

# *Ilgaz Kebabi* (Ilgaz Grilled Meat)



SERVES 4

The way in which this dish is arranged, symbolises *Ilgaz Dağı*, a mountain near the town of Kastamonu in north-central Anatolia, inland from the Black Sea. The mound of rice piled in the centre represents the mountain and the melted cheese is the snow; as the slopes of the mountain are heavily forested, the parsley symbolises the trees; the meat is the earth and the green peppers and tomato are the wild flowers most charmingly, the lovely beauty and freshness of the mountain.

- 4 to 6 cups cooked rice*
- Freshly grilled meat of choice*
- 150 to 200 grammes grated cheese (kaşar, cheddar etc.)*
- a few sprigs of parsley*
- 1 tomato sliced or quartered*
- 1 or 2 green peppers sliced or halved depending on shape*

Choose a heatproof dish suitable for the arrangement and pile the rice in a mound in the centre. Lay the cooked meat around it and then put grated cheese on top, Place under grill and when the cheese just starts to melt, remove and arrange the tomato and peppers and return to grill. When the cheese is fully melted, remove and arrange the parsley.







## Beğendili Kebab (Lamb with Aubergine Purée)

LET'S EAT TOGETHER



SERVES 6

Also known as *Hünkar Beğendi*, meaning 'the monarch approved', this is an excellent combination of lamb and aubergine.

1 kilo leg of lamb, cubed	2 glasses warm milk
2 onions, finely chopped	200 grammes butter
3 tomatoes, skinned and chopped	3 tablespoons flour
1 green pepper, seeded and chopped	4 tablespoons grated kaşar cheese (or cheddar, gruyère)
1/2 kilo aubergine	1 1/2 teaspoons salt
2 cloves garlic, crushed	1/2 teaspoon black pepper
2 glasses meat stock	nutmeg

Melt 75 grammes butter in a large pan, soften onions; add meat and turn over medium heat. Then add garlic and green pepper. When beginning to soften, add tomatoes, stock, salt and pepper, bring to the boil; cover and leave to simmer over low heat for about an hour or until meat tender (in pressure cooker, about half an hour). Meanwhile make aubergine purée: prick aubergines, cook over charcoal or gas flame until skins are charred and flesh tender. Scrape away skin and chop pulp. Melt remaining butter in another pan and stir in flour to make a roux. Add aubergines to roux and mash well; then place on heat and cook gently; add warm milk, stirring all the time; when bubbling, add cheese and seasoning; keep stirring for a little and after a couple of minutes, remove and sprinkle in nutmeg. Pour purée on serving dish, make a hollow and arrange meat in centre.

## Kuru Köfte (Fried Meatballs)

SERVES 4 TO 6

A traditional dish at Turkish picnics, these meatballs keep well in the fridge but they are equally good served hot, with salad and fried potatoes.

500 grammes minced meat	1/3 bunch parsley, finely chopped
3 slices stale white bread, crusts removed	1/2 teaspoon cumin
1 onion, very finely chopped	1 teaspoon salt
1 clove garlic, finely crushed	1/2 teaspoon black pepper
1 egg, beaten	50 grammes flour
	1 cup sunflower oil

Soak the bread in a little water, then squeeze away excess moisture and crumble over the meat. Mix together meat with bread, onion, garlic, egg, parsley, cumin, salt and pepper and knead very well. Wet palms with water and shape into thick fingers. Sprinkle flour onto a board or tray and roll the fingers until covered lightly. Heat oil in pan and fry until the *köfte* are brown.









# Patates Köftesi (Potato Balls)

LET'S EAT TOGETHER



SERVES 4

6 medium potatoes, peeled, chopped

200 grammes grated kaşar cheese

(cheddar, gruyère)

2 eggs and 2 yolks

75 grammes flour or breadcrumbs

grated nutmeg

salt

pepper

oil for frying

Boil and mash the potatoes. Add cheese, 2 egg yolks, nutmeg, salt and pepper, then mix well and shape into balls or sausage shapes. Place on tray sprinkled with half the flour, shake very gently and sprinkle with remaining flour. Dip into beaten eggs, then roll in breadcrumbs and fry in hot oil.







# Lüfer Izgara (Grilled Bluefish)



SERVES 4

Lüfer is given different names depending on its size or age; *çinekop* is the small, young fish, *kofana* is the large and the medium is *sarı kanat* and *koruk lüferi*. This fish is especially popular in Istanbul, being found in the Bosphorus, to which it is indigenous.

