



Tavuklu Türlü (Chicken and Vegetable Stew)

LET'S EAT TOGETHER



SERVES 4 TO 6

The addition of okra and aubergine gives this chicken stew a good thick texture and rich flavour without the need for any thickening ingredients.

750 grammes chicken, jointed (or drumsticks etc.)

2 onions, chopped

2 cloves garlic, crushed

4 large tomatoes, skinned and chopped

2 sweet green peppers, seeded and chopped

3 aubergines, peeled and thickly sliced

3 courgettes, thickly sliced

250 grammes okra, trimmed

225 grammes green beans, large slices

2 potatoes, peeled and chopped

150 grammes peas (frozen or fresh)

4 glasses chicken stock (have some extra to hand)

1/2 glass water

juice of 1/2 lemon

1 tablespoon tomato purée

4 tablespoons butter

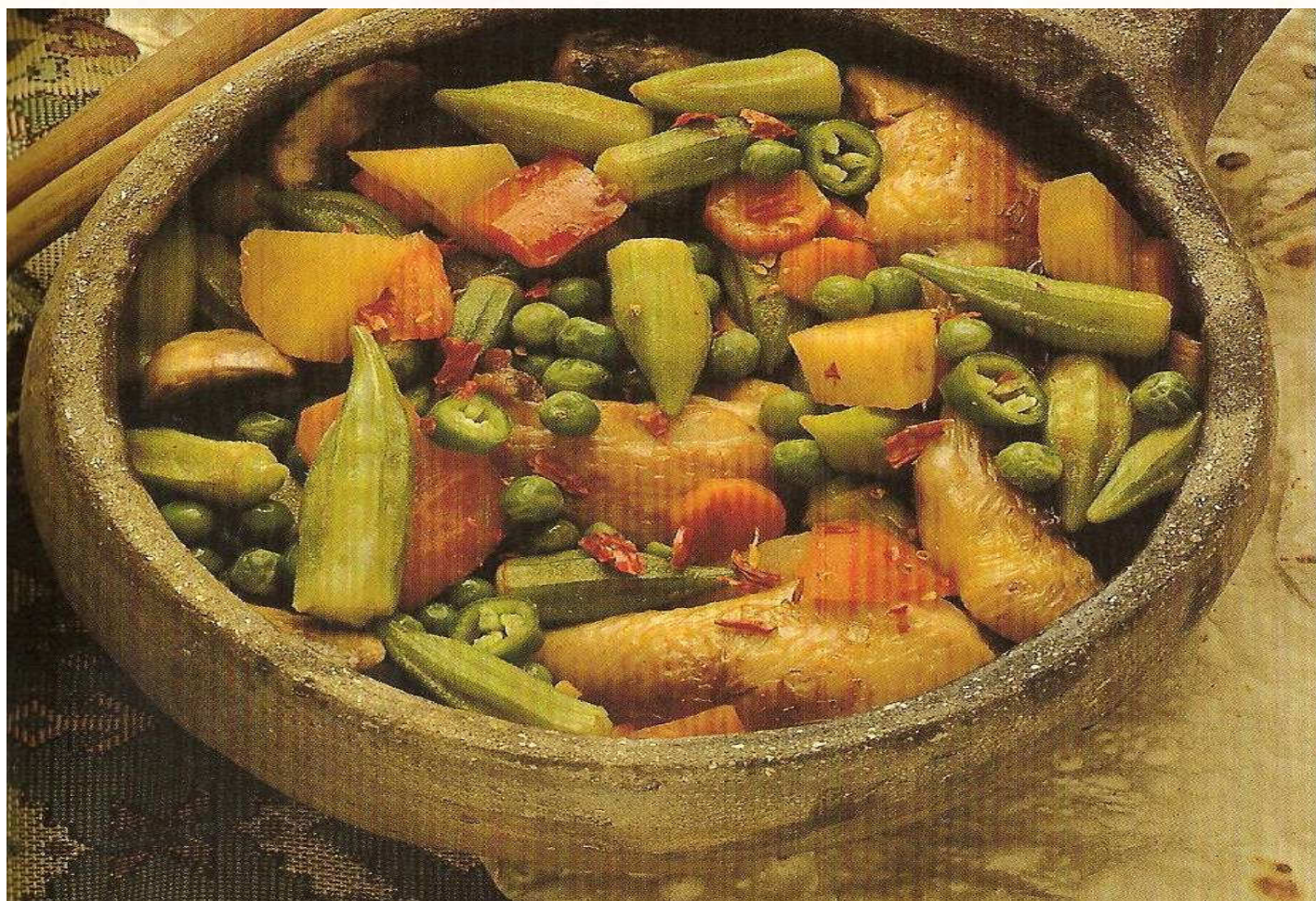
1 bunch parsley, chopped

1 teaspoon thyme or mixed herbs

salt

pepper

Place the okra in a bowl with water and lemon juice. Using a large casserole suitable for oven and electric or gas ring, sauté the chicken pieces in two thirds