



THE FEAST TABLE

THE FEAST TABLE

© 2021 MEY|DIAGEO

FIRST EDITION: MARCH 2022, ISTANBUL

ISBN: 978-605-5058-54-8

CERTIFICATE NO: 52733

Publication rights belong to Mey|DIAGEO. All or part of it may not be reproduced, distributed in any way, cannot be stored for retrieval.

Corporate Coordination:
ÖZLEM ALIMUTO, ALTUĞ ÜNÜVAR,
HAZAN AYDIN, DİDEM ALEV,
HÜSEYİN OĞULCAN ŞAHİNÖZ

Publishing Management:
DUMRUL SABUNCUOĞLU

Editor:
BATUHAN SARICAN

Translator:
BURCU KOYUTÜRK
Proofreading:
DAVID R. MELLOR

Visual Design:
NURCAN BAŞ

Graphic Application:
ŞİRİN DOĞAN

ANASON İŞLERİ

19 Mayıs, Veteriner Hilmi St. Hilmi Palas Apt.

No:4 F 1/4 Sisli 34363 İstanbul

T +90 212 252 74 25 **F** +90 212 252 74 28

biz@anasonisleri.com

www.overtteam.com

www.anasonisleri.com

PRINTING

FORMAT MATBAACILIK SAN VE TIC. LTD. ŞTI

Girne Av. Dumanlı St. No:2

4.Levent - İstanbul

CERTIFICATE NO: 47970

www.formatmatbaacilik.com.tr

 | DIAGEO

THE FEAST TABLE

CONTENTS

- 16** **Levent K m r**
General Manager



- 18** **BOWL OF RAINBOWS**
- 21** **Some of our soups with local and regional specialities**
Nihal Kadiođlu  evik
- 26** **Map- BOWL OF RAINBOWS**
- 30** **Uđur Aksoy**
ANADOLU
Regional Buttermilk Soup
- 33** **Selda Hafizođlu**
BİLECİK
Egg Noodle Soup with Sloe

- 34 Hande Önder Şirin**
BULGARIA
Traditional Umaç (Ovmaç) Soup
- 36 Özlem Yeşildere**
TATARIAN
Kaşık Börek Soup
- 39 Meltem Şirin**
ERZURUM
Egg Noodle Soup with Rack Broth
- 40 Kürşat Apan**
MALATYA
Traditional Aya Soup
- 42 Tuğçe Öztekin**
ELAZIĞ
Traditional Anam Aşı Soup
- 43 Yücel Güloğlu**
ARTVIN
Green Bean Soup
- 45 Selma Öztürk**
ELAZIG
Bulgur Soup with Fresh Beans
- 46 Ayşegül Başa**
TATARIAN
Lamb Sorpa Soup
- 48 Ahmet Kör**
ANTALYA
Local Alanya Wedding Soup
- 49 Ahmet Kör**
ANTALYA
Traditional Ring Soup
- 50 Ümit Yıldırım**
SAMSUN
Lepsi Soup
- 51 Ebru Tireli**
ANKARA
Okra Wedding Soup
- 53 Erhan Kökçay**
ERZURUM
Traditional Aşotu Soup
- 54 Aysu Doğan Esgin**
ERZİNCAN
Flour Soup
- 57 Orhan Durmuş**
NEVŞEHİR/AVANOS
Üzümlaş/Grape Soup
- 58 Haydar Möhür**
YOZGAT
Traditional Arapaşı / Arabaşı Soup
- 62 Levent Kömür**
İSTANBUL
Salted Bonito
- 64 Alper Akar**
THESSALONIKI
Buyurdi
- 66 Meltem Azbazdar**
ADANA
Adana's Tahini Appetiser
- 67 Alper Akar**
THESSALONIKI
Kabaki
- 69 Alper Akar**
THESSALONIKI
Kıkırtma
- 70 Alper Akar**
THESSALONIKI
Pepper with Curd Cheese
- 72 Emre Türkyılmaz**
BİGA
Cretan Dip with Currant and Basil
- 73 Emre Uçarer**
CRETE
Cretan Dip with Basil
- 74 Tilar Ekin Kum**
CRETE
Festive Appetiser
- 75 Oya Üşümüş**
SERBIA
Belmuz
- 77 Tolga Çetin**
SİLİFKE
Roasted Cottage Cheese
- 78 Halil Arıt**
CIRCASSIAN
Tavuk Sızbal: Circassian
Chicken

- | | |
|--|--|
| <p>80 Binnur Türkkan
CIRCASSIAN
Şipsi: Circassian Chicken</p> <p>81 Hasan Umut Kuru
BİLECİK
Circassian Chicken</p> <p>83 Seda Öner
ANTAKYA
Humous: Mashed Chickpeas
with Tahini</p> <p>84 Çinel İşlek Güncü
EDİRNE
Mamzana</p> <p>86 Ercan Dal
SAMSUN
Menemen of Çakallı</p> | <p>102 Aslı Çinkılıç
HATAY
Traditional Zahter Salad</p> <p>105 Birsen Özdemir Duran
BALIKESİR
Traditional Green Bean Wag</p> <p>107 Birsen Çevik Akgünlü
TEKİRDAĞ
Brazier Appetiser</p> <p>108 Hatice Bostan
ALAŞEHİR
Traditional Dorak Aşı: Pisirge</p> <p>109 Ferhat Akıllı
ÇORUM
Minced Vine Leaves</p> |
|--|--|



- | | |
|--|---|
| <p>88 A THOUSAND AND ONE SEASONS</p> <p>91 Whatever the climate allows
you to harvest.</p> <p>94 Map- A THOUSAND AND ONE
SEASONS</p> <p>98 Hatice Yavuz Okay
BATI KARADENİZ
Zılbit</p> <p>101 Vedat Soğancı
NEVŞEHİR
Pot Beans in Tandouri</p> | <p>111 Dilek Topcu
BULGARIA
Traditional Cabbage</p> <p>113 Selçuk Altugan
SİVAS
Traditional Madımak Buckwheat</p> <p>114 Deniz Adıgüzel
İZMİR
Roasted Wild Fennel with Eggs</p> <p>115 Mesut Ceylan
SİVAS
Traditional Madımak Buckwheat</p> |
|--|---|

- 118 Birsen Çevik Akgünlü**
ISPARTA
Keşkek
- 120 Ali Yavuz**
EAGEAN
Keşkek
- 121 Ender Doğu**
SAKARYA
Keşkek
- 122 Turan Kanber**
SAMSUN
Keşkek
- 125 Emel Denizel**
ÇORUM
Keşkek
- 126 Gülay Pamukcu**
TOKAT
Bat
- 128 Bilal Tonbul**
TOKAT
Bat
- 129 Volkan Oktar**
TOKAT
Bat
- 131 Ferit Demircioğlu**
KARADENİZ
Muhlama
- 132 Barın Süel**
SAMSUN
Kuymak
- 135 Hazan Aydın Yeşilova**
ARTVİN
Kuymak
- 136 Hasan Umut Kuru**
CIRCASSIAN
Traditional Kaçamak with Cornmeal
- 139 Ömer Durmuş**
ARTVİN
Pucuko
- 140 Tuğba Demir**
ERZİNCAN
Cıvrıla

- 143 Ayşe İpek Kıcıkoğlu**
GAZİANTEP
Potatoes with Yoghurt



144 WRAPPED AND BONDED TOGETHER

- 147 Tales, poems, rhymes,
sayings and plays**
Gonca Tokuz
- 152 Map- WRAPPED AND BONDED
TOGETHER**
- 156 Kürşat Apan**
MALATYA
Stuffed Bean Leaves
Bean Leaves Sarma
- 158 Barın Süel**
MALATYA
Stuffed Cherry Leaves
Cherry Leaves Sarma
- 159 Nimet Kocabey**
MALATYA
Stuffed Mulberry Leaves
Mulberry Leaves Sarma
- 161 Fatih Şahin**
TOKAT
Stuffed Vine Leaves with Green
Lentil
Sarma with Green Lentils
- 162 Ali Yavuz**
MANİSA
Stuffed Vine Leaves with Olive Oil
Sarma with Olive Oil

- 165 Ercan Albayrak**
SAMSUN
Stuffed Vine Leaves with Olive Oil
Sarma with Olive Oil
- 166 Murat Güneysu**
SAMSUN
Stuffed Vine Leaves with Dried Broad
Beans / Dried Broad Beans Sarma
- 169 Erkan Elçin**
AMASYA
Stuffed Vine Leaves with Meat
Sarma with Meat
- 170 Barın Süel**
MALATYA
Stuffed Chard Leaves
- 172 Dilek Topçu**
BULGARIA
Traditional Stuffed Green Pepper
Green Pepper Dolma
- 173 Burçin Güler**
ERZURUM
Stuffed Turnip / Turnip Dolma
- 174 Hasan Yalçın**
İZMİR
Stuffed Artichoke / Artichoke Dolma
- 177 Bahar Uçanlar**
CYPRUS
Stuffed Artichoke / Artichoke Dolma
- 178 Yaşar Pala**
NEVŞEHİR
Stuffed Squash Blossoms
Squash Blossoms Dolma
- 180 Süreyya Özdemir**
AMASYA
Stuffed Vine Leaves with Dried
Broad Beans
Sarma with Dried Broad Beans
- 183 Kübra Polat**
ELAZIĞ
Stuffed Onions / Onion Dolma
- 184 Murat Güneysu**
TRAKYA
Liver Wrap
- 186 İsmail Durmuş**
TRAKYA
Liver Wrap
- 187 Sibel Gölbaşı**
HATAY
Stuffed Dried Aubergines
Dried Aubergine Dolma
- 189 Ekin Ertemiz**
ANTAKYA
Traditional Şıhlı Maşlı
- 190 Mustafa Masatlı**
ERZURUM
Stuffed Curd Cheese
Chard Sarma with Curd Cheese
- 192 Kürşat Apan**
MALATYA
Stuffed Dried Pepper with Olive Oil
- 197 Gizem Güven Canbaz**
ANTAKYA
Traditional Tefekli Pilaf
- 198 Selçuk Altugan**
TURKISTAN
Pilaf Turkistani
- 200 İsmail Bozkan**
NEVŞEHİR
Pilaf Sanayi
- 202 Ebru Büyükbezci**
ISPARTA
Pilaf Kabune
- 205 Haydar Möhür**
KARADENİZ
Pilaf with European Anchovy
- 206 Ebru Büyükbezci**
RİZE
Pilaf with European Anchovy
- 208 Ayşesu Eyüboğlu**
KARADENİZ
Pilaf with European Anchovy
- 211 Berke Hanefi**
İSTANBUL
Pilaf İstanbul
- 212 Özlem Alimuto**
THE BALKANS
Mişoriz
- 214 Suat Özgüven**
ALBANIAN
Mişoriz



- 215 **Bedriye Meral Arıca**
ALBANIAN
Mişoriz
- 216 **Gökhan Kuşçu**
VAN
Pilaf Çiriş
- 218 **WHO IS ALI NAZIK?**
- 221 **The essentials of the table**
Aylin Oney Tan
- 224 **Map- WHO IS ALI NAZIK?**
- 226 **İpek Güven**
ANTAKYA
Oruk with Olive Oil
- 228 **Münir Sağlamer**
MARDİN
Sembuşek
- 230 **Özlem Alimuto**
ARDAHAN/ AHKALKALAKI
Gogo
- 232 **Ayça Çiğdem Budak**
İSTANBUL
Lamb Wraps
- 235 **Kenan Gezer**
ÇANAKKALE
Roasted Lamb
- 236 **Ayça Çiğdem Budak**
MACEDONIA / KARAMAN
Traditional Membrane
Kebab
- 239 **Esra Palta**
KAPADOKYA
Pot Kebab
- 240 **Volkan Üstüner**
KAPADOKYA
Pot Kebab
- 243 **Seda Öner**
ANTAKYA
Tray Kebab
- 244 **Ayşe İpek Kıcıkoğlu**
GAZİANTEP
Onion Kebab
- 245 **Ahmet Paylan**
TOKAT
Tokat Kebab
- 246 **Kübra Polat**
ELAZIĞ
Traditional Üsküre Kebab
- 249 **Fatih Zengin**
KIRŞEHİR
Çirleme

- 250 Ayşe İpek Kıcıkođlu -**
GAZİANTEP
Ali Nazik
- 253 Birsen Özdemir Duran**
BALIKESİR
Tirit
- 254 Haydar Möhür**
ANKARA
Tirit
- 256 Ercan Albayrak**
SAMSUN
Goose Tirit
- 257 Hasan Umut Kuru**
VAN
Ekşili
- 258 Ayşe İpek Kıcıkođlu**
GAZİANTEP
Şiveydiz
- 260 İpek Güven**
ANTAKYA
Squash Borani
- 262 Gökhan Kuşçu**
VAN
Keledoş
- 264 Murat Güneysu**
TRAKYA
Kokoretsi with Yoghurt
- 265 Leyla Çelik**
MUŞ
Keledoş
- 267 Mustafa Yıldız**
İĞDIR
Bozbaş
- 268 Hazan Aydın Yeşilova**
TUNCELI
Göme
- 271 Zeynep Kayaaltı**
SAKARYA
Aktu Sızbal
Ahbaz style Chicken with Walnut
- 272 Can Erdođan**
RUMELIA
Damat Paçası
- 273 Bülent Küfeciler**
THESSALONIKI
Kokoşka / Chicken with Phyllo
- 275 Tilar Ekin Kum**
MENGEN
Halişka
- 276 Mennan İmre**
AEGEAN
Levrek Beđendi
Fried Seabass with Beđendi Dip
- 279 Münir Sağlamer**
LEVANTINE
Kibbeh
- 280 Yađmur Semiz**
LEVANTINE
Kibbeh with Potatoes
- 282 Neyran Ayan**
KOSOVAN
Akcerviş with Meatballs and Phyllo
- 284 Mehmet Aydođdu**
ADANA
Analı Kızlı
- 286 Nimet Kocabey**
MALATYA
Analı Kızlı
- 287 Zuhâl Kesgin**
BURSA
Meatballs with Pide
- 288 Alper Akar**
THESSALONIKI
Muhajir Meatballs with Yoghurt
- 291 Abdullah Kayıran**
GÜNEYDOĐU ANADOLU
Arabian Meatballs with Tzatziki
- 292 Meltem Azbazdar**
GAZİANTEP
Yuvalama
- 294 Özgür Köse**
CYPRUS
Cypriot Keftedes
- 295 Gülşah Hoşses**
ELAZIĞ
Harpur Meatballs

- 296 Osman Keşkekođlu**
KİLİS
Kübbülmüşviyye
- 298 Onur Kaya**
MANİSA
Topalak
- 300 Gülşah Hoşses**
ELAZIĞ
Muhaşerli Köfte
Meatballs with Black Chickpeas
- 302 Selçuk Altugan**
ELAZIĞ
Memleket Köftesi
Harput Meatballs
- 303 Aslı Çinkılıç**
MALATYA
Tevek Köfte
- 304 Ahmet Onur Akman**
BİTLİS
Bitlis Köfte
- 307 Didem Alev**
KAYSERİ
Kurşun Aşı Köfte



308 IT'S IN THE DOUGH

- 311 Pursuing History Kneaded
with Dough**
Ayfer Yavi
- 314 Map-** IT'S IN THE DOUGH

- 317 Gizem Güven Canbaz**
THE BALKANS
Petülısa
- 318 Tuna Esen**
KAYSERİ
Yađlama
- 321 Ufuk Akdemir**
TRAKYA
Akitma
- 322 Hakan Hece**
TEKİRDAĞ
Gacal Mantısı
Gacal Ravioli
- 325 Erol Ay**
BİLECİK
Ravioli with Chickpeas
- 326 Fahrettin Çiftçi**
GÜMÜŞHANE
Siron
- 329 Selçuk Altugan**
TUNCELİ
Sırın
- 330 İbrahim Kesici**
SİNOP
Sinop Ravioli
- 333 Yahya Zincir**
KAHRAMANMARAŞ
Çöş Börek
Maraş Ravioli
- 334 İsmail Durmuş**
TRAKYA
Ravioli in a Tray
- 337 Bedriye Meral Arıca**
ALAŞEHİR
Kapama
- 338 Galip Aydođdu**
TATARIAN
Kapama
- 340 Zafer Özer**
SİVAS
Hıngıl with Potatoes
- 341 Selma Öztürk**
ELAZIĞ
Sersel
Börek with Braised Meat

- 342 Seyit Battal Köşür**
KARS
Hangel
- 344 Seda Öner**
ANTAKYA
Kaytaç Börek
- 347 Arslan Çevik**
HACIBEKTAŞ / NEVŞEHİR
Börek with Knotweed
- 349 İpek Gömeçlioğlu**
ALBANIAN
Albanian Böre
- 350 Bedriye Meral Arıca**
ALBANIAN
Laknur
Albanian Börek
- 352 Fatih Demirkıran**
DOĞU KARADENİZ
Su böreği
Börek with Feta Cheese Filling
- 355 Ayşe İpek Kıcıkoğlu**
GAZİANTEP
Börek with Walnut and Olives
- 357 Ayşe İpek Kıcıkoğlu**
GAZİANTEP
Sugared Cheese Börek with / Pistachio
- 358 Ezgi Dokuzlardan**
THESSALONIKI
Börek with Onions
- 360 Nimet Kocabey**
MALATYA
Kömbe
- 362 Ece Gürkan**
YILDIZ MOUNTAINS
Bosnian Börek
- 364 Bedriye Meral Arıca**
ALBANIAN
Flija / Fliya
- 365 Barın Süel**
MALATYA
"Bread" Börek with Spinach
- 366 Ersin Taşarası**
BATI TRAKYA
Çüşki Borek / Börek with Pepper
- 368 Seda Öner**
ANTAKYA
Pepper Bread
- 370 Özlem Yeşildere**
TATARIAN
Katlanışıklı Gobete / Köbete
- 372 Ayşegül Başa**
TATARIAN
Cantik
- 374 Özlem Yeşildere**
TATARIAN
Cantik
- 376 Ali Yavuz**
ALAŞEHİR
Kabak Pişisi
- 377 Neyran Ayan**
KOSOVAN
Börek with Zucchini
- 378 Alper Akar**
THESSALONIKI
Pumpkin Börek
- 380 Şeniz Özkan**
TEKİRDAĞ
Pumpkin Ravioli
- 382 Ebru Tireli**
BOLU
Pumpkin Hotcake
- 385 Hüseyin Oğulcan Şahinöz**
TRABZON
Corn Bread with Mixed Herbs
- 386 Tilar Ekin Kum**
ERZURUM
Kete
- 388 Deniz Aynur**
RUSSIAN
Pirozhki
- 390 Deniz Aynur**
BULGARIAN
Kifla
- 392 Deniz Aynur**
BULGARIAN
Kozanak
Easter Buns

- 394 Didem Boğaz**
BURDUR
Noodles with Walnut
- 397 Ebru Tireli**
BOLU
Noodles with Walnut and Dried
Yoghurt
- 398 Buse Şaş**
TUNCELİ
Babuko / Zerfet / Bıçka / Şir
- 400 Barış Işıkcevaahir**
ERZİNCAN
Babuko
- 403 Ethem Özdemir**
LONDON
Toad in the Hole



404 KEEP IT BETWEEN US

- 407 Şekerli misin Vay Vay!**
Nazlı Pişkin
- 410 Map** KEEP IT BETWEEN US
- 412 Ayça Çiğdem Budak**
ERZİNCAN
Dry Flour Halva
- 415 Aysu Doğan Esgin**
KONYA
Halva with Grape Molasses

- 416 Erkan Elçin**
MERZİFON / AMASYA
Semolina Halva
- 418 Aysu Doğan Esgin**
KONYA
Tahini Halva
- 421 Börte Özenç**
BURSA
Milk Halva
- 422 Hande Önder Şirin**
TRAKYA
Sütlü Saraylı
- 425 Zuhal Kesgin**
JUGOSLAVIAN
Kaymaçına Dessert
- 426 Erkan Elçin**
İZMİR
Dessert with Curd Cheese
- 427 Selma Öztürk**
ELAZIĞ
Cheese Bread
- 428 Selma Öztürk**
ELAZIĞ
Cheese Dessert
- 430 Ali Yavuz**
ALAŞEHİR
Homemade Walnut Baklava
- 432 Hüseyin Oğulcan Şahinöz**
TRABZON
Laz Börek with Cream
- 435 Tuğçe Öztekin**
ELAZIĞ
Sıvıtma
Taş Ekmeği
- 436 Aslı Çinkılıç**
ADANA
Taş Kadayıf
- 439 Burçin Güler**
ERZURUM
Kadayıf Dolma
- 440 İsmail Durmuş**
ERZURUM
Kadayıf Dolma

- 441 **Hüseyin Ođulcan řahinöz**
GÜMÜřHANE
Çatal Dessert
- 442 **Nimet Kocabey**
TUNCELİ
Lokma of Khidr
- 443 **Hakan Ertürk**
KASTAMONU
Nevzine
- 444 **Özge Özel**
CONSTANZA/ ROMANIAN
Kalburabastı
- 447 **Erkan Elçin**
İZMİR
řambali
- 448 **Didem Alev**
KAYSERİ
Nevzin
- 450 **Tılar Ekin Kum**
BOLU / MENGEN
Kedi Batmaz
- 452 **Gökhan Kuşçu**
VAN
Spoon Dessert
- 455 **Bengü Buse řaş**
TUNCELİ
Helisa
- 456 **Ahmet Kör**
ANTALYA
řilofta
- 457 **Aysu Dođan Esgin**
ERZİNCAN
Kasefe
- 458 **Ebru Büyükbezci**
RİZE
Pepeçura
- 461 **řadiye Gökler**
ADANA/ÇUKUROVA
İncir Uyutması
Yörük Dessert
- 462 **Simay Kaşıkçı**
SİVAS
Karaş
- 465 **Berfin Işık**
KASTAMONU
Pumpkin Börek Dessert
- 466 **Berfin Ateş**
TUNCELİ
Dersim Pumpkin Dessert
- 469 **İpek Güven**
ANTAKYA
Haytalı
- 470 **Ayşesu Eyübođlu**
İSTANBUL
Souffle
- 473 **Umut Albayrak**
İSTANBUL
Kık: Moist Chocolate Cake
- 474 **Birsen Çevik Akgünlü**
MALKARA / TEKİRDAĐ
Prince Cake
- 476 **Deniz Aynur**
RUSSIAN
Napoleon Cake
- 478 **Deniz Aynur**
RUSSIAN
Pryanik
Russian Cookie
- 481 **İpek Güven**
ANTAKYA
Kömbe : Cookie

Levent K m r
General Manager



THE TABLE IS SET FOR YOU

Today, at the pinnacle of civilization, a table is one of the most inclusive settings. It is a meeting ground for people of different cultures, dialects, habits and tastes to come together and connect from the heart.

The "Bi B y k Sofra" commercial we created for Yeni Raki in 2012 concludes with the following sentence:

"Regardless of where we came from or where we are now, if we can communicate through the language of love when we sit at the same table, then we know our people are great and that we live in a land of agape."

Anatolia, the cradle of the civilizations mentioned above, is a point of transit for many cultures and the birthplace of some, but most importantly, it is a bridge through which all of them influence each other. This is precisely why, if inclusiveness and diversity were a geography, Anatolia, in my opinion, would be it.

This book reminds me of *YaŐar Kemal's** collection of interviews, "*Bu Diyar BaŐtan BaŐa*," which introduced us to the people of this country from west to east and north to south. This book is more than just a collection of recipes; it is a compilation of ethnic and geographical diversity in which our staff passionately celebrates their origins or the cultures to which they belong.

