

SCUOLA ELEMENTARE STATALE  
1° CIRCOLO "S. TRAINA"  
MISILMERI (PA)



# **PROGETTO COMENIUS-COMENIUS PROJECT**

**"ABBRACCIARE LE CULTURE EUROPEE PER  
MEZZO DELLE SANE TRADIZIONI  
ALIMENTARI"**

**"EMBRACING EUROPEAN CULTURES  
THROUGH HEALTHY EATING  
TRADITIONS"**



# TRAINA

Y H S S A C A J Z H H G H E E



A.S. 2008-2009

# *A Repertory of Food*

*All dishes can be conveniently categorized into:*

- *grain-based*
- *grilled meats*
- *vegetables*
- *fish and seafood*
- *desserts*
- *beverages.*

- Before describing each of these categories, some general comments are necessary.
- Turkish cuisine is based on grains (rice and wheat) and vegetables. Each category of dishes contains only one or two types of main ingredients.
- Turks are purists in their culinary taste; the dishes are supposed to bring out the flavour of the main ingredient rather than hiding it behind sauces or spices. Contrary to the prevalent Western impression of Turkish food, spices and herbs are used very sparingly and singularly
- Lemon and yogurt are used to complement both meat and vegetable dishes, to balance the taste of olive oil or meat.



# Grains: From bread to borek

- The foundation of Turkish food is the dough made of wheat flour. Besides "ekmek" - the ordinary white bread, produced twice a day, morning and afternoon




- "pide" - flat bread,



- "simit" - sesame seed rings,



- "manti" -  dumplings of dough filled with a special meat mix, are eaten with generous servings of garlic yogurt and a dish of melted butter with paprika. This is a meal in itself as a Sunday lunch

- a whole family of food made up of thin sheets of pastry called "borek" falls into this category.



- Börek are filled savoury pastries popular throughout the former Ottoman Empire. They are made of a thin flaky dough known as phyllo or yufka, and are filled with salty cheese (often feta), minced meat, potatoes or other vegetables. Borek may be prepared in a large pan and cut into portions after baking, or as individual pastries. The top of the borek is often sprinkled with sesame seeds.

The bakers of the Ottoman period believed that Adam, the Patron Saint of Bakers, learned how to make bread from the Archangel Gabriel, after his expulsion from the Garden of Eden.

Obviously, the secret is still held dearly by the present-day Turkish bakers.

No other bread tastes as good as even the everyday Turkish bread.





# *PILAF ... another staple in the Turkish kitchen*

The most common versions are

➤ *the cracked-wheat pilaf*



a good cracked-wheat pilaf made with whole onions, sliced tomatoes, green peppers sauteed in butter, and boiled in beef stock is a meal in itself



➤ *the rice pilaf*

many versions of the rice pilaf accompany vegetables and meat dishes.



*Turkish pilaf with pistachios and chickpeas*

# Grilled meats... "Kebab"

*the traditional Turkish response to fast food*

## ➤ **Sis kebab**

*consists of grilled cubes of skewered meat.*



## ➤ **Doner kebab**

*is made by stacking alternating layers of ground meat and sliced leg of lamb on a large upright skewer, which is slowly rotated in front of a vertical grill.*

*As the outer layer of the meat is roasted, thin slices are shaved to be served.*



## DONER KEBAB

*The difference  
depends on the way the  
meat is cooked.*



## SIS KEBAB



*There are numerous other grilled kebabs beside those cooked in a clay oven.*

**Izgara**"- mixed grilled meat, main course meat dishes which are prepared at a meat restaurant. Mixed grills are likely to include lamb chops, "kofte", or "sis"(select cubes of meat).



Another popular dish, inspired by the nomadic Turks who carried spiced, raw meat in their saddles, and known to Europeans as

“**Steak Tartar**”, is the raw kofte.

In the simplest form, koftas consist of balls of minced or ground meat, usually beef or lamb, mixed with spices and/or onions.





