely chopped onions together with the pine nuts. Add half of the minced meat. Saute and cook until the juice evaporates. Remove from heat. Add salt, pepper, cumin, crushed walnuts, currants and chopped parsley. Mix well. In a bowl, mix the "bulgur" with the other half of the meat. Add salt, pepper, red pepper and egg. Knead well, sprinkling with some water now and then. Take a big walnut size piece of it in the palm of your hand. With the index finger of the other hand, make a hole into it, and press to the sides to make the inside bigger and the walls as thin as possible. Stuff it with the meat filling and close the hole bringing the sides together. Squeeze it in wet palms of your hands to shape in into a semi-sphere. Repeat the same until you finish the meat. Cook them in simmering salted water for 5 minutes. Drain well with a skimmer. Just before serving, fry them in hot oil until golden brown on all sides.



ADANA KEBABI (ADANA KEBAB)

1 kg minced beef,

- 500 gr. lamb fat,
- 2 onions,
- 2 bunches parsley,
- salt and black pepper,
- 5 large onions,
- to garnish:
- 5 large onions,
- 2 bunches parsley,
- 1 clove garlic,
- tomatoes,
- green peppers

Put the beef and lamb fat through the mincer together. Add 2 bunch onions, salt and pepper, 3 teaspoons of salt and 1 teaspoon of black pepper and knead thoroughly. With meaty hands wipe the special broad bladed skewers needed for shish meatballs to ensure that the mixture will stick. Taking an egg-sized piece of the mixture at a time, put it on a skewer and shape it around the skewer, elongating it to a length of about 10 cm. Grill on both sides. Cut the onions into thin slices and mix with the crushed garlic and chopped parsley. Garnish each piece of grilled kebab with this mixture. Serve with grilled tomatoes and green peppers on flat pide bread.



IZGARA KÖFTE (BROILED MEAT BALL)

6 servings

- 750 gr. minced mutton, (not very greasy) or minced beef, (from shoulder) or a mixture of both,
- (minced twice),
- 4 slices of dry bread (without crust),
- 1 large onion,
- 2 teaspoons salt,
- 7/2 teaspoon pepper,
- 1/2 teaspoon cumin,
- 1 teaspoon "kofte" spice,
- 2tablespoons olive oil

Soak the bread slices in a bowl of water. Take them out and squeeze by hand to extract excess water. Crumble them. Add grated onion and spices. Mix well. Add the meat, which should be minced twice. Knead until the mixture is smooth. Take walnut size pieces and roll each one in the palms of your hands into a ball, then press them into a flat and oval shape. Brush with olive oil and broil on barbecue fire for 5-6 minutes (or in a non-stick frying pan, brushed with a few drops of oil).



Nutritive value	Approx. per serving
Energy	633 cal
Protein	34.9 g
Fat	46.4 g
Carbonhydrate	16.4 g
Calcium	37 mg
Iron	2.93 mg
Phosphorus	324 mg
Zinc	6 mg
Sodium	1762 mg
Vitamin A	68 IU
Thiamine	0.29 mg
Riboflavin	0.37 mg
Niacin	9.26 mg
Vitamin C	1 mg
Cholestrol	193 mg

KURU KÖFTE (KURU KOFTE)

6 servings

- 750 gr. minced mutton or beef, (minced twice),
- 2 thick slices of dry bread, (without crust),
- 1 large onion,
- 1 bunch of parsley, chopped,
- 1 whole egg,
- 3 teaspoons salt,

- 1/2 teaspoons salt,
- 1/2 teaspoon cumin,
- 1 teaspoon "kofte" spice,
- 1 glass oil

Soak the bread in water. Squeeze by hand to extract excess water. Crumble. Add all the other ingredients (except the oil). Knead it well for 10 minutes. Take egg size pieces of this mixture and roll each one in the palms of your hands to shape them into fingers. Heat the oil in a frying pan. Fry the meat fingers on medium heat. Serve them hot, together with fried potatoes. They may also be served cool the next day.



KUZU İNCİK KEBABI (LAMB SHANKS KEBAB)

6 servings

- 6 lamb shank ends (1 kg.),
- 4 tablespoons margarine,
- 3 medium size onions, medium size tomatoes,
- medium size egg-plants,
- 5 medium size bell peppers,
- 100 gr. cream,
- 1 lemon,
- 2 tablespoons salt,

- 1/2 teaspoon pepper

Melt the margarine in a saucepan. Add the lamb shanks and one chopped onion. Brown them for 10 minutes. Add 2 glasses of water and the juice of one lemon. Cover and cook on medium heat for 40 minutes. Arrange the meat in a flat saucepan. Cover with egg-plants cut lengthwise into four and then into 3-4 cm. long pieces, seeded bell peppers cut into lengthwise strips, two onions cut into lengthwise slices, peeled and chopped tomatoes, cream, salt and pepper. Cover and cook on medium heat for 30 minutes more.



TAS KEBABI (BRAISED MUTTON)

6 servings

1 kg. mutton,

2 tablespoons margarine,

2 medium size onions,

2 medium size tomatoes or

2 tablespoons tomato paste,

1 teaspoon salt,

7/2 teaspoon pepper

Heat the margarine. Add the meat cut into cubes and fry them on medium heat. Take them out. Chop the onions and brown them in the same margarine. Add peeled and chopped tomatoes or the tomato paste dissolved in 7/2 cup of water, salt, pepper and the meat. Mix well and add 2 glasses of warm water. Cover and let simmer for 2 hrs. until the meat is very tender.



Nutritive value	Approx. per serving
Energy	423 cal
Protein	23.3g
Fat	26.8 g
Carbonhydrate	21.3 g
Calcium	27 mg
Iron	2.36 mg
Phosphorus	252 mg
Zinc	4 mg
Sodium	844 mg
Vitamin A	96 IU
Thiamine	0.28 mg
Riboflavin	0.28 mg
Niacin	7.77 mg
Vitamin C	12 mg
Cholestrol	88 mg

DÖNER KEBAP (TURNING GRILLED MEAT)

Although it is not possible to prepare this specialty of grilled meat at home (due to the lack of a special upright broiler), we will explain how the meat is prepared just for interests sake.

- 10 kg. of lean lamb (from leg),
- 20 g salt,
- 50 gr. pepper,
- 1/2 ft- onion juice,

- 1 lemon,
- 7 cup olive oil,
- 7 kg. lamb fat,
- 1 kg. minced lamb meat,
- 1 egg,
- 7/2 cup milk

The meat should be boned and the skin removed, cut into large thick slices and pound a little with a mallet. Prepare a marinade of onion juice, lemon juice, milk, olive oil, salt and pepper. Soak meat in this marinade for 12 hours. Soak lamb fat in warm water. Mix the minced lamb with egg. Skewer the meat, the lamb fat and the minced meat alternately, using larger pieces at the top. Put the skewer upright in front of the upright grill. The meat is broiled upright turning slowly all the time. Cut thin slices of meat with a special, very long and sharp knife. Serve on top of flat bread called "pide" or with rice.



