



NEAR EAST UNIVERSITY

FACULTY OF ARTS AND SCIENCES  
DEPARTMENT OF ENGLISH  
LANGUAGE AND LITERATURE

TRADITIONAL TURKISH EATING  
RABBIT vs GREEK EATING  
RABBIT

B.A. THESIS

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T.R.N.C.

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% roasi some beef. fa carue ajafnf wffh neainess,  
 % hail up sauces, and io hlow tbe fire.  
 9s tinyhady's !ask, he C/J)ha daes !his  
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 C/J)here Is !he place, and iobai !he lime of~ypper.  
 C/J)ha are lbe qesis, and tobo !he enfeiftne;  
 C/J)haftsh he aughlla huy, an tobere fa huy :f.

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DIONYSIUS

## INTRODUCTION

### DEFINITION OF COOKING:

The date of the century is 1~.8 \but I will start to talk from an event, from- a>,ysubstance which is old as human being and never-i>gets old, will never get old. .It is etemal. Notnirrğ2in the world could affut its progress. It will continue till human being's life and even the lives of th.ei\<itlther living creatures love -to an end. I mean orga.ni\$tr1S~

I'm talking about hunger. I'm talking about eating with the invention or let's say discovery of fire, uncooked, fresh meat, bloody food left.jts place to cooked, hot, salty dishes. We eat. We have to. In order to live we must eat. Our bodies need to get energy but EATING has more to do with us. We love to eat. Hunger of stomach nas something related to the hunger of heart. We eat food but we go on to eat although we get enough. At this stage psychology enters the case-lack of love, lack of care, lack of social life let the

person eat more. Fatness is the most serious illness of the century. I'd like to tell much more about fatness and the need to eat a lot although some is enough for the body.

Let us put the hunger of souls-somewhere else for a time and go on with the topic of our study. EATING, as I've told, is one of the most important and old passions of human beings,

In order to eat, man has to cook. So another page is opened now in front of us. Cooking for eating.

## TURKISH CULTURE AND FOLK

Cooking changes from person to person from nation to nation. The way you boil the water for macaroni, the time you give your tea, to brew the amount of tomato paste you put in your dish changes from people to people. What do you think, we have so many colourful menus.

I remember the night I went to a Chinese restaurant. God, I came back home as hungry as a bear. The original pizza of Mexico has nothing similar with the ones we cook. The legs of the frogs could be a delicious offer but if you don't mind, I'd prefer to die hungry.

Actually besides joking, the changes in cooking has a lot to do with religious beliefs, lifestyles, social living... All these topics could be gathered under one umbrella and we cannot easily "GULP" it. It will be very difficult to tell in detail the cultures of every nation but if I

start to tell the past and the present of Turkish culture, it will enlighten both you and me I think.

NATION is used for more respected groups of people. We usually use: population for ordinary people. It comes from the root "POPULUS". COMMON PEOPLE are called as population. We mean the ignorant, not cultured and most importantly not rich, wealthy people. Generally they are tied to each other by folklore by traditions and customs.

When we talk about traditions, customs. We talk about the way they got used to different things for centuries,

Turkish common people or the avangard ones, they are 90% muslim and unfortunately it is forbidden to use alcohol. Wine, red or white is one of the unforgattable pieces of the foodsables but) during Ottoman Empire, and after the declaration of the republic of Turkey still in large areas of the country alcohol isn't used during celebratiens; for example weddings or parties,

(Even birthday party is taken from the foreigners during MAHMUT I. in OTTOMANS).

Instead of alcoholic drinks Turkish people have used sweet drinks like "SHELL.BET" which can be drunk hot or cold with many different and colourful drinks. Else than that we have many drinks and desserts sellers with traditional cholets which the society created to fill in for alcohol. (SAHLEP-BOZA, ...) Candies sold in variations ...

Being muslim, the pork isn't eaten. Even Alevi people (many subdivisions of Islam and Alevi or Shii is one of the them) don't eat the rabbit. The animals which aren't cut by knife with prayers aren't HALAL (appropriate for the people to eat). Usually Christians or foreigners all the animals by pressing their throat, without letting them to breathe so the blood can be kept inside the body and the meat will be fresh before cooking. The Chinese in England or the other parts of the world kill dogs and cats by hitting their head with a stick. Of course many more

examples can be given but we many not write all of them.

During weddings or bayrams >BREAD comes as the most important food. It, <IS prepared in different shapes and tastes like iithe .one with onion and olive in Cyprus.

COOKING AND EATING were verry important among Ancient Turks who lived by migrating from one place to another and also among the Ottomans too.

In those ancient cultures, two things were really very emphasized. üne is hunting, other is cooking, eating. Usually the kaders of the Ancient Turks, the sultans, pashas or commonders of the army were killed by poison. In order not to let it happen (ÇESHNICIBASHI) TASTESMAN was there, He tasted the the food before they, the important, high class of the society ate and they with trust at heart coould have the meal.

PLACE of woman is very strange in Turkish customs, She is the original creator of food, she cooks, she does all of the shopping and cooking by giving all of her energy yet is not allowed to eat with men just because of (mis) understanding of Islam, She or her friends or relatives have to eat in other rooms, Woman is kept either as a statue which can be broken easily or as a machine which has to work all day long.

RELIGION is very important factor, because (ASHURE) WHEAT PUDOWG is a sweat dish which has a very different place than the others because its history is recated with Noah.

Before the big disaster, he collected a pair of each kind of animal and people believed him God and let the others out of the ship, sailed for away even by leaving his wife who hasn't believed in God. When they got hungry, they prepared this dish by putting every soft, hard, thick, sweet bitter foods they had in one big cap. That is why every year in April or May, it is prepared,



Even I know from my female relatives living in Kars, in villages that during the visit of Hz. HIZIR (A.S.) each year of the earth, they eat (TUZLU GLIK) very salty cookies and see their husband, the men they love and will worry in dreams. They are so many strange relationships between cuisine, cooking, eating and culture as well we all see.

## THE PAST OF TURKISH CUISINE

The food culture of society /as<I've told from the beginning of my study till tkei:er1<i, .is related with its way of living it changes in 1J:1e<course of time by the change in the way of livin~f If we go back as we did once in the above pages~:w~ will see that the majority of which originat~i"l.from central Asia where .the Turks migrated fröm and the Mediterrenean Region where they had settled.

The Turks, in the old times, led a romantic life. The depend on agriculture and breeding domestic animals like other societies had dorre-in other parts of the world.

They have migrated just to live easilyrand find food not as difficult as they did in. their old places.

# NATIVE LANDS OF ANIMALS AND PLANTS CONSUMED<.A.S•FOOD

REGIONS:           ANIMALS AND) PLANTS

CENTRAL ASIA: VEGETABLE: CAR.R.OTS,  
CELERY, CUCUMBERS,  
EGGPLANTS, LETTUCE,  
ONIONS, SPINACH,  
RADISHES.

FRUIT: PEARS,PLUMS,  
QUINCES, GRAPES,  
MUSK, MELONS, APPLES.

CEREAL LEGUMES:  
BARLY, BROAD BEANS,  
LENTUS RYE, WHEAT.

MEDITERRANEAN REGIONS:

VEGETABLE: CABBAGE,  
CAULIFLOWER,  
ASPARAGUS, ARSLEY

FRUIT: FIGS

CEREAL LEGUMES: PEAS,  
CHICKPEAS

ANIMAL: LAMB, CATTLE,  
GOATS

SOUTHEAST ASIA: VEGETABLE: SUGAR  
CANE

FRUIT: BANANAS,  
ORANGES, PEACHES

CEREAL LEGUMES:  
RICE, SOYBEANS

ANIMAL: PORK,  
CHICKEN

AMERICA: VEGETABLE: SQUASH,  
TOMATOES, > POTATOES

FRUIT: PINEAPPLE

ANIMALS: TURKEY~

AFRICA: FRUIT: WATER MELON

The majority of these foods have been raised in central Asia, Motherland of the Turks, and in Asia minor, where they had made their new home. These foods have been later transmitted to the other regions of the world.

Central Asian Turks preferred mutton, goat meat and beef respectively. The meat, liver, kidney and the other organs were baked in TANDIR, a sort of underground oven or broiled over open heat of wood or charcoal to make kebab. The meat would be cut into small pieces, browned in its own fat to drain, salted and stored. KAVURMA is to be consumed in winter months.

Another meat preserving method was using salt and variety of spices, then drying out the meat under the sun which was called PASTIRMA. Spiced and salted ground beef and lamb mixture was packed firmly in sausage like flattened intestines or flatters firmly in cloth and then dried out under the sun to be used in water. This form of meat was called SUCUK. These foods such as kebabs, kavurma, pastirna, sucuk, etc. are very popular and part of Turkish cuisine,

Milk was used as a drink as well as consumed as yoghurt a world famous milk product or as koumiss a fermented drink made of mare's milk, and as cheese. Koumiss was an important beverage for the Turks in the old days. It was started in leather bags. Fresh yoghurt was either consumed as refresher and accompaniment during meals or was dried and used later. This form of yoghurt was called KUNUT. Yoghurt was mixed with warm water, placed into leather bags and churned to produce butter. After butter had been separated, salt was added in the butter milk, Salted butter milk was

boiled and drained later. This product was a kind of skim cheese which was known as ÇÖKELEK. All of these expect koumiss: are still widely in use at present time.

