



Kalkan Tava (Fried Turbot)

LET'S EAT TOGETHER



Along the Bosphorus and the sea of Marmara there are many excellent fish restaurants, serving fish caught the same day. Turbot is usually served fried, either filleted or left whole, or cut in slices on the bone. It is simply sprinkled with salt, then dipped in flour and fried in sunflower oil. Serve with lemon wedges and dressed salad. Sole (*dil balığı*) and the good flavoured, but bony small red mullet (*barbunya*) are also good prepared this way.





Yayla Çorbası (Yoghurt and Mint Soup)

LET'S EAT TOGETHER



SERVES 4

Ever since the Turks' nomadic ancestors in Central Asia first made *yoğurt* it has formed an important part of the Turkish diet. *Yayla* means both an upland pasture and by extension, a summer residence, which would originally have been in the highlands, but also came to mean a summer retreat. This very traditional soup is both delicious and easy to make.

3 drinking glasses of water

1 teaspoon salt

1 to 2 tablespoons rice, depending on taste

500 grammes yoghurt

1 extra drinking glass of water

1 puddingspoon dried mint

1 tablespoon melted butter

Bring the first three ingredients to the boil in a good sized saucepan. Meanwhile, combine the yoghurt and extra glass of water to make *ayran*, mixing well with a fork. Pour a little of the rice and water mixture onto the *ayran* and mix, before adding the *ayran* to the saucepan. Add the mint, reserving a little; stir well and let simmer until creamy, about 15 to 20 minutes. Finally, add the melted butter and the balance of the mint and stir for a minute or so.

Sprinkle with mint to serve.





Düğün Çorbası (Wedding Soup)



SERVES 4

*2 tablespoons rice flour - ordinary flour
could also be used*

1 egg

juice of 1/2 lemon

1 glass water

*3 glasses stock from bone with some
meat on*

*OR same quantity meat stock cube
shredded cooked meat from stock bone*

*OR 200 grammes finely minced veal or
lamb, seasoned*

*1 teaspoon salt — reduce if stock-cube
used*

1/4 teaspoon pepper

2 tablespoons melted butter

1 teaspoon red pepper

*1/2 bunch chopped dill to garnish -
optional*

Mix together flour, egg, lemon juice and water; to this mixture carefully add warm stock, stirring all the time to prevent curdling. Add salt and slowly bring nearly to the boil and simmer, stirring regularly. After about 15 to 20 minutes, throw in shredded meat or small pinches of the seasoned mince. Just before serving, melt butter till nearly sizzling and stir in red pepper; add to soup or serve separately. If desired, garnish with chopped dill.





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Ingredients:

1/2 medium green cabbage, 1 liter jar of sauerkraut, 1 medium can of tomato paste, 1/2 lbs (half of kilo) bacon, 1 lbs pork, 1 lbs (Polish) kielbasa, 1 large onion pimento, bay leaf, salt, pepper.

Preparation:

Chop and boil cabbage in a pot with a gal water. Boil sauerkraut in a separate pot with 2 cups of water until cooked. Chop pork meat. Heat some oil on a saucepan and fry the meat until cooked. Cut bacon and kielbasa also in small squares. Peel and chop the onion. Fry bacon, kielbasa and onion together in a separate pan until golden brown. Combine in a tall pot all precooked ingredients. Add tomato paste, and spices. Mix well and leave to stew for about 1 hour.

Patates Salatası (Potato Salad)

LEPİNYATYAGHIDED



SERVES 4

*500 grammes new potatoes of
even size*

3 spring onions

1 large cucumber — optional

5 tablespoons olive oil

2 tablespoons white wine vinegar

a little mustard

parsley

dill

salt

freshly ground black pepper

paprika

Boil potatoes in skins and remove when cooked, but still firm, then peel and slice. Keep back one spoon of olive oil and make a dressing using the rest of it, the vinegar, mustard, salt and pepper; pour this on the still warm potatoes, turning to coat all the slices. Chop onions finely and slice the cucumber. When the potatoes have cooled, arrange with the cucumbers on a dish on which half the parsley, dill and onions have been scattered and then sprinkle the rest on top, dribble the olive oil and dust with paprika.





Mısır Çorbası (Corn Soup)



SERVES 4

The warm, wet climate of the Black Sea region provides abundant crops of tobacco, hazelnuts, tea, cherries and corn. In this part of Turkey, cornflour is used extensively in cooking. If one has tins of corn in the store cupboard, this useful emergency soup is a modern adaptation of more substantial corn based dishes.