KUZU KAPAMASI (LAMB STEW)

4 servings

- 1 kg. lamb meat (with bones),
- 3 tablespoons margarine,
- 1 onion,
- 3 green salads,
- 12 green onions,

- 1 bunch of dill,
- 2 teaspoons salt

The meat should be from loin or shoulder parts of the lamb, cut together with the bones into large onion size pieces. (In Turkey, you should ask your butcher to cut the meat for "kapama). In a saucepan put the meat, washed green onions cut into small pieces, whole leaves of green salads, peeled onion cut into 7-8 pieces, salt and 2 glasses of water. Cover and cook on low heat for 1V2 hours, until the meat is very tender. Add chopped dill, cook for 3 minutes more and serve.



Nutritive value	Approx. per serving
Energy	405 cal
Protein	24.9 g
Fat	31.2 g
Carbonhydrate	5.0 g
Calcium	38 mg
Iron	2.26 mg
Phosphorus	237 mg
Zinc	5 mg
Sodium	862 mg
Vitamin A	2212 IU
Thiamine	0.22 mg
Riboflavin	0.27 mg
Niacin	7.23 mg
Vitamin C	5 mg
Cholestrol	102 mg

ŞİŞ KEBAP (SHISH KEBAB)

6servings

- 1 kg. mutton (from shoulder or thigh, without fat),
- 1 tablespoon olive oil,
- 1 medium size onion,
- 2 teaspoons salt,
- 3 small tomatoes (optional),
- 3 bell peppers (optional),
- 1 tablespoon oregano (optional)

Cut the meat into 2-3 cm. dice. Add olive oil, salt and onion juice. (Slice the onion lengthwise. Sprinkle with salt. Let stand for 10 minutes. Rub and squeeze by hand to extract the juice). Leave for 1-2 hours. Skewer the meat (alternating with pieces of tomatoes and peppers, if wished) leaving 1/2 cm. between each piece. Grill on barbecue fire for 2-3 minutes each side. Sprinkle with salt and oregano.



Nutritive value	Approx. per serving
Energy	530 cal
Protein	29.0 g
Fat	42.5 g
Carbonhydrate	6.7 g
Calcium	44 mg
Iron	2.64 mg
Phosphorus	282 mg
Zinc	5 mg
Sodium	911 mg
Vitamin A	618 IU
Thiamine	0.28 mg
Riboflavin	0.36 mg
Niacin	8.58 mg
Vitamin C	16 mg
Cholestrol	118 mg

KUZU ANKARA TAVA (ANKARA LAMB ROAST)

6 servings

- 1 kg. lamb meat, cut into large pieces,
- 2 tablespoons margarine,
- 2 teaspoons salt,
- 2 onions,
- 7 carrot,
- 1/2 glass preserved green peas,
- 500 gr. yoghurt,
- 1 tablespoon flour,
- 2 egg yolks

Melt the margarine in a saucepan. Brown the meat for 7-8 minutes. Add onions cut into lengthwise slices. Brown for 5 minutes more. Add salt and 4 glasses of water. When it starts 'boiling, remove the froth with a skimmer. Cover and cook on low heat for 45 minutes. Add sliced carrots. Cook for 30 minutes more. Drain the sauce and reduce it to 2 1/2 glasses. Arrange the meat, carrots and peas in an oven dish. In a small saucepan carefully mix the yoghurt with flour. Slowly add the boiling meat sauce, stirring constantly. Beat in 2 egg yolks. Pour the sauce over the meat. Bake in hot oven for 10-15 minutes, until it is golden brown.

BAHÇIVAN KEBAP (GARDENER'S KEBAB)

4 servings

1 kg. mutton,

3 tablespoons margarine,

20 pearl onions,

150 gr. preserved green peas,

1 zucchini squash,

150 gr. green beans,

2 bell peppers,

2 medium size tomatoes,

1 bunch of dill, 2 teaspoons salt,

½ teaspoons pepper.

Melt the margarine in a saucepan. Add the meat cut into cubes and cook them, stirring from time to time, until the juice is absorbed. Add peeled onions. Cover and cook on low heat, stirring occasionally, for 15 minutes. Add peeled and chopped tomatoes, green beans cut into halves, bell peppers cut into rings, salt, pepper and 1 glass of water. Cover and cook on low heat for 45 minutes, until the meat is half cooked. Add scraped squash cut into pieces and green peas. Cook for half an hour more. Add chopped dill and remove from heat.

Cooking with Rice

The rice is an important dish in the Turkish cookery, prepared in many different ways and each one so delicious that it can be served as a dish on its own. The preparation of a rice dish (pilaf) is not a simple procedure of boiling the rice as a garnishing for the meat; it requires a careful procedure of measuring the exact amounts of rice and water and of the cooking time, in order to have a tasty rice dish in separate grains rather than a sticky one. Garnished rice is also used as filling for stuffed vegetables and grape leaves.

Nutritive value	Approx. per serving
Energy	380 cal
Protein	22.4 g
Fat	26.8 g
Carbonhydrate	11.3 g
Calcium	33 mg
Iron	2.20 mg
Phosphorus	286 mg
Zinc	4 mg
Sodium	667 mg
Vitamin A	3298 IU
Thiamine	0.24 mg
Riboflavin	0.27 mg
Niacin	6.99 mg
Vitamin C	7 mg
Cholestrol	88 mg

SADE PIRINÇ PİLAVI (PLAIN PILAFF)

4 servings

- 2 glasses of rice,
3 tablespoons of butter,
- 4 glasses of water or stock,
- 2 teaspoons salt,
- 1/2 teaspoon sugar

Place the rice in a bowl, cover it with hot salted water. Let stand until it gets cool. Wash thoroughly and drain well. Melt the butter in a saucepan. Add the water or stock, the rice, salt and sugar. Mix well, cover and let simmer for 15 minutes. Remove from heat and let stand for another 15 minutes. Mix well with a wooden spoon before serving.



SULTAN REŞAT PİLAVI (SULTAN RESHAD RICE)

6 servings

- 2 glasses rice,
- 3 glasses water,
- 6 tablespoons butter,
- 200 gr. minced meat,
- 1 1/2 tablespoons margarine,
- 2 medium size tomatoes or
- 2 tablespoons tomato paste,
- 1 small onion,
- 1 slice of dry bread (without crust),
- 2 teaspoons salt,
- 1/2 teaspoons sugar,
- 1/2 teaspoons pepper

Wash the rice. Cover with warm water and let cool. Wash 3-4 times and drain well. Melt the butter in a saucepan. Add the rice and brown for 10 minute. Add water, salt and sugar. Cover and cook on medium heat until the water evaporates. Let stand on very low heat. Soak the bread in water. Squeeze the excess water out. Crumble and add to the minced meat, together with grated onion, salt and pepper. Knead for 5 minutes. Roll in the palms of your hands into tiny balls. Melt the margarine in a saucepan. Lightly brown the meatballs. Add peeled and chopped tomatoes or tomato paste. Cook

for 5 minutes. Add 3 glass of water. Cook for 15-20 minutes. Mix the rice with a wooden spoon. Heap it onto a round serving dish. Make a hollow in the middle. Fill it up with the meatballs. Serve at once.



