



## 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)

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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.



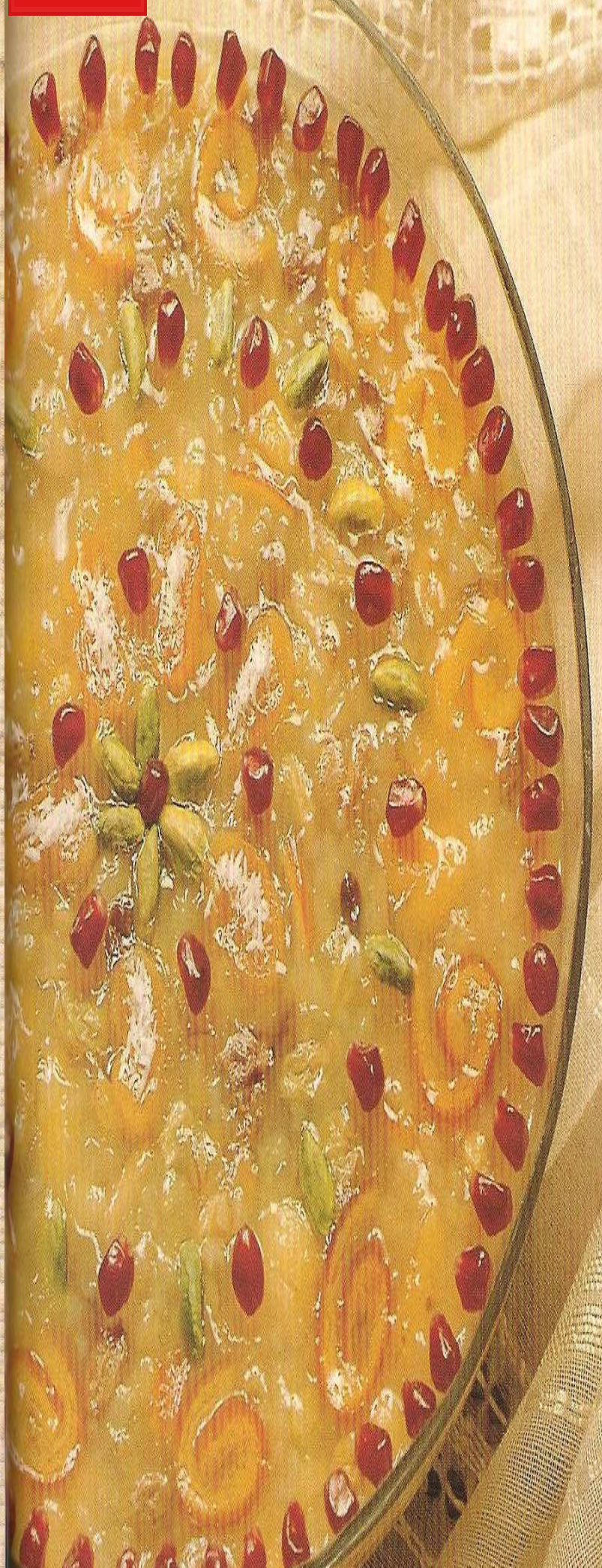
# Aşure (Noah's Pudding)

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.