MeylDiageo places a strong focus on inclusivity and diversity. It's an

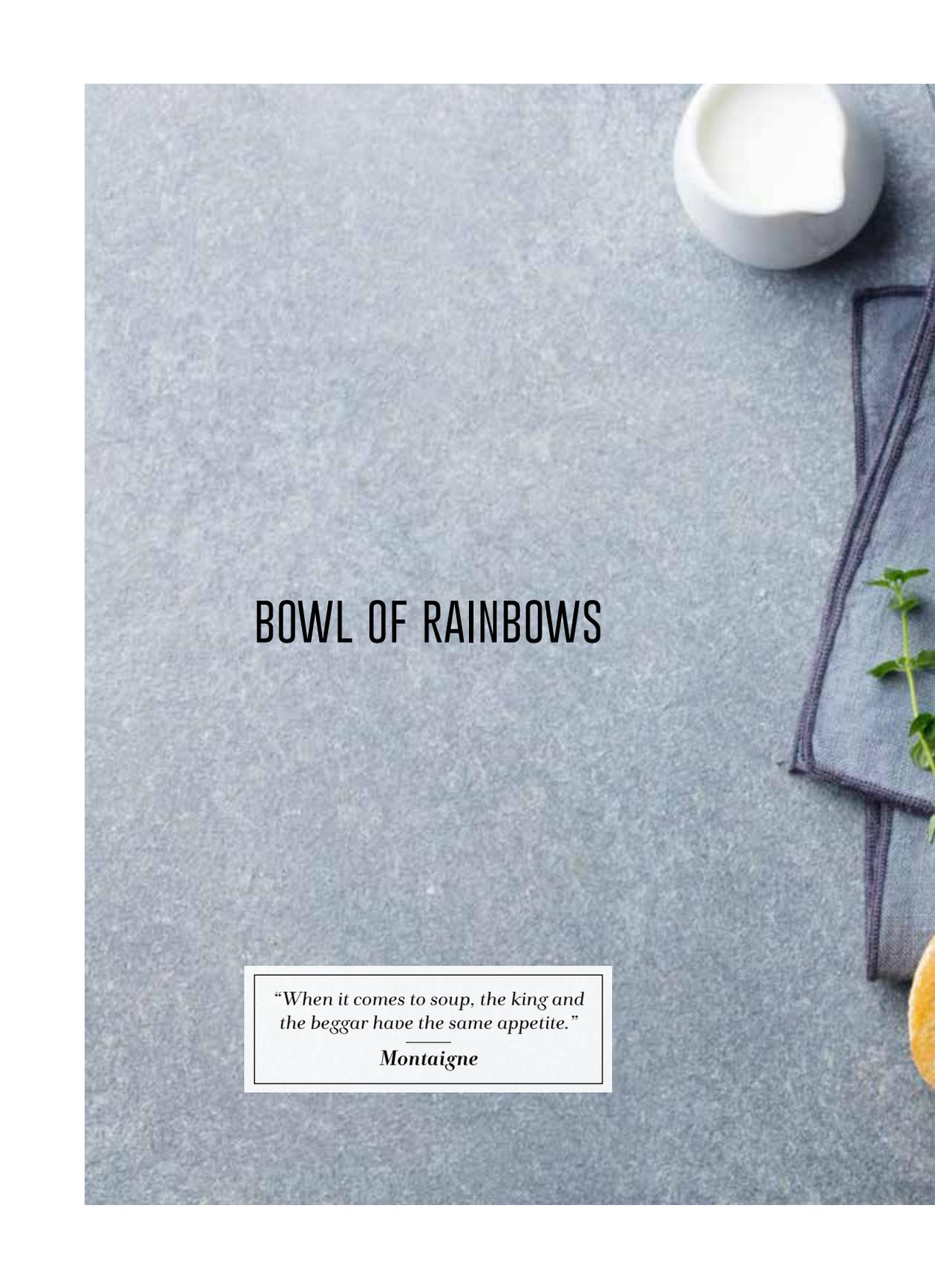
issue that we both care and are concerned about. There are several reasons for this: To begin with, we recognize that our differences and variety are our greatest assets. Secondly, we know that reflecting this richness is the only way to establish a more equitable and beautiful future.

Due to the importance we place on this subject, we conduct numerous practices with the goal of developing a corporate culture free of discriminatory stereotypes such as gender, language, religion and ethnic origin, where each individual can be themselves and does not feel other or marginalized. One of such works is this wonderful book.

"The Feast Table" is a one-of-a-kind book project that represents our riches and to which everyone has contributed in their own special way. Our history, traditions, differences and variety are all represented in this work. More than 100 of our colleagues from the Mey|Diageo Family contributed to this book, which includes over 200 recipes. Each recipe has a unique story hidden in. On behalf of everyone, I'd like to express my heartfelt appreciation to my friends who shared their recipes to help make this book a reality.

I hope you enjoy reading this book, which is a lovely representation of our ethnic, regional, familial and personal connections. And I hope you enjoy this feast table, which brings together our regional and cultural cuisine.

* *Yaşar Kemal*: He was a Turkish writer and human rights activist and one of Turkey's leading writers. He received 38 awards during his lifetime and had been a candidate for the Nobel Prize in Literature on the strength of *Memed, My Hawk*.



BOWL OF RAINBOWS

*“When it comes to soup, the king and
the beggar have the same appetite.”*

Montaigne







Nihal Kadiođlu evik

SOME OF OUR SOUPS WITH LOCAL AND REGIONAL SPECIALITIES

The fact that we have enriched our food traditions with soups of various flavours and appearances, as well as a variety of ingredients, shows that we are a soup-loving society. So much so that the term “aş,” which substitutes the concept of food, is also used for soups in most of our regions.

In our country, soups like yoghurt, red lentil, barley shaped vermicelli and particularly tarhana, are well recognized. These soups, however, vary depending on the diversity that exists in the natural environment and in ethnic and cultural structures. Tarhana is at the top of our kitchen’s current soup list. It was the morning meal in rural communities until recently. Although it has nearly disappeared from breakfast tables, Tarhana is still a popular soup, especially during the winter months and Ramadan.

Tarhana also has a function of bringing people from different cultures together. For example, Macedonian immigrants in İzmir prefer Somileko tarhana with milk and rice, but they say that they also like the local tarhana, which is made with tomato and pepper. In addition to their unique raw tarhana, Balıkesir Muhajirs enjoy adding cooked Manav tarhana to their tables.

Tarhana Soup’s key ingredients are flour and yoghurt, which are generally paired with legumes such as cracked wheat, rice and chickpeas, as well as vegetables like tomatoes and green peppers.

Aromatic herbs and spices such as parsley, dill, mint, basil and coriander are also used.

Tarhana can be enhanced with milk, cucumbers and even quince to boost its nutritional quality and refine its flavour. It can also be prepared with mastic, as in İzmir's Seferihisar district. Tarhana that has been kneaded and dried to the size of semolina, often with a labour-based mutual cooperation, is taken to the shade for final drying. This method, as defined in some Corum districts, is intended to prevent "the sun from stealing the pepper of the tarhana," that is, to prevent its colour from lightening. Tarhana's popularity in both rural and urban areas comes from the fact that it is delicious, nutritious and easy to convert into soup.

Another popular type of soup is Yoghurt or Yayla soup. It's made with yoghurt, rice (or broken wheat or bulgur), egg, flour and is seasoned with butter, mint, coriander, or basil. The techniques and materials used to make yoghurt soups are similar. In Isparta, it is made with condensed yoghurt and bulgur; however, in many cities, including Eskişehir, Çorum, Tokat and Amasya, it is made with wheat or rice and is known as Toyga. Lean meat is added to the soup's ingredients in cities such as Kastamonu and Karaman. This category also includes Balıkesir Kaynatma soup, a wedding soup made with chicken meat, yoghurt and rice, as well as Hatay's Spinach Soup made with salty yoghurt or Salty Yoghurt Soup with white cabbage. Bulama soup, made with goat yoghurt, fresh zucchini and rice in the town of Kırıkhan, Hatay, is another example of yoghurt soups with varying tastes. Yoghurt, whether fresh or dry, or even in the form of Ayran (buttermilk), enables us to make a variety of soups by combining it with grains, vegetables, herbs, or meat. Namely, Tokat's Katıklı Soup, made with buttermilk and cracked wheat, or Kurutlu Soup, made with Kurut (a winter food obtained by drying condensed yoghurt or cottage cheese) and cracked wheat in regions such as Elazığ, Kars and Van.

Lentil soup made with red lentils, either condensed or grained, is also a basic soup in both rural and urban cuisine. Ezogelin Soup, named after the heroine of a tragic story set in the borders of Gaziantep, is a "sine qua non" for all restaurants. It is usually served as the first soup on their menu, along with lentil soup.

The basic element of common soup kinds, vermicelli, is also a soup ingredient that is often used with regional variations. In Gaziantep, vermicelli soup is made with minced meat, in Canakkale, it is made with rice and sliced dough called Çorbalık, it is cooked with sauced chicken and chickpeas in Balıkesir and served as a wedding soup. In Hatay, vermicelli soup with finely chopped green tomatoes and meatballs is also one of the numerous examples.

Flour and dough soups are also included in our list of popular soups. In most parts of Central Anatolia, Flour Soup, also known as Herle (Helle), is made by roasting flour with or without oil. Likewise, Musuşilli Şorva, an Artvin Georgian flour soup, is a favourite taste of our soup tradition.

Following on from the flour and dough soups, varieties such as The Börek Soup made by blending dough pieces, stuffed with a spicy mortar with onion and garlic, with chickpeas and tomato paste or yoghurt and the Yüzük soup made by cooking the dough, which is filled with minced meat, onions and spices and given a special form, in bone broth with tomato paste and chickpeas in Tarsus, are known as wedding soups at the same time. In Adana, this soup is known as Kulak soup. Fried dough pieces stuffed with spicy ground beef are added to Kulak soup in Diyarbakir and this version is called Şorba Guh.

Oğmaç, an ancient soup of our region, is made by cooking tiny bits of dough (Arpacık) with milk or tomato paste. Arpacık for this soup is prepared by sprinkling flour with water. Oğmaç, which is similar in many cities in terms of both cooking methods and ingredients, is made with milk in Eskişehir, with tomato paste in Isparta and with yoghurt in Gaziantep under the name of Püsürük Soup. Oğmaç, can be also made with kneaded dough pieces. For example, in Balıkesir and Isparta, soup made with tomato paste or milk and tiny pieces of egg dough is known as Oğmaç, whereas the soup made in the same way by Eskişehir immigrants is served as Umaş. When red bean and tomato paste is added to Unmaç made in limited regions in Sakarya, it is called Fık Fık. Tutmaç Soup, one of the most deeply rooted soup kinds in Turkish cuisine, is made by cooking pieces cut from an egg dough with condensed yoghurt and is common in a wide range of regions, including Afyon, Artvin, Bolu, Bilecik, Isparta, Konya, Sivas, Trabzon and Van. Tutmaç, a tomato paste soup made with green lentils and dough bits, is called Tutmaç in Hatay and Lakşa by Eskişehir Tatars.

Arabaşı soup, which has a special place among dough soups, on the other hand, pulls communities together around a common ritual, particularly during the winter months. This soup, which is popular in many regions including Afyon, Eskişehir, Niğde, Yozgat, Karaman, Mersin and Çorum, is a very spicy soup that was formerly made with wildfowl meat but is now made with chicken, turkey, or duck meat. It is served with a specially prepared and sliced dough and is consumed by swallowing rather than chewing.

Soups made with flour, bulgur, wheat, cracked wheat and other grains are cooked with tomato paste, yoghurt, or milk and frequently include a legume. We encounter an enormous richness of variety in these soups. Wheat Soup (Közistir in Circassian) made with beans, ground maize and chickpeas in Circassian villages

on the border of Hatay and Bulgur Soup made with dried meat chunks (Pastırma) and chickpeas in Isparta are two examples.

As in the recipe created by Christian families in Hatay's Samandağ region, the soups made with vegetables, such as potato, spinach, collard greens, mushroom, nettle and maize soup, are frequently combined with grains. In this recipe, chard leaves, known as Zilk, are cooked with chickpeas, green lentils, garlic and pomegranate molasses.

Soups made with meat and yoghurt, either seasoned or tomato-sauced, are also featured in ceremonial cuisines. Examples of these are; offal soups like Khash (Kelle Paça) and the Tripe Soup made nearby Tarsus and known locally as Karın Soup. The tripe is washed with orange or Seville orange peel after cleaning. Tripe is cooked with chickpeas and rice then flavoured with garlic, tomato paste and dried mint.

The Fish Soup made with white meat fish such as swallow and scorpionfish, as in İzmir and Aydın and the Buttered European Anchovy Soup made on the coastlines of Trabzon and Rize are two examples of rare fish soups.

Our soups are served hot at the opening of the meal. Aside from that, we have cold soup variations that are not generally recognized outside of the local borders like Yarma Soup, Lebeniye, which is often consumed in our hot southern districts, or Korkota (made with maize and kidney beans), which is unique to the Eastern Black Sea region.

Hıhırtlak Soup, made with fried dough pieces, cracked wheat, garlic and yoghurt, is also consumed cold by some Yörüks in Tarsus and its environs to keep the buttermilk from curdling. Pancar Eşkilisi (Ekşitme) is also a unique vegetable soup served cold in some parts of Hatay. It is produced by adding mint, onion, garlic and pomegranate molasses to wild beet (snake beet), whose toxicity is reduced thorough simmering.

Additionally, it is notable that certain soup varieties are attributed healing qualities in our soup tradition. Chicken Noodle Soup, also known as the soup for the sick, Tripe Soup with vinegar and garlic, believed to have a sobering effect at the end of a night of drinking and Nettle Soup of Artvin, believed to be consumed once a year for "healing purposes due to its cleansing qualities." are examples of these attributions.

Some of the soups believed to have healing qualities are used to help the puerperal woman's recovery and increase her breast milk production. They are typically made with rice, yoghurt, or milk and contain little salt. Two of these are Hatay's Yeast Soup with Rice and Small Meatballs and Gaziantep's Şirinli Soup with Rice and Vine Molasses.

Although soups such as Mung soup from Gaziantep, which was previously unknown beyond the local borders, are becoming more well-known as a result of the effect of social media on the recognition of local cuisines, Trabzon's Milk Pumpkin Soup with black pepper, Herle (Helle) Soups made with finely roasted flour, Barley and Bulgur Soups and soups like Bulgur Soup With Milk are gradually disappearing from today's menus.

Hopefully, the healthy, nutritious and rich variety of soups mentioned here get to be known widely and the different soups we can dip our spoons in will increase.

References

N.K.Çevik: *Gürcü Mutfağı*, (Türkçe - Gürcüce) KAV Yayını Ankara 2007.

N.K.Çevik: *Hamsi Kurban O Göze: Deniz, Tarih ve Mutfak Kültürü*" (Kudret Emiroğlu, Prof.Dr.Cemal Saydam ile birlikte) Heyamola Yayınevi, İstanbul 2008.

Çevik, N.K.: "*Türk Mutfağının Akdeniz Mutfak Kültürünün Genel Özellikleri Yönünden Değerlendirilmesinin Önemi*", V. Milletlerarası Türk Halk Kültürü Kongresi Maddi Kültür Seksiyon Bildirileri, Kültür Bakanlığı HAGEM Yayınları, s: 194-200, Ankara 1997.

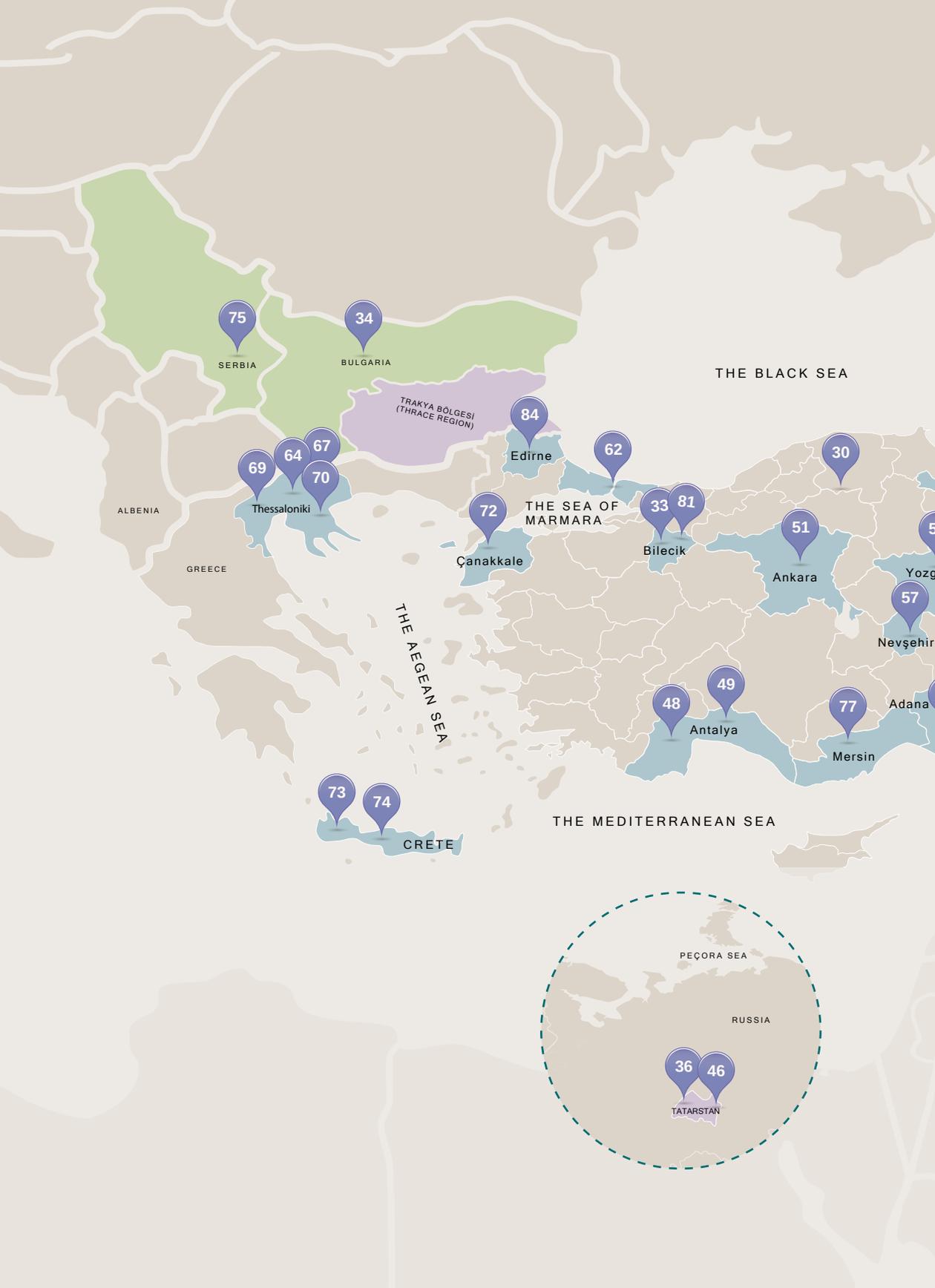
Çevik, N.K.: "*Tarsus Halk Mutfağı*", Tarsus Alan Araştırmaları, Kültür Bakanlığı HAGEM Yayınları, s: 106-126, Ankara 1998.

Çevik, N.K.: "*Akdeniz Mutfağına Bir Örnek: Hatay Mutfağı*" Türk Mutfağından Örnekler Sempozyumu, Eskişehir 1995.

Çevik, N.K.: *Yerel Mutfaklarda Beyaz Et Tüketiminin Kültürel Profili*", Yemek Kitabı- Tarih, Halkbilim, Edebiyat. Hazrl.: M.Sabri KOZ, İstanbul, Kasım 2002.

Çevik, N.K.: "*Akdeniz'de Mutfak Yaşamı; Bir Örnek; Türkiye*" 3. Türk Halk kültürü Araştırma Sonuçları Sempozyumu. Kültür ve Turizm Bakanlığı AEGM. Ankara 2004.

<https://www.unesco-ichcap.org/publications-archive/traditional-medicine-sharing-experiences-from-the-field/>



75

34

SERBIA

BULGARIA

TRAKYA BÖLGESİ
(THRACE REGION)

84

Edirne

62

69

64

67

70

Thessaloniki

72

Çanakkale

THE SEA OF MARMARA

Bilecik

33

81

51

Ankara

ALBENIA

GREECE

THE AEGEAN SEA

5

57

Nevşehir

Adana

49

Antalya

48

77

Mersin

73

74

CRETE

THE MEDITERRANEAN SEA



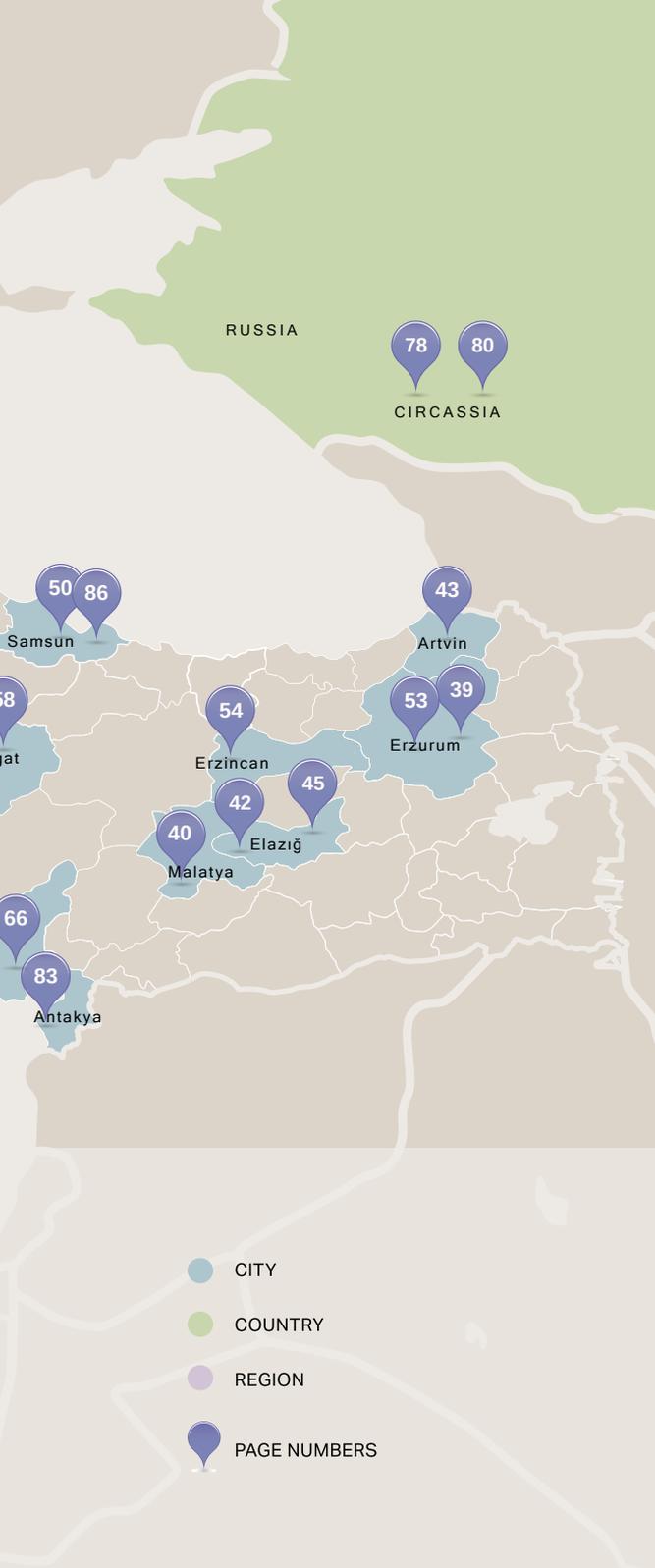
PEÇORA SEA

RUSSIA

36

46

TATARSTAN



- 30 Uğur Aksoy** - ANADOLU - Regional Buttermilk Soup
- 33 Selda Hafizoğlu** - BİLECİK - Egg Noodle Soup with Sloe
- 34 Hande Önder Şirin** - BULGARIA - Traditional Umaç (Ovmaç) Soup
- 36 Özlem Yeşildere** - TATARIAN - Kaşık Börek Soup
- 39 Meltem Şirin** - ERZURUM - Egg Noodle Soup with Rack Broth
- 40 Kürşat Apan** - MALATYA - Traditional Aya Soup
- 42 Tuğçe Öztekin** - ELAZIĞ - Traditional Anam Aşı Soup
- 43 Yücel Güloğlu** - ARTVİN - Green Bean Soup
- 45 Selma Öztürk** - ELAZIĞ - Bulgur Soup with Fresh Beans
- 46 Ayşegül Başa** - TATARIAN - Lamb Sorpa Soup
- 48 Ahmet Kör** - ANTALYA - Local Alanya Wedding Soup
- 49 Ahmet Kör** - ANTALYA - Traditional Ring Soup
- 50 Ümit Yıldırım** - SAMSUN - Lepsi Soup
- 51 Ebru Tireli** - ANKARA - Okra Wedding Soup
- 53 Erhan Kökçay** - ERZURUM - Traditional Aşotu Soup
- 54 Aysu Doğan Esgin** - ERZİNCAN - Flour Soup
- 57 Orhan Durmuş** - NEVŞEHİR/AVANOS - Üzümlaş/ Grape Soup
- 58 Haydar Möhü** - YOZGAT - Traditional Arapaşı / Arabaşı Soup
- 62 Levent Kömür** - İSTANBUL - Lakerda Salted Bonito
- 64 Alper Akar** - THESSALONIKI - Buyurdi
- 66 Meltem Azbazdar** - ADANA - Adana's Tahini Appetiser
- 67 Alper Akar** - THESSALONIKI - Kabakı
- 69 Alper Akar** - THESSALONIKI - Kıkırtma
- 70 Alper Akar** - THESSALONIKI - Pepper with Curd Cheese
- 72 Emre Türkyılmaz** - BIGA - Cretan Dip with Currant and Basil
- 73 Emre Uçarer** - CRETE - Cretan Dip with Basil
- 74 Tilar Ekin Kum** - CRETE - Festive Appetiser
- 75 Oya Üşümüş** - SERBIA - Belmuz
- 77 Tolga Çetin** - SİLİFKE - Roasted cottage cheese
- 78 Halil Arıt** - CIRCASSIAN - Tavuk Sızbal: Circassian Chicken
- 80 Binnur Türkkan** - CIRCASSIAN - Şipsi: Circassian Chicken
- 81 Hasan Umud Kuru** - BİLECİK - Circassian Chicken
- 83 Seda Öner** - ANTAKYA - Humous: Mashed Chickpeas with Tahini
- 84 Çinel İşlek Güncü** - EDİRNE - Mamzana
- 86 Ercan Dal** - SAMSUN - Menemen of Çakallı





ANATOLIA

REGIONAL AYRAN AŞI SOUP

1.5 kg yoghurt
2 cups of cracked wheat
1 cup of chickpeas
1 tablespoon of mint*
2 spoonful butter
1 teaspoon of salt
1 egg

Soak the cracked wheat in water overnight. In a separate basin, steep the chickpeas overnight as well. Boil the chickpeas for 15 minutes before preparing the dish. Rinse the cracked wheat well.