of the butter, then add onions and garlic and cook together for about 10 minutes; add the tomatoes, potatoes, aubergines, beans, tomato purée and stock, bring to the boil and leave to cook gently. Drain the okra and pat dry, then melt remaining butter in a pan, lightly turn the peppers, courgettes and okra; remove casserole from heat and now add to it these vegetables, half the parsley, the herbs, salt and pepper. A little extra stock may need to be added; bring back to the boil and then place in medium oven for about 45 minutes to one hour, or until meat tender. If fresh peas used, put them in casserole about 15 minutes or as long as required to cook, before completion; if frozen, place in colander, pour on boiling water, drain till dry, then add to cook for about 5 to 10 minutes. Remove when ready, adjust seasoning and stir in parsley.





Etli Türlü (Meat Stew)

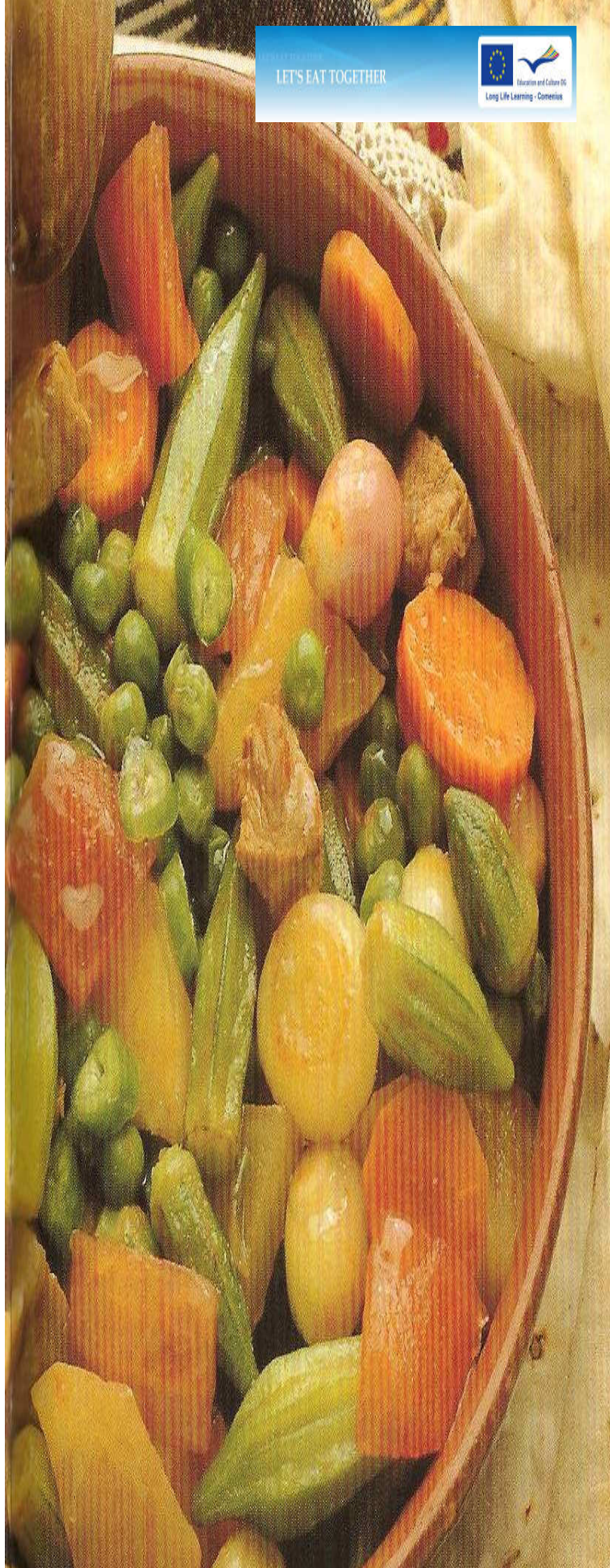
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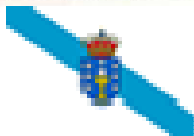
SERVES 4