Wheat and barley were the principle foods of origin, Before. wheat grains matured. It was roasted over gloves, then crooked and consumed. Matured grains were washed drained and to remove the bran, pounded in large stone motors known as DİBEK. The product was DÖVME, MB. 11 and YARMA. Dövmе was used in making pilaf: and other dishes, Wheat was boiled, dried, cracked into angular granules of various sizes, This was called BULGUR. Bulgur was and still is an important cereal in the Turkish diet, The plain dough of flour and salt and water was rolled out in round layers browned on both sides, on a hot thin iron plate, then dried and stored. These paper thin layers were known as Yufka Ekmek meaning YUFKA BREAD. Thicker forms were known as Bazlama. Yufka bread was softened by sprinkling water and consumed afterwards. These breads were also baked in tandir, in some regions, The



rolled layers were gilled with a variety of fillings made of cheese, meat, vegetables or legumes, then browned on hot-iron skillets. It is assumed that most of today's delicacies >pastry, based products of Turkish cuisine; originated and developed from this practice. Börek, gözleme, pide or katmer, forms of rolled layers of plain or raised dough either baked, browned, or deep fried the outcome of ancient practice: "At present, the rolled layers of dough are cut into small squares, filled by meat or lentil filling, sealed and cooked in water and served with yoghurt and garlic. This dish, which is known as manti, originated from the favorite dish of the past. It was prepared with home-made noodles and meat or lentils. Since wheat doesn't grow well in the mountainous and droughty regions.

Rice has been used as a wheat substitute to produce flour, bulgur and dövmek. The old Turks combined boiled wheat with barley. dough, kneaded to form a dough and wrapped it with a felt material to raise. After softening this mixture it was baked in tandir and consumed with bulgur and



dövm̈e are the major cereals which are still in use today. A mixture of ground wheat and barley or millet was used to produce Boza a fermented, cream of soap like beverage; } > a favourite drink preferred during cold weather in the old days as it is at present.

Fresh fruits were consumed in Season, but dried for winter months. Dried forms of fruits were called KAK. They were soaked and cooked in water. Molasses was added to fruits to sweeten, and served as a dessert in winter months. This dessert was known as HOSHAf. Grape juice was the main ingredient of molasses. Molasses was used in making HELVA with wheat or barley flour. All of these are still practiced in some regions. Many of today's vegetables used to have an important place in the nutrition of the old Turks.

The wild greens were also consumed as vegetables and more grown in the gardens and in the fields, along with cultivated vegetables. Among wild green water-cress, dock and purslane

were the most preferred, served either raw or cooked. Today the mild greens are substituted for vegetables in rural areas, spring months: Advancement in technology has brought tremendous changes to the world.

Therefore food production practices and food processing methods are greatly influenced by these changes that occurred very rapidly. However, many of the above mentioned old practices of production, processing methods are greatly influenced by these changes that occurred very rapidly. However many of the above mentioned old practices of production processing, preserving, preparation, cooking and baking are still in use today in some regions in rural areas,

The proceeding section will explain more detailly the effects of other cultures upon Turkish nations' cuisine and the effect of Islamic beliefs upon Turkish cuisine, Pork is forbidden by the Koran for the Muslims, The flesh and milk of hoofed animals, consumption of the reptiles, frog

and fox are not tolerated. Therefore such foods don't exist in Turkish Cuisine. Alcohol is also forbidden by our religion book it is the main reason why some end products of fermented foods have been neglected. Because of their therapeutic effects, some such as KAFIR is used in some regions and were south and southeast part of Anatolia,

When the Turks accepted Islam as their religion, the influence of Arabs was inevitable. The use of too many spices in quantities; particularly hot pepper is a good example of this cultural interaction. While the Turks were migrating from Asia towards Asia Minor the Turks were migrating from Asia towards Asia Minor, the Turks were influenced to some other cultures that have already been there. Before the Ottoman Empire, the Turks were obviously influenced by Hittites and the Byzantines especially in the development of their food habits oriented with different kinds of food, such as legumes or vegetables like cabbage, cauliflower

or parsley which were all of Mediterranean origin.

During the rise of the Ottoman Empire a similar development was observed in the Turkish Cuisine. Culinary art was an important part of the daily life in the Sultan's Court. The cooks would compete to each the most delicious dishes for the imperial Banquet. Every cook created something new and contributed to the enrichment of the Royal Cuisine. Everyone had his share of today's delightful dishes, desserts, pastries and other delicacies of the Turkish Cuisine. Everyone of them brought richness and different flavors into today's culinary art. The most rapid program in Turkish Cuisine was observed during the reign of Fatih Sultan Mehmet or in other words, Mehmet II, the Conqueror. In the course of time some changes took place. Introduction of olive oil into the kitchen was an alternative for butter. Sugar replaced honey or grape molasses in desserts. Spices and herbs were very important seasoning agents in the kitchens of the courts.

Commin, coriander, cinnamon, mustard, pepper, saffron were the foremost among others. Parsley and mint leaves, onions, garlic were the primary herbs and seasonings.

One of the obligations of the sultan was to give alms to the needy people while he was ruling. This is why Islamic foundations were established for the helpless. These foundations had soup kitchens. Food was served twice a day in these kitchens. A typical menu would include soup, pilaf, vegetable and meat with plenty of bread. Helva, honey or other sweets would be added to the menus on Friday's and during the holy month of Ramadan. Meanwhile it was natural for the court kitchens to be influenced by western culture. Whereas the Europeans were also influenced by the Ottomans. This was how French pastries or Italian pasta were introduced into Turkish Cuisine. Home made needles had been in use in most rural areas in cultural Asia.

## MEAL SERVING

It was called TER.GI amo:ri.ğtn.@:old Turks. A large tablecloth or a plain piece öföläth would be spread on the floor in the center öf the room in order to prevent the spillings of foods: A>steal of 8-9 inches high would be placed over <this cloth on which a round metal tray usually made of copper or brass would be placed. These tita~stare called as SINI. Most of the rural people in village in Anatolia still have this practice today. >The wooden spoons would be arranged, over thei>sini. Later metal spoons took the place of wöeJen areas. Eating with hands wasn't tolerated because of religious and solitary beliefs. Yufka bread was dampened before serving the meal folded in layers, and placed over the sini or on the table cloth. Woman and teenagers would down while the elderly would sit down crossed legged aröod the: sini.



They would spread a long piece of hand woven narrow cloth over their knees which would serve as rapping; In-time, regular table cloth and standard rapping came into use. An earthenware was with hand tolerated because of religious and sanitary beliefs, Yufka bread was dampened before serving the meal and folded in layers, placed over the sides of on the table cloth on the floor,

Soup was the first course, Soup bowl would be placed in the center. Each family member would use his individual spoon to serve himself. It wasn't agreeable to still the dish while eating. Hands would be washed before and after each meal. A set of bowl and even with soap and peshkir, on ornamental hand woven ropekin to dry hands, would be ready near by, Soup, pilaf, meat, stews and vegetable dishes would be eaten by spoon. Kavurma and dishes of the like would be taken in bite size using a piece of yufka bread. Hands wouldn't contact the feet. Right hand would be used taking the meals either with spoon or a piece of yufka bread, Before starting

the meal, a short prayer would be said by each member of the family. it was always the same which meant "I start with the name of God." in Arabic. The older members would start first the younger areas afterwards.

it wasn't permissible to leave uneaten foods on the plates, Bread was considered as the most blessed food of all. The statement that "one would turn into stone if one steps on a piece of bread" was a common saying, Any piece of bread or food fallen down on the floor or on earth had to be picked up, kissed and taken to the back of the head. Then it would be used to feed domestic animals. Today most of the old practices are out of the fashion. Using individual plates and bowls are in use at present time even though the practice of eating on the floor around the sini is common among many rural families. it can be said that Turkish Cuisine has been developed and inherited the various cultures of Ancient ANATOLIA.



it is rich, delightful and varied. it is one of the oldest and the finest. It reflects the influences of many traditions, religions, customs of many people. it is an excellent blend of different cultures with Turkish heritage being strongly emphasized. it is not unusual today a special of one region is called by another name. In another region of Turkey. it isn't ethical for one civilization to take into their possession one particular food since that particular food might be a product of many cultures, When "Turkish Cuisine" is mentioned, it is plainly understood that it is any kind of food which has been raised, produced, processed, prepared, cooked, stored and kept to be used for consumption by the people who live in Turkey today.

## SPACIAL CHARACTERISTICS OF TURKISH CUISINE

Each nation's cuisine has its general characteristics. The specialties of Turkish Cuisine with respect to nutrition and health is shortly like this; A person who isn't 'Bacl. ridden doesn't necessarily mean that he is in good health. A person who has developed his natural talents both physically and mentally" xat; a maximum level, who is active socially and economically; and who lives in harmony with its environment and environmental factors is considered to be in good health.

The way a person nourishes himself effects his health either positively or negatively: Poor nutrition is the consequence of inadequate food intake or the body's inefficient usage of the nutrients. it is why balanced diets are fundamental during every stage of life. However, healthy nutrition may be supported by some

environmental factors such as sanitation, hygienic habits, medical knowledge and care etc. .. in order to provide good health. Consumption pattern of an individual is formed by the culture of the society he lives in and by the availability of foods around him rather than his nutritional needs.