Pour the yoghurt into a pan and whisk in the eggs. Then add the cracked wheat and chickpeas, together with 1.5 litres of heated water and salt and stir until it comes to a boil.

After it has boiled, reduce the heat to low and leave it to simmer for 10 minutes. Char the mint in butter and drizzle it over the soup. It's ready to serve.

* *Teaspoon*: In European standards, half a dessert spoon equates to a teaspoon, which is used as a unit of measure in Turkey. You should change your measurements accordingly.



Cracked Wheat

Although it is called Şişi or Şişik in some locations, we call it Yarma or Dövme. Actually, this is the wheat we know but it was given a different name due to the process it went through. After harvesting, hard wheat is boiled for a while, filtered and sun dried. Then comes the sifting process. The remaining wheat is finely ground in a mortar or extracted from its shells in old stone mills. Cracked wheat is a crucial ingredient in traditional Anatolian delicacies like Keşkek, Aşure and winter soups.

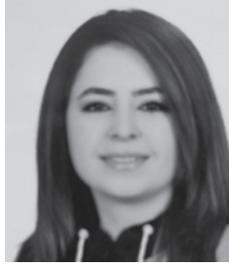


Sloe

It is also known as "Yabani" and "Çakal." It looks like blueberry but it has a unique taste and character. It is endemic to Europe but it can also be seen in western Asia and northwestern Africa. It is abundant in the forested regions of Turkey. It is also used in the production of bogus Port wine in Europe. However, in our kitchens, it blends with food rather than wine and it adds a sour and acrid flavour.

◆
Selda Hafizoğlu

Bilecik Plant



“It is said to be prepared on special days in the Bilecik region and it is a healing soup that is eaten when sick.”

BİLECİK

**EGG NOODLE SOUP
WITH SLOE**

1.5 cups of green lentils
1 cup of egg noodles
6 cups of broth
*1 cup of sloe and dried cornelian
cherries*
black pepper
cumin
salt
mint
2 onions
2 cloves of garlic
1 tablespoon of tomato paste
1 tablespoon of oil
butter

Chop the onions and shallow fry them in oil.

After boiling lentils in broth, add noodles and continue cooking until the combination is completely simmered.

In a separate pan, roast bruised garlic, tomato paste, black pepper, cumin, mint and salt. When ready, add this mixture to the soup.

To make a sauce, boil sloe and dried cornelian cherries in a pot with 2 cups of water. It can be added to the soup if desired.

Hande Önder Şirin

Supply Chain

Recipe given by her grandmother Ms Muveddet



BULGARIA

TRADITIONAL UMAÇ (OVMAÇ) SOUP

3 cups of flour
1.5 cups tomato puree
10 cups of water
quarter cup of olive oil
2 full tablespoons of butter
salt

Toss the tomato puree with the heated olive oil and finely roast it until the aroma of roasted tomatoes emerges. Then pour in the water and bring it to a boil.

Pour the flour into a separate dish and set it aside. Pour the water over the flour. Make dough pieces (Umac) by rubbing them together in such a way that they are neither too wet nor too dry. Set aside the larger pieces, then slowly stir the other ingredients into the heated water to avoid lumps. Season with salt to taste.

When the dough is soft and boiled, the soup is ready. Before serving the soup, melt the butter. Set aside the large pieces of dough and finely broil them until they turn a golden brown colour before adding them to the soup. These broiled dumplings give the soup a unique flavour.

“Ovmaç is a soup that Bulgarian and Greek immigrants brought to us. It was my grandmother’s favourite soup, especially during tomato season and she made it with canned tomatoes she prepared in the winter. This soup was made and served on days when we were in good spirits. We would also make it when we were unhappy. “Let’s make an Ovmaç Soup and eat it, shall we?” we’d say, as if it were a reason to smile. Despite the fact that the ingredients are simple, the recipe has an incredibly delicious taste.”



Özlem Yeşildere

Finance and Digital Transformation

Recipe given by *her cousin Ms Merih*



TATARIAN

KAŞIK BÖREK SOUP

for the dough:

6 cups of flour

6 teaspoons of salt

1 egg

for the filling:

400 g minced meat

1 medium onion

salt

black pepper

dried mint

for service:

2 cups of yoghurt

garlic (if desired)

tomato paste

oil

mint

Sift the flour. Add 1 teaspoon of salt for each glass of flour. Crack the egg on top of the mixture.

Knead the mixture into a dough with water at room temperature, to make kneading easier, divide the dough into orange-sized pieces.

When the dough does not stick to the hands, it has reached the proper texture.

Lay a cotton cloth over the dough and let it settle for approximately 45 minutes.

Grate an onion to prepare the filling.

Add salt, black pepper and dried mint to the minced meat along with the onion. Knead the mixture as if making meatballs.



Sprinkle the flour over the dough and stretch into a thin phyllo.

The stretched dough should not be too thin. If it is, it may easily tear during scalding and the filling may fall out.

Lay the dough on a cotton cloth and roll it into little square pieces about 2.5 cm wide with a rolling pin. As it's round, a pizza cutting blade is ideal for this process.

Place the prepared filling in the middle of the small square pieces.

First, paste the dough pieces together in the shape of a triangle.

Then paste the remaining two triangles at the bottom in the shape of an ear.

Then, place the dumplings one by one on a baking tray and bake at 150 °C until the dough is dry.

Boil a pot of water adding four teaspoons of salt. Drop the dumplings into boiling water.

The water level should not rise higher than the dumplings. The boiling procedure takes roughly twenty minutes.

In another bowl, whisk two cups of yoghurt and add crushed garlic to taste.

In another bowl again, heat tomato paste in oil. After adding garlic yoghurt and hot oil to the boiled dumplings, it's ready to serve.

“Bir iki taşım”

The term “taşım” is widely used in our recipes. In reality, it has a straightforward meaning. We turn on the stove, place the pot with the material inside and wait for it to boil. When the water reaches the boiling point, it begins to rise. We turn off the stove before it reaches the point of overflow to keep it clean. This is known as a “taşım.”



Meltem Şirin

Sales&Distribution

Recipe given by *her mother Ms Banu*



ERZURUM

EGG NOODLE SOUP WITH RACK BROTH

1 lamb rack
1 large onion
2 tablespoons of tomato paste
instant or homemade noodles
1 tablespoon of butter
salt
dried mint
chilli pepper
1 lemon

Soak the rack in water until it is blood-free. Change the soaking water regularly. Then place the rack in a pressure cooker and boil with onions, salt and enough water.

Drain the broth from the rack and shred the meat into the pot where you'll make the soup.

Dissolve the tomato paste in water and pour it into the rack broth then boil. Add noodles to boiling water and simmer for 20-25 minutes on low heat.

Before taking the soup off the heat, add lemon juice, boil the soup a few more times (bir iki taşım) and turn the heat off.

In a separate pan, melt a little butter and char the mint and chilli powder before adding them to the soup.

◆
Kürşat Apan
Supply Chain

◆
Recipe given by Hülya Apan

MALATYA

TRADITIONAL AYA SOUP

*150-200 g minced meat
2 spoons of yoghurt
1 egg
1 spoon of flour
tutmaç (locally made small and
square cut pastry), if it is un-
available, orzo can be substituted.
butter
olive oil
dried mint
salt
pre-soaked and boiled chickpeas
breadcrumbs*



Mix a pinch of salt and breadcrumbs into the minced meat and knead for 6-7 minutes, until it holds together tightly.

To make meatballs the size of chickpeas or hazelnuts, roll the kneaded minced meat between wet palms. Fry the minced meat balls on a hot pan with a little olive oil.

Add 2 spoonfuls of yoghurt, 1 spoonful of flour and 1 egg to the pot and blend thoroughly.

Add 4-5 cups of water and some salt to this mixture, then simmer while continually stirring.

Add tutmaç to the boiling mixture and stir continuously. After about 5 minutes, add the fried meat balls and some boiled chickpeas.

When the soup is about to simmer, add some butter to the pan.

Stir continuously until the soup is simmered to prevent the yoghurt from curdling and the pan from burning.

Put the soup on a serving plate and top it with dry mint that has been charred in butter for 1-2 minutes.

◆
Tuğçe Öztekin
Elazığ Plant

◆
Recipe given by *Burhan Hoca*



ELAZIĞ

ANAM AŞI SOUP

<i>100 g chickpeas</i>	Boil chickpeas, beans and
<i>200 g cracked wheat</i>	cowpeas separately beforehand.
<i>100 g black-eyed peas</i>	Yet, boil the cracked wheat and
<i>100 g lentils</i>	lentils together.
<i>50 g white beans</i>	Garnish it with charred onion, fresh
<i>2 medium onions</i>	pepper, tomato paste and basil.
<i>2 fresh peppers</i>	You may add salt and chilli powder
<i>1 teaspoon of basil</i>	to taste.
<i>1 tablespoon of tomato paste</i>	Serve hot.
<i>1 tablespoon of butter</i>	
<i>salt and pepper (optional)</i>	

Yücel Gülođlu

Sales&Distribution

Recipe given by *Nurşen Gülođlu Tosun*

“This is a regional recipe from Artvin. It is a nutritious and delectable soup thanks to the high vitamin, protein, and mineral content.”

ARTVIN

GREEN BEAN SOUP

*500 g green beans
1 medium onion
2 medium tomatoes, preferably fresh
(can also be canned)
2 tablespoons of flour
250 g yoghurt
salt (optional)
1 tablespoon of butter
6 cups of water*

Tip
*It can be served
with apple
cider vinegar if
desired.*

To begin, shell the green beans and chop them into little pieces. Simmer the beans until they are tender.

Blend yoghurt and flour in a separate bowl. Add 1-2 tablespoons of the soup's boiling water to the yoghurt and flour mix. This process ensures that the yoghurt does not curdle and has a thin texture that allows for easy mixing.

Chop the onions into small cubes and then brown them in butter in a pan. Saute the peeled and grated or diced tomatoes in the pan with the onion until well blended. Combine the sauteed tomatoes and onions with the beans in the pan, which have been sauced with yoghurt and flour.

Add salt after all of the ingredients have been cooked on low heat for another 10 minutes.

Soup is ready to serve.

“ The recipes offered by dear Burhan Hoca are among Elaziğ’s oldest dishes. During the vine-harvest season, he is one of our greatest helpers. We’d really like to express our appreciation for his efforts.”



◆
Selma Öztürk
Elazığ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

**BULGUR SOUP
WITH FRESH BEANS**

- | | |
|-------------------------------------|--|
| <i>400 g green beans</i> | Brown the onions and peppers in butter in a pan. |
| <i>100 g fine bulgur</i> | |
| <i>1 onion</i> | Add tomato paste to the pan to continue the cooking. |
| <i>2 peppers</i> | |
| <i>2 tomatoes</i> | Add finely chopped tomatoes and green beans to this mixture and roast for 2-3 minutes. |
| <i>1 tablespoon of chilli paste</i> | |
| <i>1 soup of tomato paste</i> | Simmer the beans by adding water. |
| <i>2 tablespoons of butter</i> | |
| | Add bulgur and simmer for another 15 minutes before being served hot. |

◆
Ayşegül Başa
Sales&Distribution

◆
Recipe given by *Hediye Yantiri*



TATARIAN

LAMB SORPA SOUP

500 g lamb cubed
1 medium onion
1 tablespoon of butter
3 cups of boiling water
half a bunch of spring onions, only the
green parts
4-5 sprigs of fresh mint
1 cup of yoghurt
1 egg
2 teaspoons of flour
salt and pepper

Chop the onions in small cubes then brown them in butter.

After the onions have turned brown, add the lamb meat and cook over high heat.

Pour boiling water over it and cook until the meat is tender.

To prepare its sauce, whisk yoghurt, egg and flour in a separate bowl.

Thin the sauce with 2 tablespoons of the boiling soup.

Add the prepared sauce gradually over the meat.

After a short boil, add finely chopped scallion and mint to the soup.

Finally, season with pepper and salt and turn the stove off.

Serve it warm, garnished with fresh mint.

“Lamb Sorpa is a Tatar soup that can be consumed throughout the year.”



◆
Ahmet Kör

Sales&Distribution

◆
Recipe given by Ali Küçüktepe

“A highly nutritional wedding soup from the region of Antalya. This soup is also known as Gülüklü or Hülüklü soup. The name originates from the namesake meatballs.”

ANTALYA

LOCAL ALANYA WEDDING SOUP

500 g boiled chicken meat
250 g minced meat
1 tablespoon of tomato paste
4 cups chicken stock
4 cups of water
1 bowl of boiled chickpeas
1 cup of rice
1 tomato
1 teaspoon of black pepper
1 teaspoon red chilli powder
1 teaspoon of salt
1 tablespoon of mint
1 lemon
1 tablespoon of butter
2 tablespoons of oil

First, combine the minced beef, black pepper, red pepper and salt to make “gülük,” which are small meatballs the size of chickpeas.

Fry the meatballs in a small amount of oil.

Add butter and vegetable oil to tomato paste and roast briefly before adding grated tomato.

Blend it with chicken broth and water.

After boiling, add rice and salt and simmer the soup for another five minutes.

Then add the meatballs, chickpeas and boiled chicken and simmer for a few minutes.

Last of all, add mint and lemon juice before the soup is served.

Ahmet Kör

Sales&Distribution

Recipe given by *Ali Küçüktepe*

ANTALYA

TRADITIONAL RING SOUP

*1 kg of meat with bones (preferably
lamb or goat shoulder)*

300 g minced meat

1 teaspoon of black pepper

2 teaspoons of chilli powder

1 teaspoon ground red pepper

1 tablespoon of tomato paste

1 tablespoon finely chopped basil

1 tablespoon of mint

2 cups of chickpeas

3 eggs

3-4 cloves of garlic

3-4 tablespoons of butter

750 gr flour

half a teaspoon of salt

1 lemon

Sift the flour and open the centre up to form a pool.

Fill it with whisked eggs with salt.

Knead it by adding a small amount of water to the mixture and form it into a hard dough.

Cover the dough with a moist cloth and allow it to settle for 15-20 minutes.

To make the ravioli stuffing, combine the black pepper, ground red pepper, basil and salt and knead.

Divide the settled dough into four equal portions. Open each piece separately on a floured surface with the thickness of a knife. The side length of squares should be roughly 2-2.5 cm.

Place it gradually in the midst of the squares, from the prepared filling and fold into triangles, with the ends attached. Bake the prepared ravioli and place on a tray.

It's time to prepare the soup. In the pot, simmer the meat and chickpeas.

Mash together garlic, lemon juice, 1 teaspoon chilli powder and mint or basil and add to soup.

Along with the ravioli dumplings, add 1 tablespoon of butter to the soup.

When the ravioli is done, sear the remaining 2-3 tablespoons of butter with tomato paste and 1 tablespoon of chilli powder and drizzle over the soup. The soup is ready to be served.

◆
Ümit Yıldırım

Sales&Distribution

◆
Recipe given by *Necla Yıldırım*

SAMSUN

LEPSI SOUP

- 1 kg cubed veal* Roast the meat pieces until they are sealed.
- 2 heads of onions* Add bulgur, followed with 2 litres of hot water and boil for around 20 minutes.
- 1 leek* In a separate pot, roast the finely chopped onions and leeks.
- 1 tablespoon of chilli paste* Following the addition of the paste, cook for 2-3 minutes before pouring it into the pot of boiling water.
- 1 glass of bulgur* Simmer the mixed ingredients for another 10 minutes. In a separate pan, brown the flour with butter and add two cups of water.
- 1 teaspoon of chilli pepper* Add this ready-made mixture to the pot. Cook the butter, chilli powder, black pepper, kenzi and garlic in another separate pan before adding to the soup.
- 1 teaspoon of black pepper* Simmer it for about 2 minutes, then set aside to settle before topping with thickly chopped parsley and walnuts then serve.
- 1 glass of cornmeal*
- half a bunch of parsley*
- 1 cup medium chopped walnuts*
- 1 tablespoon finely crushed kenzi (large leafed parsley)*
- 4 cloves of crushed garlic*
- butter*

◆
Ebru Tireli

Human Resources

◆
Recipe given by her mother Ms Evin



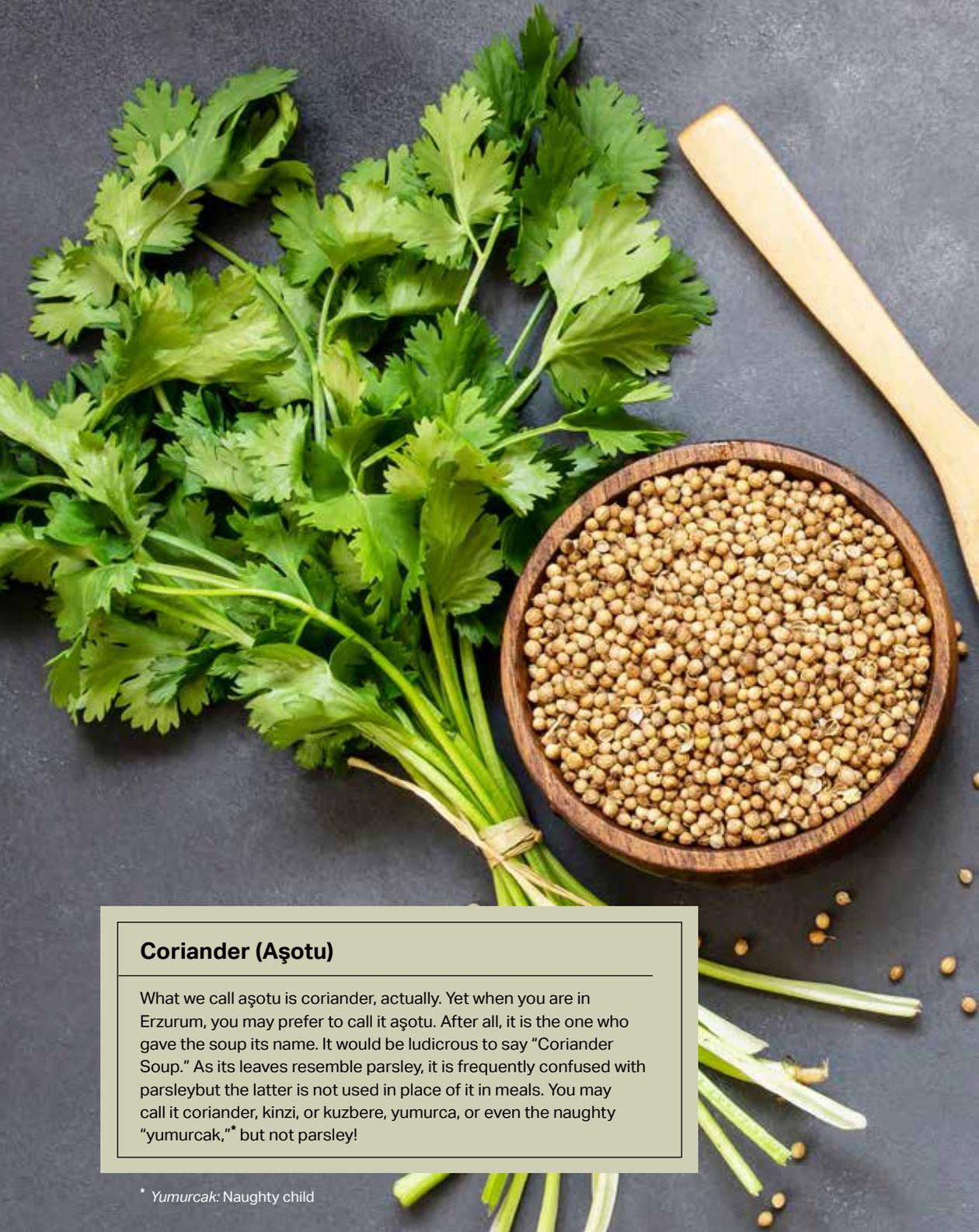
“Okra Wedding Soup is said to have been served after Baklava at weddings.”



ANKARA

OKRA WEDDING SOUP

<i>1 onion</i>	Boil the dried flower okra with lemon salt.
<i>1 tablespoon of tomato paste</i>	Add the tomato paste while the onion and cubed meat are roasting in olive oil.
<i>150 gr cubed lamb meat</i>	After that, add lemon juice and okra.
<i>200 g dried flower okra</i>	Add the boiling water to this mixture and simmer for 30 minutes.
<i>pinch of lemon salt</i>	
<i>lemon juice</i>	
<i>olive oil</i>	



Coriander (Aşotu)

What we call aşotu is coriander, actually. Yet when you are in Erzurum, you may prefer to call it aşotu. After all, it is the one who gave the soup its name. It would be ludicrous to say "Coriander Soup." As its leaves resemble parsley, it is frequently confused with parsley but the latter is not used in place of it in meals. You may call it coriander, kinzi, or kuzbere, yumurca, or even the naughty "yumurcak,"* but not parsley!

* *Yumurcak*: Naughty child

◆
Erhan K k ay

Finance and Digital Transformation

◆
Recipe is given by T lin K k ay

ERZURUM

AŐOTU SOUP

- | | |
|-----------------------------------|---|
| <i>100 g of aŐotu (coriander)</i> | Soak coriander in water for roughly an hour to allow the salt to dissolve. |
| <i>1 onion</i> | |
| <i>1 egg</i> | |
| <i>1 teaspoon of black pepper</i> | Make its sauce by whisking together yoghurt, flour and eggs. |
| <i>1 teaspoon of salt</i> | |
| <i>1 bowl of yoghurt</i> | Boil the pre-soaked wheat. Extract it from its water and add it to the sauce. |
| <i>1 glass of buckwheat</i> | |
| <i>1 tablespoon of butter</i> | Add this mixture to the wheat. |
| <i>1 tablespoon of flour</i> | |
| | Brown the finely chopped onion in butter in a separate pan before adding to the soup. |
| | After 5-10 minutes, add the chopped coriander. |
| | The soup is now ready to be served. |

◆
Aysu Dođan Esgin

Regulation and Law

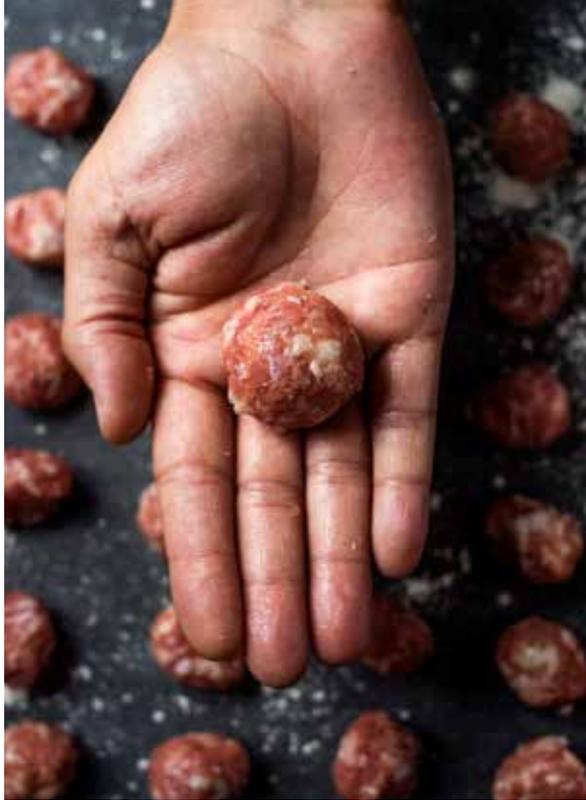
◆
Recipe given by *Yıldız Varlık*

“My favourite soup is flour soup. The aroma of my grandmother’s soup takes me back to my childhood. We used to call this Erzincan soup “Soup with Meatballs.” Now, this is one of my son’s favourite dishes but as he puts it, this soup is “Pasta Soup.” When you make this recipe, I hope the aroma in your home will warm you up, as it did for me.”

ERZİNCAN

FLOUR SOUP

*1 onion
2 cloves of garlic
200 g minced meat
1 scoop of noodles
1 glass of yoghurt
1 egg
3 tablespoons of flour
1 pinch of parsley (finely chopped)
1 pinch of dill (finely chopped)
2 spoonful butter
4 cups of water
1 teaspoon of chilli paste
salt
dried mint
black pepper*



Add salt and pepper to the minced meat while kneading.

Spread 2 tablespoons of flour on the tray.

Flour the tiny meatballs and put aside on a tray.

Chop the onion and garlic into fine cubes and saute in 1 tablespoon of butter.

You may increase the amount of oil to taste.

When the onions are completely transparent, add water. The amount of water is up to you, depending on how thick you want your soup to be.

Once the water boils, add the meatballs and noodles. When the meatballs are cooked and the noodles are softened, add the sauce. Add the sauce after the meatballs have been cooked and

the noodles have softened.

Whisk the eggs, yoghurt and a spoonful of flour together in a bowl for the soup's sauce. Whisk it carefully to avoid the egg from cooking and the yoghurt from curdling.

When the sauce is heated, slowly pour from the bowl into the pot while the soup is still being stirred.

Additionally, add salt and dried mint. Stir it continuously until it reaches a boil, then turn the oven off. Still, continue stirring.

Add the dill and parsley while the soup is hot. Leave the soup's lid open to prevent the yoghurt from curdling. Scorch the pepper paste in butter in a separate pot and sprinkle over the soup before serving.



