







# Mercimek Çorbası (Lentil Soup)



SERVES 4

1 large chopped onion  
1 or 2 carrots  
1 medium to large potato  
1 glass red lentils  
6 glasses chicken stock or dissolved  
stock-cube  
large nut of butter  
1/4 glass milk or single cream  
salt, pepper to season (reduce salt if  
stock-cube used)

5 to 6 sprigs fresh mint or 1/2 tablespoon  
dried mint.  
OR ALTERNATIVELY for soup with  
cumin: replace mint with 1 1/2 to 2  
puddingspoons ground cumin  
2 tablespoons melted butter,  
for a delicious and spicy lentil soup  
nearly sizzling 1/2 teaspoon paprika to  
stir into the hot butter  
croutons

Place onion, carrots and potato in butter; cook over gentle heat until they start to soften. Add lentils, stock, seasoning and mint (or cumin). Cook either in a pressure cooker for about 15 minutes or over a low heat, stirring from time to time. When soft, add milk or cream and blend in food blender. Season to taste and return to heat to simmer for a few minutes. Serve with appropriate garnish.

NOTE: green or brown lentils could be used, in which case approximately one glass extra stock is necessary.







## *Ezo Gelin Çorbası* (Lentil and Bulgur Soup)



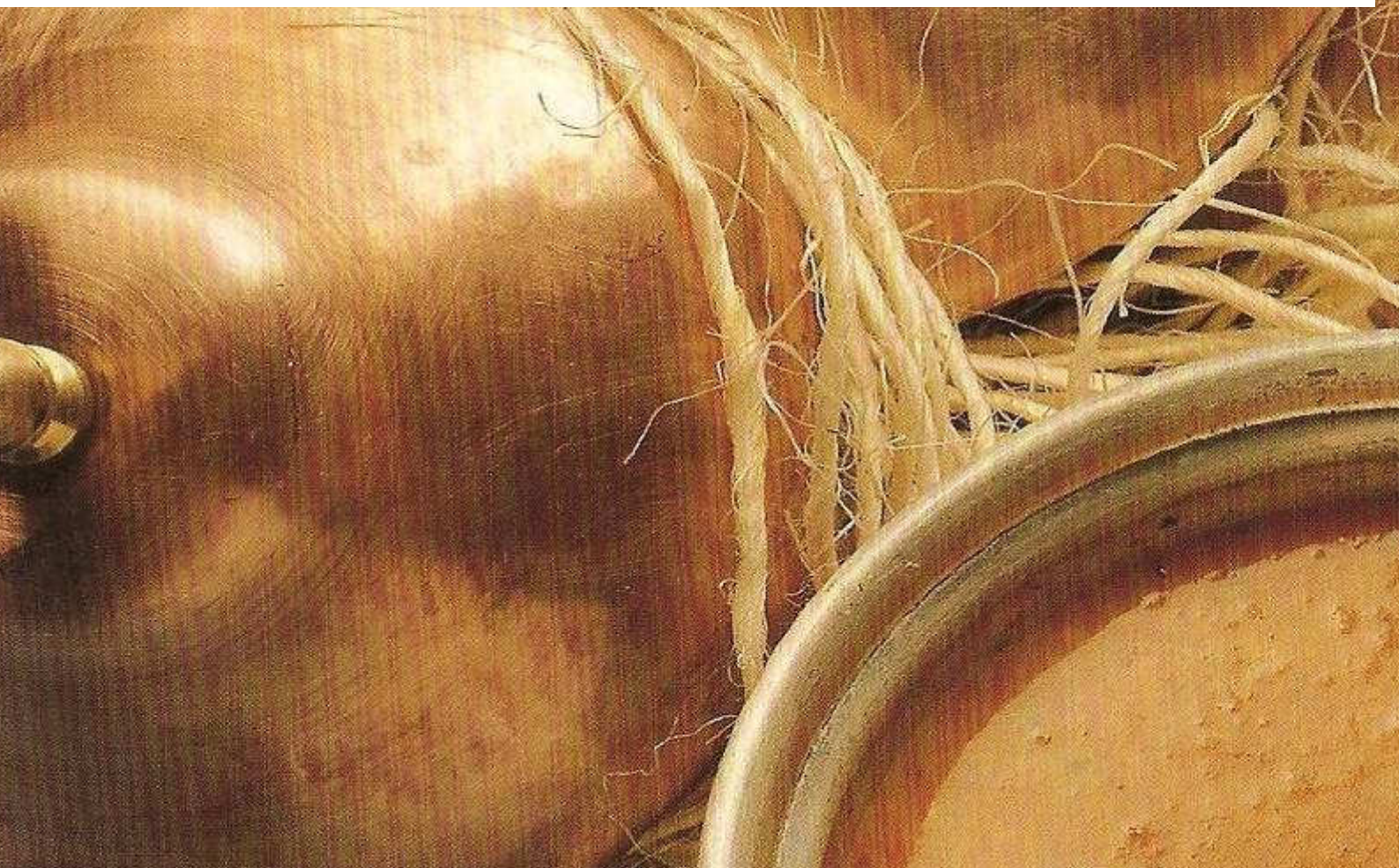
SERVES 4 TO 6

In this sustaining soup, which is very good in winter, lentils are combined with *bulgur*, cracked wheat (husked and pounded wheat). Ever since the nomadic Turks began to settle and grow crops, such as wheat, barley and millet, bulgur has been part of the Turkish diet.