In primitive societies, man had to feed himself with what was available as food suitable or unsuitable. In time with the teachings of religious beliefs, through observations and convictions, he found out that some foods had effects on his health.

So he excluded consuming these foods. Meanwhile the food varieties were increased, food production and processing methods were developed with these, the consumption patterns of societies started to change gradually. Developments in food science and technology, methods of food analysis, health sciences helped to increase the knowledge about nutrients, their roles in body, the reasons why the lack of one or more nutrients in certain food patterns cause

some deficiencies, or the effects of toxic elements in some forms of foods. These findings helped man to protect himself from the consequences of nutritional deficiencies. Availability of food has a significant influence on food consumption patterns. It has been proven from the data of nutritional sciences and related fields that adequate and balanced diets were fundamental for good health and well being.

Agreeable corrections have been made according to these data. Health problems which originated from malnutrition have been solved to some extent in development countries. However obesity and or excessive consumption of processed food remain to exist as serious health problems in these countries. On the other hand, inadequate and unbalanced diets in developing countries hinder the productivity of people. Famine is still the most serious nutritional health problem in some parts of the world because fitness of the body requires good nutrition. It is important to provide people with correct information. Good nutrition is to provide

proper food substances in proper amounts for all age groups.

Turkish people who once consumed the foods of their own produce now prefer to buy more refined products from the market. Producing only industrial plants such as cotton or tobacco have brought tremendous changes in the lives of these people and as a result, their food preferences were influenced.

Due to the lack of knowledge about the nutritive values of fresh vegetables, and fruits; they are reluctant to grow or buy these kinds of foods. As a result, their diets have changed in a negative way.

With respect to ingredients a meal is prepared with various foods by adding different flavor agents, using different preparation methods. Food varieties of a country depend on climate, economical resources, agricultural methods, technology and the distribution, transportation and storing of the foods. Sheep breeding was one of



the most important forms of food life for the Turks. Wool and skin of sheep were used in making clothing while meat was consumed as foods. Today this form of life is still the most economical way of living in the west, south, southeast and central regions of Anatolia. Therefore MEAT particularly lamb is almost the basic component of Turkish Cuisine,

Cereals are the basic foods in the diets of Turkish people. From the very beginning, wheat is consumed as flour generally which is mostly used in bread making. Bread is the main food item in the diets of Turkish people. During summer months combinations of bread and cheese, tomato slices or meat are a very popular sandwich. Wheat flour is the basic ingredient of böreks, mantis, katmers, çörek, pides, gözlemes. Wheat flour is also used in soup making as a thickening agent. A combination of wheat flour and semolina is the main ingredient of helvas. İŞaklava, a popular Turkish pastry is made of layers of tissue thin dough sheets of wheat flour. It is filled with crushed nuts. Wheat is used to

produce bulgur, which is indispensable in the diets of Turkish people „it is mostly used in soups, pilafs, dolmas and sarmas, Smaller grains of bulgur is called düğhü or simit/. It is combined with ground meat and seasonings rarely used in köfte varieties in the South, the Northeast, the Southeast and the Central Anatolia)specialities. Millet and corn are being used widely in the Black Sea Area. Corn flour is the main ingredient of soups and breads in this region, Cracked millet is used in soups and pilafmaking. Fresh corn is parboiled; stelled, dried and stored to be used in soups and pilafs in winter months.

Rice consumption has been increasing parallel to bulgur. Using rice is considered a sign of higher standard of living because bulgur is produced and preferred mostly in rural areas, Yoghurt is the most preferred of milk, It has a wide variety of uses. It is used in soups, in börek, çörek, bread, dough in salads and served with dolmas, sarmas and vegetable dishes as an accompaniment vegetables are introduced to

Turkish Cuisine at a relatively later period but are widely used in Turkish dishes today.

The most common way of preparing vegetable dishes is to combine vegetable with meat chunks or ground meat. Rla,iri<i.vegetable dishes are cooked in .olive oil.

Molasses, honey and sugar are. tb-@ main sw.eetcirning agents of desserts. Juice of)c:try fniit is boiled to thicken to make molasses: .-which contains calcium and potassium as well as energy. It is combined with nuts and tahin which pressed sesame beeds-similar to liquid r~arillt butter to from tahin helva. Sugar is subsiti~ted for molasses in large conectioner's shops to rnake helva.



## DETAILS •ABOUT SOME INGREDIENTS:

Nuts and Raisins: In Turkey there is a large variety of nuts which are used for decorating dessert. However, a special one pistachios, also indispensable for rice fillings and some other rice dishes, together with dried black currants' 8nltans are used only for desserts.

Olive Oil: It is large used in Turkish cookery not only in salad dressing but for a great variety of vegetable dishes which are cooked with olive oil and served cool.

Onion and Garlic: Onions are indispensable for the preparation of Turkish food and salads Garlic is also a very important ingredient, especially to flavour the yoghurt which is frequently served with many meat and vegetable dishes.

**Turkish White Cheese:** It is an uncooked cheese made from sheep milk, largely used as pastry filling, a part from being served for breakfast.

**Yufka (philo dough):** These are ready made very thin, big and round sheets of dough used for various kinds of pastries (börek), baked or fried. If you have to prepare the dough yourself for some of the Turkish recipes, you will need an 80 cm long rolling pin as thin as a finger (oklava). This is the only way to roll out paper thin sheets of dough for the famous flaky pastries.

**Minced Meat:** It is largely used in Turkish cookery, either prepared as various kinds of meat balls (köfte) or sautéed with onions to garnish various vegetable dishes, or mixed with other ingredients to be used as a filling for pastries and stuffed vegetables. It is sometimes a mixture of beef and mutton and always minced twice. In Turkey, the butcher knows what kind of minced meat should be for which dishes.

# MEASUREMENTS

Melted Butter and Oil	Rice	Flour	Sugar	Grated Cheese	Crushed Animal and Walnuts	Bread Crumbs

1 glass of 25 cl. 220 23 gr. 200 160 gr. 240 gr. 100 gr. 100 gr.

of water, contains

15 cl.	130 gr.	130 gr.	120 gr.	110 gr.	100 gr.	140 gr.	50 gr.	50 gr.
50								

## SOUPS

### TARHANA .ÇORBASI DRIED CURDS SOUP

6 servings

- \* 1 glass dried curds with flour (tarhana)
- \* 8 glasses meat stock
- \* 150gr. minced meat
- \* 6 tablespoons margarine
- \* 2 medium size tomatoes Of
- \* 1table~spoonstomatô J)aste
- \* 2itea~poonss.at
- \* 6" slices of bread

Melt half of the margarine in a large saucepan. Add minced meat and cook until the juice evaporates, stirring from time to time. Add peeled and chopped tomatoes Of tomato paste. Cook for 15 minutes. Add meat stock and dried curds. Mix well and stir until it starts boiling. Let siminef for 10 minutes. Serve with diced bread fried in 3 tablespoons margarine.



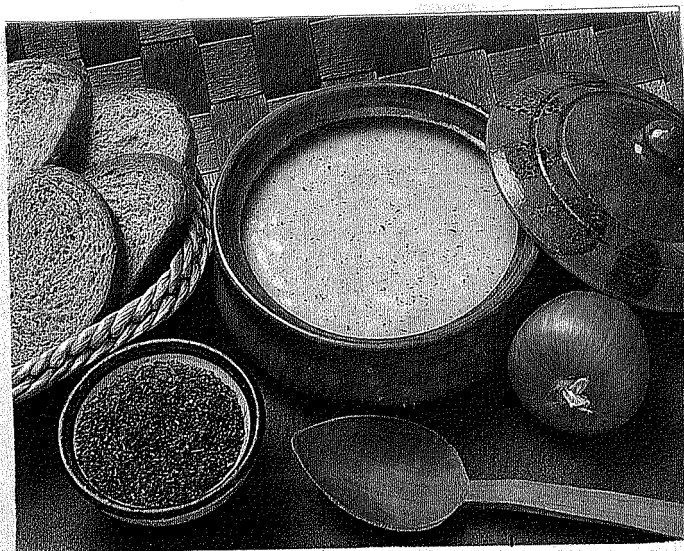


## DÜÖÜN ÇORBASI

### WEDDING SOUP

6 servings

- \* 500gr. mutton, cut into small pieces
- \* 1 onion
- \* 1 carrot
- \* 1/2 tablespoon salt
- \* 7 tablespoons margarine
- \* 4 tablespoons flour
- \* 3 egg yolks
- \* juice of 1 lemon
- \* 1 teaspoon ground red pepper



Put the meat, peeled whole onion and carrot in 3 litres of water. Cover and cook on low heat for 2 hours until the meat is well tender. Take the meat out and tear it into very small pieces. Put the back into the stock. Melt 4 tablespoons of margarine in a saucepan. Add the flour and brown it lightly for 2-3 minutes. Slowly add the stock stirring constantly. Pour it into a soup serving dish. Heat 3 table spoons of margarine. Remove from heat and add the red pepper. Pour it over the soup and serve at.