◆
Orhan Durmuş

Bilecik Plant

◆
Recipe given by *Reyhan Durmuş*

“Üzümlaş is supposed to have been a dish cooked during times of hunger. Because whatever was available in the house was added to the soup.”

NEVŞEHİR/AVANOS

**ÜZÜMLAŞ
GRAPE SOUP**

- | | |
|----------------------------|---|
| <i>green lentils</i> | To begin, shell the grapes, lentils and cracked wheat overnight and soak the grapes in water overnight. |
| <i>cracked wheat</i> | |
| <i>raisins</i> | |
| <i>butter</i> | |
| <i>ground red pepper</i> | Rinse the cracked wheat and lentils and boil separately in separate pots. |
| <i>tomato paste</i> | |
| <i>molasses (optional)</i> | |
| <i>water</i> | Add water to the mixture of boiled cracked wheat and lentils. |
| <i>onion</i> | Following that, add raisins to the mixture. |
| | Lightly fry the tomato paste in butter with onion and ground red pepper. |
| | Blend all the ingredients. |
| | Add 1 teaspoon grape molasses to taste and the soup is ready to serve. |

◆
Haydar Mhr
Sales&Distribution

◆
Recipe given by **Glmser Mhr**

“Arapaşı Soup, from the Yozgat region of Central Anatolia, was traditionally made with wildfowl such as partridge, quail and geese during the harsh winter months. Nowadays, it is usually made with chicken.”

YOZGAT

**TRADITIONAL ARAPAŞI
ARABAŞI SOUP**

1 whole chicken

1 glass of flour

2 tablespoons of tomato paste

2 tablespoons of chilli paste

1 tablespoon of butter

For the dough:

7-8 cups of water

2 cups of flour

salt



It's shredded, "didilir"

It is spelled "ditmek" rather than "didiklemek" in Turkey. It entails tearing something to shreds. Both chicken and bread can be shredded. It may seem unusual to people who are unfamiliar with this, yet it has a pleasant-sounding nuance that reminds one of the elder hands of these regions. This reminiscence is not in vain; in addition to foodstuff, the fibre-to-fibre separation of wool and cotton corresponds to this expression.

Boil a whole chicken in a pot, then cool and shred.

Set a small amount of chicken broth aside.

Brown the flour in a pan without oil until it turns pink.

Add water to the flour after it has cooled to make a slurry.

Add the boiled chicken broth after sauteing the oil and tomato paste in the pan.

Add the shredded chicken to this mixture.

Add the slurried flour to the pot after it begins to boil.

It is ready to serve after around 30 minutes of boiling together.

To prepare the dough, meanwhile, bring salted water to a boil.

Gently stir in the slurry form of flour and water to the boiling water. Simmer it for 10 minutes, stirring continuously, until it reaches the texture of pudding.

Then put the mixture into a moist baking tray and set aside to cool.

Dip the cold dough pieces cut into baklava slices into hot soup with spoons and swallow with some soup. The dough should not be chewed.

WE ARE OFF TO A GOOD START AND APPRECIATE DIVERSITY

Our cuisine, which combines every tone of the rainbow into the meal, is a representation of regional, ethnic and cultural diversity not only via its soups but also through its starter selection of appetisers and breakfasts.

Kastamonu's garlic meets Ezine's cheese; the Aegean's olive oil meets the Southeast's pistachio.

While an Istanbul appetiser takes us to the Beyoglu taverns, where you must be dressed to impress, delicacies from migrants carry us on a long journey through history.

Small plates of ingredients, each with its own colour and history, become the lifeblood of conversation. Suffering is forgotten and joy is rediscovered.

We are off to a good start and appreciate diversity.





Levent K m r

General Manager

Recipe given by *Levon Bađış*

“My parents moved to Eskiřehir from Isparta Yalvađ. My mother was born in Eskiřehir. My father’s journey, on the other hand, is a little more complicated. Batumi was the birthplace of my father’s grandfather, while Crete was the birthplace of his grandmother. My father was born in the Inebolu town of Kastamonu. Our nuclear family resides in Istanbul amidst all of this diversity. Although I was the first to be born in the city, I have always identified and classified myself as an Istanbulite. Additionally, as I lost my family’s elders many years ago, I didn’t have many people to ask for a recipe. That is why I’ve chosen to give a recipe for an Istanbul dish. I contacted my friend Levon Bađış, “Lakerda is the most Istanbulite among all others,” he said to me. This can be verified through a variety of sources.”
I’m sharing the recipe I obtained from him here. I would like to express my sincere gratitude to Levon Bađış.”

İSTANBUL

LAKERDA

Torik, Salted Bonito

Slice the head and tail of the fish with a sharp knife, leaving a two-finger space.

It is essential not to smash the fish.

Rinse the portions that have been sliced into wedges thoroughly.

However, you should not do it with pressurised water.

If the water harms the meat, the smooth textured lakerda will not come out.

The most important step in the preparation of lakerda is carefully cleaning the blood.

Remove the blood on the membrane-like parts of the body and clean the marrows thoroughly with a broomstick stick.

Soak these thoroughly cleaned fish pieces in ice-cold water, cover them and refrigerate. Change the water at least three to four times. While these processes are taking place, the fish should always be kept cool.

After 24 hours, place the wedges in a container with coarse salt and dry properly. Cover the edges and top with salt.

After another 24 hours, dispose the dissolved salt and water, re-salt the wedges. Then wrap them in a stretch film and store in the refrigerator.

Lakerda will be ready in 4-5 days.

You can then brine and store it.



◆
Alper Akar

Sales&Distribution
◆



THESSALONIKI

BUYURDI

200 gr.feta or Ezine cheese

2 sweet peppers

6-7 small bunches of tomatoes

half a teaspoon of extra virgin olive

oil

thyme

black pepper

toasted bread

Place half of the oil into an oven-safe casserole dish.

Dice the tomatoes and slice the peppers into rings.

Shred the cheese into big pieces by hand.

Place the tomato pepper mixture at the bottom of the dish. Leave only a small portion of the tomato aside.

Spread the shredded cheese over the tomato and pepper mixture.

Then spread the remaining tomatoes on top.

Sprinkle a little thyme and ground black pepper on top and pour the remaining olive oil.

It is best to cover it with baking paper and bake for 20 minutes at 180 degrees in a preheated oven.

Check the tomatoes from above.

When cooked, serve with toasted bread.

Ezine Cheese

"What three types of cheese do you know the names of?" If we asked, a large number of people would rank Ezine Cheese first. This alone should serve to explain Ezine Cheese's popularity. "Where does Ezine Cheese come from?" The answer is found in the geographical indication registration document: "Ezine cheese is produced in the region covering all of the Ezine, Bayramiç and Ayvack districts located in the northern and western parts of the Mountain Ida, as well as several villages in the Mari and Merkez districts." Ezine Cheese, which we adore, belongs to all of us, despite its origins in these places.



◆
Meltem Azbazdar

Regulation, Law and Corporate Relations

◆
Recipe given by *her mother Ms Humayun*



ADANA

ADANA'S TAHINI APPETISER

1 bunch of parsley
1 bunch of spring onions
1 teaspoon of tahini
3-4 cloves of fresh (or dried) garlic
1 bunch of fresh mint
1 teaspoon of sumac
juice of 1 lemon
a few tablespoons of olive oil

Rinse the greens thoroughly and dry before chopping.

In a salad bowl, nicely blend the chopped greens.

Add tahini, lemon juice, garlic and olive oil.

Sprinkle sumac over the mixture and blend it completely.

It's ready to serve.



◆
Alper Akar

Sales&Distribution
◆



THESSALONIKI

KABAKI

*2 zucchinis
1 glass of white flour
1 teaspoon of salt
1 bottle of mineral water
1 glass of oil
garlic and mint yoghurt
(if desired)*

Gently peel the zucchini skins and slice them into very thin rings.

Fill a bowl with flour, then carefully add the mineral water while whisking.

You will get a dense dough.

Mix the thinly sliced zucchini into the dough. It's best to wait a while.

Heat the oil in a pan then fill it with sauced zucchini slices.

Fry them on both sides until they're pink.

Yoghurt with garlic and mint will go well with it.



◆
Alper Akar
Sales&Distribution
◆



THESSALONIKI

KIKIRTMA

5 grated potatoes
2 eggs
50 g grated kashar cheese (cheddar)
2 tablespoons of flour
1 grated onion
1 teaspoon of mint
1 teaspoon chilli powder
1 teaspoon of black pepper
1 teaspoon of salt
oil

Except for the oil and cheddar, combine all of the ingredients in a mixing bowl and fully blend.

Pour the oil into a large pan and spread out equally.

Pour the mixture into the pan and evenly spread. Then set it right by lightly pressing with the back of the spoon.

After turning the heat to low, close the lid of the pan; fry the lower part first, then turn it upside down and fry the upper part.

Sprinkle the grated cheddar on top and after it has lightly melted, move it to a flat serving platter and serve in slices while still hot.

◆
Alper Akar
Sales&Distribution



THESSALONIKI

PEPPER WITH CURD CHEESE

6 large size peppers

150 g curd cheese

thyme

chilli powder

salt

mint

3 grated tomatoes

2 cloves of garlic

olive oil

Choose the peppers that can be easily filled, have a smooth shape and are not overly thick-skinned.

Deseed the peppers, rinse them then dry.

You may salt the curd cheese to taste.

Add the spices and combine the cheese thoroughly; additional spices of choice may be added. Stuff this mixture into the peppers all the way to the bottom.

Fry the stuffed peppers in hot oil and then place them on a paper towel to absorb excess oil.

In a small amount of olive oil, saute the crushed garlic and grated tomatoes.

You may serve the tomato sauce hot or warm, either on the side or as a topping.

Olive oil

According to the ancient agricultural scientist Columella, the olive tree is the first tree ever. This information takes us to a time period of around 7,000 years ago. The earliest evidence of harvesting and crushing the "fruits" of the ancient olive tree used to make olive oil dates all the way back to Crete (4500 BC), in the Mediterranean. Since that time, olive oil has been an essential element of Mediterranean cuisine. It is unknown if the food, particularly the appetisers, would be as delicious without the olive oil.



◆
Emre Türkyılmaz
Supply Chain

◆
Recipe given by Sevgi Öçal



“It’s an appetiser made by my aunt’s mother that has been passed down for 2-3 generations in Biga.”

BİGA

CRETAN DIP WITH CURRANT AND BASIL

*150 gr full fat Ezine Cheese
3 tablespoons of curd
3 tablespoons of walnuts
4 tablespoons of pistachios
3 tablespoons of almonds
3-4 tablespoons of olive oil
2 cloves of garlic
2 tablespoons of currants
5-6 sprigs of fresh basil
toasted bread (optional)*

Puree the basil, garlic and pistachios adding olive oil.

Place Ezine and curd cheese in a large bowl.

Pour the pureed basil mixture in and mash the cheese with a fork.

Add the crushed walnuts and almonds and continue stirring.

Finally, add the currants that have been rinsed and sieved to the mixture.

If you want it thinner, whisk with a little more olive oil.

Take it on a serving plate and serve it with toasted bread to taste

◆
Emre Uçarer
Sales&Distribution

◆
Recipe given by Hülya Uçarer



CRETE

CRETAN DIP WITH BASIL

- | | |
|--|--|
| <i>200 g medium hard white cheese
(full fat)</i> | Mash the basil with a little olive oil. The olive oil prevents the basil from turning dark. |
| <i>50 g curd cheese</i> | |
| <i>5-10 leaves of fresh basil</i> | Mash the basil once more, this time with peanuts, walnuts and garlic. |
| <i>1-2 cloves of garlic</i> | |
| <i>four tablespoons of pistachios and
walnut</i> | Roughly dice the white cheese, add it to the main mixture with the curd cheese and mash again. |
| <i>olive oil</i> | |
| <i>salt</i> | Add a little more olive oil to soften the texture. |
| <i>black pepper</i> | Add extra salt to taste. |
| | You may also add black pepper to taste then serve. |

Tilar Ekin Kum

Finance and Digital Transformation

Recipe given by her grandmother Ms Ayten



CRETE

FESTIVE APPETISER

*1 sheep head
(head, tongue and brain all used.)*

*2 trotters
black peppercorns
pistachios*

First, smoke the head on the stove and then boil completely to remove any remaining hairs.

While the head is boiling, add the trotter and boil it as well.

Remove the bones of the head, as well as the brain, tongue and the meat on it.

Take the tongue out undamaged and peel the membrane off and set aside.

Place the shredded meat from the head and brain in a bowl.

Put the finely chopped trotters on top and mix in a blender until it becomes a paste.

Spread the mixture thickly over a sheet of baking paper. Place the entire tongue in the centre after topping it with black pepper and pistachios.

With the help of baking paper, form this mixture into a roll. After lightly pressing it by hand, wrap it in baking paper and put it in the refrigerator.

Remove the paper wrap before serving and serve the appetiser by slicing on a long platter.

“Turks in Crete used to celebrate Eid al-Adha by preparing this delicious appetiser.”



SERBIA

BELMUZ

*freshly sieved sheep cheese
cornmeal
salt*

Melt the salted, sieved fresh sheep cheese in a cauldron with constant stirring.

Add the cornmeal to the melted cheese and stir it with a wooden spoon until the oil separates and the mixture is well simmered.

Serve hot.

Tip:

Adding the butter last ensures that it does not burn and its aroma is enhanced.

It is enough to fry the onions until they are tender. They should not be burnt at a high heat.

If there is any leftover Çökelek (cottage cheese) roast, it is wrapped in lavash bread and heated with some butter the next morning. Thereby, the "Squeezing of Silifke" can be tasted.



◆
Tolga Çetin
Supply Chain

◆
Recipe given by *Fatma Çetin*

“This dish is originally a local Yörük delicacy.”

SİLİFKE

ROASTED COTTAGE CHEESE

250 g dried cottage (curd) cheese
1 onion
quarter cup of olive oil
1 teaspoon of butter
half a teaspoon of salt
1 teaspoon of dried mint
1 teaspoon chilli powder

Place the olive oil into a nonstick frying pan, followed by finely diced onions.

Add the cottage cheese (curd) cheese to the pan when the colour of the onions turns pink.

As the cottage (curd) cheese might be lumpy, smash it using the back of a spoon to make a homogenous mixture. Roast it for about 6-7 minutes.

Lastly, add butter, salt, chilli powder and dried mint to the pan.

The cottage cheese (curd) roast is ready once the butter has been melted and the spices have blended.

◆
Halil Arit

Marketing

◆
Recipe given by Gönül Art

CIRCASSIAN

**TAVUK SIZBAL:
CIRCASSIAN CHICKEN**

1 whole chicken
1 kg of walnut kernels
3 cloves of garlic
*1 tablespoon of adjika (a Georgian-
Abkhazian hot, spicy but subtly
flavoured dip)*
*5 slices of cold abista (cornmeal mush)
or crumbs of 1 bread.*

Boil the chicken in enough water to completely cover it. Shred it then place it in another bowl after it has been boiled.

Keep the chicken broth in the pot to be used in the sauce.

For the sauce:

Use a food processor to blend walnuts, garlic and adjika.

Add soaked abista (or bread crumb) to this combination.

Mix the chicken broth, which has been kept in the pot, into the sauce until it reaches a thick texture.

Shredded chickens are added to the sauce.

For garnishing:

Before serving, drizzle the walnuts and oil on top of the sauce. Alternately, you may use ground red pepper browned in oil.

Adjika (Acuka)

Adjika is the Black Sea people's delicacy. Each household has its own unique recipe. However, there is some common ground: Walnuts and hazelnuts are mashed with garlic before being combined with cumin, chilli powder, black pepper and salt. It is best spread on village bread and eaten with joy, especially at breakfast. When visiting the Black Sea, even if you come across multicoloured tubes filled with equal amounts of hot spices, the proportion of each spice may vary by region.



◆
Binnur Türkkan

Nevşehir Plant

◆
Recipe given by *her mother Ms Saniye*



CIRCISSIAN

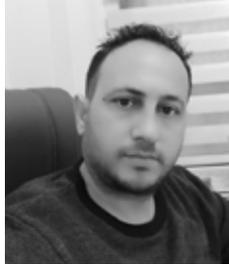
ŞİPSİ: CIRCISSIAN CHICKEN

- | | |
|---|--|
| <i>2 cups of cornmeal</i> | Boil the chicken, drain it and then shred it by hand. |
| <i>1 chicken breast (from a free-range chicken if possible)</i> | Roast the cornmeal until it turns a golden colour. |
| <i>5 cloves of garlic</i> | Pour the chicken broth into the pot and heat it. |
| <i>1 onion</i> | Dilute the cornmeal with water and add it to the pot of chicken broth. Simmer until it reaches the texture of pudding. |
| <i>1 spoon of tomato paste</i> | Finely chop the onion and roast it till pink in a separate pan with oil. |
| <i>salt</i> | After that, add the tomato paste, salt, chilli powder and garlic and continue the roasting process. |
| <i>chilli powder</i> | Pour half of this sauce into the pot and blend together. Then pour the remaining half over it. |
| | Then lay the chicken on top and serve. |

◆
Hasan Umut Kuru

Bilecik Plant

◆
Recipe given by *Sevim Eser*



BILECIK

CIRCASSIAN CHICKEN

1 whole chicken

1 onion

1 tablespoon of lemon juice

1 teaspoon of black pepper

5 cups of water

for the top:

2 spoonful butter 1 teaspoon chilli

powder

for the walnut filling:

1 glass of walnuts

3 cloves of garlic

4 slices of stale bread

2 cups chicken stock

1 teaspoon of salt

1 teaspoon powdered coriander

Whilst the chicken is boiling, add black pepper, lemon juice and onion. Remove the froth from the broth to make it clear.

Thinly slice some of the simmered chicken and process it in a food processor until it forms a puree. Shred the remainder of the chicken and keep it aside to serve on top.

Prepare the walnut filling: mash the garlic and walnuts in a bowl, melt the stale bread crumbs that are melted in chicken broth and add them to the walnut combination, along with salt and coriander.

Blend all of the ingredients to a puree texture. Mix the shredded chicken meat into the walnut paste.

Combine the butter and chilli powder to make a sauce, then pour onto the top.

Tahini

Sesame is a flavourless spice that becomes tasty when combined with other ingredients. Tahini is one of them; sesame seeds are removed from their shells and roasted at specific temperatures until the oil emerges; the result is a thick but fluid sauce. It is used throughout Anatolia and eastern Asia. In reality, hummus also isn't really appetising on its own; it makes the mouth tingle. Rather than that, it adds its flavour to humous or tahini appetisers or turns sweet when combined with molasses. As sesame is its primary ingredient, it is extremely nutritious.



◆
Seda Öner
Alaşehir Plant

◆
Recipe given by *her mother Ms Şahinaz*



“*Humous is a must have appetiser in Hatay, the city that penned the epic in appetisers; it is well-known that it originated in the Arabic food culture and is widely consumed. The recipe is simple and the dish is delicious.*”

ANTAKYA

HUMOUS: MASHED CHICKPEAS WITH TAHINI

2 cups of boiled chickpeas

1.5 teaspoons of tahini

juice of half a lemon

1 teaspoon of salt

2 cloves of garlic

half a teaspoon of cumin

half a teaspoon of olive oil

Boil the chickpeas then puree in a blender.

Combine tahini, half a lemon juice, salt, garlic, cumin and olive oil together.

Spread the prepared mixture on a plate.

Serve it with optional garnishes of olive oil, chile peppers, parsley, tomatoes and olives.

Çinel İşlek Güncü

Supply Chain

Recipe given by her grandmother Ms Semiha



EDİRNE

MAMZANA

- 3 aubergines* Grill the aubergines and peppers and allow them to cool.
- 5-6 sweet peppers*
- 4 tomatoes* Peel them and slice them into little pieces after cooling.
- 1 lemon*
- 2-3 cloves of garlic* Next, peel the tomatoes and dice them into little cubes.
- 2-3 pinches of parsley* Finely chop the parsley.
- olive oil* Place the grilled and sliced aubergines in a bowl.
- salt* Add the chopped tomatoes and add the parsley to it.
- Blend the prepared appetiser well with crushed garlic, a little olive oil, lemon juice and salt to taste.

“My grandmother, who was a role model for us in all aspects of life, was also a culinary genius. We all collected the recipes for the dishes she made and attempted to replicate the taste but were unable. In the summer of 2014, my mother arranged a table for my aunts, who would spend the holiday with us in Saroz. Although my mother claimed that she prepared the dishes on the menu, such as Mamzana and filled leaves, they tasted just like my grandmother’s. My aunts later informed me that when they called my grandma to wish her a happy Christmas, they discovered that my mother had returned from Edirne the day before. It was then revealed who the real tastes belonged to. We shared a laugh.”



◆
Ercan Dal

Sales&Distribution

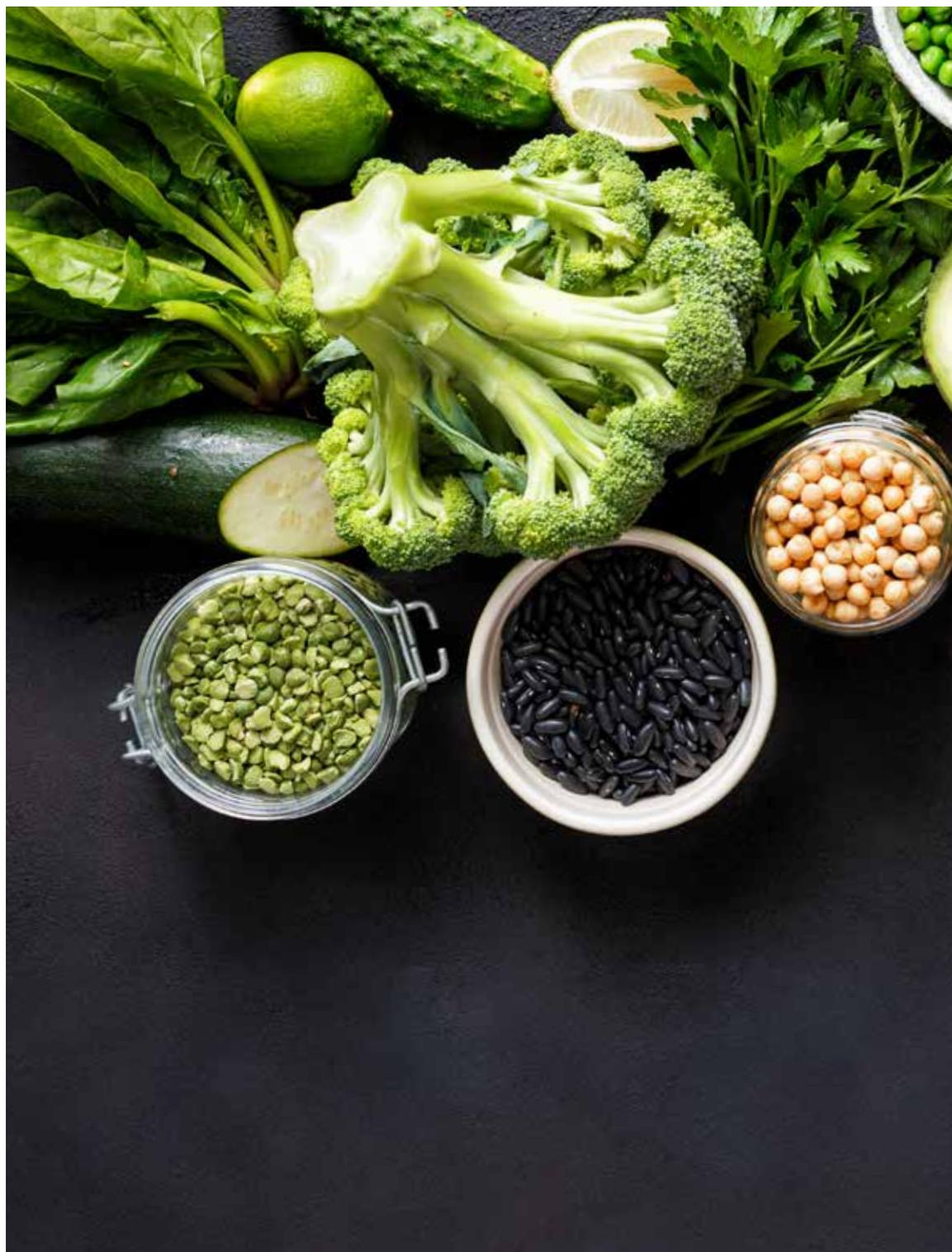
◆
Recipe given by Neşe Dal

SAMSUN

MENEMEN OF ÇAKALLI

- | | |
|---|--|
| <i>1 green pepper</i> | Peel and dice the tomatoes. Chop the pepper finely. |
| <i>1.5 tablespoons of butter</i> | |
| <i>3 egg yolks</i> | Melt the butter in a pan then add the peppers. After a brief saute, add the chopped tomatoes. |
| <i>5 bunches of tomatoes</i> | |
| <i>chilli powder</i> | |
| <i>black pepper</i> | Crush and saute the tomatoes with a spoon or a fork as well. Saute the tomatoes until their juices are absorbed. |
| <i>salt</i> | |
| <i>half of a water glass grated kashar cheese (cheddar)</i> | Then, add the grated cheddar cheese, egg yolks, black pepper, chilli powder and salt. |
| | Blend it until the cheddar is completely melted before serving hot. |







A THOUSAND AND ONE SEASONS

*"I'll tell you who you are if you tell
me what you eat."*

Jean Anthelme Brillat-Savarin





Hülya Ekşigil

WHATEVER THE CLIMATE ALLOWS YOU TO HARVEST

When I was requested to write the introduction to this portion of the book, which features vegetable, herb, grain and legume recipes, I thought to myself, "These four categories are more than enough to summarise Anatolia's cuisine."