# Vegetables

- Vegetables are consumed in large quantities in the Turkish diet, with variations depending on the season.
- A whole class of vegetables is cooked in olive oil
- The simplest and most basic type of vegetable dish is prepared by slicing a main vegetable such as zucchini or eggplant, combining it with tomatoes, green peppers and onions, and cooking it slowly in butter and its own juices.
- Then there are the fried vegetables, such as eggplant, peppers or zucchinis, that are eaten with a tomato or a yogurt sauce.



- "**Dolma**" is the generic term for stuffed vegetables, being a derivative of the verb "doldurmak" or to fill, it actually means "stuffed" in Turkish.
- There are two categories of dolmas: those filled with a meat mix or with a rice mix. The latter are cooked in olive oil and eaten at room-temperature. The meat dolma is a main-course dish eaten with a yogurt sauce.



*Stuffed vegetables with mincemeat*

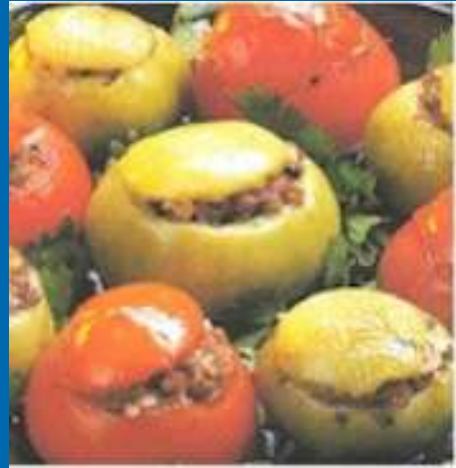


*Stuffed grape leaves with olive oil*



- Any vegetable which can be filled with or wrapped around these mixes can be used in a dolma, including zucchini, eggplants, tomatoes, cabbage, and grapevine leaves.

### *Tomatoes stuffed with meatmince*



### *Stuffed eggplants*



### *Stuffed zucchini with ground beef*



### *Dolma stuffed grape leaves*



### *Dolmas Stuffed Cabbage Leaves*

- However, the green pepper dolma with the rice stuffing, is the queen of all dolmas: a royal feast to the eye and the palate...



*Stuffed green peppers*



# EGGPLANT OR AUBERGINE

It has a special place in  
Turkish cuisine.

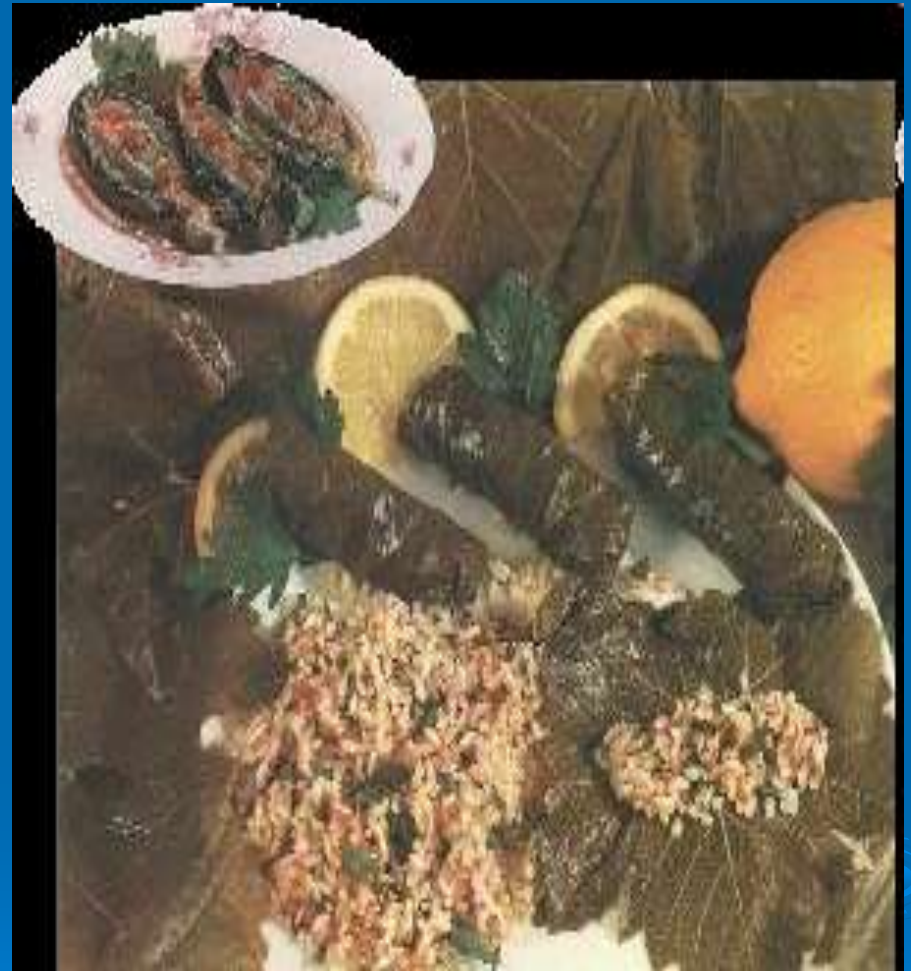
This handsome vegetable  
with its brown-green cap,  
velvety purple, firm and slim  
body, has a richer flavour  
than that of its relatives  
found elsewhere.