PATLICANLI İÇ PİLAV (GARNISHED RICE WITH EGG-PLANTS)

6 servings

- 2 glasses rice,
- 4 medium size onions,
- 2 medium size tomatoes,
- 1 glass olive oil,
- ?/2 kg. eggplants,
- 1 tablespoon pine nuts,
- 1 tablespoon currants,
- 7 teaspoon cinnamon,
- 1 teaspoon allspice,
- 2 teaspoons salt,
- 4 teaspoons sugar,
- 1/2 teaspoon pepper,
- 1 bunch of dill

Cover the rice with salted lukewarm water. Leave for 20 minute. Wash 3-4 times and drain. Peel the egg-plants leaving lengthwise stripes. Cut them lengthwise into four, then each one into 3-4 cm. pieces. Leave them in salted water for 15-20 minutes. Heat the olive oil in a saucepan. Drain and dry the egg-plant pieces. Lightly brown them in olive oil and take them out. In the same saucepan, put chopped onions and pine nuts. Brown them on medium heat. Add the rice and brown for 10 minutes, stirring constantly. Add peeled and chopped tomato, salt, pepper, sugar, currants, fried egg-plants and

3 glasses of water. Cover and cook on medium heat for 10 minutes. Add the spices and chopped dill. Cover well and let simmer on very low heat for 20 minutes. Let cool. Mix well with a wooden spoon before serving.

İÇ PİLAV (GARNISHED RICE)

6 servings

- 2 glasses rice,
- 3 glasses meat or chicken, stock or water,
- 4 tablespoons margarine,
- 1 medium size onion,
- 1 medium size tomato,
- 1/4 sheep liver or 2 chicken livers,
- 7 tablespoon pine nuts,
- 2 tablespoon currants,
- 1 bunch of dill,
- 2 teaspoons salt,
- 3 teaspoons sugar,
- 1 teaspoon cinnamon,
- 1 teaspoon allspice,
- 1/2 teaspoon pepper

Cover the rice with salted lukewarm water. Leave for 20 minutes. Wash 3-4 times and drain. Melt the margarine in a saucepan. Add cleaned and diced liver and saute lightly. Take them out. In the same saucepan, put chopped onion and pine nuts. Brown them lightly. Add the rice. Brown on high heat for 10 minutes. Add salt, pepper, sugar, currants, peeled and chopped tomato and meat or chicken stock or water. Mix well. Cover and cook first on medium heat, later on low heat for 15 minutes, until the water is absorbed. Add the spices and chopped dill. Cover well and let simmer on very low heat for 20 minutes. Turn the heat off and let stand for 20 minutes more. Mix well with a wooden spoon and serve (with roasted chicken, turkey or lamb).



BULGUR PİLAVI (BULGUR PILAFF)

6 servings

- 2 glasses "bulgur" (boiled and pounded wheat),
- 4 tablespoons margarine,
- 3 medium size onions,
- 7 large tomato,
- 3 glasses meat stock or water,
- 1/2 tablespoon salt

Chop the onions finely, brown them in margarine. Add washed and drained "bulgur". Brown them stirring constantly for 15 minutes. Add salt, peeled and chopped tomato and meat stock or water. Mix well. Cover and let boil on medium heat for 10 minutes. Then lower the heat and cook until the stock is absorbed. Leave on very low heat for 20 minutes. Mix well with a wooden spoon and serve.



ETLÎ BULGUR PİLAVI (BULGUR PILAFF WITH MEAT)

6 servings

- 2 glasses "bulgur" (boiled and pounded wheat),
- 6 tablespoons margarine,
- 3 medium size onions,
- 2 tomatoes or 3/4 tablespoon tomato paste,
- 500 gr. mutton, cut into cubes,
- 3 glasses meat stock or water,
- 2 teaspoons salt,
- ½ teaspoon pepper

Wash and drain the "bulgur". Chop the onions and brown them lightly in 3 tablespoons of margarine. Add the meat. Cover and cook on medium heat, stirring from time to time, until the juice evaporates. Add 1 teaspoon salt, pepper, peeled and chopped tomatoes or tomato paste and 2 glasses of warm water. Cover and cook until tender. Uncover and cook stirring from time to time until the juice evaporates again. Add 3 glasses of meat stock and remove from heat. Melt 3 tablespoons of margarine in a saucepan. Add the "bulgur" and cook at high temperature for 10 minutes, stirring constantly. Add 1 teaspoon of salt and the meat together with stock. Mix well. Cover and cook gently

until the stock is absorbed. Leave on very low heat for 20 minutes. Mix well with a wooden spoon and serve.



DOMATESLİ, NOHUTLU VEYA ŞEHRIYELİ PİLAV
RICE WITH TOMATOES (or chickpeas or vermicelli)

6 servings

- 2 glasses rice,
- 2 big tomatoes or
- 2 tablespoons tomato paste,
- 3 glasses meat stock or water,
- 3 tablespoons butter,
- 2 teaspoons salt,
- 1/2 teaspoon sugar

Wash the rice. Cover it with warm water. Add 1/2 tablespoon of salt. Let cool. Wash 3-4 times. Drain well. Heat the margarine in a saucepan. Add peeled and chopped tomatoes (or the tomato paste dissolved in 1/2 glass of water). Cook for 1-2 minutes. Add meat stock or water, salt and sugar. When it starts boiling, add the rice and mix well. Cover and cook first on medium heat, later on low heat until the water is absorbed. Put a cloth underneath the lid. Let it simmer on very low heat for 15-20 minutes (taking care that it doesn't stick to the bottom). Let stand for 15 minutes or more. Mix well with a wooden spoon and serve. (You may replace the tomatoes with cooked chickpeas to be added at the last moment, or vermicelli browned in butter.)



YALANCI BİBER DOLMASI

BELL PEPPERS STUFFED WITH UNTOASTED RICE

6 servings

- 12 medium size bell peppers,
- 1/4 cup olive oil,
- Filling:
- 3/4 glass rice,
- 2 medium size onions, grated,
- 10 fresh green onions, finely chopped,
- 3/4 cup olive oil,
- 1/2 cup water,
- 1 small tomato, peeled and chopped,
- 1/2 bunch of fresh mints, chopped,
- 1 bunch of dill, chopped,
- 1/4 bunch of parsley, chopped,
- 1 tablespoon salt,
- 2 tablespoons sugar

Cut around the stems of the peppers and open the lids up. Remove the seeds, wash and drain them. Wash the rice. Add all the other ingredients. Mix well. Stuff the peppers, not very tightly, with the filling. Close the lids and place them side by side, with the lids upwards, sprinkle some olive oil. Add a glass of water. Cover and cook on a low heat for an hour until the water is absorbed. Serve warmish.



