

TEN HEALTHY FOOD FROM TURKISH CUISINE



Meatball with sauce

Ingredients

500 gr fatty minced meat

1 teaspoon salt

1 teaspoon blackpepper

1 medium onion

2 tablespoons butter

1 tablaspoon dried mint

1 water glass bulgur

1 tablaspoon tomato paste

for its on;

2 spoons sweet basil



Bulgur : snow in small, hard grains

Directions

For the meatballs put in a large bowl minced meat,salt,blackpepper, shredded onion,dried sweet basil ,bulgur and impaste .

With this impasted meat make small meatballs like green plum.

Melt the butter in a pan and add the tomato paste , roast and add 5 or 6 glasses of water.let them boil.

Add the meatballs to the boiled water and cook it until it becomes soft.Finally add dried sweet basil serve it. good appetite

Chicken soup

Ingredients

2 glasses of flour

4 tablespoons butter

3 glasses of chicken broth

1 tablaspoon tomato paste or three tomatoes

1 chicken

Sufficient red grain de poivre

pepper

Sufficient salt.

Arapası : a kind of snack eaten with soup.



Directions

Boil the chicken . Chicken's meat becomes soft.

How to prepare arapaşı: "mix two glasses of flour with 1.5 glass of water. *Then make* emulsion with three glasses of chicken broth adding salt. empty this emulsion to a big tray finally let it cool"

Heat three tablespoons of butter.heat two cups of flour slightly. Add salt and four glasses of chicken broth and hot red pepper, mix and boil them. Finally add chicken's meat and serve

Emulsion becomes strict and with hot soup this cool emulsion serve.

Manti (Turkish 'Ravioli' with Yogurt Sauce)



"This is a traditional Turkish dish that is mainly ate in the winter. I instantly fell in love with the warm savory flavors of this dish. Although I've used ravioli in this recipe, it is traditionally done with a similar pasta called Manti that you can buy from any online Turkish store."

<i>Ingredients</i>	<i>Measure</i>	<i>Amount</i>
Flour	5 cups	550 grams
Salt	3 tablespoons	36 grams
Eggs	2	100 grams
Water	10 2/3 cups	2125 grams
Onion	2 small size	100 grams
Parsley	1/3 bunch	20 grams
Black pepper	1/2 teaspoon	1 gram
Ground meat	1 1/2 cups	250 grams
Tomato	1 large	200 grams
Margarine	6 tablespoons	60 grams
Red pepper	1/2 teaspoon	1 gram
Garlic	6 cloves	18 grams
Yogurt	3 cups	660 grams
Servings: 6		

Directions

Sift flour into a large dish and set aside $\frac{1}{3}$ cup. Add one tablespoon salt to the remaining flour, mix and make hole in the center. Blend in the eggs, gradually add $\frac{2}{3}$ cup water and make a stiff dough. Knead for 7-8 minutes and divide into three balls. Cover with a damp cloth and let stand for 10 minutes. Peel the onions, wash and chop finely. Wash the parsley, separate the leaves and chop finely. Add the onion, parsley, $\frac{1}{2}$ tablespoon salt and the black pepper to the ground meat and mix. Sprinkle with flour and roll out one of the dough balls until 1 millimeter thick. Cut it into 2 cm squares, place about half a teaspoon of the filling at the center of each square and bring the four corners together at the top, press and seal. Process the remaining dough balls in the same way.

Place the remaining water and the salt in a pan and bring to boil. Add the little dough bundles (manti) and cook for 15-20 minutes, stirring occasionally. Wash the tomato and grind into another saucepan, add margarine and simmer for about 5 minutes, add the red pepper. Peel, wash and crush the garlic and mix into the yogurt. While serving, pour the garlic yogurt over the manti and then sprinkle with the tomato sauce.

MEDITERRANEAN CHICKEN

Ingredients

3 pieces chicken chop

for sauce :

*1 bowl green and black
olive*

1 bowl mushroom

4 pieces garlic

2 tomatoes

green onion

fresh (green)thyme

corn oil



Directions

Pour some oil to the pan.after heating add chicken chops to the pan.Roast the chicken chops 2 or 3 minutes in the pan.For the sauce chop 1 bowl of mushroom.chop the tomatoes as a cube .Take the chicken pieces from the pan.Add the tomatoes,mushrooms and garlicks to the same pan.Add the green and black olives to the mixture.Finally add green onions to the mixture and make the sauce saute

Take the chicken pieces to the baking tray.add sauce to the chicken and put some green thyme on it .Finally cook the mediterranean style chicken in an oven heated 180 santigrat degree.