100 grammes red lentils  
1 1/4 litres beef or chicken stock or  
dissolved stock cube  
1 onion, chopped  
30 grammes bulgur  
1 tablespoon butter  
1 tablespoon tomato purée

pinch allspice or mace  
2 teaspoons dried mint  
salt  
black pepper  
a few fresh mint leaves, chopped, to  
garnish

Soften onion in butter; add lentils, *bulgur*, tomato purée, stock, 1 teaspoon mint, allspice, salt and pepper. Cook on a low heat, stirring from time to time, until tender and the soup has reached the consistency of cream. Add the remaining mint and simmer for a few minutes. Adjust seasoning, sprinkle with chopped fresh mint.







# *Zeytinyağlı Taze Bakla* (Fresh Broad Beans in Olive Oil)

LET'S EAT TOGETHER



SERVES 4 TO 6

750 grammes fresh broad beans

6 spring onions, sliced

1 onion, chopped

450 ml. water

100 ml. olive oil

60 ml. lemon juice

1 1/2 tablespoons flour

1 tablespoon sugar

1/2 bunch dill

salt

ground black pepper

sauce

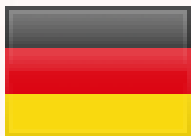
400 grammes yoghurt

1 clove garlic, crushed

Wash the beans, rub with salt to remove down, rinse well; top, tail and string; place in bowl in which water, lemon juice and flour have been mixed. Heat a little of the oil and lightly cook the onion, then add spring onions and cook for a minute. Remove, add remaining oil and then the beans and water, flour and lemon mixture, sugar and salt. Bring to the boil, cover and cook on medium heat until tender and some liquid remains. Stir in half the dill and leave to cool. Transfer to serving dish, drizzle a little olive oil, sprinkle with dill and freshly ground black pepper. Beat yoghurt with the garlic and serve as accompanying sauce.







## KARTOFFELSUPPE (GERMAN POTATO SOUP)

LET'S EAT TOGETHER



### Ingredients:

2 tb butter or lard, 1 carrot peeled & chopped, 1 stalk celery chopped, 1 leek cleaned & chopped, 3 sprigs parsley chopped, 1 lg onion diced, 1 lb potatoes peel, slice, 2 qt beef stock (or less), salt & pepper to taste, 1 splash of vinegar, 2 tb chopped parsley.

### Instructions:

Heat the butter or lard in a soup pot. Place the vegetables, parsley and onion in the pot and fry until onion becomes transparent. Add the potatoes and stock to cover all vegetables. Add salt and pepper to taste, stir well and cook until potatoes are tender. Remove about a third of the potatoes from the pot. Mash the remaining two-thirds and return to the pot for thickening the soup. Reheat the soup. Taste for seasoning, add a hint of vinegar, garnish with the 2 tb. chopped parsley and serve.





# Karniyarık

## (Aubergines Stuffed with Minced Meat)

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SERVES 4

Turkish cuisine is rich in recipes for aubergine and this one, served with rice and salad, is particularly good.