*750 grammes lamb, veal or lean beef,
cut in small cubes*
2 large onions or about 10 baby onions
2 carrot sliced
2 potatoes peeled and cubed
2 courgettes, sliced
2 tomatoes, chopped
handful of peas - optional
a few okra - optional
olive oil for bottom of pan
pinch of mixed herbs
approx. 1 glass water or stock to cover
1/2 teaspoon salt
1/4 teaspoon pepper

Soften onions in oil; add meat, turn quickly to brown; add all vegetables except peas and tomato. Turn to cover with pan juices and add salt, pepper and herbs. After a few minutes, pour on water or stock, lower heat and leave to cook gently for about 45 minutes; add peas and tomato and if necessary a little more water and continue to cook until tender. Adjust seasoning and serve with rice.

LET'S EAT TOGETHER





DOUGHNUTS

Ingredients:

2 eggs, 1 cup sugar, 1 cup milk, 5 tablespoons melted shortening, 1 teaspoon vanilla extract, 4 cups flour sifted, 4 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup butter melted, 1 cup sugar, 1 teaspoon cinnamon.

Preparation:

In a large bowl, beat the eggs until foamy, add sugar, beating constantly. Stir in the milk, shortening and vanilla. Sift together the flour, baking powder and salt. Add to the liquid mixture, mixing well. Cover and chill the dough for 30-60 min. for easier handling. Preheat oven to 450 degrees. Spray a baking sheet with oil. Roll out and pat the dough on a lightly floured board to a 1/2" thickness. Cut with a doughnut cutter. Place the doughnuts and holes on the baking sheet, about 1" apart. Bake for 10-15 min. or until golden brown. Brush doughnuts and hole with melted butter and roll in cinnamon-sugar mixture to coat all sides.



Zeytinyağlı Taze Fasulye (Green Beans in Olive Oil)

SERVES 4

The wide range and excellent quality of Turkish vegetables has given this cuisine a great variety of vegetable dishes, often cooked in olive oil and served as a first course either cold or warm, with main dish.

750 grammes stringed or sliced green beans (any variety)