Cracked Wheat Pilaf

Ingredients

- 1 cup bulgur wheat, whole grain large, washed and drained
- 1 onion, chopped
- 1 tomato, diced
- 1 tsp tomato paste (optional)
- 1 banana/green pepper, chopped
- 2 tbsp butter/oil
- 2 cups hot chicken stock/2 cups hot water and chicken bouillon
- 1 tsp salt to taste (1/2 tsp if using chicken bouillon)

Dried mint

1/2 cup chick peas in a can



Directions

In a medium saucepan, sauté butter/olive oil and onions for about 2-3 minutes over medium heat. Then stir in tomato paste and tomatoes, sauté for about 2 minutes. And then stir in peppers. After a while add bulgur, peas and sauté for 2-3 minutes.

Add hot chicken stock/ hot water and chicken bouillon, and salt. Stir well and turn heat low when it boils. Close the lid and simmer till the bulgur absorbs all the water. Do not stir while cooking. Let it cool for a while with the lid on. Before serving, stir well with a wooden spoon. Then place to a serving plate and garnish with fresh parsley.

* Time: 30 minutes

Butter Beans with Meat

Ingredients

- 400 grams butter beans (cannellini beans)
- 15 grams tomato paste
- 2 onions
- salt
- 250 grams diced lamb
- 40 grams margarine or vegetable oil
- 2 tomatoes, finely chopped



Directions

Soak beans in plenty of cold water overnight. Drain and rinse under water. (or you can buy these in a can from your local store, which is what I do)

Cook beans in water until tender.

Brown meat and onions in margarine or oil. Allow any juices to evaporate.

Add tomato paste and stir through. Add chopped tomatoes and cook for three minutes.

Place enough water to cover meat, cover and cook meat until tender.

Rinse beans again and add to meat. Stir. If water is low add a little more.

Add salt to taste and simmer until cooked.



Stuffed Meatballs

Ingredients

700 grams minced meat
salt
300 grams fine bulgur (cracked wheat)
pepper
1 egg 50 grams crushed walnuts
1 teaspoon cummin
20 grams pine nuts
1 teaspoon cayenne pepper
20 grams currants
1 bunch parsle
3 onions
20 grams margarine
220 grams vegetable oil



Directions

Boil bulgur in plenty of water until soft. Drain and set aside. Melt margarine and lightly brown chopped onions and pine nuts. Add 350 grams of meat and saute until juices evaporate. Remove from heat. Add pepper, salt, cummin, crushed walnuts, currants and chopped parsley. Mix. In a large bowl, combine the remainder of meat with the bulgur. Add cayenne pepper and egg. Mix and knead well. Take a large walnut sized piece of mixture and roll into a ball. With index finger, make a hole and push the inside, making a large cavity. Stuff the cavity with the meat mixture, press hole with fingers to close. Lightly press meatball in palm of hand to shape like an egg. Repeat procedure, making as many meatballs as possible. Add meatballs to salted boiling water and boil for 5 minutes. Remove and drain on absorbent paper. Heat oil in frypan and lightly fry meatballs until golden brown. Drain and serve.

Cut - Belly Eggplants



Ingredients

Measure

Amount

Eggplants	6 medium	1 kg.
Oil (for frying)	1/4 cup	50 gr.
Onion	3 large	250 gr.
Minced Meat	1/2 cup	250 gr.
Tomatoes	4 small	400 gr.
Green Peppers	3 medium	50 gr.
Garlic	5 cloves	15 gr.
Parsley	2/3 bunch	40 gr.
Salt	2 dessert spoon	12 gr.
Black Pepper	1/2 dessert spoon	1 gr.
Hot water	1 cup	200 gr.