**MİDYELİ PİLAV - ZEYTİNYAĞLI
PILAFF RICE WITH MUSSELS COOKED IN OLIVE-OIL**

- 500 gr. rice,
- 40-50 mussels without shells,
- 1/2 glass of olive
- onion (2 medium size),
- 1 liter water,
- 4 cups water,
- salt and
- black pepper

Pick over the rice, put it in a pan and cover it with hot water, add 2 tablespoons of salt, and wait till the water gets cold. Place the rice in a sieve and rinse it thoroughly under the tap. Cut out the bristles from the mussels. Put them in a pan, add half a cup of olive oil, add finely sliced onions, and saute until the onions are light brown. Then, add cleaned, chopped tomatoes (or diluted tomato paste) and stir a few times. Add the cleaned mussels, 4 glasses of water, salt and black pepper, and bring it to the boil. When it boils, add the prepared rice and cook it for 5 minutes on a high heat, then on a medium heat until the water is absorbed. Then, let it simmer on a very low heat for 20 minutes or until the rice gets fluffy. Serve it hot or cold.



BUHARA PILAVI (BOKHARA PILAFF)

6 servings

- 250. gr. lean lamb (cubed),
- 2 glasses of rice,
- 3 tablespoons butter,
- 50 gr. blanched almonds,
- 2 medium size carrots,
- salt,
- pepper

Cover the rice with salted hot water and let stand until it gets cool. Wash well with cool water and drain. Cook the meat in 4-5 glasses of water with some salt. (The stock should be reduced to 3 glasses.) Melt the butter in a saucepan. Lightly brown the blanched almonds. Add the carrots, scraped and cut up in small cubes. Add the rice and saute them for about 10 minutes. Add the stock. Cover and let simmer until the liquid is absorbed. Remove from heat and let stand for another 15 minutes. Mix well with a wooden spoon before serving.



KARİDESLİ PİRİNÇ PILAVI (RICE PILAFF WITH SHRIMPS)

- 500 gr. rice,
- 500 gr shrimps,
- 1 liter water,
- 100 gr. margarine,
- 1 tbsp vinegar,
- 1 handful of green peas,
- salt and
- black pepper

Pick over the rice, put it in a pan and cover it with hot water. Add 2 tablespoons of salt, and wait till the water gets cold. Place the rice in a sieve and rinse it thoroughly under the tap. Boil the shrimps in salted water containing 1 tablespoon of vinegar. When cooked, shell the shrimps and put them aside. Melt the butter in a saucepan, add 1 liter of water or stock, salt and black pepper, and bring to the boil. Toss in the prepared rice and cook on a medium heat until the water is absorbed. Then turn the heat down very low and cook for a further 20 minutes. Add half of the shelled shrimps to the pilaf and stir them in. Place the remaining shrimps and the peas into the base of a mould, and fill it up with the pilaf, pressing only lightly. To serve turn the mould upside down onto a dish.



HAMSiLi PiLAV (RICE WITH ANCHOVIES)

8 servings

- 2 kg. fresh anchovies,
- 2 ½ glasses rice,
- 1 large onion,
- 2 tablespoons pine nuts,
- 2 tablespoons currants,
- 27/2 tablespoons margarine,
- 1 ½/2 tablespoons dry mint,
- 1 1/2 tablespoons salt,
- 1 teaspoon sugar,
- 1/2 teaspoon pepper

Wash and drain the rice. Clean the anchovies. Remove the heads, backbones and tails. Wash and drain them. Place half of them neatly in circular row in a large oiled oven pan (35-40 cm. in diameter) opening them up with the fleshy parts upwards. Put the pan in the oven at medium temperature and cook for 25-30 minutes. Meanwhile heat the margarine in a saucepan. Brown the grated onion together with the pine nuts and salt. Add the rice and brown them on medium heat for 5-6 minutes more. Add currants, pepper, sugar, mint and 3/4 glasses of warm water. Mix well. Reduce the heat when it starts boiling and cook gently for 8-10 minutes. Just before the whole water is absorbed, spread the rice over the baked anchovies in the oven. Place, the rest of the anchovies neatly over the rice, opened up and the skins facing upwards. Put them back in the medium oven and bake until the fish are lightly browned, for about 1/2 an hour. Serve at once.



İSTANBUL PİLAVI (ISTANBUL RICE)

6 servings

- 2 glasses rice,
- 2 1/2 glasses chicken broth,
- 3 tablespoons margarine,
- 2 tablespoons almonds, (boiled and peeled),
- 7 tablespoons pistachio nuts (peeled),
- 1/2 glass green peas,
- 2 chicken livers, 2 teaspoons salt,
1/2 teaspoon sugar

Wash the rice. Cover with warm water. Let cool. Wash 3-4 times. Drain well. Melt the margarine. Add the rice and brown for 5 minutes, stirring constantly with a wooden spoon. Add almonds, chopped liver. Saute for 5 minutes more. Add chicken broth salt, sugar and saffron. Mix well. Cover and cook first on medium heat, then on low heat until the water is absorbed. Let simmer on very low. heat for 10 minutes. Remove from heat and let stand for 20 minutes more. Mix well with a wooden spoon and serve.



BEZELYELİ PİRİNÇ PİLAVI (PILAFF RICE WITH GREEN PEAS)

- 9 dl water,
- 500 gr. rice,
- 150 gr. shelled peas,
- 60 gr. butter, salt

Pick over the rice, place in a bowl and cover it with hot water. Stir in 2 tablespoons of salt and leave to soak until the water cools. Place the rice in a sieve and wash thoroughly under the running tap. Boil the peas or saute them in 1 tablespoon of butter until tender. Melt the butter in a saucepan, add the water and washed rice and salt and boil it rapidly for 5 minutes. Reduce the heat slightly until the water is absorbed. Add the peas then reduce the heat to very low for about 20 minutes until the rice becomes fluffy. Stir the rice before serving.



Desserts

Delicious Turkish desserts can be divided in two main parts, apart from the fruit compotes: milk desserts and sweet pastries (with very special names), the latter being quite rich and therefore served with unsweetened clotted cream, especially that of water-buffalo milk, called "kaymak". The sweet pastries go particularly well after a tasty dish of fried or grilled fish. Various sorts of "kadayif" are made of ready made doughs: the "tel kadayif" are thin pieces of dried dough that look like threads; the "ekmek kadayif" is a special kind of loaf; the "yassi kadayif" are a kind of flat pancakes. Some of these desserts are served on special occasions, such as wheat pudding (asure) served on the tenth day of the Moslem month of Muharrem, or saffron-flavoured sweet rice (zerde) served in weddings.

İNCİR TATLISI (FIG SWEET)

- 1/2 kg dried figs,
- 1 cup ground walnuts and hazelnuts,
- 1/4 cup castor sugar,
- 7/2 cup clotted-cream

Cut off the stalks of the figs, and with your finger open up the central cavity. Fill each fig with some of the ground nuts and sugar mixed together, and arrange in a buttered oven tray. Pour 2 cups of water over them and simmer for a few minutes, basting with the juice. Leave to cool. Serve with cream.