*1 large tin corn — unsweetened is
better
1 onion
1/2 tablespoon butter
3 glasses chicken stock or dissolved*

*stock-cube
1/4 bunch parsley - optional
1/2 glass cream or milk
salt
black pepper*

Soften onion in butter; add the corn and stock and heat gently. If using stock-cube, warm corn and then pour on the hot stock. When corn is softened, keep back a small quantity of corn to garnish and place mixture in blender, to which is added a little cream or milk. Blend to creamy consistency. Adjust seasoning and sprinkle with parsley and corn. A little yoghurt may be added when serving.



Domates Çorbası (Tomato Soup)

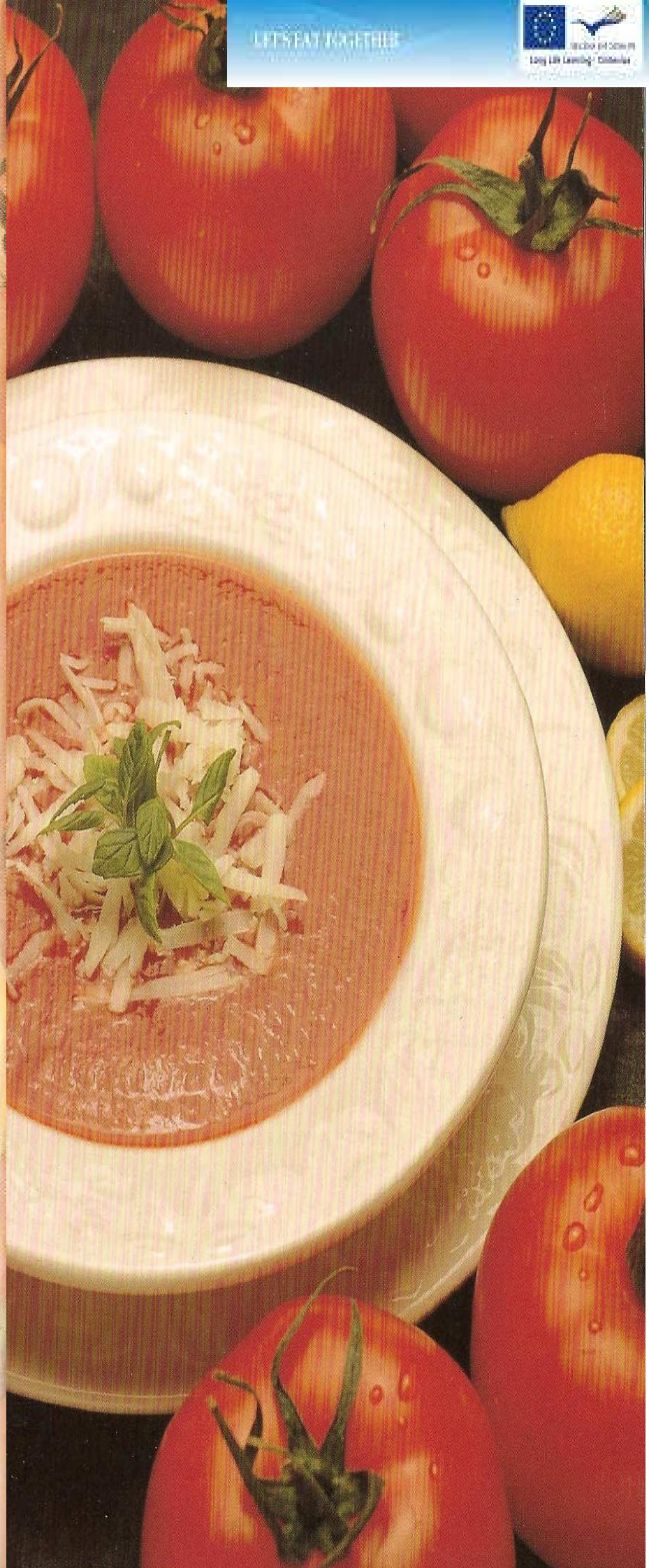


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SERVES 4

Sun ripened tomatoes make a delicious soup, that is quick and easy to prepare. If plenty of tomatoes are available, the quantity can be increased and there is then no need for purée.

750 grammes tomatoes, skinned and chopped
1 onion, finely chopped
1/2 bunch parsley, finely chopped
1/4 teaspoon dried oregano - optional
approx. 1 tablespoon butter
2 heaps of teaspoons flour
2 tablespoons tomato purée
3 glasses chicken stock or stock-cube
1/2 to 1 glass water
pinch of sugar
salt
black pepper
for garnish
grated hard cheese, mature kaşar peynir, but gruyère, or cheddar are fine too.