~ZO GELİN ÇORBASI  
RED LENTILS "BRIDE" SOUP

4 servings

—	100 gr. red lentils	—
—	1 onion	—
—	1 1/2 lt. water	—
—	2 tablespoonstomato paste	—
—	100 gr. fine "bulgur"	—
—	50 gr. butter	—
—	1/2 teaspoon dried mint	—
—	Salt, pepper	—

Lightly brown the finely chopped onion in butter.

Add the water, washed lentils, "bulgur" (cracked wheat), diluted tomato paste, salt and pepper. Let simmer until the wheat and lentils are very tender.

Sprinkle with red pepper and mint while serving.

## BALIK ÇORBASI

### FISH SOUP

5 servings

- \* 1000gr. fleshy fish
- \* 2 small celeriac
- \* 1 onion
- \* 4 carrots
- \* 4 big potatoes
- \* 1 bunch of parsley
- \* 2 eggs
- \* 12 glasses of water
- \* 1/5 galss lemonjuice
- \* 1/2 glass rice
- \* salt and black pepper to taste



Cut the fins off the fish and scrape off the scales. Remove the gills and gut. Wash the fish thoroughly under running water. Grate the onion. Chop the parsley. Scrape and grate the carrots. Cut the peeled celeriac and potatoes into small pieces. Wash the rice.

Put the fish in a wide saucepan, put the grated onion and chopped parsley on top of it, and add salt as desired. Pour the water into the saucepan and place it over a moderate heat. Boil the fish until it becomes tender. Take fish out of the saucepan with a skimmer and put aside. Put the carrots and potatoes into the saucepan. Add the rice to the saucepan and let it boil until the soup becomes somewhat jelly-like. In the meantime take the skin and bones off the cooked fish and cut the fish into big pieces. When the vegetables and rice are thoroughly cooked. Strain them and put them in a separate saucepan. Heat the saucepan containing the soup and add salt if necessary. When the jelly-like soup begins to boil, put the fish into the saucepan and let it simmer for 5 minutes.

Just before removing saucepan from heat, whip the lemon juice and eggs in a bowl. Take spoonfuls of the soup and add it to this sauce



while stirring constantly. When the bowl is full, pour it back into the saucepan while stirring the soup. Remove the saucepan from heat, pour it into a serving bowl, add some black pepper according to taste and serve.

Another way of cooking fish soup: Dice vegetables into pieces of about 1/2 cm., grate two peeled and cleaned tomatoes, chop some celery and boil them all with the fish. Since the fish and the vegetables will not be broken into pieces, this should not be strained.

If you would prefer a more original and personal recipe, you can prepare one of your own by adding shrimps, mussels, mushrooms, different herbs and spices as desired.





## YOÖURLU PATLICAN SALATASI EGGPLANT SALAD<WITH YOGHURT DRESSING

6 servings

- \* 100gr. eggplants
- \* 4 tablespoons olive oil
- \* 250gr. natural yoghurt (unflavoured unsweetened)
- \* 10 green pepperones (not too hot)
- \* 5 cloves of garlic
- \* 1/2 lemon (juice)
- \* 2 teaspoons salt

Grill eggplants under a hot grill. Turn them accosionally(ınaking sure that they are thoroughly cooked. Peel the cooked eggplants with a knife, then place.~tga/p~~1.1 ee.the.ıemonjuice, yoghurt, 1 tea.spon of salt and the/glivepıto the eggplants..Mix and blend all ingredients well and set the bowl aside.

Grill the green pepp~rgne~>Peel them and put five into a mortar with the garlic cloves. Add lte~~pgon of salt and pound well. Add the pepperones.and gaı-lictoth~eggplants and mix well together. The salad is now ready fer serving. Put the salad into a bowl and place the remaining greenn pepperones•ön top.



# HUMUS

## CHICK PEA SALAD

5 servings

- \* 250gr. chick peas
- \* 1/3 glass sesame oil
- \* 2-3 lemons (juice)
- \* 3/5 glass olive oil
- \* 1 teaspoon red pepper
- \* 1 teaspoon salt



Soak chick peas in warm water overnight. Boil chick peas in a saucepan with a lot of water. Drain the chick peas and puree of chick peas. Add lemon juice to the mixture until it tastes sour. Add red pepper and salt. Mix the salad well so that it is like mashed potatoes. Put the salad in a serving dish and add dressing of olive oil and red pepper before serving.

## EGGDISHES

### ÇILBIR

POACHED EGGS wrm YOGHOitr

4 servings

- \* 8 very fresh eggs
- \* 2 tablespoons salt
- \* 2 1/2 tablespoons vinegar
- \* 500gr. yoghurt
- \* 2 cloves of garlic
- \* 3 tablespoons margarine
- \* 1 teaspoon ground red pepper



Beat the yoghurt with salt and crushed garlics. Fill a large and flat pan 3/4 full with water. Add salt and vinegar. Let boil.

Lower the heat. Break each egg first into a small plate, then slide it slowly into the gently boiling water. Cook for 3 minutes and take it out with a skimmer. Drain well. Repeat the same with all the eggs and arrange them in a serving dish.

Cover them with yoghurt.

Heat the margarine. Remove from heat and add pepper. Pour it over the yoghurt and serve immediately.



# PASTRIES

## TATAR BÖREÖİ TARTARMEATPASTIES

6 servings

Dough:

- \* 400gr. flour
- \* 75cl. milk
- \* 2 eggs
- \* 1 1/2 tablespoon salt

Filling:

- \* 200gt. minced meat
- \* 1 1/2 tablespoons margarine
- \* 3 medium size onions
- \* 1 teaspoon salt
- \* 1/2 teaspoon pepper
- \* 1/2 bunch of parsley

Sauce:

- \* 500gr. yoghurt
- \* 2-3 cloves of garlic
- \* 1 teaspoon salt

To serve with:

- \* 4 tablespoons butter
- \* 1 teaspoon ground red pepper

Sift 350gr. flour. Make a hollow in the middle. Put the eggs, salt and milk. Mix well and knead to make a consistent dough. Cover it with a wet cloth and let stand for 1 hour.

Sprinkle the table top and the dough with flour. With a rolling pin, roll it out to make a plate sfzyidi~f. Then, with a thin rolling pin (oklava), roll it out to make it as big and thin as possible.

On one side of the dough, put small amounts of filling, 5-6cm. apart from one another. Fold the edge over, press tightly and with the edge of a small plate cut out crescents. Bring the two ends of each



crescent together. Proceed the same way for the whole dough. Place them on a tray sprinkled with flour.

Boil 3 litres of salted water in a large saucepan. Drop the pasties in and boil for 10 minutes until they are soft.

Take them out with a skimmer and drain well. Share them out in individual plates. Cover with yoghurt beaten with crushed garlic and salt. Pour some heated butter mixed red pepper. Serve at once.

## ZEYTİN YAGLI BİBER DOLMASI

### STUFFED GREEN PEPPER IN THE OLIVE OIL

8 servings

- \* 800gr. green peppers (suitable for stuffing)

- \* 1/4 glass olive oil

- \* 1 glass water

For The Filling:

- \* 1 glass rice

- \* 7 medium onions

- \* 2 small tomatoes

- \* 3/4 glass olive oil

- \* 2 tablespoons currants

- \* 2 tablespoon pine nuts

- \* 1/2 bunch mint

- \* 1 bunch dill

- \* 1 teaspoon spices, sugar, salt

- \* 1/2 glass water

- \* 1 teaspoon black pepper

Allow the rice to stand in hot water until the water cools. Then drain the rice and wash it several times. Put 3/4 glass olive oil, chopped onions and 1 teaspoon salt in a pan and saute until the colour of the onions changes. Add the rice and saute for 10 more minutes. Add water, chopped tomatoes, currants, pine nuts, black pepper, spices, sugar, mint and dill, cook for 15 minutes and remove from heat. Cut off the tops of the peppers to form a lid and remove all seeds. Stuff the peppers (but not too much), replace the lids and line in a pan, the lids facing up. Add the water, olive oil and salt and cook for about 50 minutes. Remove from heat, and after they have cooled down, put on a serving plate and serve.





## MEAT>DISHES

### DÖNER KEBAP TURNING GRILLED MEAT

Although it is not possible to prepare this special~grilled meat at home (due to the lack of a special upright broiler~) We will explain how the meat is prepared just for interest 's sake;,,

- \* 10kg. of lean lamb (fi"ôiri.f~ğ)
- \* 100gr. salt
- \* 50gr. pepper
- \* 1/2l. onion juice
- \* 1 lemon
- \* 1 cup olive oil
- \* 1kg. lamb fat
- \* 1kg. minced lamb meat
- \* 1 egg
- \* 1/2 cup milk

The meat should be boned and the skin removed, cut into large thick slices and pound a little with a mallet.

Prepare a marinade of Onion juice, lemon juice, milk, olive oil, salt and pepper. Soak meat in this marinade for 12 hours.