4 lüfer  
1 onion, finely chopped  
1 tomato, skinned and chopped  
1/4 bunch chopped parsley  
fresh thyme or bay leaves  
125 ml. olive oil

juice of a lemon  
1 teaspoon mustard  
4 lemon wedges  
salt  
pepper

The fish should be gutted, with the scales removed and well washed. Brush with olive oil, sprinkle with salt; insert herbs or bay leaf in slit on edge of abdomen. Grill or bake; mix tomato, onion and parsley, season and place next to fish; place wedges of lemon on each plate and serve with dressing made from olive oil, lemon, mustard, salt and pepper. Though rosemary is not much used in Turkish cooking, it goes very well with fish — either lay long sprigs under fish when grilling or insert in slit, or sprinkle with rubbed dried herb.







# Karides (Shrimps)

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These delicate flavoured shell fish, somewhat larger than in northern Europe, are excellent, shelled and quickly tossed in a little hot butter with lemon juice squeezed into the pan while lightly turning; cook very briefly just so that the lemon, which will quickly reduce in the heat, slightly flavours the shrimps. Serve immediately with lemon pieces.







# *Nohutlu Pilav* (Rice with Chickpeas)

LET'S EAT TOGETHER



SERVES 4

*200 grammes long grained rice*

*75 grammes chickpeas*

*1 onion*

*2 1/2 glasses (625 ml) chicken stock or  
water*

*2 tablespoons butter*

*1/2 teaspoon allspice*

*1/2 teaspoon cinnamon*

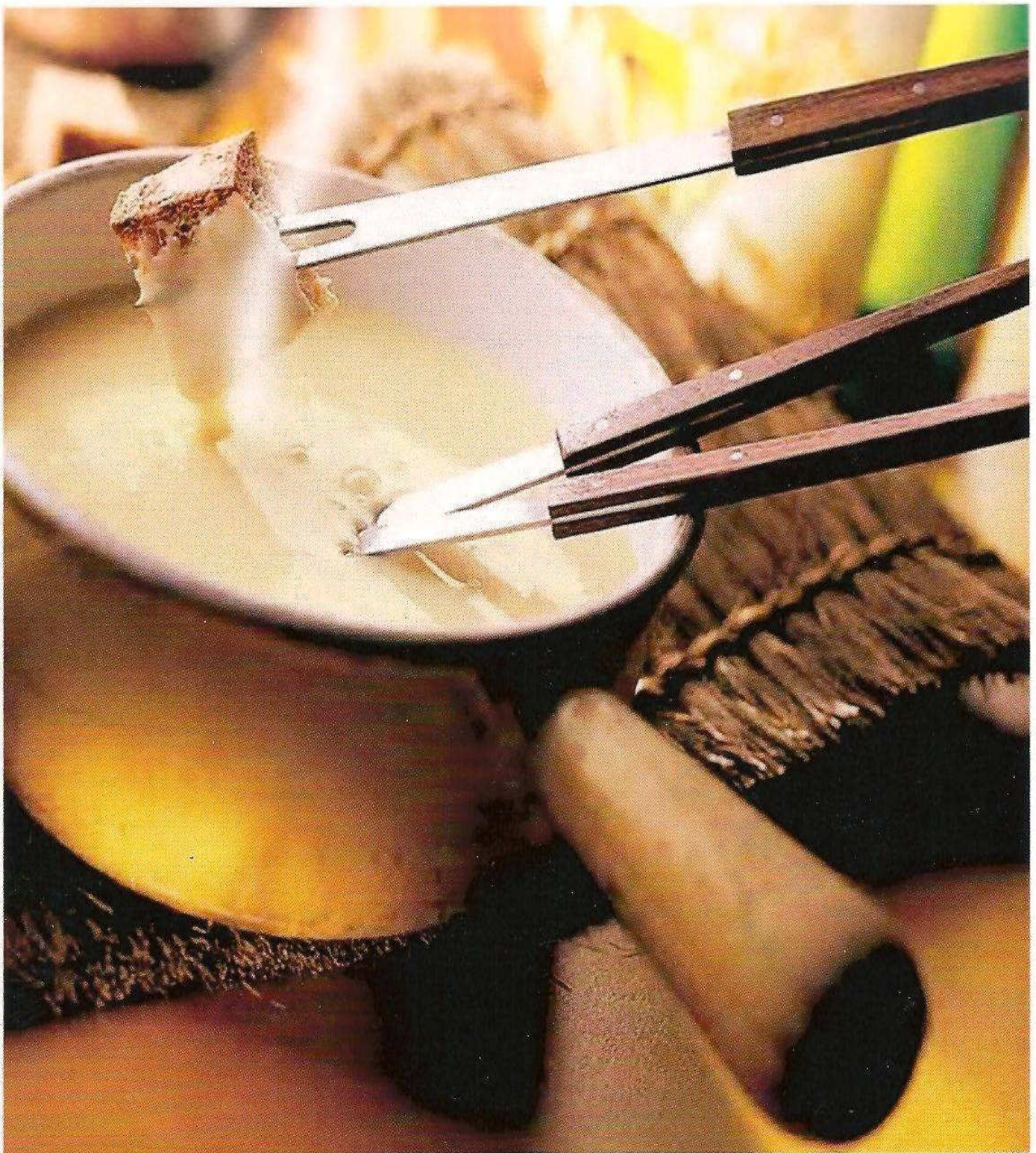
*1 1/2 teaspoons salt*

*black pepper*

Soak chickpeas overnight; rinse, drain and then cook in salted water for about 40 minutes, or until partially cooked. Melt butter, soften onion, then add the rice and turn until all the grains are coated. Add the drained chickpeas, stock or water, spices and salt. Bring to the boil and then cook over low heat until all the moisture is absorbed. Garnish with freshly ground black pepper and a sprinkling of cinnamon.







## CHEESE FONDUE

LEARN TO COOK  
LET'S EAT TOGETHER



### Ingredients:

250g of shredded cheddar cheese, 250g shredded emmental cheese, garlic clove,  
1 can of beer, 2 tablespoons of flour, 1 teaspoon of salt, pinch of pepper.  
French bread, diced into cubes.