LOR TATLISI (UNCURED CHEESE PASTRIES)

- 500 gr. goat cheese (lor),
- 50 gr. butter,
- 50 gr. sugar,
- 20 gr. flour,
- 20 gr. semolina,
- 4 egg yolks,
- 1/2 teaspoon baking powder,
- Syrup:
 - 3 glasses sugar,
 - 2 ½ glasses water,
 - Juice of 2 lemon.

Beat the egg yolks with sugar. Add melted but cool butter, baking powder and mashed goat cheese. Mix well. Add flour and semolina. Mix well. Take small lemon size pieces of the dough, then each one in the palms of your hands into a ball. Press and flatten. Place them in an oiled oven pan, leaving 2 cm. in between. Bake in medium hot oven for 20-25 minutes, until they are golden brown. Meanwhile boil the syrup and let simmer for 10-15 minutes. Pour it over the pastries. Cover and bake at low temperature for 15 minutes more. Let cool before serving.



KÜNEFE (SHREDDED WHEAT CHEESE DESSERT)

- 500 gm shredded tel kadayif,
- 400 gr. dil cheese*,
- 100 gr. melted butter,
- For the syrup:
- 1 ½ cups sugar,
- 1 cup water,
- 1 tsp lemon juice

* Dil cheese is a mild, saltless yellow cheese which becomes stretchy when melted.

Put the sugar and water in a saucepan and boil for about 15 minutes until it forms a thin syrup. Add the lemon juice and set aside. Grease a 25 cm cake tin and pour in six tablespoons of the syrup and spread it over the bottom of the tin. In a separate bowl mix the tel kadayif with the melted butter until it is well distributed and arrange half in the greased tin, pressing down well. Slice the dil cheese and arrange over the kadayif. Then put the remainder of the kadayif on top, smoothing and pressing the surface. Bake at 100 °C until the top is golden brown, then turn and cook until the bottom is golden brown. Remove from the oven and pour the syrup over the top. Serve hot.



GÜL REÇELİ (ROSE PETAL JAM)

- 225 gr. fragrant pink rose petals,
- 6 1/4 cups sugar (1500 gr.),
- 3 3/4 cups water,
- 9 gr. citric acid or
- 3 tbsp lemon juice

Place the rose petals and water in a saucepan. Put the lid on and boil until the petals become a pale colour. Add the sugar and boil with the lid off until the syrup thickens. Test whether the jam is ready by taking some of the jam on a spoon and dropping it onto a plate. If the last drop keeps its shape, then the jam is ready. Now add the lemon juice or citric acid dissolved in a little water, bring to the boil once more and then empty the jam into a clean, dry bowl. When it is cold, fill the jam jars and seal.



SAMSA (FLAKY PASTRY WITH WALNUTS)

- 2 cups flour,
- 1 tsp salt,
- 1 tsp vinegar,
- 185 gr. butter,
- 7/2 cup water,
- 125 gr. hazelnuts,

- 125 gr. hazelnuts,
- 25 gr. almonds,
- 2 1/2 tbsps semolina,
- 7/2 cup icing sugar,
- 2 eggs,
- 2 cups water,
- 1 cup water,
- 1 tsp lemon juice

Sieve the flour, make a dip in the centre and into this place the salt, vinegar and 1/2 cup water. Knead well, cover with a cloth and set aside for 15 minutes. Cut the dough into 4 equal pieces. Roll out and in the centre of each place a slice of butter. Fold the sides inwards and set aside for 15 minutes. Roll out each piece of pastry again, fold into four and set aside for another 15 minutes. Roll out again fold into four and put in the refrigerator for 3 hours. Mix the semolina, icing sugar, ground walnuts, hazelnuts and almonds in a bowl and mix together. Add 2 eggs and mix into a paste. Boil 2 cups of sugar with 1 cup water for 15 minutes. Add the lemon juice and leave to cool. Take the refrigerated dough and roll it out. Fold into three and roll out again to a rectangle 1 cm thick. Cut width ways into slices 10 cm wide. Form the paste filling into a roll 1 cm in diameter and place lengthways on each slice of pastry. Roll up and squeeze the ends closed. Set aside for 5 minutes. Bake at 100°C for 30 minutes. Remove from the oven and pour the prepared syrup over the top. Serve when cool.



SÜTLAÇ (RICE PUDDING)

- 8 glasses milk,
- 1 1/2 glasses sugar,
- 1 cup rice,
- 1/4 cup rice flour,
- 7/4 cup potato starch,
- 1/2 teaspoon salt,
- Cinnamon (optional)

Cook the rice in 1 1/2 glasses of water. Put the milk, salt and rice in a saucepan. Boil and let simmer. Put the rice flour and potato starch in a bowl. Slowly add 3/4 glass of water stirring constantly, to make a smooth paste. Add it to the boiling milk. Cook for 10 minutes, stirring all the time. Add the sugar and cook until it thickens, stirring constantly. Share it out in individual bowls. Let cool. Sprinkle with cinnamon.



FIRIN SÜTLAÇ (RICE PUDDING)

Proceed the same way as described for plain rice pudding in the previous recipe. Share it out in individual ovenproof bowls. Bake in the oven until there is a brown crust on top. Let cool before serving.



TAVUK GÖĞSÜ (CHICKEN BREAST PUDDING)

- 7 glasses milk,
- 17/2 glasses sugar,
- 3/4 cup potato starch,
- 1/4 cups rice flour,
- 1/2 glasses water,
- 2 teaspoon salt,
- 1/2 chicken breast, cinnamon

Boil a very fresh chicken breast until it is tender. Cut it crosswise in 5 cm. long pieces. Rub them between the palms of your hands and tear them into very thin fibres. Wash the fibres 3-4 times in warm water, changing the water each time and squeezing them tightly to extract excess water. Put the milk, sugar and salt in a saucepan. Melt the sugar and let simmer. Put the potato starch and rice flour in a bowl. Slowly add from the boiling milk, stirring constantly, to have a smooth paste. Add it to the milk and cook until it starts thickening, stirring all the time. Take 4-5 spoonfuls of the pudding and add to the chicken fibres. Mix well with a fork and add them to the pudding. Cook on low heat, stirring constantly, until it thickens. (To check the thickness: pour 1 tablespoonful of it in a plate. Let cool and turn it upside down. It should come out without sticking to the plate.) Pour it out 2 cm. thick in a dry dish. Let cool and cut out in 10 cm. square portions. Roll each one and sprinkle with cinnamon before serving.



MUHALLEBİ (MILK PUDDING)

- 7 glasses milk,
- 7 ¼ glass sugar,
- 1/2 cup potato starch,
- 7 1/2 cups rice flour,
- 1/2 teaspoon salt,
- Cinnamon (optional)

Put the milk, sugar and salt in a saucepan. Melt the sugar and let boil, stirring occasionally. Put the starch and rice flour in a bowl. Slowly add from the boiling milk to make a smooth paste. Add it to the milk and cook on medium heat, stirring constantly, until it thickens. Share out in individual bowls. Let cool. Sprinkle with cinnamon.