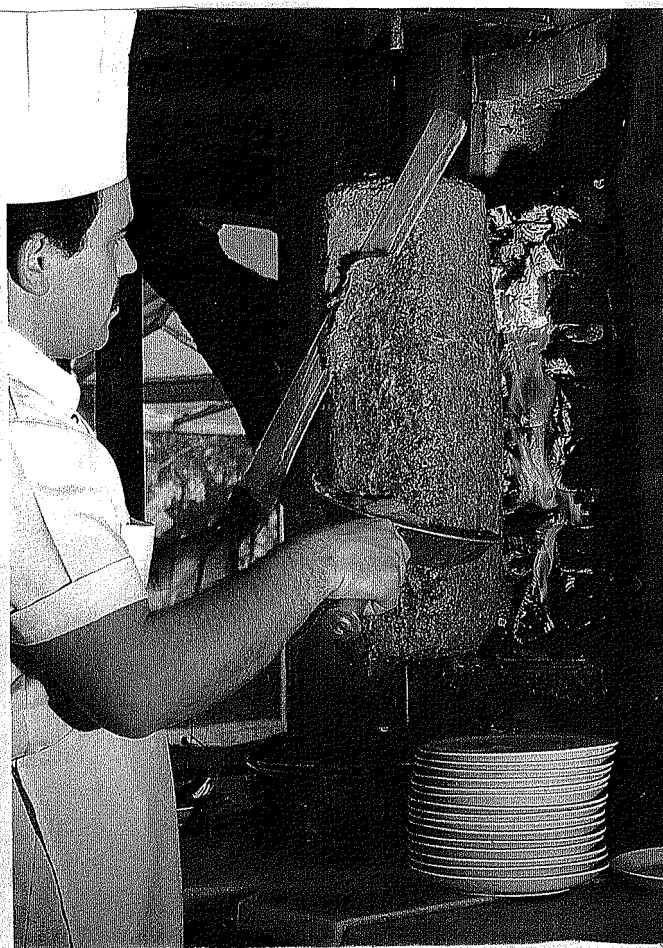
Soak lamb fat in warm water.

Mix the minced lamb with the egg.

Skewer the meat, the lamb fat and the minced meat alternately, using larger pieces at the top.

Put the skewer upright grill. The meat is broiled upright turning slowly all the time.

Cut thin slices of meat with a special, very long and sharp knife.  
Serve on top of flat bread called "pide" or with rice.





## ŞİŞ KEBAP SHISHKEBAB

6 servings

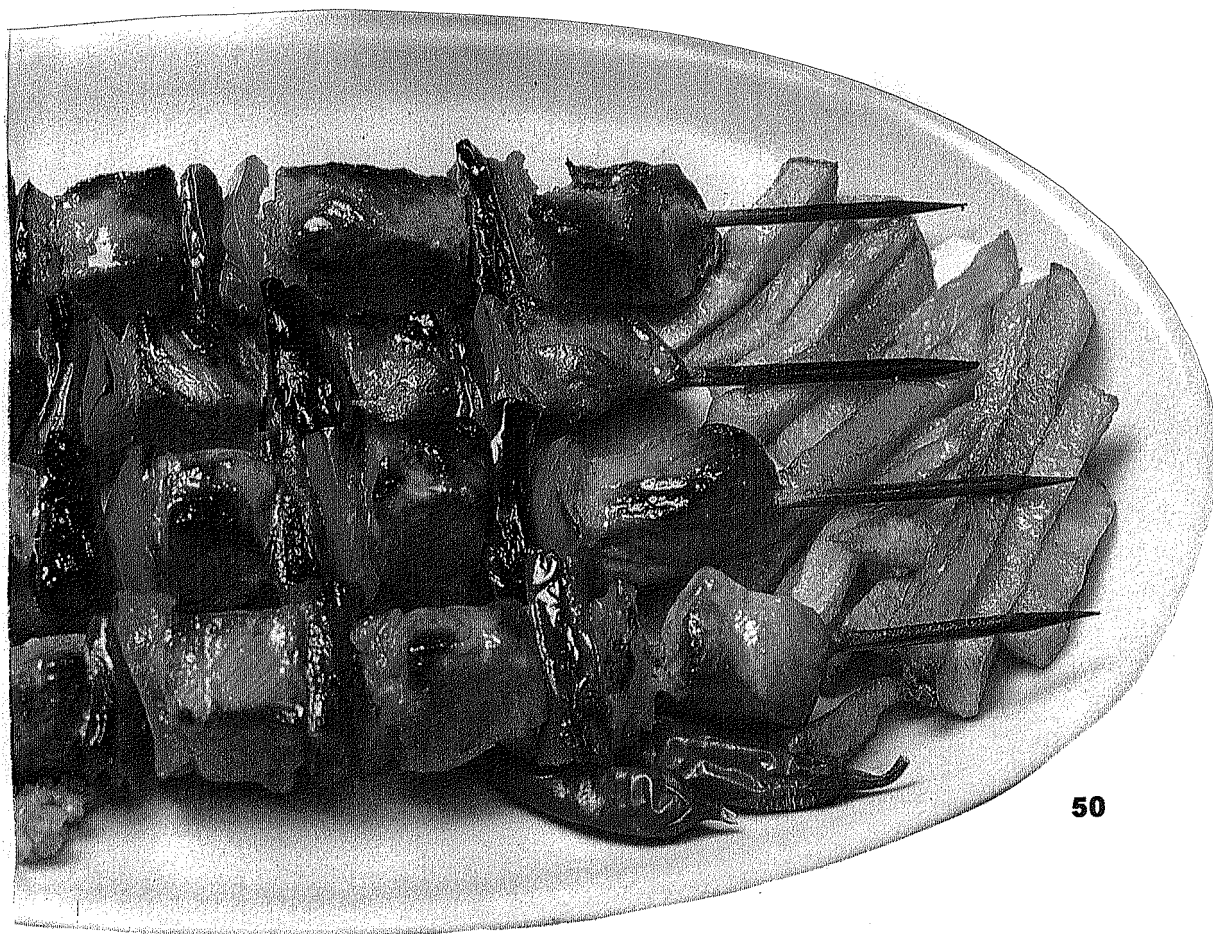
- \* 1kg. mutton (:from shoulder or thigh without fat)
- \* 1 tablespoon olive oil
- \* 1 medium size onion
- \* 2 teaspoons salt
- \* 3 small tomatoes (optional)
- \* 3 bell peppers (optional)
- \* 1 tablespoon oregano (optional)

Cut the meat into 2-3cm. dice. Add olive oil, salt and onion juice: (slice the onion lengthwise. Sprinkle with salt. Let stand for 10 minutes: Rub and squeeze by hand to extract the juice). Leave for 1-2 hours.

Skewer the meat (alternating with pieces of tomatoes peppers, if wished) leaving 12cm. between each piece.

Grill on barbecue fire for 2-3 minutes each side.

Sprinkle with salt and oregano.



# PASTRIES

## MANTI MEAT PASTIES

6 servings

Dough:

- \* 400gr. flour
- \* 1 egg yolk
- \* 1 whole egg
- \* 1/2 tablespoon salt
- \* 100gr. water

Filling:

- \* 200gr. minced meat
- \* 3 medium size onion
- \* salt, pepper

For boiling

- \* 6 glasses meat stock

To serve with:

- \* 500gr. yoghurt
- \* 2-3 cloves of garlic
- \* 5 tablespoons margarine
- \* 1 tablespoon ground red pepper
- \* 1 tablespoon dried mint (optional)

Mix the minced meat with grated onions, salt and pepper. Knead for 2 minutes.

Sift 350gr. of flour. Make a hollow in the middle. Put 1 whole egg, egg yolk, 1/2 tablespoon of salt and 100gr. water. Mix well and

knead to make a smooth dough. Cover it with a wet cloth and leave for 1 hour.

Sprinkle the table top with flour. Place the dough. Sprinkle it with flour also. With a rolling pin, roll it out to the size of a plate. then, with a thin rolling pin (oklava), make it bigger and as thin as possible.

Cut out 6cm. squares and into each one put 1 teaspoon of meat filling. Bring the four corners of the dough together and squeezing with the fingers, stick them together. Arrange them in an oven on a brushed with melted margarine.

Bake them in medium hot oven for 25 minutes, until they are lightly browned. Past over them 6 glasses of hot meat stock. Cover and cook in the oven or on low heat until the whole stock is absorbed and the pasties are well cooked.

Share them out on individual plates. Spiced over them yoghurt beaten with crushed garlic and some salt. Pour over margat in a neat and mixed with red pepper. Sprinkle with dried mint.

Serve at once.





## DESSERTS

### AŞURE WHEAT . . . PUDDING

- \* 250gr. wheat
- \* 50gr. rice
- \* 50gr. fava beans
- \* 50gr. white beans
- \* 50gr. chick-peas
- \* 100gr. dried apricots
- \* 100 gr. dried figs
- \* 150gr. sultanas
- \* 25gr. pine nuts
- \* 100gr. walnuts
- \* 100gr. hazelnuts
- \* 4lt. water
- \* 1lt milk
- \* 3 glasses sugar
- \* 1 pomegranate

Soak the wheat, rice white beans, fava beans and chick-peas separately in water overnight.

Drain them. Cook the rice for 30 minutes in half of the water and blended rice and cook on low heat for 2-3 hours until the wheat are tender.

Cook the beans and chick-peas separately until they are tender. Remove the skins of the chick-peas.

Add sugar and milk to the wheat. Dissolve the potato starch in 1 glass of water. Add it to the pudding and cook on medium heat, stirring constantly, until it thickens.

Add cooked white beans, fava chick-peas, sultanas, currants and apricots and figs cut into 4-5. Cook for 10 minutes more and let it out in individual bowls.

Let cool and decorate with hazelnuts, walnuts, peeled almonds, pine nuts, sultanas and pomegranate.