### Preparation:

Mix together all of the ingredients (except bread). Melt the mixture and place into a fondue pot. Dip the cubes of bread into the melted mixture and eat.





# Sarı Pilav (Rice with Saffron)

LET'S EAT TOGETHER



SERVES 4

*200 grammes long grained rice*

*1 onion*

*2 glasses chicken stock or water*

*a few strands of saffron*

*OR 1 teaspoon turmeric*

*2 tablespoons butter*

*4 tablespoons raisins*

*2 tablespoons pine nuts - optional*

*1/2 teaspoon allspice*

*3 or 4 cloves*

*1 teaspoon coriander seeds, lightly  
crushed*

*1 1/2 teaspoons salt*

*black pepper*

Melt butter and cook onion lightly; add the rice and cook for a few minutes, turning to coat all the grains. Place the saffron in a small bowl or saucer with a little water and set aside. Now pour stock or water onto the rice and add all the spices, salt, pepper, raisins and pine nuts and either the turmeric or saffron (tip in the contents of the bowl or saucer, merely subtracting the same quantity from the stock). Cover, bring to the boil and after a minute or so, turn very low and cook until moisture is absorbed.







# Saray Katmeri (Spinach and Crêpes Gratin)

SERVES 4 TO 6

Best described as a cross between a roulade and lasagna, this is an excellent first course or light main course.

10 to 12 large crêpes (use a thin  
pancake mixture)  
1 kg. spinach  
150 grammes butter  
250 grammes grated kaşar cheese  
(gruyère)  
200 grammes lebne (fromage frais/

sour cream)  
2 eggs, beaten  
1/2 to 1 teaspoon nutmeg  
1 to 2 teaspoons paprika  
salt  
pepper

Boil the spinach, plunge in cold water to keep the colour, then drain well, squeeze excess liquid, chop and mash in half the butter; stir in lebne, nutmeg, eggs, a little salt (depending on how salty the cheese) and pepper. Butter a deep cake pan, a loose ring one is best, or a baking sheet and deep ring; then sprinkle with some grated cheese and paprika. Make large crêpes/very thin pancakes. Place in tin, with a layer of filling sprinkled with a little cheese, until reaching near the top and finish with a thick layer of cheese and paprika. The quantities may need adjusting slightly. Bake in medium oven for about 15 minutes, until cheese is melted and has formed a light crust. Release spring or lift ring and return to oven for a few minutes to allow the side to brown a little, but this is not vital.