1 large or 2 small onions, finely chopped

1 large tomato, sliced

1/3 glass of olive oil

3 glasses of water

dash of sugar

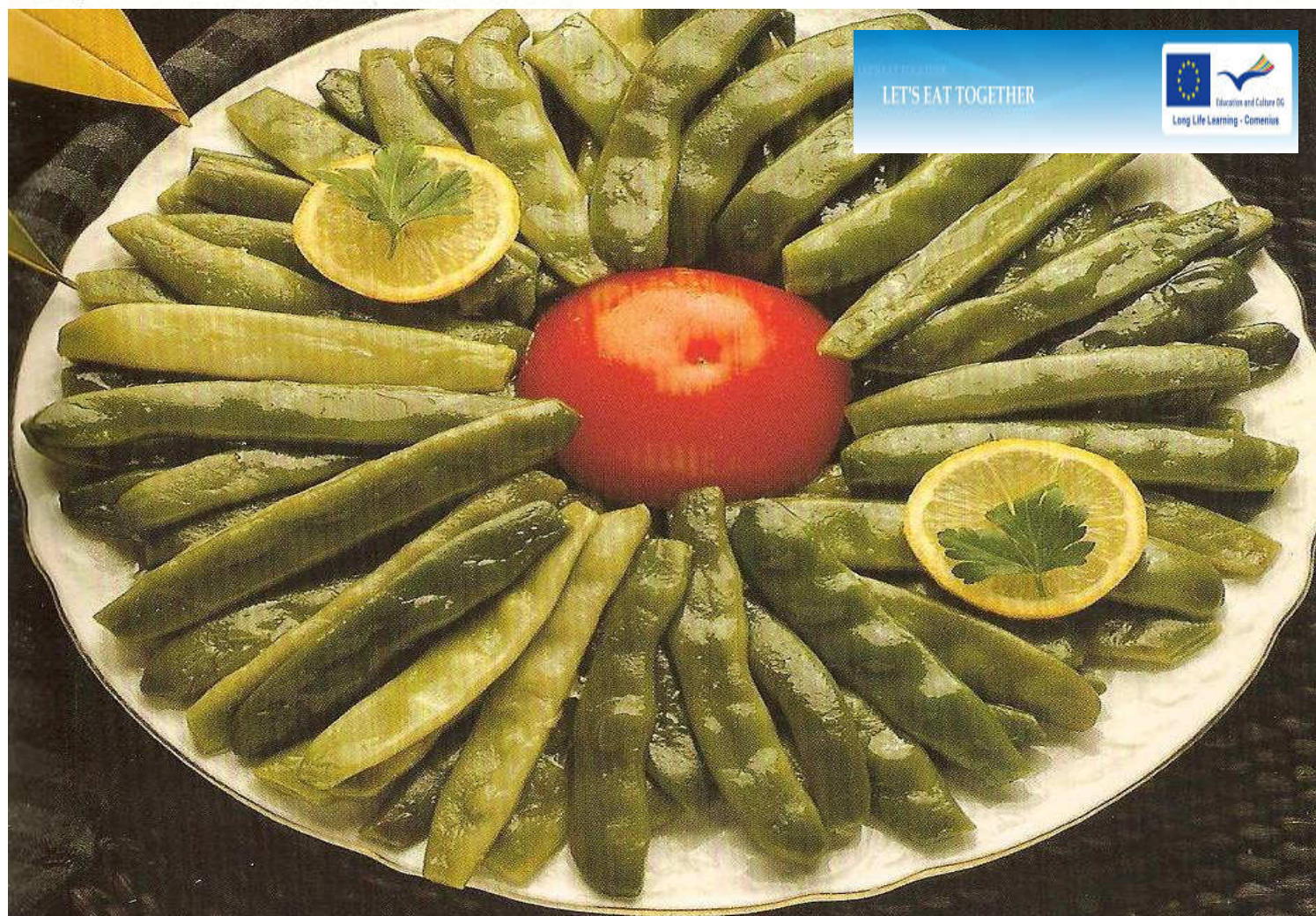
pinch of basil or a few fresh leaves

1/2 teaspoon tomato purée - optional

1/2 teaspoon salt

1/4 teaspoon pepper

Gently warm the oil and add all ingredients except water, tomato purée and basil. Stir and cook at high heat until all covered with oil and just about beginning to soften. Then add water which has been brought to the boil, tomato purée and basil. Leave uncovered and cook until vegetables are soft and the water has evaporated. Serve hot or cold with a dribble of olive oil on top. Lemon juice may also be added if eaten cold.





Kıymalı Pırasa

(Leeks with Minced Meat)

SERVES 4

This is a good example of one of the many Turkish dishes in which meat and vegetables are cooked together and transform very simple ingredients into a delicious meal.

*1 kilo leeks, well washed, cut in thick
slices*

100 grammes mincemeat

1 carrot

2 onions, chopped

4 tablespoons butter

1/2 glass meat stock

1/4 bunch parsley, chopped

1/4 bunch dill, chopped

juice of half a lemon

pinch of sugar

salt

black pepper

Place carrots in pan and just cover with water, add a little salt, sugar and 1 spoon of butter; bring to the boil, cover and cook for a few minutes, removing when still firm, but slightly cooked. Melt remaining butter and lightly fry onions; add the meat and turn to brown; then add the leeks and turn lightly until they just start to cook and then add the carrots, stock, salt, pepper and half the dill and parsley. Cover and leave to simmer until the vegetables are tender. Stir in the remaining parsley and dill, briefly raise the heat and when bubbling gently, add lemon juice, freshly ground black pepper and salt if needed.