## KABAK TATLISI

### PUMPKININ. SYRUP

- \* 1500gr. pumpkin
- \* 1 3/4 glasses sugar
- \* 2 glasses water
- \* 1 glass crushed walnuts

Seed and peel the pumpkin, and cut it into 2-3cm. thick slices. Arrange them in a flat pan. Spread the sugar, pour the water over. Cover and cook on low heat for 50-60 minutes, until they are tender.

Let cool. Arrange them in a serving dish. Pour the syrup over. Sprinkle with crushed walnuts.





## LOKUM

### TURKISH DELIGHT

"Lokum" is a traditional sweet made of sugar and starch. It is believed that the production goes back to the XVth century and it achieved its final recipe during the XIXth century. Formerly honey and condensed milk were used together with flour for its consistency. When the importation of sugar was initiated at the end of the XIXth century, it became the basic ingredient for the "lokum" confection and later the flour was also replaced by wheat starch.

Today the ingredients of "lokum" are certain amounts of sugar, starch and water, boiled for a certain time, together with some fruits or nut or any other flavour. The cooking time differs between 1-2 hours, depending on the size of the boiler. The thick substance is then poured into special trays sprinkled with starch; it is also sprinkled on top. It stands for 12 to 48 hours until it gets cool and has a flexible consistency. Then the starch is brushed off, it is sprinkled with powdered sugar and cut up into small cubes.

Apart from the plain "lokum", there exists a great variety with fruits such as strawberries, cherries, lemon or orange, with nuts such as pistachios, walnuts or almonds, and other flavours such as mastic, vanilla, coconut, etc., milk cream or rose water. In the provinces, there are many other local "lokum",



## BAKLAVA

"BAKLA VA", SWEE'f FEA.K.Y

P~S'fR.Y

- \* 250gr. flour
- \* 2 eggs
- \* 1 teaspoon salt
- \* 1 teaspoon olive oil
- \* 200gr. starch
- \* 1 glass melted margarine
- \* 1 1/2 glasses ground walnuts .or pistachio nuts
- \* 3 glasses sugar
- \* juice of 1/2 lemon

Sift the flour. Make a hollow in the middle. Put the eggs, salt and 1/5 of water. Mix well and knead for 15 minutes. Cover with a damp cloth and leave for half an hour.

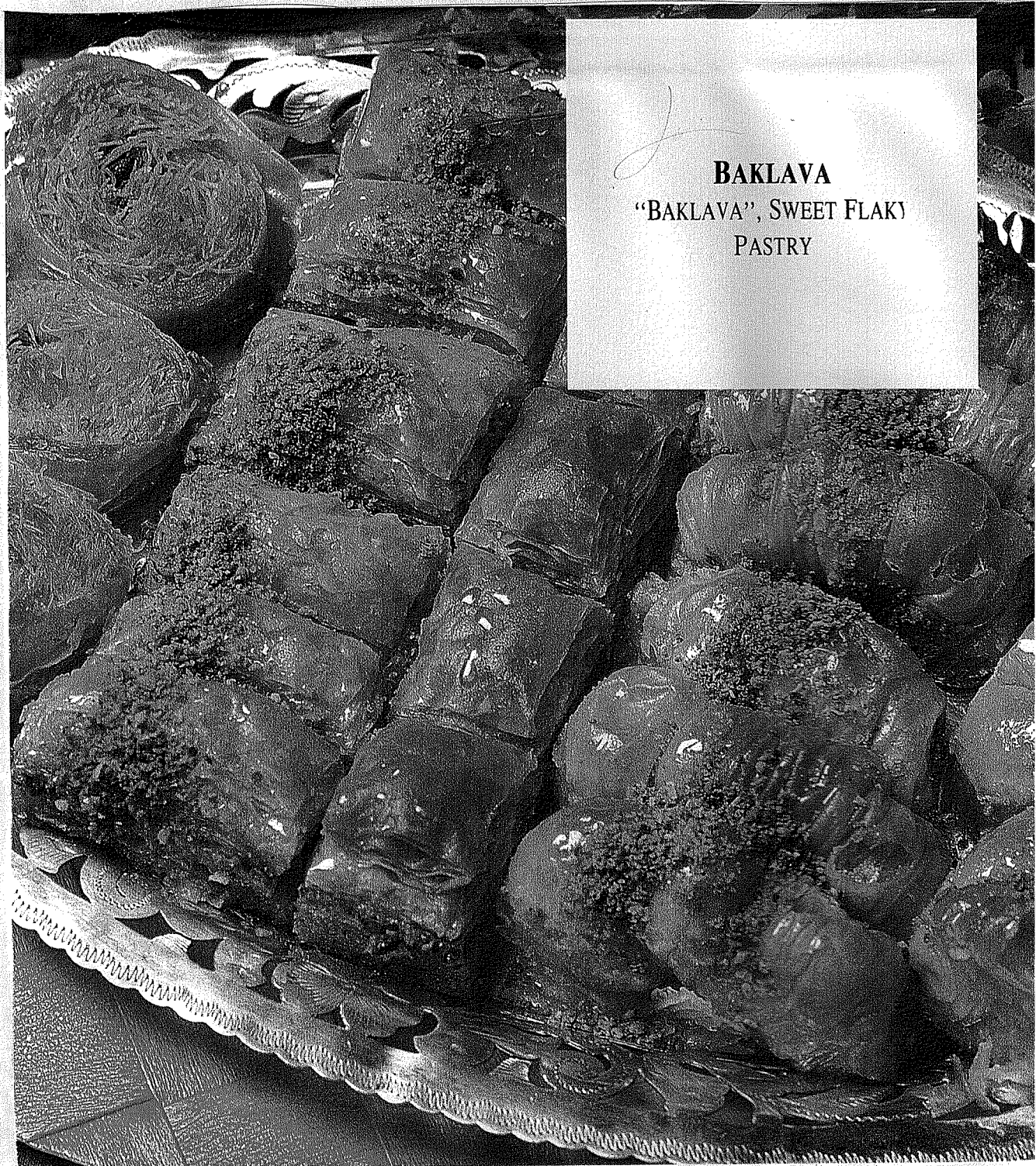
Spread the olive oil over the dough. Knead it again for 15 minutes. Cut it into 8 equal pieces and sprinkle each one with starch.

With a rolling pin, roll them out one by one, to make 15cm. discs; sprinkle each one with starch and put them one on the top of the other. Let stand for 15-20 minutes.

Roll them out again, keeping them together, to make a bigger disc. Separate each layer of dough, sprinkle with starch and roll them out with a thin rolling pin (oklava), to make the sheets as thin as possible (most transparent). (The layers of dough can be rolled out all together, one on top of the other. But they should be alterned each time, otherwise the outer layers will get bigger while the inner layers will remain smaller.)

Put the doughs one on top of the other and cut them exactly the same size a baking pan.





*J*  
**BAKLAVA**  
"BAKLAVA", SWEET FLAKY  
PASTRY



## SÜTLÂÇ

### RICE PUDDING

---

8 glasses milk

---

1½ glasses sugar

---

1 cup rice

---

¼ cup rice flour

---

¼ cup potato starch

---

½ teaspoon salt

---

Cinamon (optional)

---

Cook the rice in 1½ glasses of water.

Put the milk, salt and rice in a saucepan. Boil and let simmer.

Put the rice flour and potato starch in a bowl. Slowly add ¾ glass of water, stirring constantly, to make a smooth paste. Add it to the boiling milk. Cook for 10 minutes, stirring all the time.

Add the sugar and cook until it thickens, stirring constantly.

Share it out in individual bowls. Let cool. Sprinkle with cinamon.

## FIRIN SÜTLÂÇ

### RICE PUDDING AU GRATIN

Proceed the same way as described for plain rice pudding in the previous recipe.

Share it out in individual oven-proof bowls. Bake in the oven until there is a brown crust on top.

Let cool before serving.