Except for the meat dishes that we say 'can't live without' in the past and now, yet which are not always easy to bring to the table, the pastries that are an essential part of our cuisine and yoghurt, this quartet has a strong presence on our tables from west to east, from north to south. It contains materials that enrich our lives by their variety and nutritional value.

When it comes to vegetables and herbs, locality becomes more crucial. Grains and legumes are resistant to spoilage and rot and will travel the length of the country without deteriorating or decaying. The range becomes more narrow in terms of vegetables, particularly herbs and each region focuses primarily on the greenery native to that location. When spring arrives, artichokes are everywhere in the Aegean, while aubergine and pepper in the Southeast colour the fields in summer.

Although artichokes and peppers can be found in other regions, they do not have the same variety in kitchens as they do where they are grown. Whatever geography deems appropriate is presented on our plates, as are its various qualities.

On the other hand, the delicate greens that cannot travel appear less frequently in some locations and more frequently in others

and the seasons in which they grow differ as a result of earlier or later warming of the weather. Greens that go to seed in March may not sprout until May in another part of the country.

Their names vary from region to region and even from village to village. Naturally, the same differences apply when they come to the table. For instance, wild purslane, which is also known as pırpırım and grows all around the country, is used in rice recipes in the west and bulgur recipes in the east. While some prepare their vegetable patties using nettle growing on the edge of the garden wall in the Western Black Sea, others prepare it with green beans, one of the most commonly used vegetables in the Eastern Black Sea Region. When someone who is accustomed to drinking yoghurt soup with dried mint tastes its variant made with dried tarragon, it's as if he's been on a local tour.

The production areas for grains and legumes are not as diverse and extensive as those for vegetables and herbs. In general, red lentils are planted in the Southeast, green lentils, chickpeas and dry beans are grown in Central Anatolia, while broad beans and peas are grown in the Aegean and Southern Marmara.

Wheat, the cereal with the biggest production, is planted primarily in provinces with dry air, particularly Konya and Diyarbakır. Grains and legumes, regardless of where they are produced, are essentials in every kitchen. Apart from the breads that remain constant on our table regardless of the grain used to make them, from wheat to rye, chickpeas to corn, Keşkek, which is prepared by blending meat to wheat, is the most obvious evidence of Anatolia's grain throne.

Keşkek is prepared with a variety of meats, ranging from lamb bacon to chicken legs, goat to beef and occasionally chickpeas. Often, cumin and mint are charred for seasoning. It is a dish that varies slightly depending on where it is served. Keşkek is a delicacy that has established a shared value across cultures, has a long standing tradition, is irreplaceable despite its difficulty of preparation and is made for special occasions in every region.

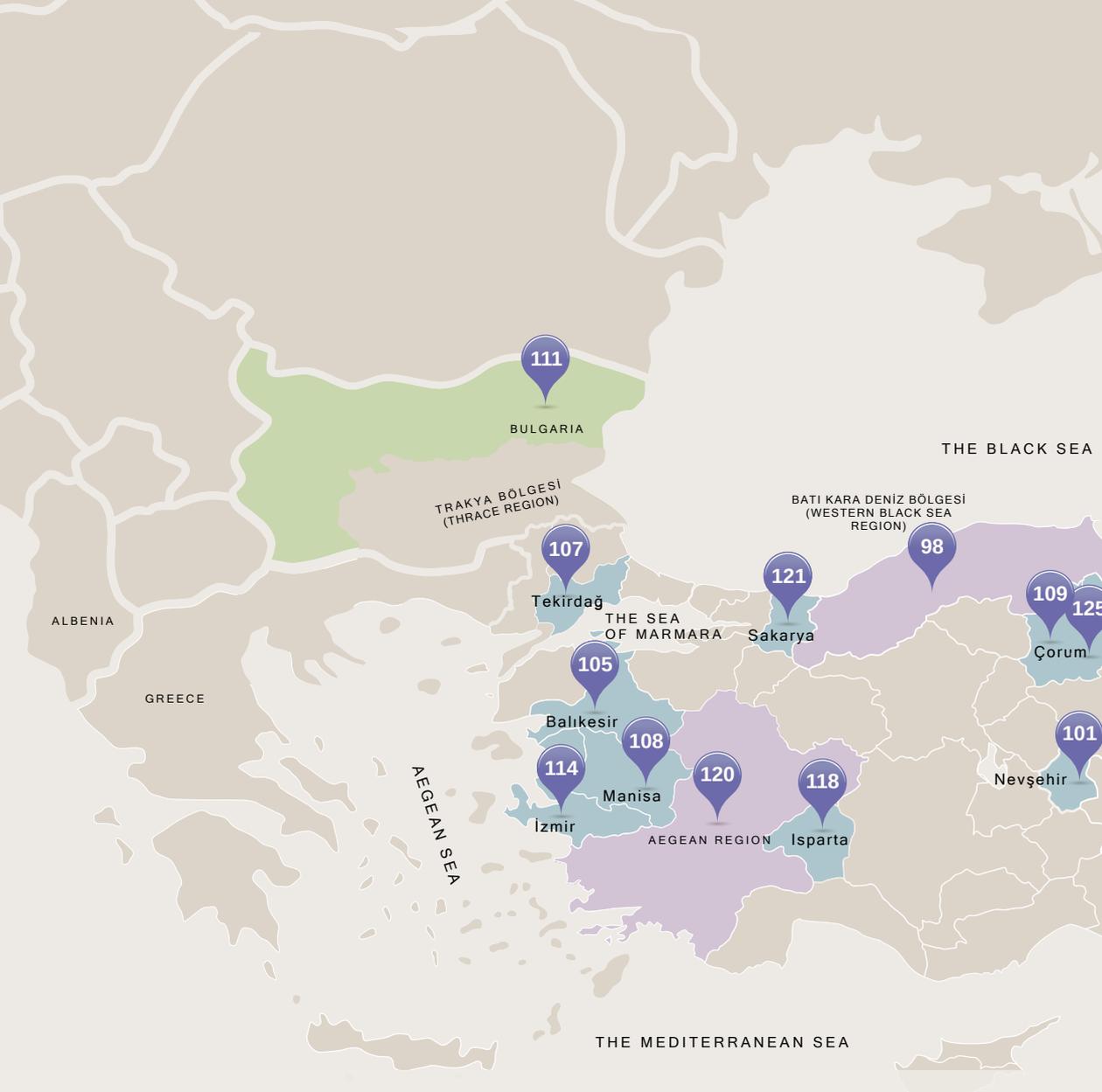
Without a doubt, regional and cultural variances can allow the same material to have distinct qualities. For example, while boiled and vinegared lentils are a legume salad that stands out with its lightness in households belonging to minorities in Istanbul during times of reduced diet, it comes to the table as a delectable meal in the Southeast when mixed with bulgur and onions in butter. On the other hand, from one end of the country to the other, our signature dish is lentils with minced meat.

Even dishes made with the same vegetables or legumes might have a completely different flavour thanks to the addition of different spices depending on the location, or the use of different oils in different ways.

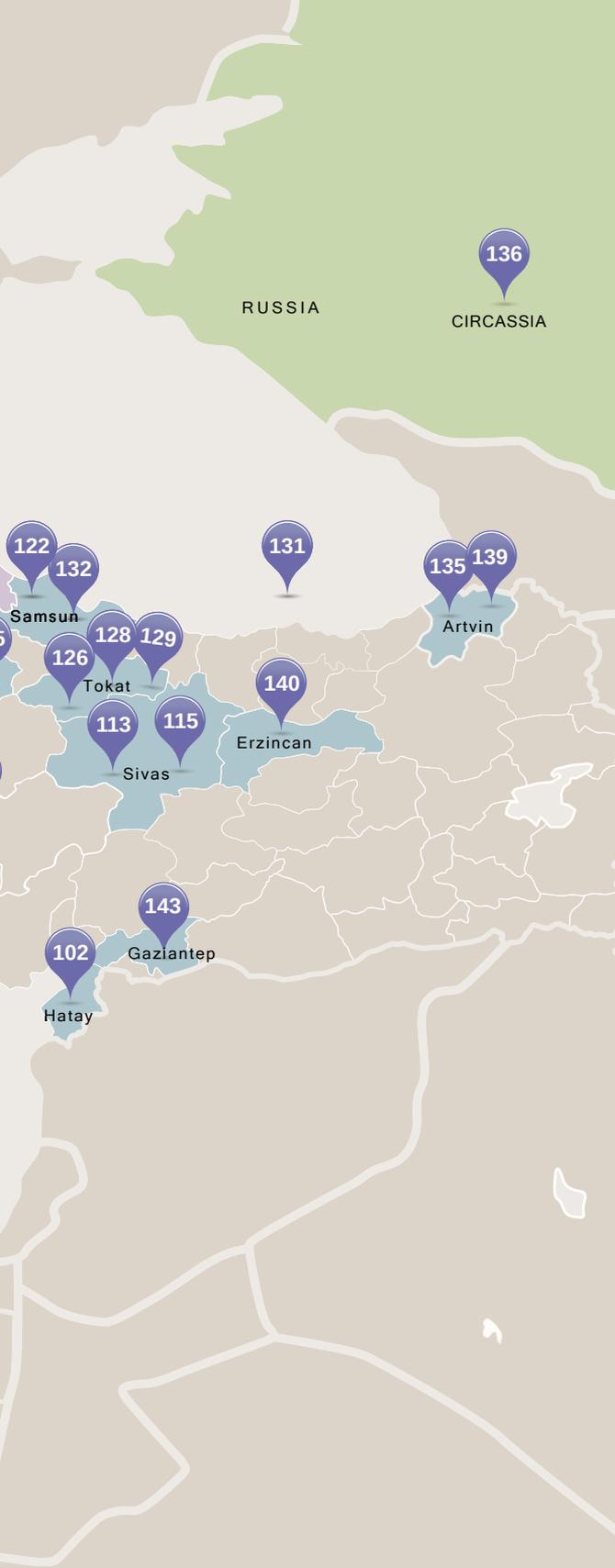
The materials grown in such a diverse geography, as well as the ways in which they are used, are naturally varied. Social interactions and sharing leave their imprints in kitchens as well. On top of that, mothers' culinary practises are introduced, each of whom is the chef of their own home.

After all, while our shared beliefs and eating and drinking customs bring us together, our differences enrich us by widening our horizons.





-  CITY
-  COUNTRY
-  REGION
-  PAGE NUMBERS



98 Hatice Yavuz Okay - BATI KARADENİZ

Zilbit - Borage

101 Vedat Soğancı - NEVŞEHİR - Pot Beans in Tandouri

102 Aslı Çinkılıç - HATAY - Traditional Zahter Salad

105 Birsen Özdemir - Duran - BALIKESİR

Traditional Green Bean Wag

107 Birsen Çevik Akgünlü - TEKİRDAĞ

Brazier Appetiser

108 Hatice Bostan - ALAŞEHİR - Traditional Dorak Aşı:

Pisirge

109 Ferhat Akıllı - ÇORUM - Minced Vine Leaves

111 Dilek Topcu - BULGARIAN - Traditional Cabbage

113 Selçuk Altugan - SIVAS - Traditional Madımak -

Buckwheat

114 Deniz Adıgüzel - İZMİR -

Roasted Wild Fennel with Eggs

115 Mesut Ceylan - SIVAS - Traditional Madımak

Buckwheat

118 Birsen Çevik Akgünlü - ISPARTA - Keşkek

120 Ali Yavuz - AEGEAN - Keşkek

121 Ender Doğu SAKARYA - Keşkek

122 Turan Kanber - SAMSUN - Keşkek

125 Emel Denizel ÇORUM Keşkek

126 Gülay Pamukcu TOKAT Bat

128 Bilal Tonbul TOKAT Bat

129 Volkan Oktar TOKAT Bat

131 Ferit Demircioğlu KARADENİZ Muhlama

132 Barın Süel - SAMSUN - Kuymak

135 Hazan Aydın Yeşilova - ARTVİN - Kuymak

136 Hasan Umut Kuru - CIRCASSIAN

Traditional Kaçamak with Cornmeal

139 Ömer Durmuş - ARTVİN - Pucuko

140 Tuğba Demir - ERZİNCAN - Cıvrıla

143 Ayşe İpek Kıcıkoğlu - GAZİANTEP

Potatoes with Yoghurt





Hatice Yavuz Okay

Sales&Distribution

Recipe given by her mother Ms Hatice



BATI KARADENİZ

ZILBIT / BORAGE

- | | |
|---|--|
| <i>1 kg of borage</i> | Boil the borage roots in a pressure cooker for 30 minutes after peeling thoroughly, then cleanse them. After that, sieve them in the colander. |
| <i>1 onion</i> | |
| <i>half coil sudjuk</i>
<i>(bologna sausage)</i> | In a flat pan, fry plenty of onions in olive oil until they turn pink. |
| <i>1 tablespoon tomato paste</i> | Then, add the diced sudjuk and tomato paste and continue the frying process. |
| <i>cumin (as desired)</i> | |
| <i>black Pepper (as desired)</i> | |
| <i>parsley (as desired)</i> | |
| <i>salt</i> | Then fill the pan with sieved borage, salt and spices and stir everything together for around 10 minutes. |
| | If preferred, adding chopped parsley just before serving enhances the flavour of the dish. |
| | Rice pilaf is a delectable accompaniment to borage roast. |

“Borage, a plant species common in the Western Black Sea Region, particularly in Zonguldak and Sinop, is also known as Zilbit, Kaldırık, İspit, Tamara, or Zilbırık in different regions. This plant, which grows naturally along roadsides and in fields, is eaten for its roots, stems, leaves and flowers. The recipe we’ve detailed is made entirely of the plant’s roots. It is extremely difficult to weed out, so much so that it takes an hour to weed out just 1 kilo. Your hands turn black as you clean the tiny roots. We might say that it is a recipe served on rare occasions because it is not usually available and is difficult to prepare. After washing and boiling the borage you collected during the season, you can freeze it for later use.”





Clay Pot (Çömlek)

Those who visit the Nevşehir region are well-aware that pottery making is one of the region's most beautiful traditions. Those that return know that the food is cooked differently in the clay pot, leaving an indelible taste on the palette.

◆
Vedat Soğancı

Nevşehir Plant



“The legendary pot beans are one of Nevşehir’s most distinctive flavours. In terms of its origins, it is a part of the tandouri culture. It is prepared in a traditional clay pot. The Avanos district’s clay utensils, such as pots, provide a unique flavour to the dish. Today, it is cooked in ovens, open hearths and tandoori.”

NEVŞEHİR

POT BEANS IN TANDOURI

- | | |
|--|--|
| <i>2 cups of dried beans</i> | Boil the pre-soaked beans then strain. |
| <i>boned rib steak</i> | |
| <i>1 Turkish coffee cup of oil</i> | Heat the oil in a clay pot, then add the meat and roast. |
| <i>1 onion</i> | |
| <i>1.5 tablespoons of tomato paste</i> | Chop the onions and add to the meat and resume the roasting. |
| <i>salt</i> | |
| | Finally, add the tomato paste, then complete the roasting process. |
| | Along with the beans, add 2 cups of water and salt. |
| | Finely simmer it until everything is well combined. |

“Zahter salad is suitable for eating at any time of day. It is a fresh thyme salad that is served in the Hatay region as a complement to breakfast, meat dishes and raki tables.”

HATAY

TRADITIONAL ZAHTER SALAD

*1 bunch of zahter- black thyme
(those who can't find it fresh, can get the brine
in a jar)*

1.5 bunches of parsley

3 springs of spring onions

2 cloves of garlic

2 tablespoons of pomegranate molasses

1 teaspoon of salt

2 tomatoes

half a cup (15/20 pieces) green Halhali Olives

3 tablespoons of olive oil

1 teaspoon of pepper paste, if desired

If using fresh zahter, separate it from the stems and rinse.

Season it generously with salt and knead for 7-8 minutes. Thus, drain the acrid water.

Rinse it with plenty of water then sieve.

Add the finely chopped spring onions and parsley to zahter.

Add the diced tomatoes to the salad.

After removing the seeds and cutting the olives into four, add them to the salad as well.

Blend the olive oil with finely chopped and crushed garlic and pomegranate syrup.

Pour this sauce evenly over the salad and mix to blend all the ingredients.

If you want a more bitter flavour, add 1 teaspoon of pepper paste to the sauce.





Who exactly is Ayşe Kadın?

In the bazaar, a voice shouts, "My Beans are Ayşekadın! My Beans are Ayşekadın!" But who exactly is Ayşe Kadın? Rumour has it that Babıali journalists frequent a nearby eatery known for its legendary beans. Some say the restaurant's owner is "Ayşe Kadın," while others say she is the one who cooks the meal. This moniker is associated with the bean and owing to the journalists, it has spread throughout Turkey. Ayşekadın is a type of green bean that is thicker and juicier than string beans. Ayşekadın beans are well-known for adding a unique flavour to the meal.

Birsen Özdemir Duran

Finance and Digital Transformation

“Although fresh cowpeas are commonly used in green bean wag, green beans can also be used as an alternative in Bigadiç, where they are abundant.”

BALIKESİR

TRADITIONAL GREEN BEAN WAG

1 kg Ayşekadın green beans
1 head of garlic
1 teaspoon of extra virgin olive oil
1 teaspoon of salt
1 teaspoon of sweet red chilli powder

Rinse the fresh and crisp Ayşekadın Beans and take out the strings, if any. Slice them down the middle yet leave the rest part lengthy.

Simmer the beans in a large pot of salted water until they begin to soften slightly, about a half hour. It's important to keep the beans fresh enough to be simmered but not melted. Take the beans out then rinse them and allow to cool.

Saute the garlic in olive oil in a pan after finely mincing or crushing. Char the sweet red chilli powder in olive oil.

Pour this sauce over the cooled beans then serve.

“According to my father Mehmet Çevik, “the fact that people wear dresses that turn into works of art in the hands of skilled artisans satisfies their need for covering in an artistic way. If it is meat or fish to be grilled, it is people’s desire to transform their need for satiation into a pleasurable feast.”

My father installed a nice barbecue in the garden of his country house in Tekirdag while it was being built. He enjoys welcoming friends in the garden and serving brazier delicacies. He also enjoys getting his swerve on while waiting for the meat to be grilled. Next to his raki, he prepares his brazier appetiser.

The high fire must be smothered before the brazier is ready to grill meat, poultry, or fish. It’s best to wait about a half-hour until some ash settles on the fire. During this wait, you can enjoy your brazier appetiser.

This entrée, which we eat while waiting for the brazier to cool down, is known as the “brazier appetiser” in Tekirdağ.”



Birsen Çevik Akgünlü

Human Resources

Recipe given by *her father Mr Mehmet*



TEKİRDAĞ

BRAZIER APPETISER

garden aubergines
(as many as the number of guests)

Thracian cheddar

Thracian village butter

Tekirdag Raki

salt

chilli powder

Collect the appropriate number of aubergines from your garden to match the number of your guests. You should grill the aubergines on high heat without being charred on the inside.

Cut the grilled aubergines from the middle using a knife, then fill them with Thracian Cheddar and Thrace butter then close again. The cheddar melts and blends with the butter after 5 minutes.

Meanwhile, serve Tekirdag Raki to guests by adding water and ice.

Open the aubergines from the cut end and season them with salt and chilli powder. While beginning to eat with delight, raise the cups to 'health'.

Hatice Bostan

Alaşehir Plant



“*Dorak Aşı is a traditional recipe from the Aegean region, particularly Alaşehir. It is prepared with the Tarhana Soup's raw ingredients.*”

ALAŞEHİR

DORAK AŞI: PİŞİRGE

1 kg of red pepper

1 bunch of mint

1 kg of onions

3 large tomatoes

a little olive oil

half tablespoon of tomato paste

salt

chilli powder on request

Cut the onions into four and place them at the bottom of the pot.

Put the peppers that are deseeded and sliced into three pieces on top of the onions.

Add mint, chopped tomatoes, salt, oil and tomato paste.

Close the lid of the pot and leave it to cook.

When it's cooked, you can serve it with yoghurt on top.

You can add chilli powder if desired.

Ferhat Akılı

Sales&Distribution

Recipe given by *Elmas Akılı*



ÇORUM

MINCED VINE LEAVES

<i>minced vine leaves</i>	First, finely mince the leaves.
<i>(dried specially for winter)</i>	Saute the onions and tomato paste in oil.
<i>1 teacup of oil</i>	Add 2 cups of water and minced leaves.
<i>1 medium onion</i>	Add the wheat cooked with milk at low heat, followed by sloes for a sour taste.
<i>4 cloves of garlic</i>	Serve it with garlic yoghurt.
<i>1 tablespoon tomato paste</i>	
<i>100 g minced meat (optional)</i>	
<i>salt</i>	
<i>some sloes</i>	
<i>cracked wheat</i>	
<i>(cooked with milk and dried)</i>	



Dilek Topçu

Human Resources

Recipe given by her grandmother Ms Müzeyyen



BULGARIA

TRADITIONAL CABBAGE

1 small cabbage
2 cups of milk
3-4 tablespoons of cream
4 tablespoons of fine bulgur
1 tablespoon of flour
salt and pepper
water
1-2 tablespoons of oil

Slice the cabbage into small pieces, saute it in oil, then season it with salt.

Simmer until soft by adding just enough water to cover the top of the cabbage.

Keep the bulgur in hot water for 10 minutes, then put it in the centre of the cabbage, put the lid on and leave it to swell for a while.

Add 1 glass of milk to the mixture, then simmer it for about 2 minutes.

Add cream and black pepper.

Stir 1 cup of the remaining milk and 1 spoonful of flour together. Pour it over top of the cooked cabbage and blend it.



“Knotweed or Madımak, is a unique and beneficial meal popular in Sivas that inspired a folk song and a folk dance. It is originally a herbaceous plant that grows in the wild in the Central Anatolian Region during the spring months. In the winter, it is cooked fresh or dried. Knotweed that has been freshly gathered can also be stored in the freezer. When cooking knotweed, you can use either pastrami or sudjuk or fried meat.”

Selçuk Altugan

Sales&Distribution

Recipe given by his wife Ms Gülhan



SİVAS

MADIMAK / KNOTWEED

500 g knotweed
2 medium onions
10 cloves of garlic
100 gr sudjuk
half a teaspoon of olive oil
3 tablespoons of chilli paste
half a cup fine bulgur
4 cups of hot water
1 teaspoon cumin
1 teaspoon chilli powder
1 teaspoon salt

Chop the onions and brown them in olive oil before blending it with tomato paste.

Add the small-chopped sudjuk and simmer until tender.

After adding hot water, add knotweed and let it boil.

After boiling, add bulgur, spices and chopped garlic and leave it to simmer.

The texture of the dish should be a bit soupy.

As a result, you should check the water level of the meal regularly throughout the cooking process and you should add hot water as necessary.

◆
Deniz Adıgüzel

Nevsehir Plant

◆
Recipe given by his mother Ms Fatma



İZMİR

ROASTED WILD FENNEL WITH EGGS

1 bunch wild fennel
3 tablespoons of olive oil
1 tablespoon tomato paste
1 teaspoon chilli powder
2 eggs
1 onion
salt

First, put the finely chopped onion and salt in the pan and brown it in olive oil.

Salt will speed up the browning process.

After the onions turn pink, add the chopped wild fennel and stir it well so that the onions do not burn on the bottom.

After that, cover the lid and simmer the combination at low heat.

Finally, sprinkle pepper on top, crack the eggs and stir them in.

Then turn the stove off.

◆
Mesut Ceylan

Sales&Distribution

◆
Recipe given by Dürdane Ceylan

SİVAS

MADIMAK / KNOTWEED

- | | |
|-------------------------------------|--|
| <i>500 gr knotweed</i> | Rinse the knotweed then chop finely. |
| <i>a tablespoon of tomato paste</i> | |
| <i>2 onions</i> | Brown the onions. |
| <i>quarter cup of bulgur</i> | Add the tomato paste and season it with salt and pepper. |
| <i>2-3 cloves of garlic</i> | After adding the knotweed, saute it for ten minutes before adding bulgur. |
| <i>fenugreek (optional)</i> | |
| <i>salt, pepper</i> | It takes approximately 30-35 minutes to simmer, add water as the mixture gets thick. |
| <i>oil</i> | You can serve it with garlic yoghurt. |



Birsen Çevik Akgünlü

Human Resources

Recipe given by her grandmother Ms Ganime Birsan



ISPARTA

KEŞKEK

*500 gr local pastrami (prepared
by salting the thinned lamb meat,
covering it with cheesecloth and
drying it in open air in autumn)
or 1.5 kg of bone-in meat
500 gr wheat
1 glass of chickpeas*

Here is the recipe I got from my older cousin:

"In the evening, place the soaked dried meat on the bottom of the pot, followed by pre-soaked chickpeas, wheat and oil, depending on the fattiness of the meat. No extra salt is required because the meat is already salty. Pour enough into the clay pot. Seal the pot's lid with dough. Take the clay pot to the local bakery and have it patiently cooked for seven or eight hours in the hot ashes of the stone oven. Take the pot out of the oven in the morning. There are usually about 20 pots in the oven and everyone knows theirs. Flip the Keşkek over and empty it into the tray. Serve it hot after stirring with a ladle to blend the pastrami and keşkek."