- two eggplant dishes should be tasted.

In one, the eggplant is split lengthwise and filled with a meat mix. This is a common summer dish, eaten with white rice pilaf. The other one is "Her Majesty's Favourite," a delicate formal dish that is not easy to make but well worth trying. The name refers to Empress Eugenie, the wife of Napoleon III, who fell in love with it on her visit to **Sultan Abduiaziz**.



# HOW TO MAKE A DOLMA

## *grape leaves*



***Stuffed  
Grape  
Leaves  
with  
Groundmeat***



***Stuffed Grape Leaves with rice***



# "Meze" Dishes to Accompany the Spirits

- In Turkey, there is a rich tradition associated with liquor. Drinking alcoholic beverages in the company of family and friends at home and in taverns, and restaurants, is a part of special occasions.
- "Meze" or appetizer is the general category of dishes that are brought in small quantities to start the meal off. These are eaten for a few hours, along with wine or more likely with "**raki**", the anise-flavoured national drink of Turks, sometimes referred to as "lion's milk".



- The minimum meze for raki are slices of honeydew melons and creamy feta cheese with freshly baked bread. Beyond these, a typical meze menu includes dried and marinated mackerel, fresh salad greens in thick yogurt sauce with garlic, plates of cold vegetable dishes cooked or fried in olive oil, fried crispy savoury pastry, deep fried mussels and calamari served in sauce, tomato and cucumber salad, and fish eggs in sauce. The main course that follows such a meze spread will be fish or grilled meat.





# DESSERTS



BAKLAVA

TURKISH DELIGHTS



# BEVERAGES

- **AYRAN: A TURKISH SPECIALITY**
- If you like yoghurt try local Ayran.
- This is yoghurt mixed with ice-cold water and salt
- If made freshly it is delicious, especially if it is served with a froth, from which you will get an 'Ayran moustache'!



# TURKISH COFFEE

- A few words of caution about the TURKISH COFFEE.
- First, the grounds are not to be swallowed; so, sip the coffee gingerly.
- Secondly, Turkish coffee is not "strong", just thick.
- Third, remember that it is the setting and the company that matters. The coffee is just an excuse for the Occasion.





# TEA

- Tea is the main source of caffeine for the Turks
- It is prepared in a special way, by brewing it over boiling water and serving in delicate, small clear tulip shaped glasses to show the deep red color and to keep it hot
- It is drunk with sugar -never milk
- Drinking tea is an essential part of a working day
- A park without tea and coffee is inconceivable in Turkey



# Raki



- Raki has been a national drink since the Ottoman era. It's a hard liquor with about 45% alcohol, perfumed with anise and often weakened with pure water.