# BEVERAGE

## TURKISH COFFEE..

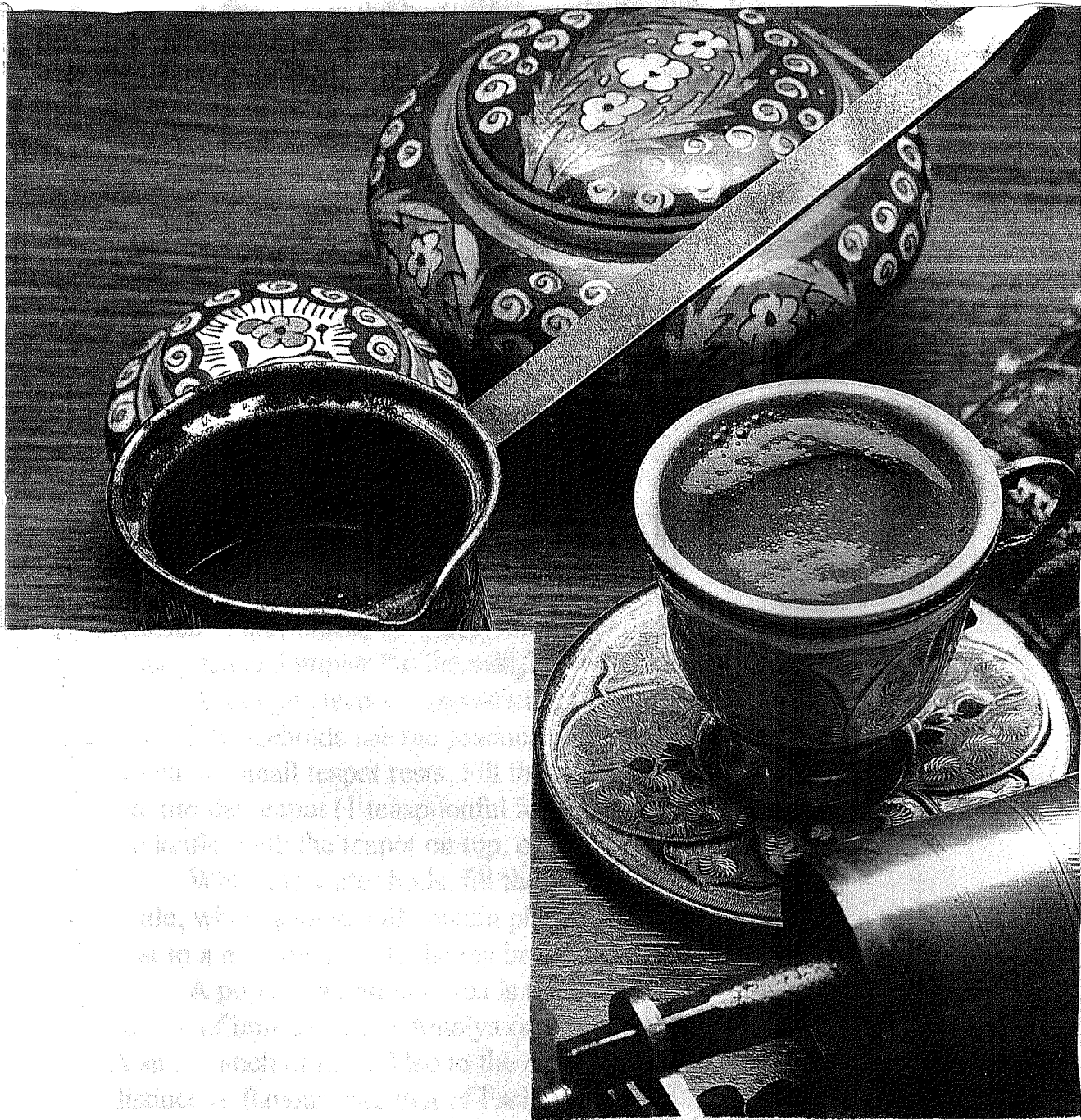
Although coffee was first cultivated at the southern edge of the Arab peninsula, it was via Turkey that the fame of coffee spread to Europe. Within just a few years of its introduction into Turkey, hundreds of coffee-houses sprung up in Istanbul alone, and coffee drinking became such an important part of daily and ceremonial life that the sultan's coffee-set was carried during royal processions; every wealthy household had a servant whose sole task was to prepare coffee; and under Moslem law the failure of a husband to provide his wife with coffee was ground for divorce.

To make Turkish Coffee you need the right equipment: a special dled pot called "cezve", small coffee cups and a special coffee. The coffee bean has to be toasted to the point and ground to a very fine powder.

There are different sizes of "cezve", depending on the number of persons for whom you wish to make coffee, from 1 to 4, because a well-made coffee must have froth on top and you cannot have a good result if you prepare the coffee for 2 persons for example in a pot for 4.

Into your "cezve" you put one cup of water for each person, 1 rounded teaspoon of coffee and one rounded teaspoon or less of sugar. The amount of sugar should be known beforehand, i.e. "az shekerli" (with little sugar), "orta" (medium) or "shekerli" (with sugar). Stir well, put over very low heat and bring slowly to boil. As it boils the froth forms on top. Just before it overflows, remove and divide the froth into the cups, bring to boil again and divide the rest.





## ÇAY TEA

A *sainovar* is the best way to make tea, which is one of the most popular beverages in Turkey. Moreover, a *sainoyar* is a practical and very elegant addition to the tea table: the water is put in the main body of the *sainovar*, under which there is a small part which contains hot coals to keep the water hot. The *sinan* teapot rests on top and the tea, once made, brews in the steam from the simmering water below. Once brewed, the *sinan* narrow-waisted tea glasses are filled half-way and then topped up with boiling water from the teapot at the lower part of the *sainovar*.

The tea is served in thin glasses in order to show the colour of the tea distinctly. Well-made Turkish tea should be crystal clear and deep mahogany-red hue. Indian tea, being stronger in flavour, does not produce such a rich colour without becoming undrinkable.

Turkish tea is grown in the province of Rize on the eastern Black Sea coast, which has a mild climate with high precipitation and fertile soil. The finest tea you can serve in the cafes of Rize.

The water used for tea-making is almost as important as the tea itself. Chlorinated, hard and other poor quality waters will result in cloudy tea and impair the flavour. The best is fresh spring water.

Although electric *sainovars* are available these days, most Turkish households use the practical modern equivalent of a kettle, on which the small teapot rests. Fill the kettle with cold water and put the tea into the teapot (1 teaspoonful for each cup and 1 for the pot). Put the kettle, with the teapot on top, on the heat to boil.

When the water boils, lift the teapot and replace it on top of the kettle, which should still contain plenty of boiling water, and lower the heat to a minimum while the tea brews for about ten minutes.

A popular addition to tea is the grated rind of the bergamot, a variety of lime grown in Antalya on the Mediterranean coast of Turkey. A *sinan* pinch of this added to the dry tea will give a delicious distinctive flavour, like that of Earl Grey.





## GREEK ·coOKING

Everything in Greek due to the conflicts. Almost is controversial, the the economy and naturally Greek cooking's origion really Greek or Turkish tasty,

mine but the belief researchers that the Turkish but it is stolen as many other items of its culture by Greeks. it will be usefull have to note the supportings of Greeks. they base their claims to their own cooking on an older civilization. They say that when Turks were inventing exquisite sauces, the Turks needed grilled bites of meat on skewers and turned milk in·to yoghurt in gourds slung over their saddle bags. Ancient Greek was interested in food very much and in their earliest writings there were many famous men who boosted of their culinory ability in those days.

Greek food is apt to be served warm and with too much oil. Many non Greeks do not like olive oil. Greek cooking is seasonal, there are not any refrigerations in the country nor is there much tinning or canning Greek Food. ~sewines unlike us (Turks). mainly buy... fresh ~!~, J~~~ (vegetables meat and fish of the season stand: look forward to grapes, strawberries and artichokes, not anticipating them in tins. Breakfast unlike ours consists of coffee or tea black, lunch is fairly late and invariably followed by a siesta, then back to work until seven or eight o'clock. Dinner is always late, Most Greek men appear to eat out at least three times a week, women less often although they spend quite a lot of time in the patisseries which evens things out.

Spices and herbs are both important to Greek cooking. Dill has been used for centuries and it is recorded that the ancient Greeks would chew dill seeds during the interminable speeches of senators or throughout long plays to keep themselves awake. These same ancient Greeks felt

that herbs improved one's brain power and therefore put them in almost all their dishes.

The similarities between our and their dishes proves that they have stolen foods from our culture. These are namely,

PASTOURMA  
BOUHBKIA  
IJOLMATHES  
MEAT

PASTIRMA  
BÖREK

D.~~~  
KĒBAP

Traditional Greek oven cooking is done in a beehive-shaped structure usually situated at the side of the house or in the courtyard known as avli. In the country and the Island those families who have no oven of their own send their food to be cooked in the local bakery and it is a common sight to see the Sunday dinner being carried to the fourno in the early morning and have again at noon. The beehive-shaped oven has a triangular opening which can be closed with a tin sheet propped against it. The oven is stuffed with brushwood which is then set alight and the opening closed with the metal sheet.

When the fire has died down it is raked out and roast or whatever the dish is to be baked, is put in the oven and left there until it is cooked or on baking day it will be put in after the loaves of bread have been taken out. The tepsin used is round and shallow,

It fits easily into the round interior of oven and is called a tepsi. This is a useful part of the Greek kitchen equipment, for baked dishes of all kinds. The traditional New Year and Easter cakes are always baked in a tepsi. The whitewood as left when the fire has died down is called "stakti".

It is used in the country for soaking livers to keep it white. Even in Athens, washes women visit the houses a month to do the sheets, pillow cases and table livers with stakti but With the advent of washing machines, bleaches and detergents this practice is fast dying out.

# SOUPS

## KOTOSOUPA CHICKEN SOUP

- \* 1 boiling fowl
- \* 4 shallots or 1 small onion
- \* 1 celery top if available
- \* 3 pints water
- \* Rice
- \* salt and pepper
- \* 3 eggs
- \* juice of 2 lemons

Clean, wash and truss the bird, putting one of the shallots or half an onion inside. Put the bird with the other half of the onion or the shallots, celery and seasoning into a large pan and cover with water. Bring to the boil and simmer gently for about two hours according to the size of the bird. When it is cooked, lift out the bird and strain the broth. Return to the pan and reheat. When it is bubbling, throw in a handful of rice and cook for fifteen minutes. Beat the eggs with two tablespoons of cold water and lemon juice until frothy. Now take a ladleful of the hot stock and, stirring constantly, pour it slowly into the egg and lemon. Add another ladleful, then pour it all back into the pan, stirring slowly and taking care not to let the soup boil or it will curdle.