My other cousin's wife whispered a simpler version of the recipe into my ear:

"Place the meat at the bottom of the pressure cooker. If the meat is veal, you should cut it into large pieces; if it is lamb, bone-in meat is more tasty. Mix the wheat and chickpeas soaked overnight with meat. Add salt, oil and enough water to cover the ingredients by 4-5 fingers. There is no need for oil if it is fatty lamb meat. When it boils, seal the lid of the pressure cooker and cook it on the lowest heat setting for around two hours, yet the heat must be very low otherwise the bottom will burn."



“My grandmother used to have the keşkek cooked at the bakery in our neighbourhood. Then the keşkek which had been in the oven all night was eaten with great joy.”

◆
Ali Yavuz

Alaşehir Plant

◆
Recipe given by *his wife Mrs Münire*



“Keşkek is a “must have” delicacy throughout the majority of the Aegean Region; it is frequently served as the main course at weddings.”

MANİSA

KEŞKEK

2 cups of pounded wheat

250 g butter

250 g red meat or foxtail

water

salt

grained red pepper

Soak the wheat overnight with warm water.

Then pour it in the pot, add 1 litre of water and bring it to a boil.

You may add hot water if the water level is low.

It is essential that the wheat is cooked to a thick texture.

After cooking, stir it well using a blender or a wooden ladle.

Melt the butter and add it in while stirring.

Save a small amount of oil for garnishing and serving with boiled meat.

During service, season the saved butter with red pepper powder and drizzle it over the meal.

◆
Ender Doğu

Sales&Distribution

◆
Recipe given by **Ayten Doğu**

“Keskek is a Turkish delicacy that has been added to the list of intangible cultural heritage by UNESCO. It is well-known in many places in Anatolia. This meal, which is made by pounding cooked wheat and meat together until they melt and become one, is traditionally served at special occasions like weddings, since it is hard to prepare.”

SAKARYA

KEŞKEK

wheat Boil the red meat or chicken and
red meat or foxtel separate the broth and the meat.
onion Brown the onions in oil.
oil Add the wheat and let it boil on low heat
butter with salt and enough water to cover the
ground red pepper ingredients by two fingers.
black pepper You may add broth whenever the
water level drops, until the wheat is
thoroughly cooked.
In the meantime, shred the meat/
chicken.
After that, pound the cooked wheat
with a wooden spoon.
When the wheat has thickened, resume
the pounding with the addition of meat.
Keskek is ready if the wheat stretches
like melted cheddar cheese when
picked up with a spoon.
Flavour it with melted butter, then
season with black pepper and serve
hot.

Turan Kanber

Sales&Distribution

Recipe given by *his mother Ms Ayşe*



SAMSUN

KEŞKEK

2 cups of wheat
4 chicken cutlets
4 cups of water
1 tablespoon of salt
1 teaspoon of black pepper
1 teaspoon of butter
1 teaspoon chilli powder
1 teaspoon ground red pepper

Rinse the wheat and pour it in a pressure cooker with enough water to cover it and start heating it without putting the lid on.

When it starts to boil, turn the stove off, put the lid on and allow the wheat to swell for half an hour.

Open the lid half an hour later and lay the rinsed chicken cutlets, with their bones, on the wheat.

Seal the cooker's lid after adding salt, pepper and water. After it begins to boil, reduce the heat to low and allow the mixture to simmer for 40 minutes.

Open the lid after simmering and remove the chicken meat from its bones.

Blend the wheat and chicken thoroughly and homogenise using a hand blender.

Char the ground red pepper in butter and drizzle it on top.

You can serve it garnished with chilli powder.



“Keşkek is a meal that is commonly served at weddings, holidays and other occasions in Samsun’s Çarşamba district. According to my mother, this recipe, which is an ancestral heritage, is passed down through generations and every Çarşamba local should know how to cook it. It is traditionally made in big cauldrons for weddings. While it is being prepared, a regional pounding technique known as ‘güdelemek’ is used. We also have a ritual about this; during weddings, men used to pound the Keşkek with a stick -usually- in turns and this has remained a tradition. This ritual is still used at rural weddings today.””



“The keskek’s story begins with Yavuz Sultan Selim’s return from the Iranian Excursion in 1514, when an elderly woman in one of the villages along the way prepared a supper for the sultan with the ingredients she had in her house and it continues to the present day.”

Emel Denizel

Finance and Digital Transformation

Recipe given by *her grandmother Ms Nafie*



ÇORUM

KEŞKEK

300 g wheat
750 g bone-in mutton
100 g chickpeas
5 cups of water
60 g butter
black pepper
salt
ground red pepper

Soak the chickpeas and wheat overnight.

The following day, boil the meat.

Then remove the bones and shred the meat with a fork.

Sieve the chickpeas and wheat. In a big pot, blend them with meat and broth.

Also add salt, pepper and butter and simmer the mixture for a little more than an hour, until the wheat is mashed.

After the wheat is simmered, pound Keşkek and stir it with a wooden spoon.

After Keşkek has been cooked, serve it on plates with a mixture of salt and red pepper charred in butter. This not only makes the dish more vibrant but also adds flavour.

If preferred, you can garnish it with boiled chickpeas while serving.

Gülay Pamukcu

Finance and Digital Transformation

Recipe given by *her mother Ms Meliha*



“One of the first things that comes to mind when the city of Tokat is mentioned is the local dish Bat, which has even been the subject of folk ballads. Bat gets its name from the fact that it is consumed by dipping bread into it, as it is soupy. In other words, it was named after the way in which it was eaten.”

TOKAT

BAT

- | | |
|--------------------------------------|--|
| <i>1 cup boiled green lentils</i> | Pour enough water into the fine bulgur in a deep bowl to cover it and allow it to soften for 45 minutes. |
| <i>6 tablespoons of fine bulgur</i> | |
| <i>1 medium onion</i> | Stir the boiling green lentils with tomato paste that has been thinned with plenty of water. |
| <i>2 tablespoons of tomato paste</i> | Flavour this mixture with finely chopped dried onions and spring onions, parsley and dill. |
| <i>fresh (or brined) vine leaves</i> | You may add salt and chilli powder if desired. |
| <i>scallion</i> | |
| <i>parsley</i> | |
| <i>dill</i> | |
| <i>salt</i> | |
| <i>chilli powder</i> | |
| <i>crushed walnut</i> | |

It should be like a soup that is not too runny.

After serving it on the dishes, those who wish may garnish it with crushed walnuts.

Bat is eaten with a spoon or wrapped in vine leaves.



TOKAT

BAT

- 2 cups green lentils*
- 1 cup fine bulgur*
- half a bunch of parsley*
- 7-8 spring onions*
- 2 tablespoons of dried basil*
- 2 tablespoons of tomato paste*
- 1 teaspoon of chilli powder*
- 1 tomato*
- Walnuts (optional)*

Boil the lentils in 1 litre of water and then allow them to cool.

Finely chop the spring onions, parsley and tomatoes.

Blend the chopped ingredients with basil, paprika and fine bulgur.

Thin the tomato paste in a glass of water before adding it to the mixture.

You can adjust the thickness of Bat to taste.

Bat's texture should be similar to that of a meal. You can garnish it with roughly crushed walnuts just before serving.

◆
Volkan Oktar

Sales Distribution

◆
Recipe given by *his aunt Ms Perihan*



TOKAT

BAT

2 cups green lentils
half a glass of fine bulgur
7-8 sprigs of spring onions
1 onion
half a sprig of parsley
half a sprig of dill
1 spoon of low-salt local tomato paste
(Zile Paste if possible)
2-3 cups of water

First boil the lentils, then drain them and place them in a flat bowl.

Add fine bulgur into the drained warm lentils.

Then mix the combination with tomato paste and water and allow the paste to dissolve in the water.

Finely chop the scallion, onion, parsley and dill, then add them to the mixture.

In the end, you should have a mixture that isn't too runny.

You can use lemon to enhance the tartness and you can add a pinch of black pepper, chilli powder and a handful of crushed walnuts to alter the flavour.

You can eat it with a spoon in a bowl or by wrapping it with a Tokat vine leaf.



Copper Pan

Copper pans play a significant role in our kitchen. Copper pans add taste to Kuymak as well as Muhlama, one of our traditional delicacies, because they appear to have been designed to brown the butter and prepare the flavours that their ingredients identify with. They enhance the material and visual appeal of nice Sunday breakfasts. If something is served in a copper pan, it is necessary to take a break to prepare the cornbread. The cost of the deliciousness it provides is that it takes some upkeep; it should be tinned on a regular basis.

◆
Ferit Demircioğlu

Marketing



“When you have a scarcity in the household, muhlama comes to the rescue. Furthermore, it is a highly favoured local dish since it is quick to prepare using three common ingredients that every Black Sea local has on hand, it is nutritious and appetising and it keeps you full all day.”

KARADENİZ

MUHLAMA

*1 tablespoon of cornmeal
2 tablespoons butter
(2 more tablespoons are needed for the
sauce, if desired)
any types of cheese
1 teaspoon of water*

Melt the butter.

Pour the cornmeal and brown it in butter.

Then, on top of that, add water and simmer the cornmeal for a few minutes.

You can use any type of cheese to make pudding of any texture. Kolot cheese, Chechil (brined string) cheese, fresh cheddar, Circassian cheese and cottage cheese all complement and enhance the flavour of Muhlama.

Optionally, you can melt 2 extra tablespoons of butter in another pan and pour it on top after the cheeses have melted.

◆
Barın Süel
Sales Distribution

◆
Recipe given by Leyla Özkutlu

SAMSUN

KUYMAK

500 g cheese (string or braided cheese)
half a pack of cornmeal
1 Turkish coffee cup wholemeal
a small packet of butter

In a saucepan, melt the butter.

Fill it halfway with boiling water.

Sprinkle cornmeal into the boiling water once it reaches a boil.

Stir it, then add the wholemeal.

Stir it again and simmer it for 10 minutes.

Add the chopped or grated cheese and stir constantly while cooking.



Kolot Cheese

Kolot, often known as Koloti, is a Black Sea regional cheese. It is made from the milk of animals that have been fed local plants. The cream is separated first and then fermented with rennet (irden). It is produced by boiling the cheese particles that have separated from the water as a result of curdling. This cheese is what gives Kuymak and Muhlama their distinct flavours. These meals can also be cooked with fresh cheese, however Kolot is the best option if you want "the authentic taste to be preserved."



Hazan Aydın Yeşilova

Corporate Relations

Recipe given by *her grandmother Ms Hediye*



“My grandmother was a very active woman, who spent most of her time in her garden in Artvin, where she lived. Kuymak is also known as Muhlama in Trabzon, while in Artvin, it is known as “Kuymak” since it resembles the name Kaymak (cream) and it is a delicious breakfast delicacy. We would often ask my grandmother to prepare Kuymak for us whenever we visited her. My mother is now making Kuymak for us since we lost “Cazi nene,” my grandmother.”

ARTVİN

KUYMAK

2 tablespoons of butter
2 tablespoons of cornmeal
1.5 cups of water
250 gr Kolot Cheese,
Fat Chechil Cheese or
Fresh Cheddar Cheese
2 tablespoons of milk cream

Melt 2 tablespoons of butter and brown it in a copper pan with 2 tablespoons of cornmeal.

Simmer it adding 1.5 cups of water over and stirring constantly.

You can add any kind of cheese to this mixture.

Then stir it with a spatula from the pan's edge to the middle.

When the cheese melts over low heat, allow the butter to rise to the top.

Without taking it off the heat, add the milk cream then serve.

◆
Hasan Umut Kuru

Bilecik Plant

◆
Recipe given by Sevim Eser



CIRCASSIAN

TRADITIONAL KAÇAMAK WITH CORNMEAL

5 cups of water
3 cups of cornmeal
salt
butter
cheddar cheese

Pour 5 cups of water into a large pot and bring to a boil, then add the cornmeal gradually.

After pouring all the cornmeal, poke holes in it using the back of a wooden spoon or a rolling pin.

You shouldn't stir it until the cornmeal has absorbed all the water.

When there is very little water left, stir it for about 10 minutes with a wooden spoon.

Then spread the mixture evenly on a plate.

Drizzle it with melted butter, then add the cheddar.



Cornmeal

Cornmeal is well-known in the Black Sea region. It is made by milling dried corn kernels. Cornmeal bread has a unique taste that is neither sweet nor salty. Its flavour is not run of the mill but rather a delicacy for our taste buds to enjoy thoroughly. It is as soft as cotton when fresh and should not be allowed to go stale.



"Brimming (silme) and heaping (tepeleme) are two different things!"

In recipes, we often encounter the phrase "to the brim" which is a measure in colloquial expression. Instead of filling the bowls, cups, or spoons until their mouths overflow, we swipe the excess with our index finger and use the remainder. This means that we "fill it to the brim." As a result, brimming (silme) and heaping (tepeleme) are two different concepts. Let's use a floured spoon as an example. When you dip the spoon into the flour bowl, you are heaping; it is more than the spoon can handle and it appears to be too much. When you brim the spoon, the top of the spoon becomes flat and the flour takes the shape of the spoon and seems flawless.

ARTVİN

PUÇUKO

half a glass of bulgur or wheat

*1 large bowl of dried green
beans (about 1.5 kg)*

1 large onion

1 Turkish coffee cup of oil

1 tablespoon of butter

*1 tablespoon of tomato or
pepper paste*

1 teaspoon (full to the brim)

salt

Optionally:

1 teaspoon dried mint

1 teaspoon chilli powder

vinegar or lemon

Soak the dried green beans overnight, then boil.

After draining the boiling water, transfer the beans to a big pot.

Add soaked bulgur or wheat, salt and enough water to cover.

Simmer it over medium heat until it reaches a boil.

Prepare the sauce for the meal while this process is going on.

To make this, saute the finely chopped in oil until they turn pink, then add the tomato paste.

Add this mixture to the simmering meal without stirring.

Finally, char dried mint and chilli powder in butter and add it to the meal.

You can serve it plain or with vinegar or lemon on top.

◆
Tuğba Demir
Supply Chain

◆
Recipe given by *Halide Göktürk*



ERZİNCAN

CIVRILA

2 onions
2 tablespoons of tomato paste
2 tablespoons of butter
half a cup of egg noodles
half a cup of bulgur
1 medium potato
1 egg
100 gr cottage cheese or halloumi
½ kg spinach or green beans

Brown the onion in butter, add the tomato paste and water then boil.

Add bulgur and salt after you bring the water to a boil.

Then, add the diced potatoes.

Next, depending on the season, add green beans in the summer and spinach in the winter.

Then add the egg noodles and simmer for a few minutes longer.

Flavour it with whisked eggs.

Finally, add the finely minced cottage cheese and turn the stove off.

It is ready to be served.



“Civrila is a traditional Erzincan dish from the Kemah region. It's a really nutritious and tasty delicacy that my mum frequently prepares as well.”

Safflower (Haspir)

Safflower is not the same as saffron. It's called false saffron since it derives from a different flower. It is unknown if this is due to the fact that it dries in the sun but it has a beautiful yellow-orange colour and shape. It is particularly noticeable in the recipes of our Gaziantep region. It pairs well with yoghurt and meat meals. Just make sure you don't overuse it.



Ayşe İpek Kıcıkoğlu

Nevşehir Plant

Recipe given by her mother Ms Sıdıka



GAZİANTEP

POTATOES WITH YOGHURT

*1 kg potatoes 500 g cubed red meat
1 cup chickpeas (soaked overnight)
500 g condensed yoghurt*

*1 egg
1 small onion
salt*

for topping:

*oil
safflower (or saffron)
half a teaspoon of black pepper*

Place the meat, chickpeas and finely chopped onions in a pot, add water and season with salt, then simmer.

Remove the froth that forms during the simmering process.

After the meat and chickpeas are done, add the diced potatoes and continue simmering until the potatoes are tender.

Meanwhile, in another pan, crack an egg on top of the yoghurt and whisk thoroughly.

Resume whisking after the addition of the meat and chickpea stock.

Continue whisking until the yoghurt reaches the same temperature as the meal's own gravy.

Add the whisked yoghurt gradually to the dish while stirring. Allow it to boil and then turn the oven off.

Char the safflower and black pepper in oil for the topping.

Drizzle the oil over the meal and stir it only once.



WRAPPED
AND BONDED
TOGETHER

*“Come to me with dolmas with olive
oil, not with hearsay.”*

Anonymous







Gonca Tokuz

TALES, POEMS, RHYMES, SAYINGS AND PLAYS

Pilafs and dolma (stuffed vegetables or stuffed poultry or meat) are staples of Turkish cuisine, both on special occasions and on a daily basis. Pilafs and dolmas, which are the most common food groups in our kitchen, are served as the main course and also accompany a variety of dishes. Like lima beans and pilaf, which are inseparable.

The use of grain and rice as the major ingredients is one of the most noticeable similarities between pilaf and dolma. In our culture, pilafs and dolmas, which have hundreds of versions and varieties, are sometimes described as “copy-cat”. Copy-cat Kelle (a type of meal with cracked wheat) from Gaziantep and Copy-cat Keskek Pilaf from Mehmet Kamil’s book are the best examples of copy-cat pilafs. Although meat is used in copy-cat pilafs, there is no meat in copy-cat dolmas. Copy-cat stuffed cherries, copy-cat stuffed aubergine and copy-cat stuffed cabbage are only a few examples.

He who gives up on the pilaf, may his spoon be broken.*

Pilafs are divided into two categories based on the main ingredients used: rice and wheat (bulgur, cracked wheat, firik). Pilaf is unquestionably present on special occasion menus. The following trite statement perfectly depicts pilaf’s significance

on special occasions: "A gorgeous wedding but it lacks pilaf and is therefore a null wedding."

Ingredients including vegetables, fruits and legumes, combined with rice and wheat variants, play an important role in the definition of pilaf. Rice pilaf with chicken, bulgur pilaf with minced meat, firik pilaf with meat, aubergine pilaf, carrot pilaf, chickpea pilaf, vermicelli pilaf, pilaf with lentils and garlic, or chestnut pilaf are some examples. Additionally, pilafs can be named after special events, such as wedding pilafs, holiday pilafs, votive pilafs and charity pilafs.

Rice, which has become renowned in Anatolian cuisine in the 15th century, is seen in the Ottoman Palace cuisine in pilaf variations such as Rice Herise (rice keşkek) , Dane-i Saru (saffron pilaf), Dane-i Yeşil (greens pilaf), garlic pilaf, chickpea pilaf, lean pilaf and aubergine pilaf. It has become a fairly frequent custom in Anatolia to add some rice while preparing bulgur pilaf in rural areas, as in the villages of Hatay/Iskenderun Azganlık, Karayılan and Sarseki. The wedding dish in Eskişehir is pilaf with chickpeas prepared with diced meat, often known as wedding pilaf. In Hakkari, the wedding dish is Gulol, which is made of buttermilk, rice and butter, with charred oil and molasses poured in the middle. Alatlı pilaf is a kind of rice pilaf with meat, chickpeas and raisins that is served at weddings in Sivas/Divriği. Kabune, a type of rice pilaf with meat, is also served during weddings in Isparta.

The importance of wheat in our cuisine is evident in the pilafs made using ingredients originating from this grain. Bulgur, as it is known, is peeled and boiled wheat. Coarse bulgur is used for pilaf and there are other varieties of coarseness for different meals. In addition to the variations of bulgur pilaf made with minced meat, cubed meat, dried and fresh vegetables in other parts of the country, this group includes dishes cooked with various herbs and vegetables (often known as Buğulama or Aş).

Firik, on the other hand, is the name given to wheat that is grilled in the fire while it is still in the form of spikes in its shells and has not yet fully matured. Firik is generally added to bulgur before it is prepared. Firik pilaf can be made plain or with diced meat (tike), minced beef, chicken, or turkey.

Pilafs made with cracked wheat are also prevalent all over the country. Among the pilafs, the most unique is Keskek (Herise), which is known by various names throughout the country. In Konya and Gaziantep, it is known as Herise (Etlı Dövme Aşı), in Hatay as Hrise or Aşır, in Rize as Herse, in Adana as Cracked Wheat Pilaf, in Amasya as Kesmek, in Erzincan as Gendime Pilaf and in Kırşehir as Keşkef. The combination of the blessed grain wheat and meat reaches the pinnacle of flavour by being pounded on the fire using bodily strength, as well as the inclusion of other legumes, spices, or oils and has earned a place on our cultural heritage list. The phrase "Cook a keşkek in a cauldron and celebrate it "

is one of the most beautiful expressions of how Keşkek is a special day dish. In the Balıkesir/Havran region, for example, Keşkek with Pilaf is constantly served, despite the fact that hundreds of different meals are available. To serve keskek, phyllo dough is placed on a tray, then keskek is poured over it, then pilaf is placed on top.

Ak nohut, a local kind of chickpea, is used in this meatless chickpea meal, along with tomato paste and plenty of onions. The meal is then poured over the rice and generously seasoned with black pepper. It is absolutely essential for wedding tables in Izmir, Iğdır, Van, Ağrı, Amasya, Kars, Balıkesir, Mersin/centre, Mersin's Silifke and Mut districts and Bitlis' Ahlat district.

When a bride comes to her new home in Sinop, her mother-in-law or an elderly woman spreads keşkek and water on her feet. Everyone strives to gather the wheat grains and store them in their barns for good fortune and abundance. Keskek is also available on Burdur's "Takım" menu.

Nine dolmas on a full stomach

There are many different stuffings, wrapping techniques and cooking processes in many different cuisines around the world, including our own. Vegetables are used fresh, dried, or brined in dolmas and leaves are also used fresh or brined. Dolma is made by stuffing vegetables, fruits, or the cleansed innards of some animals, such as offals, with grains and rice, then flavouring with meat, spices and other ingredients. Sarma, on the other hand, which translates as "wrapping, engulfing in" in Turkish, is made by stuffing various vegetable and fruit leaves. However, in some locations, it is sometimes referred to as "dolma" rather than "sarma." Labada Dolma is one such example.

Along with the aforementioned recipes, there are several kinds of stuffing/ stuffing in our cuisine, including stuffed partridge, stuffed lamb, stuffed mud lark and stuffed mackerel. Mazruf kebab, which extends from Ottoman Palace Cuisine to Anatolian towns and villages, can also be counted as a kind of stuffing. In our kitchen, mixed dolmas cooked together with aubergine, zucchini, tomato, pepper, quince, apple, turnip, onion, okra and carrot, as well as vine leaves, cherry leaves, linden leaves, chard, cabbage (white and black), hibiscus and leek sarmas, are extensively prepared in both urban and rural locations.

Unfortunately, several recipes, such as pumpkin and melon dolmas, have not persisted to the present day. Thankfully, cooking dolmas with saucy meals like dry or fresh beans and okra has been a tradition in our region for decades. Dolmas and Sarmas are essential for both special occasions and everyday menus. On special day cuisines, every region has at least one type of dolma or sarma. For instance, in Malatya/Arapkir, a day before henna night at the girls' homes, wedding feasts are prepared, including, of course, "etli yarpah dolması"

(meat stuffed vine leaves). This sarma is distinguished by its tiny size, which does not exceed the knuckle of a finger. In countryside feasts, you'll often see lamb or fowl stuffing. Stuffed partridge is an example.