KAZANDIBI (BURNT CHICKEN BREAST PUDDING)

Using the same ingredients as "tavuk gogsu" prepare the pudding as described. Pour it into a 2-3 cm. deep pan. Put it on gas flame and burn the bottom, turning the pan whenever necessary. Let cool for 3-4 hours. Cut it into 10 cm. square pieces. Take them out with the help of a spatula. Fold them to make thick rolls, with the burnt side upwards.



KEŞKÜL (ALMOND CREAM)

- 8 glasses milk,
- 7 1/2 glasses sugars,
- 1 glass almonds,
- 1 glass water,
- 7 1/4 cups rice flour,
- A pinch of salt For decoration:
- 2 tablespoons almonds,
- 2 tablespoons pistachio nuts

Boil 1 glass of almonds in 1 glass of water. Peel and grind them twice. Then pound them in a mortar to have an almond paste. Add 1 glass of warm milk. Mix well and pass it through a sieve. Add salt to the remaining 7 glasses of milk. Let simmer. Put the rice flour in a bowl. Slowly add 1 glass of water, stirring constantly, to have a smooth paste. Add it slowly to the boiling milk. Cook on medium heat for 10 minutes, stirring all the time. Add the sugar and the milk mixed with almonds. Cook until it thickens, stirring constantly. Share it out in individual bowls. Let cool. Decorate with boiled, peeled and ground almonds and pistachio nuts.



BAKLAVA (BAKLAVA, SWEET FLAKY PASTRY)

- 250 gr. flour,
- 2 eggs,
- 1 teaspoon salt,
- 7 teaspoon olive oil,
- 200 gr. starch,
- 7 glass melted margarine,
- 7 1/2 glasses ground walnuts or pistachio nuts,
- 3 glasses sugar,
- Juice of 1/2 lemon

Sift the flour. Make a hollow in the middle. Put in eggs, salt and 1/5 glass of water. Mix well and knead for 15 minutes. Cover with a damp cloth and leave for half an hour. Spread the olive oil over the dough. Knead it again for 15 minutes. Cut it into 8 equal pieces and sprinkle each one with starch. With a rolling pin, roll them out one by one, to make 15 cm. discs; sprinkle each one with starch and put them one on top of the other. Let stand for 15-20 minutes. Roll them out again, keeping them together, to make a bigger disc. Separate each layer of dough, sprinkle with starch, and roll them out with a thin rolling pin (oklava), to make the sheets as thin as possible (almost transparent). (The layers of dough can be rolled out all together, one on top of the other. But they should be alternated each time, otherwise the outer layers will get bigger while the inner layers will remain smaller.) Put the doughs one on top of the other and cut them exactly the same size as the baking pan. Brush the pan with

melted margarine. Place 4 layers of dough, brushing each one with margarine. Spread ground walnuts or pistachio nuts. Place the remaining 4 layers of dough, brushing each one with margarine.

Cut through the bottom into 4-5 cm. rectangular or triangular pieces. Bake them in medium hot oven for 1 hour, until they are golden brown. Meanwhile, put the sugar and lemon juice in a saucepan with 2 glasses of water. Boil on medium heat stirring constantly. Let simmer for 15 minutes. Take the pan out of the oven. Let cool for 10 minutes. Lightly brush with margarine. Pour the syrup over little by little, so that it absorbs the syrup entirely, at cool before serving.



HOŞMERİM (HOSHMERIM)

- 500 gr. cottage cheese,
- 2 tbsp flour,
- 1 cup sugar

Mash the cheese with a fork and place in a saucepan. Stir over a low heat until it melts. In another saucepan stir the flour over a low heat until it turns a pale golden colour. Add the flour and sugar to the cheese and continue to cook, stirring constantly, until drops of t appear. Set the pan aside covered for 10 minutes. Eat warm or cold.



CEVİZLİ ÇÖREK (WALNUT CAKES)

- 1 kg flour,
- 200 gr. melted butter,
- 7 knobs fresh yeast,
- 500 gr. ground walnuts,
- 1/2 liter water,
- 1 tblsp warm milk,
- 1 tsp sugar

Mix the yeast with the warm milk and 1 teaspoon of sugar, add to the flour and melted butter and knead well. Set aside in a warm place for half an hour. Roll out the pastry into a circle 60 cm in diameter. Taking egg-shaped pieces of pastry roll them out into circles and place some of the ground walnuts in the centre of each. Bake in a moderate oven for one hour.



PORTAKAL PELTESİ (ORANGE JELLY- PUDDING)

- 3 oranges,
- 5/2 glasses of sugar,
- 5/2 lt. water,
- 100 gr. potato starch,
- 50 gr. crushed pistachio nuts

Grate the orange palls into the water and let stand for 1 hour. Remove the orange peels. Add the juice of the oranges and sugar. Let boil. Dissolve the potato starch in 1/2 glass of water. Slowly add it to the saucepan and cook for 8-10 minutes, stirring constantly. Share it out in individual bowls. Let cool. Decorate with crushed pistachio nuts.



TULUMBA TATLISI (FLUTED FRITTERS)

- 30 gr. melted margarine,
- 1/2 glasses water,
- 230 gr. flour,
- 4 eggs,
- 1/2 teaspoon salt,
- 1 1/4 glasses oil. Syrup:
- 1 3/4 glasses water,
- 2 glasses sugar,
- juice of 1/2 lemon

Boil the syrup and let simmer for 15 minutes. Melt the margarine in a saucepan. Add water and salt. When it starts to boil, add the flour, mix well and cook on low heat for 6-7 minutes, stirring constantly with a wooden spoon. Let cool. Add the eggs and knead for 10 minutes. Put the mixture into a forcing bag. Squeeze out 4-5 cm. long knurled pieces into a frying pan with lukewarm oil in it. (Do not fill the

pan up completely.) Put the pan on medium heat and fry them until they are golden brown. Drain well with a skimmer and drop into the cool syrup. Let stand for 15 minutes.



REVANI (SEMOLINA CAKE)

- 250 gr. fine semolina,
- 50 gr. flour,
- 250 gr. sugar,
- 60 gr. butter,
- 9 eggs,
- Grated lemon peel,
- 100 gr. almonds,
- A pinch of salt for the pan:
- i/2 tablespoon butter,
- 1 tablespoon flour,
- Syrup:
- 4 glasses sugar,
- 1/2 glasses water,
- juice of i/2 lemon

Butter a high-sided cake pan of 25 cm. in diameter and sprinkle with flour. Boil the almonds in 1 glass of water. Drain and peel them. Chop with a knife. Separate the egg yolks and the whites. Beat the whites stiff with a pinch of salt. Beat the yolks with sugar and grated lemon peel for 7-8 minutes until it is creamy. Add mixed semolina and flour to the egg yolks. Mix well. Add the egg whites and chopped almonds. Mix with a wooden spoon. Add melted but cool butter. Mix well and pour it into the cake pan.

