

LET'S EAT TOGETHER
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Let's eat together
Calendar 2011

Zeytinyağlı Pirasa (Leeks in Olive Oil)

SERVES 4

750 grammes leeks, washed, sliced	3 tablespoons olive oil
1 carrot, sliced to roughly same size as leeks	1 1/2 glasses water
1 puddingspoon of rice	1/2 teaspoon salt
1/2 bunch parsley, finely chopped	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.



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Zeytinyağlı Taze Bakla (Fresh Broad Beans in Olive Oil)

SERVES 4 TO 6

750 grammes fresh broad beans	1/2 bunch dill
6 spring onions, sliced	salt
1 onion, chopped	ground black pepper
450 ml. water	
100 ml. olive oil	sauce
60 ml. lemon juice	400 grammes yoghurt
1 1/2 tablespoons flour	1 clove garlic, crushed
1 tablespoon sugar	

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 a 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.



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Karniyarik (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.

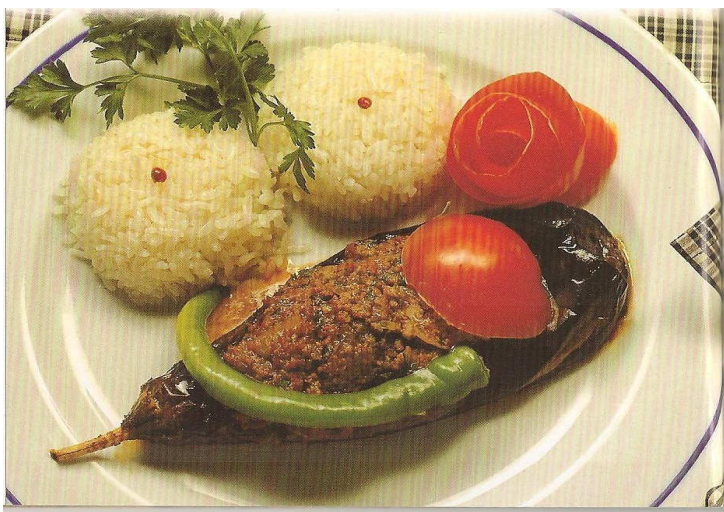
4 aubergines
olive oil to cover bottom of pan

1 onion, grated
1/2 bunch parsley finely chopped
1 1/2 teaspoons salt
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.



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Etli Bamyas (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.

<i>500 grammes lamb or beef, cut in small cubes</i>	<i>1 glass water</i>
<i>500 grammes fresh okra, trimmed</i>	<i>1 puddingspoon tomato purée</i>
<i>1 onion, very finely chopped</i>	<i>juice of 1 lemon</i>
<i>4 tablespoons butter</i>	<i>1/2 teaspoon thyme</i>
<i>3 tomatoes, skinned and chopped</i>	<i>salt</i>
<i>1 glass meat stock</i>	<i>pepper</i>

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.



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Kadinbudu 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.

<p>500 grammes minced meat 50 grammes rice 1 1/2 cups water 1 onion, very finely chopped 2 tablespoons butter 2 eggs</p>	<p>1/2 bunch parsley, finely chopped 1/2 teaspoon allspice salt pepper 50 grammes flour 1 cup sunflower oil</p>
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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.



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Domates Soslu Köfte (Meatballs in Tomato Sauce)

SERVES 4 TO 6

<i>1/2 bunch dill</i> <i>basic meatball recipe (p. 86)</i> <i>4 large tomatoes, skinned and</i> <i>chopped</i> <i>2 cloves garlic, crushed</i> <i>1/2 bunch parsley</i>	<i>2 tablespoons tomato paste</i> <i>1 glass water</i> <i>2 tablespoons butter or olive oil</i> <i>pinch of sugar</i> <i>salt</i> <i>pepper</i>
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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.



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Kalamar Dolma (Stuffed Squid)

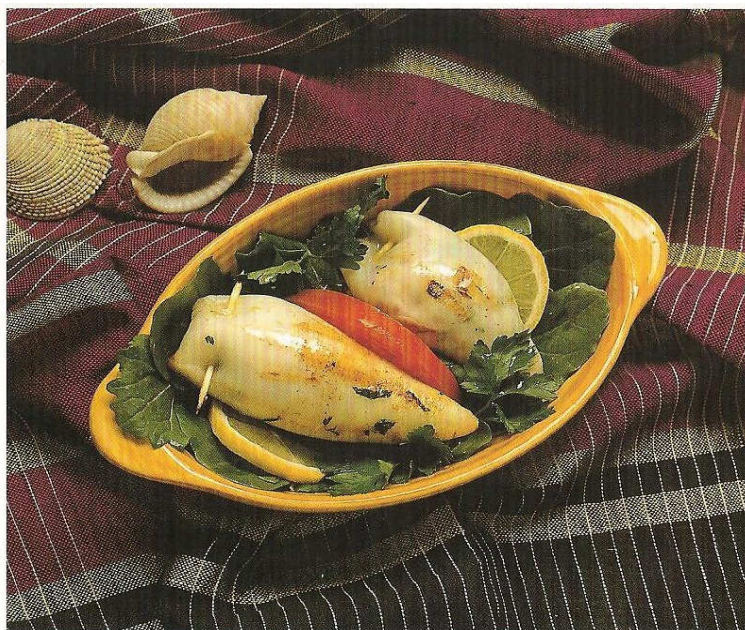
STUFFING FOR 4 HEADS

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.