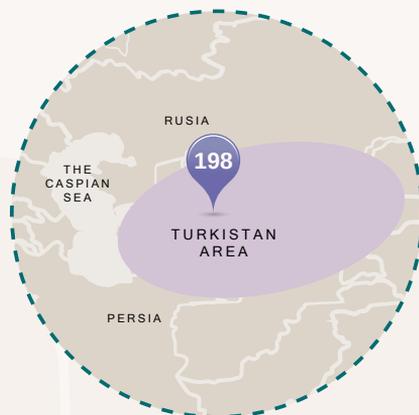
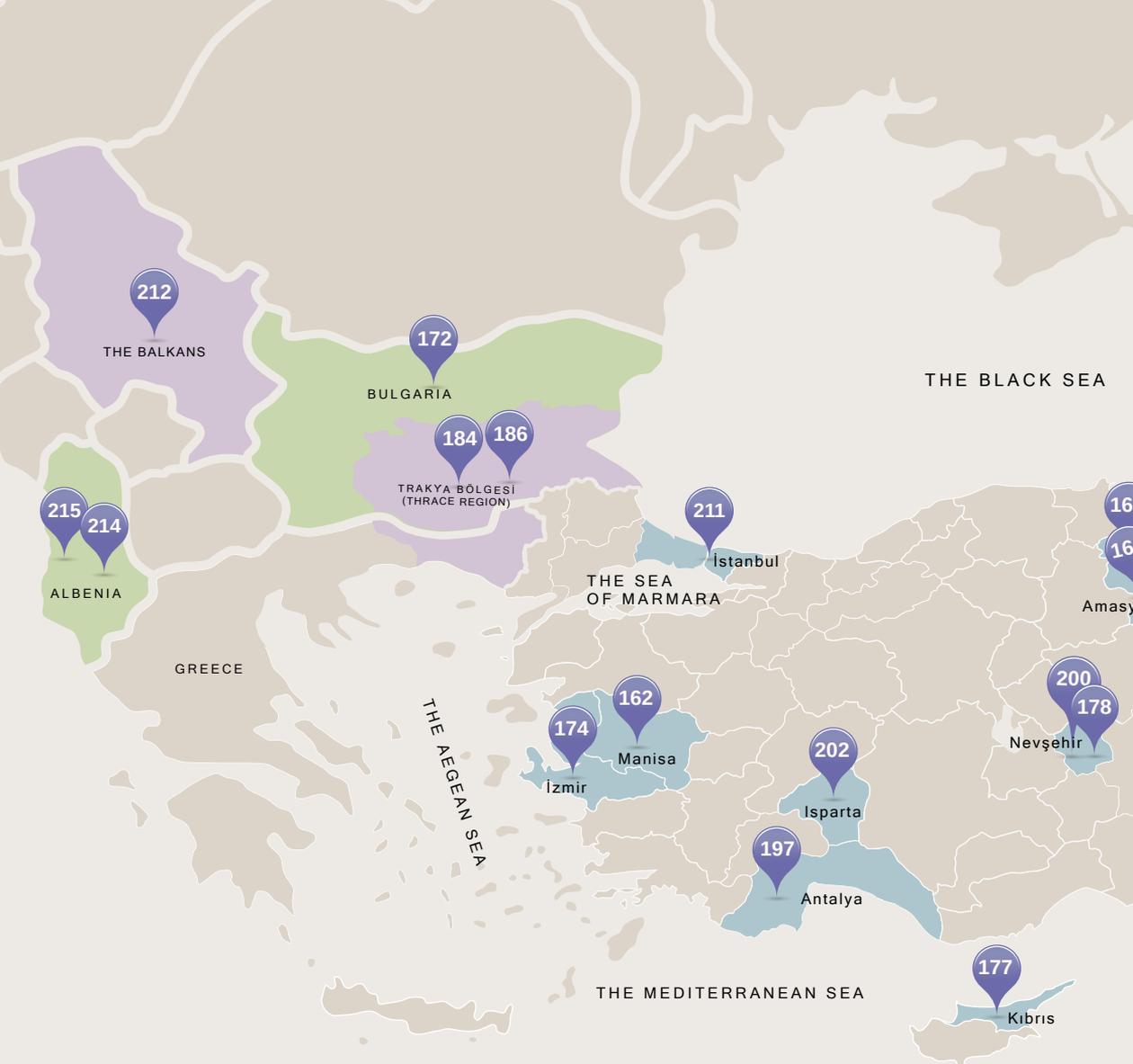
Sarma can be prepared using any edible leaf. Although vine leaf sarma is the most frequent, it can also be prepared using cherry, mulberry, or linden leaves. The size and thickness of sarma, which fosters rivalry among women, can be a source of pride or mockery. Sarma should be around the thickness of a woman's little finger.

Despite our proximity to the region where wheat was originally cultivated, pilaf and dolma made with rice, which arrived later in the Middle East and Anatolia than all the other grains, are more prevalent in our kitchens. It is important that pilafs and dolmas, which are among our most beloved delicacies, not only enhance the pleasure of our tables but also inspire our oral and written culture. Throughout history, these two meals have inspired tales, poems, rhymes, sayings and plays. Apart from the ingredients used and the way they were served, pilafs and dolmas may have attained equality in the palace, urban and rural kitchens.

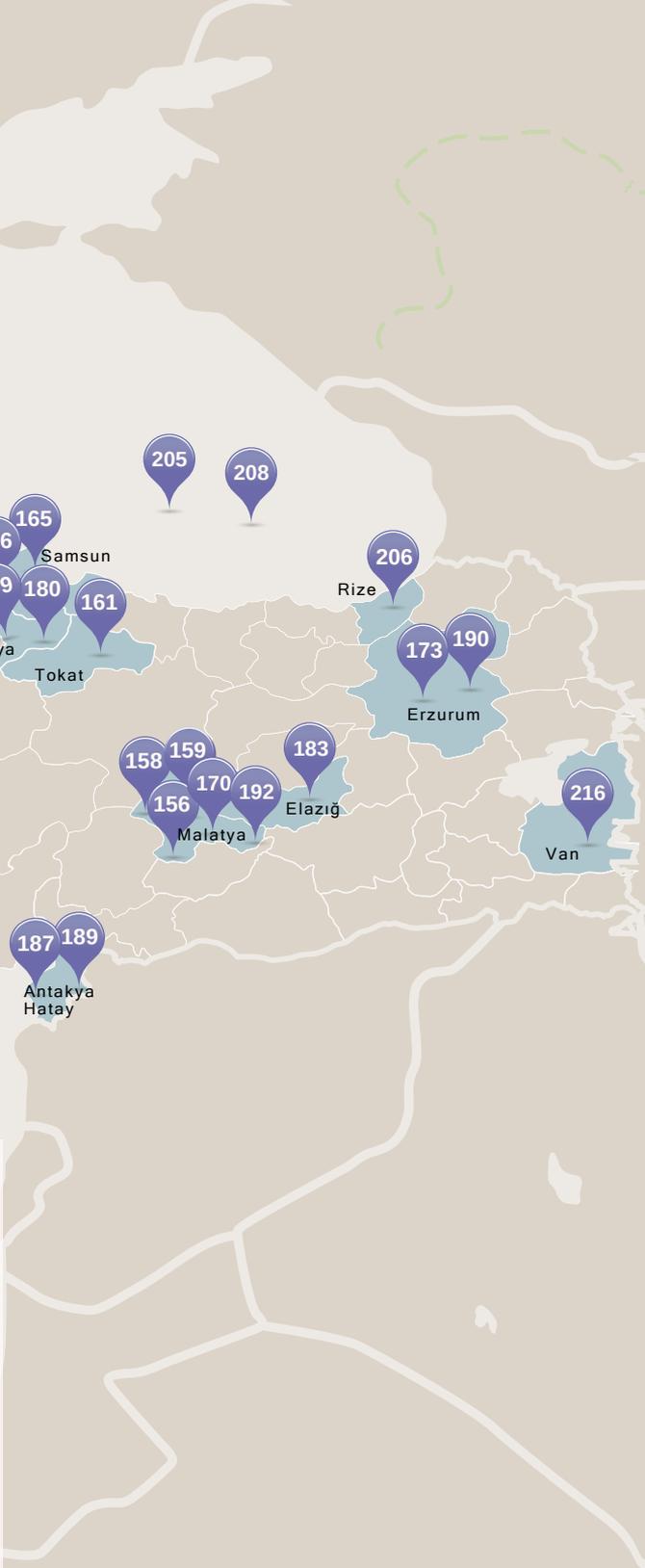
* A Turkish proverb, which means that once you start down a path, it is difficult to get back on track.

References

- Çevik, Kadıođlu, Nihal. *Akdeniz Geleneđinde İzmir Mutfađı*, İzmir'in Lezzet Öyküsü, Mutfak Kültürü, c.1, İzmir Valiliđi, İl Kültür ve Turizm Müdürlüđü, İzmir, 2018.
- Gümüş Yüksel**, 1968, Amasya doğumlu, lise mezunu, ev kadını
- Kahraman**, Ünal. 1971, Hatay doğumlu, mühendis
- Mehmet Kamil**, *Melceü't-Tabbâhîn (Aşçıların Sığınađı)*, 1844, hzl. Cüneyt Kut, Duran Ofset Matbaacılık, İstanbul, 1997
- Nas**, Şevkiye **Kazan**. *Burdur Yemekleri ve Kültürü*, Burdur Belediyesi Yayını, İstanbul, 2012.
- Üçer, Müjgan., Akkaya, H. Suna Ertekin. *Güldađı'nın Güldestesi*, Arapkir. Sivas, 2008
- Tokuz, Gonca**. *Geçmişten Geleceđe Özel Gün Yemekleri*, Metro Gastro Kültür Dergisi, s.100, İstanbul, 2021.
- Tokuz, Gonca**. *Gaziantep ve Kilis Mutfak Kültürü*, Gaziantep Üniversitesi Vakfı Yayınları, Gaziantep, 2002.
- Tokuz, Gonca**. *Mutfaklarımızdaki Yalancı Tatlar*, Yalan Kitabı (Ed.E.G.Naskali), Kitabevi, İstanbul.2015
- Tokuz, Gonca**. *Mutfaklarımızdaki Yalancı Tatlar*, Yalan Kitabı (Ed.E.G.Naskali), Kitabevi, İstanbul.2015
-



- CITY
- COUNTRY
- REGION
- PAGE NUMBERS



- 156 Kürşat Apan** - MALATYA - Stuffed Bean Leaves
- 158 Barın Süel** - MALATYA - Stuffed Cherry Leaves
- 159 Nimet Kocabey** - MALATYA - Stuffed Mulberry Leaves
Mulberry Leaves Sarma
- 161 Fatih Şahin** - TOKAT - Stuffed Vine Leaves with Green Lentil
- 162 Ali Yavuz** - MANİSA - Stuffed Vine Leaves with Olive Oil
- 165 Ercan Albayrak** - SAMSUN - Stuffed Vine Leaves with Olive Oil / Sarma with Olive Oil
- 166 Murat Güneysu** - SAMSUN - Stuffed Vine Leaves with Dried Broad Beans / Dried Broad Beans Sarma
- 169 Erkan Elçin** - AMASYA - Stuffed Vine Leaves with Meat
- 170 Barın Süel** - MALATYA - Stuffed Chard Leaves
- 172 Dilek Topçu** - BULGARIA
Traditional Stuffed Green Pepper
- 173 Burçin Güler** - ERZURUM - Stuffed Turnip
- 174 Hasan Yalçın** - İZMİR - Stuffed Artichoke
- 177 Bahar Uçanlar** - KIBRIS - Stuffed Artichoke
- 178 Yaşar Pala** - NEVŞEHİR - Stuffed Squash Blossoms
- 180 Süreyya Özdemir** - AMASYA - Stuffed Vine Leaves with Dried Broad Beans / Sarma with Dried Broad Beans
- 183 Kübra Polat** - ELAZIĞ - Stuffed Onions / Onion Dolma
- 184 Murat Güneysu** - TRAKYA - Liver Wrap
- 186 İsmail Durmuş** - TRAKYA - Liver Wrap
- 187 Sibel Gölbaşı** - HATAY - Stuffed Dried Aubergines
Dried Aubergine Dolma
- 189 Ekin Ertemiz** - ANTAKYA - Traditional Şihli Maşlı
- 190 Mustafa Masatlı** - ERZURUM - Stuffed Curd Cheese Chard Sarma with Curd Cheese
- 192 Kürşat Apan** - MALATYA - Stuffed Dried Pepper with Olive Oil
- 197 Gizem Güven Canbaz** - ANTALYA - Traditional Tefekli Pilaf
- 198 Selçuk Altugan** - TURKİSTAN - Pilaf Türkistani
- 200 İsmail Bozkan** - NEVŞEHİR - Pilaf Sanayi
- 202 Ebru Büyükbezcı** - İSPARTA - Pilaf Kabune
- 205 Haydar Möhür** - KARADENİZ - Pilaf with European Anchovy
- 206 Ebru Büyükbezcı** - RİZE - Pilaf with European Anchovy
- 208 Aşesü Eyübođlu** - KARADENİZ - Pilaf with European Anchovy
- 211 Berke Hanefi** - İSTANBUL - Pilaf İstanbul
- 212 Özlem Alimuto** - THE BALKANS - Mişöriz
- 214 Suat Özgüven** - ALBANIAN - Mişöriz
- 215 Bedriye Meral Arca** - ALBANIAN - Mişöriz
- 216 Gökhan Kuşçu** - VAN - Pilaf Çiriş





Kürşat Apan

Supply Chain

Recipe given by Hülya Apan

MALATYA

STUFFED BEAN LEAVES (BEAN LEAVES SARMA)

bean leaves

(cherry leaves or quince leaves can also be used- leaves should be fresh and soft, not hardened.)

cracked wheat

(In the absence of cracked wheat, fine bulgur can be substituted by combining 1/5 flour.)

1/5 flour

yoghurt

onion

green and red bell peppers

salt

Combine the cracked wheat and salt in a large mixing bowl and knead with warm water for 8-10 minutes, or until the cracked wheat softens.

Rinse the leaves and chop the stems off. Flatten a little piece of cracked wheat dough in one hand and wrap the leaf in the other hand. Prepare the sarmas thinner than the little finger. Gather 4-5 of these sarmas in your palm and place them in the pot as a group.

Place a weight over the sarmas in the pot. Pour water over the sarmas to cover them and cook them for 30-40 minutes.

You can serve sarmas in two ways: with yoghurt or with sauce. In the yoghurt version, dilute the yoghurt with a few spoonfuls of the meal's own gravy before blending with the sarmas and garnish this combination with the caramelised onion in butter. In the sauce version, chop the peppers, onions and tomatoes into small bits and roast them in butter in a pan and roast the sarmas in this sauce for a few minutes before serving on a plate.



Variety of wrapable leaves

Although Sarma is traditionally wrapped in vine leaves, it can also be made with a variety of other leaves, ranging from bean to cherry. As will be seen in the following pages of the book, these distinctions bring with them a considerable deal of regional diversity. Each leaf gives a particular flavour to the meal, just as each region adds various colours to our cuisine. This is our blessing.

Barın Süel

Sales&Distribution

Recipe given by *Gonca Somay*



MALATYA

STUFFED CHERRY LEAVES (CHERRY LEAVES SARMA)

500 g cherry leaves

1 cup of fine bulgur

1 tablespoon of flour

3 medium onions

1 egg

150 g butter

2 kg of yoghurt

Soak the dried cherry leaves in hot water.

Place one cup of bulgur in a bowl and soak it with hot water.

Knead bulgur adding one spoon of flour and salt until it acquires the texture of dough.

Hold the cherry leaves' shiny front side down. Place the filling, which has the texture of dough, in a leaf the size of a hazelnut and wrap it. Hold each sarma between the fingers to prevent it from opening before being placed in the pot. Place a plate on top of sarmas once you finish the wrapping process. Add hot broth or plain water to prevent the sarmas from coming apart.

In a separate pot, combine yoghurt, egg and flour to make the sauce. Whisk the ingredients thoroughly and stir constantly over low heat. During this time, add the cooked cherry leaf sarmas to the sauce, which has reached soup texture. Turn the stove off after they have simmered together for another 10 minutes.

Saute three medium onions in a pan until caramelised. Place the sarmas with yoghurt sauce in a dish with a ladle and garnished with caramelised onions.

◆
Nimet Kocabey

Elaziğ Plant



MALATYA

STUFFED MULBERRY LEAVES / MULBERRY LEAVES SARMA

500 g mulberry leaves
250 g minced meat
1 onion
2 garlic cloves
half a tablespoon of tomato and pepper paste
1 tablespoon of pomegranate molasses
1 teacup of oil
1 cup of rice
1 teaspoon of black pepper
juice of 1 lemon
1 teaspoon salt

Boil the mulberry leaves for 4-5 minutes and then transfer to a bowl of cold water.

Combine the minced meat, chopped onion, garlic, tomato-pepper paste, pomegranate syrup, quarter cup of vegetable oil, black pepper and salt in a separate bowl. Then add rice to this mixture and blend.

Drain the mulberry leaves' water thoroughly and place the filling in the middle of each leaf.

Wrap the sarmas and place them in the pot in the same way that vine leaves are placed.

Stir the remainder of the oil and lemon juice then sprinkle over the sarmas.

Cover the sarmas with enough hot water then simmer them slowly and deliberately over a low heat.

Between the plate and the pot

Wrapping requires time and effort. As a result, doing it alone can be tedious. Preparing sarmas with at least two people is a lot of fun. Someone makes the filling first, then all the fingers are lined up around the table and the leaves are wrapped with the filling one by one. There is so much chitchat around the table that the wrappers are unaware of how the wrapping process is completed. After the final sarma is placed in the pot with its oil and water, a plate is turned upside down to cover the sarmas. This is because it is essential to ensure that the sarmas on top are tight and do not remain undercooked. Just like that, the chat that has just been had is kept between the plate and the pot, not repeated elsewhere.



Fatih Şahin

Sales&Distribution

“ In Tokat, it is offered to guests on special occasions such as weddings and henna nights.* Additionally, it is a popular dish at crowded friend gatherings.”

TOKAT

STUFFED VINE LEAVES WITH GREEN LENTILS SARMA WITH GREEN LENTILS

1 kg of onions
2 cups green lentils
4 cups bulgur
5 cloves of garlic
1 bunch of parsley
half a glass of oil
3 tablespoons of tomato paste
black pepper, curry, chilli powder,
ground red pepper, thyme
1 kg of vine leaves
1 teaspoon salt

Simmer the green lentils that have been soaked overnight for 10 minutes.

In a separate pan, saute the onions and garlic with tomato paste and sprinkle the spices on top.

Stir lentils, bulgur and parsley with the sauteed onions and garlic.

Rinse the vine leaves, which have been soaked overnight thoroughly to remove the salt.

Wrap the leaves thinly with the filling and place them in the pot.

Add oil and four cups of water to the sarmas, then cover them with a thick plate.

Patiently simmer them over low heat, adding hot water as needed.

* Henna night: In Turkey, it is one of the traditional Turkish wedding customs. It's a ladies' night before the wedding. As the bride leaves her mother's home in tears, her friends and family members gather to eat, dance and sing. It's known as "henna night" because they apply henna to their hands.

◆
Ali Yavuz

Alaşehir Plant

◆
Recipe given by *his wife Mrs Münire*



MANISA

STUFFED VINE LEAVES WITH OLIVE OIL (SARMA WITH OLIVE OIL)

*half kg of fresh vine leaves or a jar of
brined leaves*

1.5 cups of rice

1 glass of olive oil

1 large onion

half a bunch of parsley

4 spring onions

*1 teaspoon dried mint (fresh can also
be preferred)*

1 teaspoon paprika

1 teaspoon of black pepper

1 tablespoon of tomato paste

1 diced tomato

1 tablespoon of chilli paste

1 teaspoon of water

1 teaspoon salt

Boil the leaves are fresh, they are boiled; if they are brined, they are kept in hot water.

Meanwhile, prepare the filling: rinse the rice, chop the onion and brown it in olive oil in a pan. Then add the tomato, tomato and pepper pastes to the pan.

After a quick stir, add the rice. Then roast the mixture for one minute.

Pour a glass of hot water over it and take the pot off the stove.

Following the spices, add the coarsely chopped parsley and spring onions at the end.

Take the leaves out of the water. After the filling has cooled slightly, wrap it in the leaves.

Place the wrapped sarmas in the pot. Drizzle half a spoonful of scorched tomato paste in olive oil over the sarmas.

Add enough hot water to the pot and let it simmer.

Adjust the simmering time depending on the condition of the leaves.

*“It is meticulously prepared with
fresh leaves from Manisa’s
renowned Sultaniye vineyards.”*





SAMSUN

STUFFED VINE LEAVES WITH OLIVE OIL SARMA WITH OLIVE OIL

250 g vine leaves
2 cups of rice
4 onions
half a cup of pine nuts
half a cup of blackcurrants
1 teaspoon cinnamon
1 teaspoon of black pepper

Brown the chopped onions in oil. After boiling the rice for 15 minutes and rinsing it, blend it with the onions and roast them together.

Then, add the pine nuts, soaked black currants, mint, cinnamon, black pepper, salt and sugar, then stew briefly with the lid open until the water evaporates.

If the leaves are thin and appear to cook fast, add water to the mixture and allow to stew until the rice in it is thoroughly simmered. However, if the leaves are thick and it's okay to boil them for a while, there's no need for pre-cooking.

After wrapping the filling in the leaves, place the stems and thick leaves in the bottom of the pot, following the sarmas. Cover them with baking paper and simmer in 1.5 cups of water.

After they have completely cooled, transfer them to a serving plate.

Garnish them with freshly squeezed lemon, parsley and lemon slices.

◆
Murat Güneysu

Transformation

◆
Recipe given by Ümit Güneysu



SAMSUN

STUFFED VINE LEAVES WITH DRIED BROAD BEANS
SARMA WITH DRIED BROAD BEANS

250 g vine leaves
250 g minced meat
1 teaspoon of cracked wheat
dry broad beans (a little more than
meat)
1 onion
1.5-2 cups of water
plenty of finely chopped parsley
ribs for broth
mint
salt

Soak the broad beans in hot water, then peel them and chop finely.

Blend the broad beans with all of the other ingredients and enough water to make the filling. Then wrap the leaves.

Place the rib bones in the bottom of the casserole, followed by the leaves.

Then place the sarmas on the leaves, with a weight on top and cover the lid.

Simmer it for approximately 1 hour on a low heat then serve with condensed water buffalo yoghurt, plain or garlic flavoured.



“This recipe comes from my father’s grandma; it is from Samsun’s Çarşamba region. Samsun cuisine holds a particular place in my heart. Since olden days, my forefathers were restaurateurs in Samsun. When I was a child, I used to go to Samsun every summer and put weight on before I returned home. I remember reaching for the phone and dialling my grandfather’s restaurant when I heard the cuckoo clock at my grandparents’ house at noon and ordering cream soup (lentil soup) and pilaf with doner. When I asked my father for a local recipe, he gave me one I’d never tried before and I’m looking forward to trying it.””



Erkan Elçin

Finance and Digital Transformation

Recipe given by his mother Ms Zeynep Nihal



AMASYA

STUFFED VINE LEAVES WITH MEAT SARMA WITH MEAT

1 kg of vine leaves
600 g minced meat
3-4 pieces of bone-in meat
1 onion
fine cracked wheat
parsley
salt
black pepper
chilli powder
oil
butter
tomato paste

Steep the leaves in water the night before to release the salt and change the water several times. In a bowl, chop plenty of onions and mix them with minced meat, cracked wheat and other ingredients. Then wrap the leaves one by one.

Place 3-4 pieces of bone-in meat in the bottom of the pot, followed by the sarmas. Sprinkle melted butter over them.

Add water and simmer the sarmas for 2-3 hours over a low heat. While cooking, check the water level often and add additional hot water as needed.

MALATYA

STUFFED CHARD LEAVES CHARD SARMA

- | | |
|---------------------|--|
| <i>chard leaf</i> | Knead 1 scoop of fine bulgur, 2 scoops of flour, salt, very little oil and water together to make the filling. |
| <i>fine bulgur</i> | |
| <i>flour</i> | Boil the chard leaves in hot water for a few minutes. |
| <i>oil</i> | |
| <i>tomato paste</i> | Wrap the kneaded filling in leaves with both ends open. |
| <i>garlic</i> | |
| <i>yoghurt</i> | Place sarmas in the pot and simmer. |
| <i>salt</i> | |
- Prepare the sauce with tomato paste, oil and crushed garlic.
- Serve the sarmas with a dollop of yoghurt and a drizzle of sauce on top.

*Tip:
Sarmas are
prepared in
small sizes.*



◆
Dilek Topçu

Human Resources

◆
Recipe given by Müzeyyen Topçu

BULGARIA

TRADITIONAL STUFFED GREEN PEPPER GREEN PEPPER DOLMA

10 bell peppers
6 tablespoons of rice
6 tablespoons of bulgur
2 onions
2 cloves of garlic
1 egg
feta cheese
salt
black pepper
mint
chilli powder

Cleanse the peppers' insides. After browning onions in a little oil, add rice and bulgur. Apply water to the eye after it is lightly roasted.

Adjust the salt amount depending on the salt of the cheese to be added. Season this combination with black pepper, mint and chilli powder before simmering.

After it has cooled, add 1 egg and plenty of feta cheese. Stuff the peppers with the thoroughly blended filling.

Bake dolmas at 180 °C until golden brown. If both sides are browned, the skins will peel off more easily. As a result, when one side has been browned, turn the other over and return to the oven.

Burçin Güler

Finance ve Digital Transformation

Recipe given by her mother Ms Serpil



ERZURUM

STUFFED TURNIP / TURNIP DOLMA

1 kg of white turnip
500 g minced meat
A cup of fine bulgur
basil
yoghurt
garlic
tomato
pepper paste
1 onion
1 tablespoon of rice

The night before, chop the turnips into round shapes and cover them with salt, then leave to sit.

Drain the water from the turnips and rinse them thoroughly. Mix a cup of bulgur, basil, rice and onion into minced meat to make flat meatballs.

Sandwich the meatballs between two turnip slices and place them in the pan. Slather them with tomato paste diluted with water and butter.

Simmer the turnips and meatballs for around 45 minutes before serving with garlic yoghurt.

Hasan Yalçın

Human Resources

Recipe given by *Fazıla Mavioğlu*

İZMİR

STUFFED ARTICHOKE / ARTICHOKE DOLMA

4 artichokes
1 cup of rice
1 kg of onions
about 1 cup of olive oil
currants
pinenuts
one teaspoon each of black pepper,
salt, cinnamon, cayenne pepper
half a bunch of dill
half a cup of white wine (optional)
a pinch of pomegranate seeds, if any

Peel the artichokes and sort the stems. Keep them in lemon water to prevent darkening.

Chop the onions and saute them in olive oil with currants and pine nuts over medium heat. Then mix them with rinsed rice and roast until the colour changes.

Add half a glass of hot water with salt and allow to brew. After brewing the rice, add the spices and dill and stir them together.

Beginning from the centre of the artichokes, Separate the leaves delicately from the inside out and stuff one dessert spoonful of filling.

Place the stuffed artichokes together with their stalks in the pot carefully. You may add half a glass of white wine along with 1 glass of hot water to taste. Then cover a plate on top and leave to cook on medium heat.