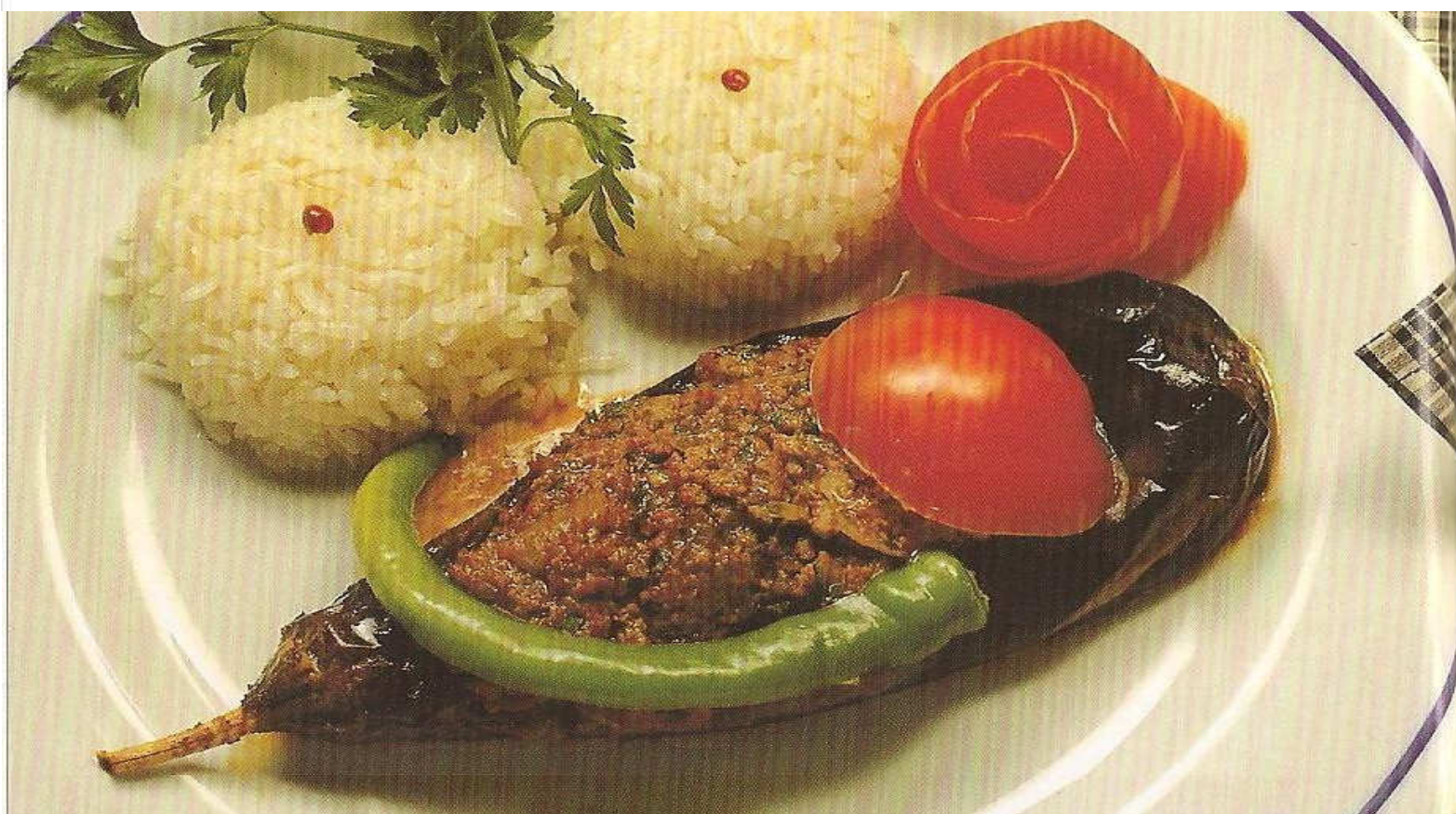
4 aubergines  
olive oil to cover bottom of pan

1 onion, grated  
 $\frac{1}{2}$  bunch parsley finely chopped  
1  $\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon pepper  
1 large tomato, skinned and finely chopped

For the filling:  
250 grammes minced veal or lamb;  
beef can be used but have all the fat trimmed off and have it minced twice.  
1 puddingspoon melted butter

To garnish:  
large tomato sliced in 4  
4 thin green peppers

Soften onion in butter; add meat and brown; stir in all other stuffing ingredients and cook uncovered. Meanwhile, peel 4 thin segments lengthwise of the aubergines and then slit the middle, making sure that the slit does not extend to the ends. Turn the aubergines in oil until partly softened and put aside. Then stuff the aubergines with the meat filling. Place a slice of tomato and a pepper on top of each aubergine and bake in moderate oven for about 20 minutes.







# *Etli Bamya* (Braised Meat with Okra)



SERVES 4 TO 6

Okra is not widely used in Western cooking, but has been a popular vegetable in Turkey since Ottoman times. Here it can be cooked with either lamb or beef.

*500 grammes lamb or beef, cut in small cubes*

*500 grammes fresh okra, trimmed*

*1 onion, very finely chopped*

*4 tablespoons butter*

*3 tomatoes, skinned and chopped*

*1 glass meat stock*

*1 glass water*

*1 puddingspoon tomato purée*

*juice of 1 lemon*

*1/2 teaspoon thyme*

*salt*

*pepper*

Place the okra in a bowl with the water and juice of half the lemon and set aside. Melt the butter and soften the onions; add the meat and brown. Then add the tomatoes, thyme, salt and pepper and cook for a few more minutes, before adding warmed stock. Cook over a low heat for about 20 minutes. Drain the okra, then add it juice of the other half of lemon. Cook gently for about half an hour. Adjust seasoning and serve hot with rice.