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Kalkan Tava (Fried Turbot)

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.



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Yayla Çorbası (Yoghurt and Mint Soup)

SERVES 4

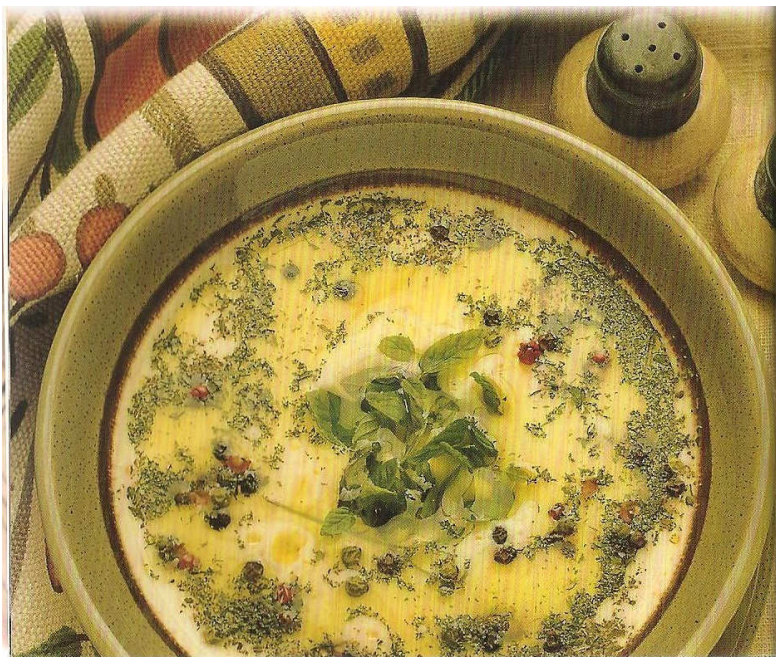
Ever since the Turks' nomadic ancestors in Central Asia first made *yoğurt* it has formed an important part of the Turkish diet. *Yayla* means both an upland pasture and by extension, a summer residence, which would originally have been in the highlands, but also came to mean a summer retreat. This very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



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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

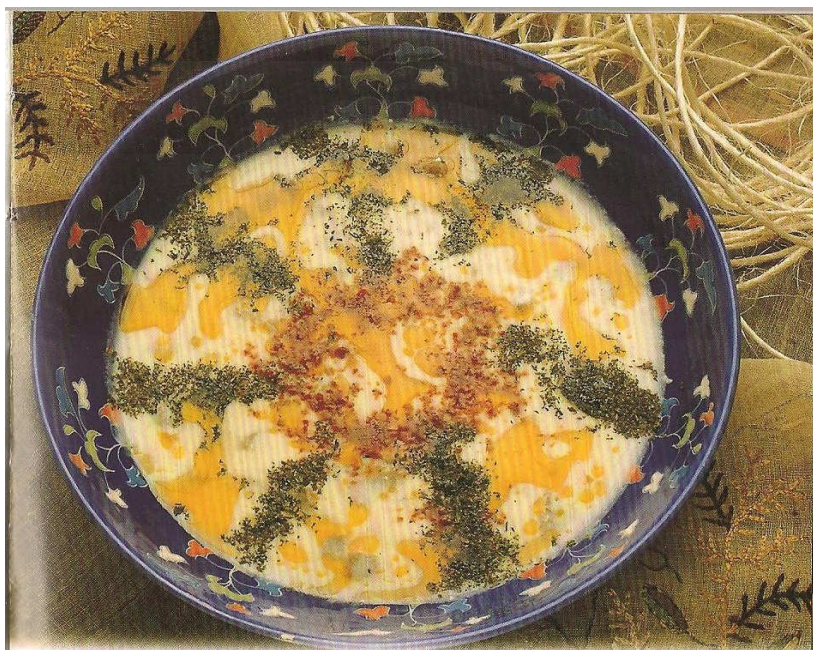
1/4 teaspoon pepper

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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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.

<p>250 grammes chickpeas 1 ¾ to 2 litres water 120 ml olive oil ½ glass sesame seed paste (<i>tahin</i>) 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</p>	<p>consistency 3 tablespoons lemon juice 3 cloves garlic, crushed ½ to 1 teaspoon cayenne OR paprika if preferred salt black pepper pidge</p>
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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 drizzle a little oil on top.



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Patates Salatası (Potato Salad)

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, drizzle the olive oil and dust with paprika.



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