# Sigara Böreği (Rolls)



SERVES 4

2 sheets yufka (phyllo)  
250 ml. oil for frying  
OR 50 grammes melted butter if  
baking

FILLING:  
200 grammes crumbled white

cheese  
1 tablespoon grated kaşar cheese  
(parmesan)  
1 egg yolk  
1/4 bunch parsley, chopped  
1/4 bunch dill, chopped

Divide the pastry sheets into two equal semi-circles and then each into four triangles. Place filling at the base of each and then roll it up like a cigarette, wet the pointed end and stick it down. Fry in hot oil till golden OR brush tops with melted butter and bake on greased baking sheet in moderate oven until golden and crisp, about 15 minutes.

NOTE: sage is also good with cheese; other fillings include savoury mince, spinach and cheese, etc.







## Kabak Böreği (Courgette and Cheese Börek)

SERVES 4 TO 6

6 sheets yufka (phyllo pastry)  
2 courgettes, very finely chopped/  
grated  
1 small onion, very finely chopped  
1 clove garlic, crushed -optional  
250 grammes crumbled white  
cheese  
300 grammes yoghurt

200 ml. milk  
250 grammes butter  
6 eggs  
1/2 bunch parsley, chopped  
1/2 bunch dill  
salt  
pepper

Prepare filling: sprinkle salt on courgettes and drain for an hour or so; squeeze excess liquid, combine with onion, garlic, cheese, 3 beaten eggs, parsley, dill, salt and pepper; set aside. Beat remaining 3 eggs in a bowl and combine with yoghurt, milk and melted butter. Lay one yufka in a large circular baking sheet with raised edges, so that the edges of the yufka overhang; spread on a little of the yoghurt/egg/butter mixture; divide second yufka into large pieces, lay over first and spread yoghurt mix; then lay the whole third yufka, with edges hanging over and spread all courgette/cheese filling, and on top, a little yoghurt mix; divide fourth and fifth yufka into large pieces, lay over filling and spread with yoghurt mix; lay sixth yufka on top and then plenty of yoghurt mixture. Fold the edges in and brush with remaining mix, to seal. Cover with damp cloth and leave for about 25 minutes; bake in moderate oven till puffed up and golden, about 40 minutes.

## Lahmacun (Savoury Flat Bread)



SERVES 6

Sold in countless little shops and kiosks, this is a delicious little meal with salad or a snack; usually it is rolled up, wrapped in a little slip of paper and eaten standing at a kiosk.

3 glasses flour  
3 glasses water  
250 grammes minced lamb  
1 onion, finely chopped  
1/2 bunch parsley, chopped

1/2 teaspoon salt  
2 puddingspoons water for filling  
glass of water for yeast  
1 puddingspoon yeast  
1 puddingspoon sugar









## BARSZCZ CZERWONY (BEETROOT SOUP)

### Ingredients:

beetroot (about 1kg), a couple of litres of meat or vegetable stock,  
2 garlic cloves, beetroot concentrate, majoram, salt, pepper.

### Preparation:

Peel and chop beetroot roughly into chunks the size of large dice.  
Add to soup stock. Add garlic, crushed. Cover and boil until the  
beetroot is soft. Add beetroot concentrate, about a 1/4 litre and taste.  
Add majoram, salt and pepper.





# Manti

## (Meat Dumplings with Yoghurt)

SERVES 4

Sometimes called Turkish ravioli, these little dumplings are indeed similar to the Italian dish. This is hardly surprising, as both versions of stuffed pasta parcels were borrowed from China, but the Turks of central Asia were cooking pasta long before it reached Italy. Lazy cooks could use good quality meat filled ravioli and make the Turkish sauce, though of course it isn't quite the same.

### DOUGH:

*250 grammes flour*  
*1 teaspoon salt*  
*1 egg*  
*2 tablespoons oil*  
*3 tablespoons water*

### SAUCE:

*500 grammes yoghurt*  
*3 cloves garlic, crushed*

### FILLING:

*225 grammes minced lamb*  
*1 onion, grated*  
*salt*  
*pepper*  
*2 1/2 litres water for boiling*  
*1/2 teaspoon salt*

### DRESSING SAUCE:

*5 tablespoons butter, melted*  
*2 tomatoes, skinned, finely chopped*  
*1 clove garlic, crushed*  
*1 teaspoon paprika*  
*1 teaspoon dried mint*  
*salt*

First prepare filling: mix all ingredients in a bowl. To make dumplings: Place flour and salt in bowl and mix together. Make a well in centre and pour in oil, egg and water; mix the liquids and gradually incorporate flour, working with fingertips; then knead to a stiff paste. Cover with a napkin and set aside for half an hour. Divide in two; using a floured board, knead again and shape each into a round ball. Set aside one round and cover; roll out the other into long strips, about 3 to 4 cm. wide and then cut into squares. Place meat filling in the centre of each square, gather the opposite corners together, pinching firmly, to make little bundles. Repeat procedure with second ball of dough.