Soften onion in butter then sprinkle on the flour and blend to coat the onions and cook a little longer to break down the starch, but do not allow to turn colour. Add tomatoes, a pinch of sugar, half of the parsley and stir well. Turn and cook over gentle heat until beginning to soften, but do not allow lumps to form. Slowly add stock, about half of the water, tomato purée, salt, pepper and oregano. Slowly bring to the boil, lower heat, cook gently, uncovered, if necessary adding a little water.





İşkembe Çorbası (Tripe Soup)

LET'S EAT TOGETHER



SERVES 6

As this soup is thought to help prevent hangovers, special restaurants serving it, called *işkembeci*, can be found open all night.

1 tripe (sheep), approx.

water for boiling tripe,

bay leaf and pinch mixed herbs

3 soupspoons butter

2 soupspoons flour

2 eggs or 4 yolks of egg

juice of 1 1/2 lemons

1 teaspoon red pepper (paprika)

Sauce to accompany soup

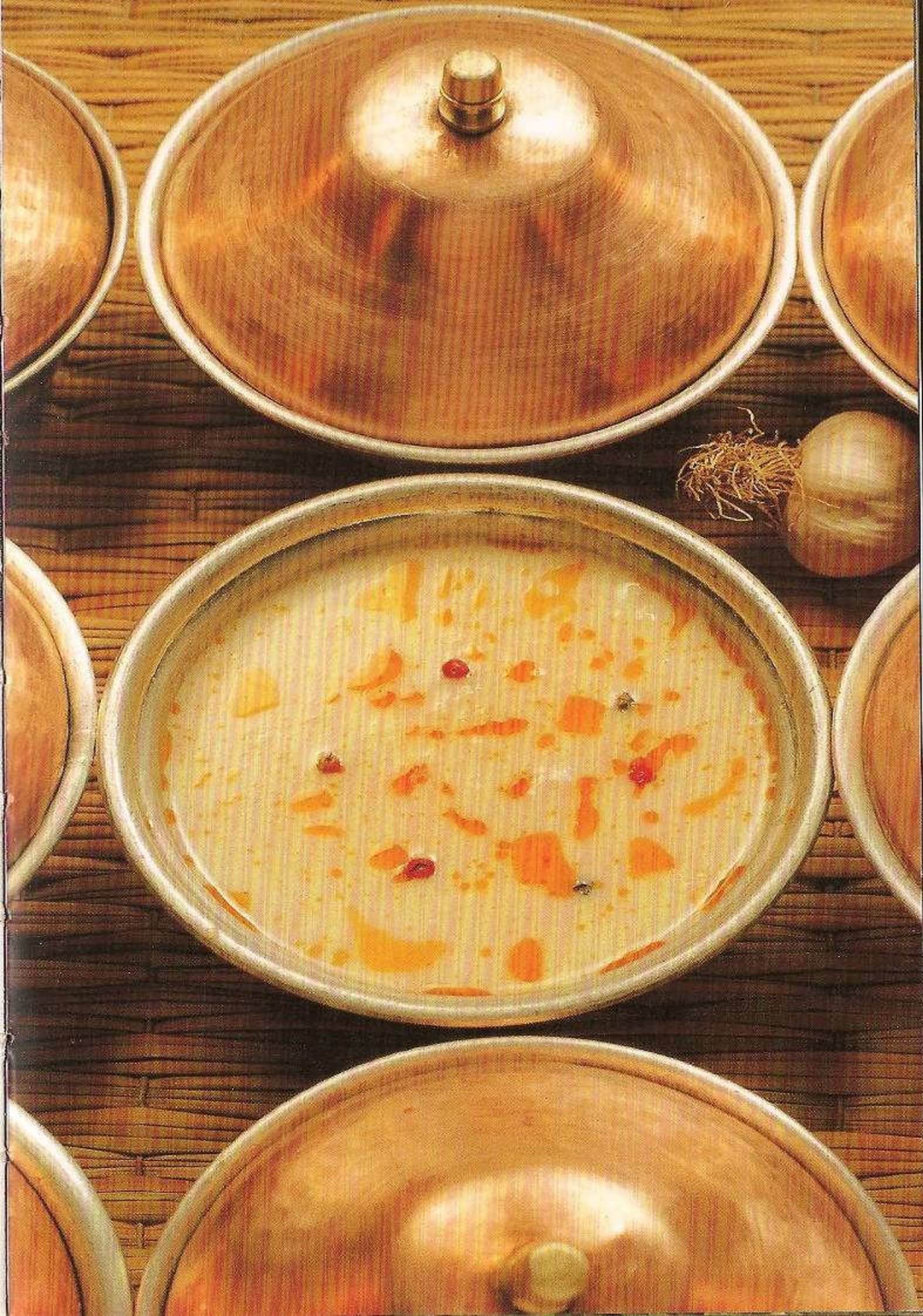
nut of butter

2 tablespoons vinegar

3 cloves garlic, crushed

1/2 to 1 tablespoon water

To prepare the tripe: clean and wash it very thoroughly; place it in a large saucepan and cook in the water, uncovered, until boiling. Regularly skim off the foam until there is none left. Only after this, cover and simmer until tender, probably about two hours or in a pressure cooker, one hour. When the tripe is tender, remove and cut it into small pieces and return to the stock; now add the chopped bay leaf, mixed herbs, salt and pepper. Bring back to boil and simmer for a further two hours (or one in pressure cooker), adding water if necessary. When second cooking is done, remove the bay leaf. Then melt two spoons of the butter, add the flour and make a roux, cooking for a few minutes, stirring all the time. Add some of the tripe stock to the roux, stirring well and then pour this mixture into the stock and tripe, blend and cook over a low heat, for about 15 to 20 minutes, stirring regularly and then remove from the heat. Beat the eggs or yolks in a bowl and add the lemon juice. Blend in a little of the soup mixture and then add this sauce very slowly to the soup, stirring constantly until it is all incorporated. Melt the nut of butter in a very small pan and quickly turn the crushed garlic; this is not to be cooked, but merely softened slightly; then remove from heat and stir in vinegar and water; the garlic may simply be mixed with the vinegar, in which case no water need be added, but the slight warming improves the flavour. Pour this sauce into a sauce-dish for serving at the table. Now melt the remaining butter, add the red pepper (paprika) and stir. Adjust the seasoning of the soup and pour the red pepper (paprika) butter over it before serving.