Bake in medium hot oven for 1 hour, until it is golden brown. Boil the syrup and let simmer for 10 minutes. Take the pan out of the oven and pour the oiling syrup over. Let cool. Put it upside down in a serving plate. (It tastes better the next day.)



DİLBER DUDAĞI (BEAUTY'S LIPS)

Proceed the same way as described for "lady's navel". The only difference is the shape of the pastries: Make large walnut size balls with the dough. Flatten them and fold each one in two to have them look like lips.



VEZİR PARMAGI (VIZIER'S FINGERS)

Proceed the same way as described for "lady's navel" except for the shape of the pastries, which should be rolled like fingers.



UN HELVASI (FLOUR HALVAH)

- 250 gr. flour,
- 1 tablespoon pine nuts,
- 125 gr. butter,
- 250 gr. castor sugar,
- 2 glasses water or milk, vanilla

Melt the butter in a saucepan. Add sifted flour and pine nuts; lightly brown on low heat, stirring constantly for 30-40 minutes. Add boiling water or milk. Mix well. Cover and leave on very low heat for 20 minutes. Add the sugar. Cover and let stand for 1 hour. Take tablespoonfuls of it and arrange them in a serving plate.



LOKMA (FRITTER BALLS)

- 200 gr. flour,
- 200 gr. water,
- 1 tablespoon butter,
- 30 gr. yeast,
- 1/2 teaspoon salt,
- 1 glass oil,
- Cinnamon,
- Syrup:
 - 1 3/4 glasses sugar,
 - 1 1/2 glasses water,
 - 1 tablespoon lemon juice

Boil the syrup and let simmer for 15 minutes. Let cool. Put the flour in a saucepan. Make a hollow in the middle. Put the yeast, melted butter and salt. Mix a little and slowly add the water. Mix well and make a soft dough. Leave in a warm place for 1 hour. Heat the oil. Take a handful of dough. Squeeze and let pop out a hazelnut size piece of it between the thumb and the index finger. Cut it off with a wet spoon and drop it into the heated oil. Repeat the same, wetting the spoon each time, until you have 7-8 of them in the pan. Fry them lightly, stirring occasionally. Take them out with a skimmer and drain well. When all of them are lightly browned, fry them a second time until they are golden brown. Drain well and drop into the syrup. Take them out and serve sprinkled with cinnamon.



ZERDE
SAFFRON-FLAVOURED SWEET RICE

- 125 gr. rice,
- 6 glasses water,
- 1 1/4 glasses sugar,
- 1 tablespoon arrowroot starch,
- 2 pinches of saffron, to decorate with:
- 1/2 cup currants,
- 1/2 CUP pine nuts,
- 1 pomegranate

Wash the rice. Cook in water with sugar for 20-25 minutes. Leave the saffron in 1 cup of water. Add it to the rice. Dissolve the arrowroot starch in 1/2 cup of water. Add it to the rice. Mix well and cook on medium heat for 20-30 minutes, until it thickens. Share it out in individual bowls. Let cool. Decorate with pine nuts, currants and pomegranate seeds.



KAYMAKLI KURU KAYISI
DRIED APRICOTS STUFFED WITH CREAM

- 250 gr. dried apricots,
- 250 gr. sugar,
- 1/2 glass water,
- 1 teaspoon lemon juice,
- Clotted cream (kaymak)

Put the apricots in a saucepan. Add 6 glasses of lukewarm water and leave for 24 hours, rain the apricots. Add sugar, water and lemon juice. Cover and cook on medium heat for 1/2an hour until the syrup thickens. Let it cool. Into each apricot insert a hazelnut-size piece of clotted cream. Arrange them in a serving dish, with the creamy parts upwards. Our the syrup over and serve.



YOĞURT TATLISI (YOGHURT CAKE)

- 250 gr. dense yoghurt,
- 350 gr. castor sugar,
- 300 gr. flour,
- 25 gr. butter,
- 3 eggs,
- 1/2 teaspoon baking powder
- Syrup:
 - 3 glasses sugar,
 - 3 ½ glasses water,
 - juice of 1/2 lemon.

1 lit(Mix) the yoghurt with sugar. Add the eggs, melted butter, flour and baking powder. Mix well. Pour it 3-4 cm. thick into an oiled oven pan. Bake in medium hot oven for 45-50 minutes, until it is golden brown. Boil the syrup and let simmer for 5 minutes. Take the pan out of the oven and slowly pour the boiling syrup over. Let cool. Cut into cubes and serve.



TEL KADAYIF (THREADS "KADAYIF")

- 750 gr. "tel kadayif", (ready-made dough in threads),
- 350 gr. butter,
- 2 glasses walnuts or pistachio nuts .
- Syrup:

- 4 1/2 glasses sugar,
- 3 1/2 glasses water,
- juice of 1/2 lemon

Tease the "tel kadayıf" out. Spread half of it in a high-sided cake pan of 25 cm. in diameter. Spread crushed walnuts or pistachio nuts over it, and the other half of the "kadayıf". Pour the melted butter over. Bake in medium hot oven for 40 minutes, until it is golden brown. Boil the syrup and let simmer for 5 minutes. Take the pan out. Drain excess butter. Slowly pour the boiling syrup over. Let cool before serving.



EKMEK KADAYIFI (BREAD KADAYIF)

"Ekmek kadayıfı" (ready-made bread to make "kadayıf"),

- 6-7 glasses warm water,
- Syrup:
- 4 glasses sugar,
- 4 glasses water,
- Juice of 1/2 lemon,
- clotted cream (kaymak)

Boil the syrup in a saucepan and let simmer for 20 minutes. Place the "kadayıf" in a round and flat pan 5-6 cm. larger than the "kadayıf". Add warm water and let stand for 20 minutes, until it swells and softens. Pressing with a paper napkin, take the excess water off. Pour the syrup over the "kadayıf". Put the pan on medium heat and cook for 30-40 minutes, turning the pan whenever necessary, until

bubbles of caramel appear on the top. Remove from heat and leave for 15-20 minutes (do not let cool completely, otherwise it will stick to the bottom), put it upside down into a serving dish. Let cool. Serve with "kaymak".



ŞEKERPARE (ALMOND PASTRIES)

- 500 gr. flour,
- 100 gr. castor sugar,
- 200 gr. butter,
- 1 egg,
- 1/2 teaspoon baking powder,
- 1/2 teaspoon salt,
- 15 almonds,
- Syrup:
 - 1 ½ glasses sugar,
 - 1 ¼ glasses water,
 - juice of ½ lemon.

Boil the syrup and let simmer for 15 minutes. Let cool. Beat the egg with sugar. Add softened butter and continue beating. Add salt and flour. Knead well. Take large walnut size pieces from the dough and roll each one in the palms of your hands to make small balls. Press and flatten them slightly. Place them in an oiled oven pan, leaving 2 cm. in between. With your finger make a hole in the middle of each one, where you put a peeled whole almond. Bake them in medium hot oven for 35-50 minutes, until they are golden brown. Pour the syrup over and let stand for 1 hour.