If a cream soup is preferred leave out the rice and mix a tablespoon or two of flour with a little water, adding it to the broth and simmer for a few minutes before pouring into the egg and lemon.



## VEGETABLE DISHES

If the dish is to be served as a main course, it will be rather more substantial if a few sinan potatoes are peeled and cooked on top of the beans.

### IMAM-BAYILDI STUFFED AUBERGINES

Niantar~the ~toriesia~Ôut the otigµ)gf this dish but the following is the one I like best

During the Turkish occupation of Greece, a certain Pasha invited an "Imam", an official of the mosque, to the lunch with him. the Imam, noted for his gluttony, was suffering from a jaundiced appetite and the Pasha, wishing to impress his guest, colluded his cook to think of something different to tempt him. The poor man racked his brains and was almost in despair when the kitchen boy came from the market with a basket of beautiful dark, shiny, purple aubergines. The cook prepared them as they had never been prepared before and the Imam found them so good he ate and ate until he swooned away, which in Turkish is to bayildi. The long variety of aubergine is always used for this dish.

- \* 2lb. sinan aubergines
- \* 1/2 pint olive oil
- \* 6 ripe tomatoes
- \* 4 onions
- \* 4 cloves garlic
- \* 1 tablespoon chopped parsley

- \* 1 teaspoon sugar
- \* salt and pepper

Wash and trim the aubergines. Make a slit in the sides and remove the seeds and some of the pulp. Keep the pulp on one side. Sprinkle the inside with salt and stand for thirty minutes. Next fry them lightly in hot olive oil and put them on one side to drain while you prepare the filling. Chop the tomatoes, onion and garlic and mix with the aubergine pulp, chopped parsley, sugar and seasoning and fry lightly. When cook enough to handle, stuff the aubergines and pack them into a wide bottomed pan if they are to be cooked on top of the stove, or a baking-dish if they are to be cooked in the oven. They are equally good either way. Pour in any oil left over from frying the aubergines and cook for three-quarters of an hour. Leave to cool before serving.

Delicious as it is, this dish may be too heavy and oily for some, in which case cook the stuffing in a little water instead of olive oil and do not fry aubergines before stuffing.

# CHINKEN MEAL

## KOTOPOULO YEMISTO STUFFED CHICKEN

This Crisulla's recipe for stuffed chicken, although chicken is rarely served this way in Greece. Usually they are boiled and the broth used for avgolemono soup or they are pot roasted in butter; but the most usual method of cooking a chicken is on the spit and the traveller in Greece will find many tavemas throughout the country with a sinan boy standing patiently turning the spit threaded with half a dozen chickens.

- \* 1 large or two sinan chickens
- \* 1 cup diced white bread
- \* 1 cup finely chopped onion
- \* 6 slices bacon
- \* chicken giblets
- \* rigani (oregano)
- \* salt and pepper

Singe and wash the chicken and prepare the stuffing. Chop up the giblets with three slices of bacon and mix together with the finely chopped onion and diced bread. Add sea.sôfing and a pinch of rigani.

Stuff the bird with this dry stuffin~.~tuff it well on the outside and roast in the oven. Twenty minutes before removing from the oven, cover the breast with the rest of the bacon.

## GALOPOULO TURKEY

From about November onwards turkeys are to be seen strung out by the hundred in the butcher's shops and are not reserved exclusively for Christmas Of New Year as in England. However, now that foreigners have imposed that Nordic commercial travel, Santa Claus, on the Greeks and that Christian celebrations have been added to New Year's, turkeys disappear about two weeks before Christmas but return by thousands around Christmas Eve. Very often a turkey is pot roasted without stuffing, but if stuffing is used, the most popular are a chestnut stuffing of one made with minced meat.

## MACARONI And RICE DISHES

### MACARONI ME DOMATO SALTSA SPAGHETTI WITH TOMATO. SAUCE

- \* 2 lb. spaghetti
- \* 4oz. butter
- \* 6oz. grated cheese (kefalotiri, kasseri or Parmesan)
- \* tomato sauce

Cook the spaghetti in plenty of boiling salted water. Drain well and return to the pan. Melt the butter separately and when bubbling, but before it colours, pour it on to the spaghetti. Toss over a low flame for a few minutes and pile on to a serving dish. Sprinkle with grated cheese and pour a little of the sauce on the top to garnish. Serve the sauce separately with a bowl of grated cheese.



## PILAFE

This is basic recipe for cooking rice and is served with different trimmings and sauces, variations of which may occur to the cook.

Melt one ounce of butter in saucepan over a brisk fire and add five cups of hot water and salt to taste. When the water has reached boiling point throw in two cups of cleaned rice and stir well once only or the rice will clog. Keep on a brisk fire until the rice swells and water evaporates. When most of the water has been driven off or absorbed by the rice, cover the saucepan with a clean cloth, put on the pan lid and leave on a very low fire for half an hour.

When ready to serve, melt another two ounces of butter and while still bubbling, pour over the rice into a mould and turn out to serve.

## APPETIZERS And HORS d'EUVRE

### SPANAKOPITAKIA SPINWCH PA.STRIES

To prepare the filling for spanakopitakia chop two pounds of spinach, using the leaves only, with six spring onions and cook together until soft. Mash four ounces of feta cheese, add one dessertspoon of chopped dill or fennel and bind together with half a pint of Bechamel sauce, although this is optional. Use the same amount of filo or pastry and proceed as for tiropitakia.

## LATHI KAI LEMONI

### OLIVE OIL AND LEMON DRESSING

This dressing is widely used for both winter and summer salads and any green vegetables which can be boiled and left to go cold constitutes a salad.

Mix three tablespoons of olive oil with one tablespoon of lemon juice and add salt and pepper. Pour over any salad, either cooked or raw.

# BEVERAGES

## CAFES COFFEE

There are no more coffee drinkers than the Greeks and it must be non-stop irritant to a proud people that their second national beverage is blanketed under the name of Turkish coffee. In the hotels you will be asked if you will have the offer of Turkish coffee or Nescafe and when you choose nescafe you are likely to receive something else as Nescafe has paid the penalty of its success and become the international word for instant coffee.

Experts say that there are thirty-five different ways of making Turkish coffee. The three main kinds are glikos, meaning sweet; metrios, which is made with half sugar and half coffee, and schetos, made without any sugar at all. These three form the basis for all the variations and it is simply a question of more or less sugar, how long the coffee should be boiled, how many times removed from the fire and put back, how often it should be stirred and whether there should be a froth or not.

A special long-handled, lipped, copper or aluminium pot known as a briki is used which holds just the right amount of water and coffee. Briki are made in several sizes for one, two, four or six cups of coffee and can be bought in many coffee shops dealing exclusively with coffee and tea.

To make Turkish coffee without a briki, put one heaped teaspoon of sugar and one flat teaspoon of Turkish coffee to each small coffee cup of cold water into a small saucepan and bring to the boil. Remove from the flame and stir once. Return to the flame and boil once more. Pour into the coffee cups and serve with a glass of cold water. The coffee must be freshly ground and specially fine. Ask for Turkish grind.

## DESSERTS

### BACLAVAS

### BAKLAVA

Baklavas is one of the better-known Greek sweets made with the special leaf-like pastry (filo), honey and nuts. It is rich and sticky and very delicious when made a day or two before it is required.

- \* 8oz. unsalted butter
- \* 1 cup sugar
- \* 1 cup water
- \* 2 cups cliöpped walnuts
- \* powdered cinnamon
- \* <1lb. filo

For the Syrup:

- \* 1 cup sugar
- \* 1 cup honey
- \* 1 cup water
- \* juice of 1 lemon

Heat four ounces of butter with one cup of sugar and one cup of hot water. Add the chopped nuts. Line a well-buttered baking-tin with three or four sheets of filo, brushing each one with melted butter. Spread a thin layer of the filling on the pastry, sprinkle with cinnamon and cover with two more sheets of buttered filo. Continue in this way, using alternate layers of nuts and filo. Tuck the ends and sides in to contain the filling. Brush the top with melted butter and score into squares or diamonds with a sharp knife. Cover the last layer of nuts with three or four sheets of filo, each one brushed liberally with melted butter. Bake in a moderate oven until golden and crisp.



Boil the sugar with the honey, water and lemon juice and, while still hot, pour over the baklavas. Leave to cool before cutting into pieces for serving.

## CONCLUSION

Many things are chaotic, momentary. Nothing, almost nothing is eternal in itself. Everything is represented by another thing. It is a machine or a film or a singer is too small; smaller than we can guess. Buddha says; "The only unchangeable thing is changing."

.Fortunately, food is one of these few eternal things: our eating habits, the food culture, the most important reflection of our nation in the mirror of human being is still resisting 20th, 21st centuries.

We have to understand the importance of these tastes. It is something precious to take a spoon from a traditional saying from which our grand, grand ma has drunk too like the traditional devices, dresses books in the museums the kitchen are also very valuable for us. We must get rid of fast food and fight with Greece or other

e.o11n.trieswhô really-stick on to our foods, and  
label them unity names peculiar to their nation.

We lost many things d~~ ,our survival but  
Turkish cooking must not be one ofthis.

We, the new generation must not let this  
happen.

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