Kuru Fasulye (Bean Casserole)

LET'S EAT TOGETHER



SERVES 4

200 grammes dried haricot beans,
soaked overnight
6 glasses water (to boil beans)
2 onions, chopped
2 cloves garlic, crushed
2 tomatoes, skinned and chopped
1 sweet green pepper, seeded,
chopped OR 2 small long peppers,
chopped

4 glasses meat stock
1 tablespoon tomato purée
1/2 bunch parsley
1 teaspoon paprika
1/2 teaspoon cayenne or chili flakes
pinch of sugar
1 teaspoon salt
ground black pepper

Drain and rinse beans, then boil in water until tender. Drain, rinse in warm water drain again. Melt butter in a casserole, soften onions and garlic; sprinkle on the paprika and cayenne or chili flakes, stir in well, then add tomatoes and sweet peppers and sugar, stir and cook briefly; add to casserole the beans, tomato purée, warmed stock, parsley, salt and pepper. Cover and cook until beans are soft; if necessary, simmer uncovered to slightly reduce and thicken sauce; adjust seasoning before serving hot. Slices of *sucuk* or any spicy sausage can be added for a more substantial dish.





Adana Kebabi (Spicy Grilled Meatballs)

LET'S EAT TOGETHER



SERVES 4

A speciality of Adana in the eastern Mediterranean region; in this part of Turkey and further south and east, which lie closer to the Arab countries, the food is more spicy than elsewhere.

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| <i>1 kg. minced lamb</i> | <i>3 cloves garlic, crushed</i> |
| <i>3 onions, 2 finely chopped, 1 cut in fine rings</i> | <i>1 bunch parsley</i> |
| <i>3 chili peppers, seeded, finely chopped</i> | <i>1 teaspoon chili powder</i> |
| <i>4 red or green sweet peppers, if long ones not available, use round, halved and seeded</i> | <i>2 teaspoons sumak</i> |
| <i>4 tomatoes, quartered</i> | <i>1 1/2 teaspoons salt</i> |
| | <i>1 teaspoon black pepper</i> |
| | <i>pide or other flat bread- 2 to 4 depending on size</i> |
| | <i>2 tablespoons melted butter</i> |

Mix together meat, chopped onions, chili peppers, garlic, most of parsley, chili powder, half the *sumak*, salt and pepper. Knead well until a smooth paste consistency; place in fridge for about 15 minutes. Divide into 8 balls and then work around the skewers, which should have flat blades, moulding the meat so that it is a long sausage shape surrounding the blade. Grill over a charcoal fire or under grill, until well done; also grill the tomato and the sweet peppers. Warm bread, break in pieces, lay on serving dish and pour over the melted butter. Lay the kebabs on bread and arrange tomatoes and peppers on top, then onion rings and scatter with remaining parsley and sumak.

Using flat skewers, work the meat round the skewers as for *Adana kebabi*. Break the *pide* in pieces and lightly grill or toast; then place on dish, pour warmed broth over the *pide* and when soaked in, lay *kebabs* on top and garnish with grilled peppers.

Fıstıklı Kebab

basic meatball recipe (p. 86)

leave out thyme add 2 tablespoons

finely chopped pistachio nuts

2 extra teaspoons pistachio nuts

Proceed as above and sprinkle nuts on meat half way through grilling.



Urfa Kebabı / Fıstıklı Şiş Köfte

(Urfa Meatballs on Skewers / Pistachio Meatballs on Skewers)

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As in the case of *Adana kebabı*, that from the town of Urfa in the south-east, is something of a misnomer, as it too does not have pieces of meat, but a sausage shaped meatball. To make it even more confusing, the same shaped meatball which includes pistachio, is called *fıstıklı şiş köfte*.

Urfa Kebabı

basic meatball recipe (p. 86)

replace thyme with paprika add 1

and an extra clove garlic

pide

a little meat broth

long sweet peppers





Tavuk Kanat Şiş (Grilled Chicken Wings on Skewers)

LEARN TO COOK
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SERVES 4

Chicken wings can either be served as part of a mixed grill or as a little appetizer at an informal meal.

*12 chicken wings
marinade for grilled chops (p. 74)
with following changes: several
sprigs of fresh lemon thyme*

*instead of rosemary
grated rind of a lemon
juice of half a lemon*

Prepare the marinade and meat as for chops; thread 6 wings onto each of the skewers; sprinkle with salt, freshly ground black pepper, thyme and lemon thyme before grilling. If using a charcoal grill, place some lemon thyme under the wings.