Servings: 6

Directions

Wash the vegetables, cut off the stalks of the eggplants and peel them in ribbon fashion. Warm the oil in a non-stick pan, put in the eggplants and cover. Turn the eggplants occasionally and cook for about 15 minutes to soften them. Arrange them on an oven tray and cut their bellies taking care not to split the ends and make hollows with the back of a spoon. Peel the onions, wash and chop finely. Place the onions and the minced meat into the pan where you have softened the egg plants and stir, cover and let them to simmer on low heat for about 8 - 10 minutes, until the meat juices are reduced, stirring occasionally. Set aside one tomato and two peppers. Chop the rest into very small pieces and add to the minced meat mixture and cook for another 5 minutes. Peel the garlic and separate the parsley leaves. Finely chop the garlic and the parsley and add to the hot mix. Add salt and pepper and stir. Fill the hollows made in the eggplants with this mixture. Cut the spared tomato into six circular slices and cut the green peppers length-wise into three slices. Place these on the eggplants. Add the water slowly from the edges of the dish. Bake it covered for 20 minutes at medium heat, and remove the lid and bake for another 10 - 15 minutes.

Vine Leave Wraps with Olive Oil

Ingredients

Vine leaves
Water
Salt
Onion
Olive oil
Pine nuts
Rice
Sugar
Currants
Parsley
Dill
Fresh mint
Cinnamon
Black pepper
All spice
Lemon juice
Lemon



Directions

Wash the vine leaves and remove the coarse stems. Put the water and a teaspoon of salt in a pot. Bring to boil and add half of the leaves. Simmer them for 4-5 minutes, turning over once. Simmer the other half in similar fashion. Measure the cooking liquid and complete it to 2 3/4 cups and set aside.

Peel the onions, wash and chop finely, place in pot together with oil and nuts, cover and sauté for 20 minutes over low heat, stirring occasionally. Stir a few time with the lid removed so that the nuts are browned. Wash and drain the rice and add to the pot and stir a couple of times. Add the remaining salt, sugar and the 1 3/4 cups of the hot cooking liquid, stir and sprinkle with currants. Simmer it on first medium and then low heat for 10-15 minutes, until all the liquid is reduced. Wash the parsley and the dill and remove the stems and chop finely. Add them to the cooked rice together with mint, spices and the lemon juice and leave covered for 10 minutes. Place the vine leaves so that the side with veins face inside when wrapped. Place the prepared filling to one side, fold the side edges over he filling and then wrap it. Cover the bottom of a shallow saucepan with vine leaves and the removed parsley and dill stems and place the wrapped vine leaves over them.

Place a heat-proof flat plate over the leave wraps (dolmas). Heat the remaining boiling liquid and add to the pan slowly, pouring from the edge of the dolmas. Cover and simmer over low heat for 50 minutes. Transfer to a serving dish when cool, and garnish with lemon slices.

Kebab Casserole

Ingredients

- 1 clove of garlic
- 1 kilo lamb cut into pieces
- 1 small soup spoon salt
- 1 soup spoon thyme
- 2 green peppers, sliced
- 2 soup spoons butter
- 20 small onions or shallots
- 4 tomatoes cut into pieces



Directions

Rub the bottom of a terrine (or Pyrex casserole) with a clove of garlic, then butter thoroughly.

Add all the ingredients, except the butter. Melt the butter and pour into the terrine. Mix. Cover the terrine and bake in the oven for 2 and 1/2 hours on a medium heat.

Baklava – (Desserts)

Dessert in Turkey usually consists of a platter filled with seasonal fresh fruits set in the center of the table. In the summertime, red, ripe strawberries are popular. In August and September, fresh watermelon is a sweet, refreshing way to complete a meal. But on special occasions, Turkish cooks may buy baklava or other pastries from the local bakery or stop by the nearest sweet shop to select a favorite flavor of Turkish delight. Or, if they have the time, they may make a pudding such as burnt rice pudding or almond cream.

Diners usually linger over dessert, talking and drinking cup after cup of sweet, black tea.



Burnt Rice Pudding

1. **In a small saucepan, bring water to a boil.** Stir in rice, cover pan, and lower heat to a simmer. Cook for 20 to 30 minutes, or until almost all water is absorbed.
2. **Meanwhile, combine milk and sugar** in a medium saucepan. Cook over low heat and stir until sugar dissolves.
3. **In a small bowl, combine rice flour** with 2 or 3 tablespoons of the warm milk, stirring to make a thick paste