Cacık

(Yoghurt and Cucumber Salau)

LET'S EAT TOGETHER



SERVES 4 TO 6

750 grammes yoghurt
3 large cucumbers, peeled and finely
chopped
2 cloves garlic, crushed
2 tablespoons fresh mint, finely chopped
OR 1 tablespoon dried mint, placed in a
little warm water, use when cooled

4 tablespoons dill - optional
2 spring onions, very finely chopped -
optional
3 tablespoons olive oil
salt
black pepper

Place cucumbers in sieve and sprinkle with a little salt; leave for about 10 to 15 minutes; squeeze lightly and place in bowl. This process softens the cucumber and some prefer it this way, but it can be eliminated if one is in a hurry. Place the cucumbers in a bowl with the garlic and then beat the yoghurt and a little salt together; when creamy, stir into the cucumbers and add the mint, dill, onion, pepper and if required, a little more salt. Trickle the olive oil on top and chill. Serve with pide or bread.

In Turkey, where the yoghurt is usually thick and creamy, a little water is usually added.

(Shepherd's Salad)

SERVES 4

2 tomatoes, chopped
2 cucumbers, peeled and chopped
2 green peppers (capsicum), seeded
and chopped
2 spring onions, finely sliced
1 onion, sliced
1/2 bunch parsley, chopped

6 radishes, sliced
3 to 4 tablespoons olive or sunflower oil
juice of 1 to 1 1/2 lemons
salt
pepper

Place all the chopped and sliced vegetables and the parsley together in a bowl and mix well. Make a dressing from the oil, lemon juice, salt and pepper. Shortly before serving, add the dressing to the salad.





Humus (Purée of Chickpeas)



SERVES 4

Although this can now be bought in many food shops and supermarkets, it is simple to make and tastes far better than most ready-made versions.

250 grammes chickpeas

1 3/4 to 2 litres water

120 ml olive oil

1/2 glass sesame seed paste (*tahin*)

OR if sesame seed oil available, reduce the olive oil to about 50 ml and use 100 ml sesame seed oil; but the precise quantities depend on desired

consistency

3 tablespoons lemon juice

3 cloves garlic, crushed

1/2 to 1 teaspoon cayenne

OR paprika if preferred

salt

black pepper

pide

Soak the chickpeas in water overnight; it is better if the water is first heated. Wash and strain; then boil them in salted water until soft. Strain and mash or blend in food processor. Keep back some of the olive oil to adjust consistency if necessary, but add most of it to the purée, together with *tahin*, lemon juice, garlic, cayenne or paprika, salt and pepper and blend until reaching a creamy consistency of desired thickness. Turn onto serving dish, sprinkle with paprika or cayenne and dribble a little oil on top.