Bring water to the boil and add salt. Place in the bundles carefully and stir occasionally to prevent them sticking; they take about 15 minutes to cook and will rise to surface when ready.

Remove 3 to 4 tablespoons of liquid to a bowl; drain the dumplings and place on heated dish. Pour the reserved liquid over them and then the yoghurt, into which garlic has been beaten.

Finally pour over this, a sauce made of melted butter in which tomatoes and garlic have been softened and to which paprika, dried mint and a little salt and pepper have been added.





# Kaymaklı Kayısı Tatlısı

(Dried Apricots Stuffed with Cream)

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SERVES 6

*Kaymak* traditionally made from buffalo milk, is incredibly thick, calorific and scrumptious. It is reduced from the milk by boiling until it is firm enough to slice. Stuffed into soaked dried apricots it makes an easy and luxurious pudding. This version uses far less sugar, as the tartness of the apricots is lost when they are cooked in a very sweet syrup.

500 grammes dried apricots, soaked overnight

100 grammes sugar

375 ml. water

1/2 to 1 teaspoon lemon juice

225 grammes *kaymak* (or very thick cream)

100 grammes pistachio nuts, finely chopped

Drain the dried apricots; heat water and sugar together and cook for about 7-10 minutes; add apricots and cook till tender, then add lemon juice and cook another couple of minutes. Remove apricots and leave to cool. Split half open, stuff with *kaymak* and arrange on dish; pour syrup over and sprinkle on pistachio nuts.





# Aşure (Noah's Pudding)

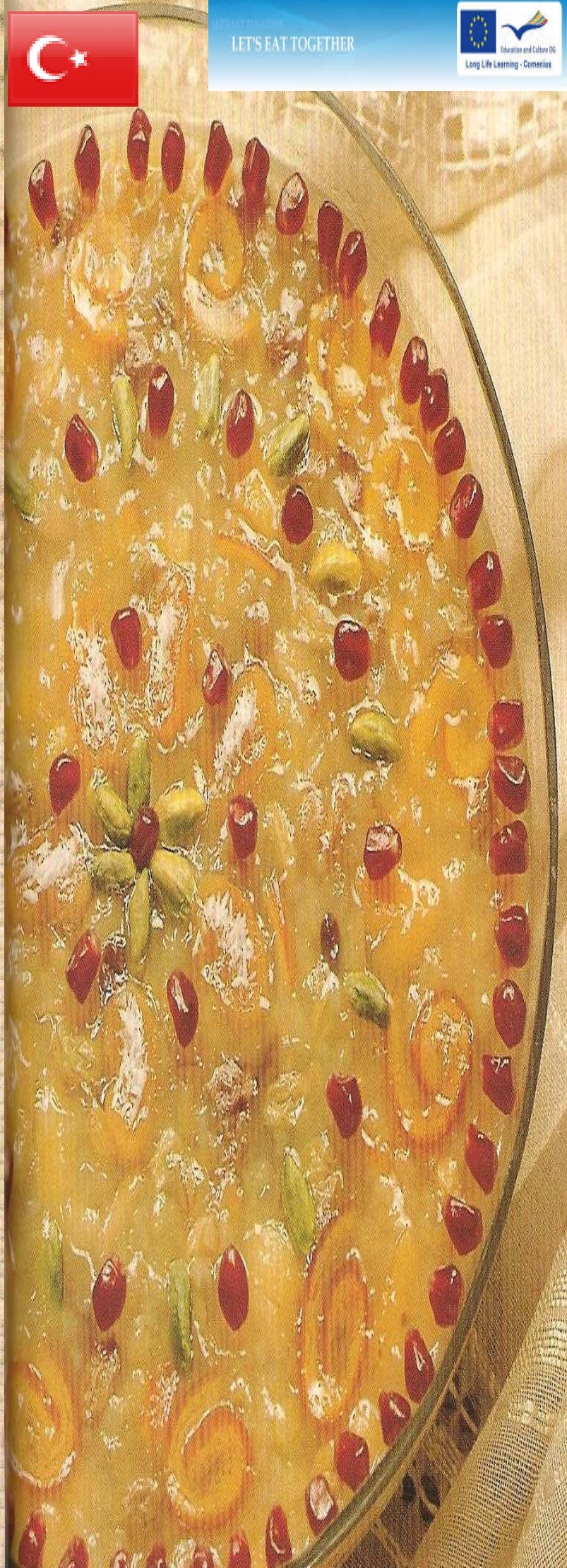
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SERVES 8