KADIN GÖBEĞİ (LADY'S NAVEL)

- 225 gr. flour,
- 85 gr. melted margarine,
- 2 whole eggs,
- 1 egg yolk,
- 1/2 teaspoon salt,
- 1 1/4 glasses oil
- Syrup :
 - 2 glasses water,
 - 1 3/4 glasses sugar,
 - 1 tablespoon lemon juice

Melt the sugar in 2 glasses of water. Add the lemon juice and boil. Let simmer for 15 minutes. Let cool. Heat the margarine in a saucepan. Add 1 1/2 glasses of water with some salt. Let boil. Add the flour at once and cook on medium heat for 7-8 minutes, stirring all the time with a wooden spoon. Let the dough cool. Add 2 whole eggs and 1 egg yolk. Mix well and knead for 10 minutes. Oil the palms of your hands. Take large walnut size pieces from the dough; roll each one into a ball, then press lightly to flatten and with your finger make a hole in the middle. Drop them into a frying pan with lukewarm oil

in it. (Do not fill the pan completely, otherwise they will stick together.) Put the pan on medium heat and fry the doughs until golden brown on both sides. Drain well and drop into the syrup. Leave in syrup for 15 minutes. Repeat the same with the rest of the doughs, letting the oil cool a little each time.



GÜLLAÇ (RICE WAFERS DESSERT)

6 servings

This rose-water flavoured dessert is made of extremely thin wafers of rice sold for the purpose, especially during the month of Ramadan.

- 10 "gullac" wafers,
- 1 1/2 lt. milk,
- 400 gr. sugar,
- 200 gr. walnuts or blanched almonds (coarsely crushed),
- 1 tablespoonful rose-water (optional),
- 50 gr. pistachios (ground)

Boil the milk. Remove from heat and add the sugar. Mix well until the sugar is dissolved. Pour the milk into a large circular oven tray and one by one dip the "gullac" wafers into it. When it softens a little, remove, place on the kitchen board, fold from four edges into the centre. Place a spoonful of walnuts or almonds in the centre and fold like a bundle. Prepare each wafer similarly and arrange them in a serving dish. Pour over the rest of the milk. Let stand until the milk is completely absorbed. Sprinkle with rose-water. Decorate with some ground pistachios.



AŞURE (WHEAT PUDDING)

- 250 gr. wheat,
- 50 gr. rice,
- 50 gr. white beans,
- 50 gr. fava beans
- 50 gr. chick-peas,
- 100 gr. dried apricots,
- 100 gr. dried apricots,
- 10 gr. dried figs,
- 150 gr. sultanas,
- 25 gr. pine nuts,
- 25 gr. currants,
- 100 gr. walnuts,
- 100 gr. hazelnuts,
- 4 lt. water,
- 1 lt. milk,
- 3 glasses sugar,
- 1 pomegranate

Soak the wheat, rice, white beans, fava beans and chick-peas separately in water overnight. Drain them. Cook the rice for 30 minutes in half of the water and blend it into its water. Boil the wheat in other half of the water. Add the blended rice and cook on low heat for 2-3 hours until the wheat are tender. Cook the beans and chick-peas separately until they are tender. Remove the skins of the chickpeas. Add sugar and milk to the wheat. Dissolve the potato starch in 1 glass of water. Add it to the pudding and cook on medium heat, stirring constantly, until it thickens. Add cooked white beans, fava beans, chickpeas, sultanas, currants and dried apricots and figs cut into 4-5 pieces. Cook for 10-15 minutes more and share it out in individual bowls. Let cool and decorate with hazelnuts, walnuts, peeled almonds, pine nuts, currants, sultanas and pomegranate seeds.



AYVA TATLISI (QUINCES IN SYRUP)

- 1 kg. quinces (4 big ones),
- 1 1/2 glasses sugar,
- 2-3 cloves,
- Clotted cream (kaymak)

Wash and peel the quinces. Cut them into four and remove the cores. Arrange the slices side by side in a flat pan sprinkled with 1/2 glass of sugar. Put cloves and 2-3 quince seeds. Spread the remaining sugar over them. Cover and cook on very low heat for 2-2 1/2 hours until they take a dark reddish colour and get slightly caramelized. Let cool. Arrange them in a serving dish. Pour the syrup over. Put small pieces of clotted cream on each one.



KABAK TATLISI (PUMPKIN IN SYRUP)

- 1500 gr. pumpkin,
- 1 3/4 glasses sugar,
- 2 glasses water,
- 1 glass crushed walnuts

Seed and peel the pumpkin, and cut it into 2-3 cm. thick slices. Arrange them in a flat pan. Spread the sugar, pour the water over. Cover and cook on low heat for 50-60 minutes, until they are tender. Let cool. Arrange them in a serving dish. Pour the syrup over. Sprinkle with crushed walnuts.



LOKUM (TURKISH DELIGHT)

"Lokum" is a traditional sweet made of sugar and starch. It is believed that the production goes back to the XVth century and it achieved its final recipe during the XIXth century. Formerly honey and condensed milk were used together with flour for its consistency. When the importation of sugar was initiated at the end of the XIXth century, it became the basic ingredient for the "lokum" confection and later the flour was also replaced by wheat starch. Today the ingredients of "lokum" are certain amounts of sugar, corn starch and water, boiled for a certain time, together with some fruits or nuts or any other flavour. The cooking time differs between 1 to 2 hours, depending on the size of the boiler. The thick substance is then poured into special wooden trays sprinkled with corn starch; it is also sprinkled on top. It stands from 24 to 48 hours until it gets cool and has a flexible consistency. Then

the starch is brushed off, it is sprinkled with powdered sugar and cut up into small cubes. Apart from the plain "lokum", there exists a great variety with fruits such as strawberries, cherries, lemon or orange, with nuts such as pistachios, walnuts or almonds, and other flavors such as mastic, vanilla, coconut, mint, milk cream or rose water. In the provinces, there are many other local types of "lokum".



İRMİK HELVASI (SEMOLINA HALVA)

- 500 gr. coarse semolina,
- 250 gr. butter,
- 2 tablespoons pine nuts or peeled almonds,
- 3/4 lt. milk,
- 2 glasses sugar,
- Cinnamon

Melt the butter in a saucepan. Add the semolina and pine nuts or almonds. Lightly brown on medium heat, stirring constantly with a wooden spoon for 20-25 minutes. Lower the heat and add the milk. Mix, cover and let simmer on very low heat until the milk is absorbed. Add sugar. Mix well. Turn the heat off. Cover well and let stand for 1 hour. Mix well with a wooden spoon. Serve it tepid.



KURU UZUM HOŞAFI (SULTANA COMPOTE)

- 6 servings
- 300 gr. sultanas,
- 250 gr. sugar,
- 1/2 liters water

Wash and pick over the sultanas. Put them in 1 1/2 lt. of water in a saucepan and let them stand for 10-12 hours. Add the sugar. Cover and cook on medium heat for 5 minutes. Serve cold.



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