Kaburga (Grilled Ribs)

LET'S EAT TOGETHER



SERVES 4

Ribs can be served either as an individual course, preceding the main dish or as part of a mixed grill. They are also a useful addition to a barbecue.

1 kg. ribs

marinade for grilled chops (p. 74)

with following changes:

1 extra clove garlic, crushed

1 1/2 teaspoons cayenne instead of

the thyme

1 1/2 teaspoons sumak instead of the
rosemary

1/2 tablespoon tomato paste
increase oil by 1 tablespoon



Şiş Kebabı / Tavuk / Dana Eti Şiş (Grilled Lamb on Skewers / Chicken / Veal)



SERVES 4 TO 6

Kebap originally meant meat that was turned over fire, but has come to mean pieces of meat cooked in a variety of ways. As for instance here, on a skewer or *şiş*, when it is *şiş kebabı*. As lamb is the most frequently eaten meat, *şiş kebabı* is effectively lamb *şiş*; when otherwise, the name of the meat is given, as in *tavuk şiş*, chicken, *dana eti, şiş*, veal etc. For all versions, pieces of meat are threaded on skewers, alone or with vegetables such as tomatoes, peppers, onions or anything that is good grilled, whichever form it takes, it is best served with rice and salad.

1 kg. lamb, boned and cubed OR meat
of choice (chicken, veal etc)

2 onions

2 cloves garlic

6 tablespoons olive oil

6 tablespoons yoghurt

1 teaspoon salt

1/2 teaspoon black pepper

1 teaspoon thyme

Place the cubed meat in a marinade made of all the above ingredients. Cover and leave in a cold larder or fridge overnight. Thread meat on skewers and grill on both sides over a charcoal fire or under an electric grill.

Pirzola (Grilled Chops)



SERVES 4

These may either be cooked under a grill or over charcoal, in which case they should be placed on skewers. Lamb is the usual meat, but large chicken joints or beef cutlets are just as good. Muslims do not eat pork, but it could also be used.

8 to 12 chops

2 onions, very finely chopped

1 clove garlic, crushed

4 tablespoons olive oil

2 teaspoons thyme

2 teaspoons bruised dried rosemary

1 teaspoon salt

1/2 teaspoon black pepper

Mix together onion, garlic, 1 teaspoon thyme, 1 teaspoon rosemary, salt, pepper and olive oil; brush on the chops and leave them to stand in any residue for about an hour. Sprinkle chops with salt, black pepper, the second spoons of thyme and rosemary and then grill. Serve with salad and sautéed potatoes.



Yoğurtlu Kebap (Kebab with Yoghurt)



LET'S EAT TOGETHER



SERVES 6

This dish, consists of meat placed on *pide* which has been covered with a tomato sauce and yoghurt. There are no hard and fast rules as to how the meat should be cooked or indeed which meat. Grilled meat is generally used, but it does not matter whether it is lamb or chicken, *şiş*, meatballs, cubes or slices from a larger piece, all are equally delicious when combined with the sauce and yoghurt.

- 1 kg. lamb or meat of choice
- 6 *pide*
- 500 gr. yoghurt
- 4 large tomatoes, skinned and chopped
- 1 onion, chopped
- 2 chili peppers
- 1 aubergine sliced OR tomato and pepper, sliced
- 2 cloves garlic, crushed
- 3 tablespoons butter
- pinch of sugar
- 2 to 3 tablespoons water
- 1 teaspoon sumak
- 1 teaspoon thyme
- salt
- pepper

While the meat is cooking, prepare the tomato sauce: using 1 spoon of butter, soften the onion, then add tomatoes, chili peppers, garlic, salt, pepper, sugar and after a little while, add all or some of the water depending on consistency. Fry the aubergine strips or lightly turn the tomato and pepper slices in the rest of the butter. Cut the *pide* into quarters and place on warmed dish. Spoon the tomato sauce onto the *pide*; beat the yoghurt and pour this over the tomato and *pide*; arrange the meat on top and then garnish with the aubergine or tomato and pepper slices and sprinkle with thyme and sumak.