Combining grains, nuts and fruits, this is the pudding that Noah is said to have invented, when using whatever food was left in the Ark, he and his family celebrated the receding of the flood waters. It is also made and eaten to commemorate the death of Mohammed's grandson.

*120 grammes whole wheat kernels  
100 grammes dried white beans  
70 grammes chickpeas  
50 grammes rice  
250 grammes sugar  
10 dried figs  
10 dried apricots  
50 grammes raisins  
50 grammes sultanas  
50 grammes almonds, blanched  
50 grammes walnuts  
50 grammes pistachio nuts  
2 tablespoons pine nuts  
grated peel of 1 orange  
2 tablespoons rosewater  
seeds from 1 pomegranate*

Soak wheat and pulses overnight in water, in separate bowls; drain, rinse and cook each separately until tender, then drain and save the cooking liquids. Put wheat and pulses and rice in this liquid, add water if necessary and cook for about an hour. Add sugar and orange peel and simmer till sugar dissolved. Chop figs and apricots that have been soaked and add them, raisins and sultanas to the mixture. Simmer for 10 minutes and add rosewater. Chill and stir in nuts and pomegranate seeds.





# Vişne Kompostosu / Vişne Ekmek Tatlısı (Sour Cherry Compote / Sour Cherry Bread Pudding)

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SERVES 6

This rather tart fruit, effectively a wild cherry, but now cultivated, from which an excellent drink is made, makes very good compote, which in turn can be used for a bread pudding a reminiscent of summer pudding.

Compote:

500 grammes sour cherries

500 grammes sugar

2 glasses water

Wash cherries, stone, place in pan with water and sugar and bring to boil. If using as compote, leave to cool.

Bread pudding:

1/2 loaf white bread

cherry compote,

hot kaymak or cream

Remove crusts from bread and slice thickly. Lay slices on a baking sheet in preheated oven, 150 degrees C. until lightly browned; lay in serving dish, pour on the compote and leave to cool. Serve with *kaymak*.







# Kabak Tatlısı (Pumpkin Desert)



SERVES 4

This somewhat resembles a preserve, though it is a pudding and is very good served with *kaymak*.

- 1 kilo pumpkin flesh (after peeling)
- 500 grammes sugar
- 1 1/2 teaspoons cinnamon - optional
- pistachio nuts or walnuts to garnish
- kaymak* or cream

Cut pumpkin into slices, wash and cut into squares of about 2 or 3 cms. Place in large pan, sprinkle sugar between layers. Cook until pumpkin very tender and a syrup has formed, about an hour or more. Put pumpkin and syrup on serving dish and leave to cool, by which time most of the syrup will have been absorbed by the pumpkin. Serve with a little of remaining syrup and *kaymak*.







# Ayva Tatlısı (Quince Dessert)

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SERVES 6

Apart from making excellent jam and jelly, quinces make an interesting sweet. Slabs of sugar flavoured with spices and dyed red called *lohusa şeker* are sold in Turkish markets; if you can get it, this adds a good flavour and colour to the dish, which is still good without it.

3 quinces

1 apple

500 grammes sugar

juice of a small lemon

500 ml. water

2 to 3 cloves

1 teaspoon cinnamon

50 grammes *lohusa şeker*— optional

150 grammes *kaymak* or cream

Peel quinces, cut in half, core and then put in shallow saucepan. Peel and grate the apple over quinces and sprinkle the sugar and cinnamon; then add water, lemon juice, cloves and *lohusa şeker* if available. Cover and cook over low heat until fruit is tender. Serve cold with *kaymak* or cream.







## KOMPOT (HOMEMADE JUICE MADE OF FRUIT)

### Ingredients:

500 grams of fresh or frozen fruit,  
2 litres of water, some sugar.

### Preparation:

Boil water add fruit (you can mix different kind of fruit), add some sugar to make it sweet. Boil for 15-20 minutes. You can drink it hot, cool or cold.