# Domates Soslu Köfte (Meatballs in Tomato Sauce)

LET'S EAT TOGETHER



SERVES 4 TO 6

*1/2 bunch dill*

*basic meatball recipe (p. 86)*

*4 large tomatoes, skinned and  
chopped*

*2 cloves garlic, crushed*

*1/2 bunch parsley*

*2 tablespoons tomato paste*

*1 glass water*

*2 tablespoons butter or olive oil*

*pinch of sugar*

*salt*

*pepper*

Add dill to the meatball recipe and make small meatballs; either grill or lightly fry in a little butter or olive oil, but do not cook completely. Soften onions in butter or oil; add garlic and after a couple of minutes, the tomatoes; cook uncovered for a few minutes and then add sugar, salt, pepper, tomato paste and most of water. Then place in the meatballs and cook for about 15 to 20 minutes. Stir in the parsley, adjust seasoning and serve with rice or noodles and salad.







# Kadınbudu Köfte (Lady's Thighs Meatballs)



SERVES 4 TO 6

This form of meatball acquired its name as a compliment to ladies, in the days when they were well regarded if gently rounded. For ladies who are happy to be so, or for men who happily like them so, cook, eat and enjoy.

500 grammes minced meat  
50 grammes rice  
1 1/2 cups water  
1 onion, very finely chopped  
2 tablespoons butter  
2 eggs

1/2 bunch parsley, finely chopped  
1/2 teaspoon allspice  
salt  
pepper  
50 grammes flour  
1 cup sunflower oil

Cook rice in the water until tender, then drain. Soften the onions in butter, add half the meat and stir until cooked; then remove from heat, add the remaining meat, rice, 1 beaten egg, parsley, allspice, salt and pepper, mix well and knead thoroughly. Shape into small oval pieces and flatten. Dip into flour and then into the second beaten egg; fry in hot oil on both sides until golden brown. Serve hot with salad.







# Zeytinyağlı Pirasa (Leeks in Olive Oil)



SERVES 4

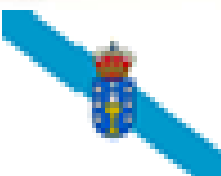
750 grammes leeks, washed, sliced  
1 carrot, sliced to roughly same size as  
leeks  
1 puddingspoon of rice  
1/2 bunch parsley, finely chopped

3 tablespoons olive oil  
1 1/2 glasses water  
1/2 teaspoon salt  
1/4 teaspoon pepper

Warm oil in pan, then add all ingredients except water and half the parsley. Cook at high heat, turning regularly until all covered with oil and beginning to soften. Cover with water and cook until soft. Serve hot or cold. If eaten cold, lemon juice may be added.







## EMPANADA GALLEGA (GALICIAN PIE)

LET'S EAT TOGETHER



### Filling Ingredients:

1/4 pound Serrano ham, 2 medium onions, 1 small pepper, 1 medium tomato, 1 medium clove garlic, 2-3 sprigs parsley, salt, extra virgin olive oil, white wine.

### Preparation:

Dice onions, pepper and tomato into small pieces, mince garlic, chop parsley. Keep tomatoes and parsley on reserve; saute onions and pepper in olive oil and garlic with a splash of white wine. When vegetables are half-cooked, add tomatoes and saute, add parsley, and mix all. Cover and cook on low heat until all is half done. Stir in the ham. Allow mixture to cool before using it in the pie. Pie Crust Preparation: Prepare the dough in divide it in two, one each for the bottom and covering layers. Pre-heat oven to 350 degrees F. Place pie crust in 9" pie pan. Use a slotted ladle to add ham, and veggie mixture while keeping liquid to a minimum. Cover with top layer of crust. Pierce it to let air escape. Bake about 30-35 minutes or until crust is golden brown.





# Kalamar Dolma (Stuffed Squid)



## STUFFING FOR 4 HEADS

This delicious dish can be made if you can get fresh large squid or baby octopus. Have them prepared, the tentacles cut off, so that the 'head/foot' is cleaned and ready to stuff.

*200 grammes finely chopped squid,  
1 onion, chopped  
2 tomatoes, skinned and chopped  
4 cloves garlic, chopped  
2 teaspoons tomato purée  
1/4 bunch parsley, chopped*

*2 tablespoons fish stock  
nut of butter  
olive oil  
salt  
pepper*

Soften onions and two thirds of chopped garlic; add squid pieces, turn lightly; add most of the parsley, purée and stock; simmer and reduce. Then stuff the squids and skewer with a toothpick. Heat olive oil in pan; if the reduction has been properly done, use the same pan, as this adds flavour; add remaining garlic and lightly sauté the stuffed squids until cooked. Do not overcook or this toughens them