Serve the cooled dolmas with fresh dill and pomegranate seeds on a serving plate.



Artichoke

Don't be misled by the fact that an artichoke is a prickly plant; it's as smooth as milk. Its meaty nature makes it ideal for pilaf and stuffing. When prepared properly during the season, it makes an excellent delicacy. It calls for a drizzle of olive oil and a squeeze of lemon on top. It is popular among people who have sat around raki tables. It tastes amazing while also cleansing the entire body. Although it is primarily found in the Marmara and Aegean, it is also common in the Mediterranean.



◆
Bahar Uçanlar

Marketing

◆
Recipe given by her mother Ms Engin and her grandmother Ms İsmet



CYPRUS

STUFFED ARTICHOKE / ARTICHOKE DOLMA

artichoke

half kg minced meat

1 cup of rice

1 tomato

1 onion

garlic

lemon

olive oil

parsley

mint

chilli powder

cumin

black pepper

salt

Peel the artichokes' outer skins and cut the top with a knife; scrape the inside with a spoon and remove the purple leaves.

Squeeze half a lemon in each.

Pour half a glass of olive oil into a flat pan and place the artichokes. Simmer it for about 10 minutes over medium heat with the lid closed. Then take the artichokes one at a time and place them on a plate.

Combine the rice, chopped meat, parsley, mint, onion, garlic, chilli powder, cumin, black pepper and salt to make the filling.

Stuff the artichokes with the prepared filling. Simmer these artichokes in a large, deep pan.

Grate the tomatoes and sprinkle with olive oil over the artichokes. Pour two cups of hot water into the artichokes' bottoms.

Cook it for 10 minutes on medium heat, then 50 minutes on low heat with the lid closed.

◆
Yaşar Pala

Nevşehir Plant
◆



NEVŞEHİR

STUFFED SQUASH BLOSSOMS SQUASH BLOSSOMS DOLMA

squash blossoms

Remove the squash flowers' thorns and rinse the flowers thoroughly.

for the filling:

2 bowls of bulgur

While the water drains, finely chop the onions and brown them in a pan. Then add bulgur, tomato paste, spices and garlic to the onion and roast together until the filling softens.

2 onions

oil

a clove of garlic

black pepper;

ground red pepper

chilli powder

salt

cumin

two cups of water

tomato sauce

Then stuff the filling into the flowers with the help of a teaspoon. Place the flowers in a pot, pour two cups of water and tomato paste sauce over them and cook the flowers.

It is delicious when accompanied by garlic yoghurt.



Süreyya Özdemir

Nevşehir Plant



AMASYA

STUFFED VINE LEAVES WITH DRIED BROAD BEANS SARMA WITH DRIED BROAD BEANS

brined vine leaves
1 teaspoon of oil
2 large onions
2 cups cracked wheat
2 tablespoons of tomato paste
250 g broad beans
500 g lamb ribs
500 g minced meat
spices
parsley
salt

for the topping:
1 small onion
1 teaspoon of tomato paste
1 tablespoon of butter
2 tablespoons of olive oil

To remove the salt from the leaves, soak them in water overnight. Soften the broad beans by soaking them in warm water overnight and then rinse and drain them the next morning.

In a large mixing bowl, chop the onion and parsley. First, combine the cracked wheat, broad beans, lentils and minced meat; next, add salt, tomato paste, oil and spices and knead them together.

Wrap this filling in little bundles of leaves. Place the sarmas on top of the lamb ribs, which you place at the bottom of the pot beforehand.

Pour a little water over them and simmer. Then pour the oil, onion and tomato paste mixture prepared in a separate bowl over the top and continue simmering for a bit.

*Tip:
Before the sarmas,
you should place
the seared lamb
ribs at the bottom of
the pot.*





◆
Kübra Polat

Elaziğ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

STUFFED ONIONS / ONION DOLMA

1 kg medium onion
500 g lean minced meat
400 gr fine bulgur
100 g sumac
2 spoonful butter
500 g rice
black pepper
chilli powder
salt

Boil the peeled onions in water.

Prepare the filling by kneading the minced meat, bulgur, salt and spices together.

Take the boiled onions in layers, chopping the tops off by less than half. Stuff these onion layers with the prepared filling, which is then boiled in sumac water.

Serve it with sour sumac juice after transferring to a serving platter and garnish it with sizzling butter.

◆
Murat Güneysu

Transformasyon

◆
Recipe given by his grandmother Ms Melek



TRAKYA

LIVER WRAP

lamb liver (complete)

lung

heart

1 onion

1 tablespoon of tomato paste

half a cup of rice

1 teaspoon of water

salt

black pepper

chilli powder

mint

1 egg yolk

The butcher prepares the lamb liver along with the membrane. Fat and nerves are also removed from the heart and lungs.

In a pan, saute the onions and tomato paste. Add the cubed liver, lung and heart and saute for another 5-6 minutes.

Add also the water, rinsed rice and spices and simmer the filling over low heat until the rice is soft.

Turn the stove off when the filling has softened and allow it to settle.

Fill another pot with hot water and drop the membrane to soften.

Cut it into pieces that are the appropriate size for stuffing.

Place these pieces on a hollow plate after stuffing with the liver filling, wrapping and flipping upside down, then place them on a baking tray.

Coat them with egg yolk and bake. When their tops are browned, remove them from the oven and serve by slicing.

“My maternal line originates in Lüleburgaz. My grandmother wanted to offer recipes from the Thrace region, including a dish that was a favourite of her father’s, liver wrap, from both the Kırklareli and Lüleburgaz regions. This is one of the dishes that introduced me to offal.”



TRAKYA

LIVER WRAP

500 g lamb liver
lamb membrane
1 onion
1.5 cups of rice
green parts of 2 spring onions
1 tablespoon chopped dill (optional)
cup of black currants (optional)
half a cup of peanuts
half a bunch of fresh mint
1 egg yolk
half a teaspoon of olive oil
100 g butter
salt
black pepper

Chop the lamb liver into cubes and saute it in a pan until all the water has evaporated, then put it aside.

Fill a deep pot with 100 g of butter and quarter cup of olive oil. Add rice after roasting the chopped onions and continue roasting until the rice is white. Add the pine nuts and resume the roasting process.

Stir in the spring onions, mint and other optional ingredients. Leave it on low heat after adding 1 glass of boiling water, salt and black pepper. Wait till the water is absorbed.

Pour the lungs into this filling, blend it then seal. Place the membrane on a tray and pour hot water over it. Slice the membrane into orange-sized pieces and place them in the bowl.

It's filled with liver filling and sealed so tightly that it cannot be left empty. Flip it over and place it on the tray. Coat the membrane with egg yolk. Add one glass of boiling water to the baking tray and bake the membrane at 200°C until the top is browned.

Sibel Gölbaşı

Human Resources



“My parents worked for the government. They were allocated to the Reyhanlı region of Hatay when I was a child. This was where I attended elementary school. Hatay’s food culture was diverse and I adored the delicacies prepared in the region. My favourite, however, was the Aubergine Dolma. When you prepare this dolma with ingredients from that region, you will notice an astonishing flavour difference when compared to other dolmas.”

HATAY

STUFFED DRIED AUBERGINES / DRIED AUBERGINE DOLMA

*50-55 dry aubergines
half kg minced meat
3 cups of rice
3 onions*

*A jar of canned tomatoes diced/grated
1 tablespoon of tomato paste
1 tablespoon of hot pepper paste
1 tablespoon of dried mint
3 cloves of garlic
1 bunch of parsley
1 teaspoon lemon salt or sumac
black pepper
salt
cumin
ground red pepper
olive oil and oil*

After rinsing the dried aubergines, boil them for 15 minutes over high heat. Then soak them in cold water. Wash the rice.

Then place the chopped materials on top of it. Blend in the minced meat, tomato paste, spices and oils. Add extra tomato paste if the colour of the mixture is light.

Use this filling to stuff the aubergines. Place the scraped bones at the bottom of the pot and pile the dolmas on top of them.

Add enough water to cover the dolmas. Cook it for 50 minutes, first on high heat and then on medium heat.



Ekin Ertemiz

Marketing

Recipe given by *Lütfiye Yavuz*

“This recipe comes from my mother-in-law’s childhood home in Antakya, widely known as the “Shah of Dolmas.”

ANTAKYA

TRADITIONAL ŞİHİL MAHŞI

10 small zucchinis
250 g minced meat
1 tablespoon of tomato paste
1 onion
1 handful of boiled chickpeas, peeled
and cut in half
1 bowl of yoghurt
1 spoon of oil
black pepper
garlic
salt

Remove the bottom and right sides of the zucchini. Peel the skins and corrugate them with the corer’s saw blade. With a corer, carve the inside surfaces of the zucchinis likewise to the size of a finger.

Brown the zucchinis in a pan of heated oil. Stir the minced meat and oil until the water releases and is absorbed before roasting with finely chopped onion and tomato paste. Turn the stove off and salt and sprinkle black pepper on top.

Add the chickpeas, divided in half, to combine it. Use this filling to stuff fried zucchini.

In a flat pan, stack the zucchini dolmas precisely. Prepare the water with tomato paste, pour it over the dolmas and simmer until the stuffing is tender.

Serve it with rice pilaf and garlic yoghurt.

ERZURUM

**STUFFED CURD CHEESE
CHARD SARMA WITH CURD CHEESE**

Chard leaves
for the filling:
200 g curd cheese
1 cup fine bulgur
50 g cream
salt

for topping:
yoghurt
garlic
butter

Prepare bulgur similarly to pilaf with two cups of water. Allow it to cool after cooking.

Then add the curd cheese, cream and salt to taste. Blend it well to ensure homogeneity.

Remove the chard's leaf portions by keeping them in hot water for a short time.

Then wrap this filling in the leaves. Bake the sarmas for 15 minutes on a baking tray.

Melt the butter and drizzle it over.

Finally, top it with garlic yoghurt.

Curd Cheese

Curd cheese is one of the icons of the anti-food-waste movement. Because it is made by reusing the whey leftover from cheese production rather than throwing it away; this whey, which contains milk, is simmered and coagulated. There's your curd cheese on the way. Its smooth texture lends itself to a variety of uses, ranging from sweets to soups. It is claimed to be the healthiest sort of cheese available.



◆
Kürşat Apan

Supply Chain

◆
Recipe given by *Mehmet Apan*

Tip:

When preparing dolmas, you should control the amount of water used; you should use no additional water. Although you can prepare it by stuffing only peppers or aubergine, you can use other vegetables as well. You can also use dried veggies to make Dry Meat Dolma. You can obtain dried veggies at your local market or spice shop.

MALATYA

**STUFFED DRIED PEPPER WITH OLIVE OIL
DRIED PEPPER DOLMA WITH OLIVE OIL**

*25-30 dried bell peppers or
aubergines
2 cups of rice
1 teaspoon of olive oil
3 medium onions
25 g pine nuts
25 g black currants
3.5 cups of hot water
1-2 tomatoes
half a lemon
allspice
dry mint
granulated sugar
salt*



After boiling dried bell peppers and aubergines for 3-4 minutes, drain them and pour tepid water over them.

Soak the dried bell peppers and aubergines in this water.

Change the water three to four times during this period. Finely chop the onions.

Soak the rice in warm water. Roast the pine nuts in a flat pan with olive oil for a few minutes. Sprinkle a teaspoon of salt on top.

Brown the onions for 15 minutes over medium heat, stirring them occasionally.

Sieve the soaked rice, then add it to the browned onions, stir then roast for 15 minutes over medium-low heat.

Stir it occasionally to prevent it from sticking to the pan. Season the roasted rice with 1 teaspoon of

granulated sugar, currants, dried mint, salt and allspice.

Stir the filling with 1 glass of boiling water and cook it for 15 minutes on low heat with the lid closed.

Open the pot's lid, place a paper towel on top and allow it to brew and cool. Stuff the prepared filling loosely into the dried vegetables.

Place the dolmas in a flat pan. Top them with small bits of chopped tomatoes.

Add 2.5 cups of hot water and a pinch of salt to the pan with the dolmas and simmer them for 45 minutes on low heat.

Pour half a lemon juice over the dolmas 5 minutes before you turn the stove off.

Take the cooled dolmas from the pot and place them in a convenient container, ideally in the refrigerator.





A close-up photograph of a white ceramic bowl filled with a pilaf. The pilaf consists of small, golden-brown grains, likely rice or bulgur, mixed with finely chopped green herbs, possibly vine leaves. The dish is garnished with a rich, red tomato-based sauce. In the background, other dishes are visible, including a plate of meat and a bowl of salad, suggesting a meal setting. A white ceramic spoon is partially visible on the left side of the bowl.

“The name Tefek, which appears in the name of this pilaf from the Antalya region, refers to the sprouts of vine leaves. Although the original recipe calls for fresh vine leaves, brined leaves can be used to obtain the same taste. The recipe does not include tomato paste because it is not widely used in the Antalya Akseki region. However, another version with tomato paste is locally available.”

Gizem Güven Canbaz

Sales&Distribution

Recipe given by *Ayşe Güven*



ANTALYA

TRADITIONAL TEFEKLI PILAF

1 cup fine bulgur
1 medium onion
1.5 cups of vine leaves
1 tablespoon of butter
2 cups of hot water
salt

Melt the butter in a deep pot and brown the diced onions. Add bulgur after the onions are caramelised.

After adding 2 cups of hot water, add the finely chopped fresh vine leaves to the rice, which has absorbed a little water.

If using brined leaves rather than fresh vine leaves, you must first steep the leaves in hot water and soften.

After adding the vine leaves, simmer the rice on low heat until the water is absorbed and serve it hot.

Alternatively, you can add tomato paste and garlic to taste.

Selçuk Altugan

Sales&Distribution

Recipe given by *Alim Altaylı*



“My wife Gülhan Altugan’s grandpa, the late Alim Altaylı, is originally from Turkistan. In Turkistan, this pilaf is served at weddings and other special occasions. Alim Dede introduced this recipe to his late wife Pakize Altaylı and the meal was passed down through the generations; she taught my mother-in-law Utku Ceyhan, who then taught her daughter, Gülhan Altugan, who is my beloved wife. As a result, this pilaf is also known as ‘Father Pilaf’ in the family. This gorgeous and delectable dish is prepared when the entire family gathers together.”

TURKISTAN

PILAF TURKISTANI

1 kg diced low-fat mutton

4 cups of baldo rice

4 large onions

1 kg of carrots

2 cups boiled chickpeas

2 tablespoons of tomato paste

2 teaspoons cumin

1 teaspoon of black pepper

5 tablespoons of butter

2 teaspoons of olive oil

4 cups of water

2 teaspoons salt (according to taste)

Marinate the pre-diced meat overnight with a quarter cup of olive oil, 1 finely chopped onion, 1 teaspoon black pepper, 1 teaspoon cumin and 1 teaspoon salt.

Soak the rice for 2 hours in boiling water.

Dice three large onions and slice one kg of carrots into matchsticks.

Remove the skins of 2 cups of boiled chickpeas.

Brown the onions first in half a cup of olive oil.



Turkistan

Turkistan is in Central Asia, stretching from the Aral and Balkhash lakes in the north to the Kopet, Hindukus and Kunlun mountains in the south. It is a geography where Turkish people live from the Idil River and Caspian Sea in the west to the Altai Mountains in the east. Although not a country in its own right, it is a large region with a diverse ethnic population. It is home to dozens of languages and hundreds of dialects. Even though Turkistan is divided into East and West, their hearts are one.

Put the marinated cubed meat in the pan and roast until the stock has been absorbed. Carefully blend in 2 tablespoons tomato paste and 5 tablespoons butter. Then add the carrots and roast until they lose their hardness, followed by 4 cups of boiling water. Add the soaked rice after you drain it. Add 1 teaspoon cumin and 1 teaspoon salt along with the chickpeas and stir the pilaf and simmer for at least 10 minutes on low heat.

Do not open the pot lid during this time. Tap the bottom of the pilaf with a wooden spoon after 10 minutes to see whether it draws water or not. If the meal's own gravy has evaporated, turn the stove off and allow the pilaf to brew for 30 minutes. (If it does not absorb the water, continue to simmer until it does.) Since the meat and fat settle to the bottom of the pot, it is important to stir it before serving. Allowing the pilaf to stick to the pot may even be preferable.

◆
İsmail Bozkan

Nevşehir Plant



“It’s a wonderful meal that masters and artisans from many business areas consume at lunch in the Nevşehir Industrial Zone and its taste does not stay there; it extends across the city.”

NEVŞEHİR

PILAF SANAYI

- 250-300 g minced meat*
- 100 g finely chopped tail fat*
- 1 tablespoon of butter*
- 5 green peppers (preferably hot)*
- 2-3 capia peppers*
- 3-4 tomatoes*
- 3 onions*
- a large head of garlic*
- 2 tablespoons of tomato paste (chilli paste if desired)*
- 1 teaspoon of chilli powder*
- 1 teaspoon salt*
- 1 teaspoon of black pepper*
- 1.5 cups of rice*

Tip:

It is best to cook in an aluminium pan or tray, or in a copper pot. If there aren't any available, conventional pots can be used instead.



Melt the tail fat first. Add butter when it melts slightly.

In the melted oil, saute the finely chopped onions and garlic until they turn pink.

Saute the finely chopped green pepper briefly, then combine it with a capia pepper for another 5-10 minutes.

Add the chopped tomatoes. Add the tomato paste when the tomatoes completely liquefy.

Roast the tomato paste until it releases its aroma.

Resume the roasting process with the addition of minced beef. After roasting the minced meat well, toss the rice and spices (salt, black pepper and chilli powder) in and roast it for another 5 minutes.

After adding 5-6 cups of hot water, simmer the pilaf without stirring until soft. It should not absorb all of the water like regular pilaf; instead, it should be slightly runny.

When you simmer the rice lightly at the maximum cooking point, cover it and allow to brew for 20 minutes.

Ebru Büyükbezci

Human Resources

Recipe given by her grandmother Ms Kıymet



ISPARTA

PILAF KABUNE

2 pieces of rack
2 cups of broth
2 cups of rice
2 onions
2 spoonful butter
black pepper
salt

Boil the rack until tender in a pressure cooker. Save the boiled broth for later use.

Finely slice the onion rings. Salt the onions and place them at the bottom of the pot. Cover the onion with shredded meat.

Then coat the meat with a layer of rinsed rice and seasoned with salt and black pepper. Add butter along with the broth as well.

Cover the pot and cook it on high heat until it comes to a boil, then reduce it to low heat until the water is absorbed. When the pilaf is ready, set it aside to brew for about 15 minutes.

Finally, flip the pot upside down and place the pilaf on a large serving plate.

“Kabune is a type of meat pilaf served on special occasions like weddings, engagements and celebrations in Isparta. The bride and her mother-in-law, according to the tale, went for a walk and came home in the evening. The bride said she'd make something right away, so she chopped onions into the leftover chickpeas with meat, added rice and prepared pilaf. The mother-in-law who opened the lid of the pot was likewise taken aback and in Isparta's local tongue, she exclaimed, 'Gi! Bu ne!' (Girl! What is this?). Henceforth the people have started calling this exclamation "Kabune" throughout the years.”



European Anchovy

From traditional sayings to folk melodies, the European anchovy is the fish that most frequently appears in our culture. It is identified with the Black Sea, despite the fact that it is also hunted along the Mediterranean and Western European coastlines. It is the sacred fish of the Black Sea people. European Anchovy, which can be found in pilafs, soups, dolmas, poachings, meatballs and even desserts, it has an honoured place in our cuisine.



Haydar Mhr

Sales&Distribution

Recipe given by *Eda Yıldız Mhr*

KARADENİZ

PILAF WITH EUROPEAN ANCHOVY

<i>1.5 kg of anchovies</i>	After cleaning the fishbones, rinse the anchovies and steep them in salted lemon water for 30 minutes.
<i>1.5 cups of rice</i>	
<i>3 grated onions</i>	While the rice soaks in boiling water, the black currants soak in a separate bowl of water.
<i>2 tablespoons of pine nuts</i>	
<i>2 tablespoons of black currants</i>	
<i>1 teaspoon allspice</i>	
<i>1 teaspoon of black pepper</i>	Brown the grated onions are browned in a pan with butter and vegetable oil. After the onions are caramelised, stir in the black currants, pine nuts and spices.
<i>parsley</i>	
<i>butter</i>	
<i>oil</i>	
<i>salt</i>	After that, add the rice and simmer on low heat. Add the parsley when the filling is almost ready.
	After laying the anchovies over the bottom of the greased pyrex, coat the filling with anchovies.
	Grease the dish lightly and roast it at 200 °C for 30–35 minutes, or until the anchovies are golden brown.

Ebru Büyükbezcı

Human Resources

Recipe given by **her mother Ms Gülsün**



“Who could refuse such a delectable European European anchovy pilaf? Pilaf with anchovies is one of the most popular traditional recipes of Black Sea cuisine, particularly in Rize and its environs.”

RİZE

PILAF WITH EUROPEAN ANCHOVY

1 kg, fishbones removed

2 cups of rice

2 medium onions

1 teaspoon of cornmeal

1 teaspoon mint

1 teaspoon of granulated sugar

1 teaspoon allspice

2 cups of water

2 tablespoons of pine nuts

2 tablespoons of currants

half a bunch of parsley

black pepper

salt



Rinse the anchovies while taking out their centre bone. Soak the rice and drain it.

Roast the pine nuts and finely chopped in olive oil in the rice cooker.

Then stir the rice and continue the roasting process.

Along with water, season the combination with salt, sugar, black currants and spices. Then simmer it on medium heat for a few minutes before switching to low heat. Flavour this filling also with finely chopped parsley, mint and black pepper.

Grease a round ovenproof baking tray and coat the backs of half of the anchovies with corn flour only, with their tails on the edge of the pan, hanging out slightly and with no gap between them.

After that, spread the rice filling over them. Put the tails on the rice with the help of a knife. Flour the anchovies once again and position them with their backs up.

Use a brush to apply olive oil to the anchovies. Roast the dish for 35 minutes till golden brown in a preheated 180°C oven.

Serve it piping hot.

KARADENİZ

PILAF WITH EUROPEAN ANCHOVY

1.5 kg European anchovy without awns

to fry the anchovies:

Half a teaspoon of sunflower oil

for pilaf:

2 cups of rice

2 onions

2 tablespoons of pine nuts

½ cup soaked black currants

1 tablespoon of butter

2 tablespoons of olive oil

6 cups of hot water

bunch of parsley

1 teaspoon dried mint

2 teaspoons ground rock salt

1 teaspoon of black pepper

half a teaspoon of allspice



First, rinse the rice to eliminate any remaining starch.

Take the butter and olive oil in a flat steel saucepan. Gently roast the pine nuts. Add the chopped onions and roast them until they change colour.

Then add the rice and resume the roasting process. Season it with salt, black pepper, allspice and currants.

Cover the lid after adding 3 cups of boiling water. Allowed to simmer on a low heat for ten minutes. After simmering, allow it to brew for 10 minutes.

Combine the dry mint and parsley and stir them into the rice to help it

air out. Put a quarter teaspoon of oil into a large teflon pan.

Flour the anchovies, grip them by the tail and place them in the pan so that they spill over from the sides.

After arranging the base layer, sprinkle salt and pepper on top.

Layer the pilaf on top as well then strew it with anchovies with the overflowing edges. Top the pilaf with the remaining anchovies.

Coat it with corn flour and place it in the pan. Fry it till golden brown on both sides.



"Göz göz olmak" (honeycombed)

We frequently come across the recipe term "göz göz" (honeycombed) while making pilaf. When the pilaf absorbs the water, tiny air holes emerge between the rice grains. It's time to spoon the pilaf but it needs to brew properly first.



◆
Berke Hanefi
Sales&Distribution
◆



İSTANBUL

PILAF İSTANBUL

<i>2 cups of rice</i>	Cook the carrots and almonds in oil before adding rice.
<i>1 teaspoon of oil or 100 g of butter</i>	
<i>50 g almonds</i>	After adding sugar and salt, roast the rice until translucent.
<i>1 carrot</i>	
<i>1 chicken breast</i>	Then add the spices. Drain the broth from the chicken and pour saffron water over it.
<i>1 teaspoon ginger</i>	
<i>8 g saffron</i>	Continue cooking until the pilaf is honeycombed.
<i>1 cube of sugar</i>	Add a small amount of water to cover it and turn the stove off.
<i>1 bowl of boiled peas</i>	
<i>25 gr pistachio</i>	Add the shredded chicken and peas, then garnish the pilaf with minced dill and allow it to brew.
<i>half a bunch of dill</i>	
<i>half Turkish coffee cup black currants</i>	
<i>salt</i>	

◆
Özlem Alimuto

Human Resources

◆
Recipe given by *Mübeccel Alimuto*



“It is a delicacy that is made and shared with the family at every festival in Karacaova, Greece. This tradition is handed on by the Alimuto family in Edirne and Istanbul today.”

THE BALKANS

MİŞORİZ

1 onion
1 tablespoon of tomato paste
5 tablespoons of oil
Chicken meat
2.5 cups of rice
black pepper
5 cups of water
salt

First, chop an onion and roast in oil. Then add the tomato or pepper paste and resume the roasting process.

Add 5 cups of water when the onions are tender. After that, add the chicken meat.

Spread 2.5 cups of rice on a baking tray and season it with black pepper.

Place the chicken meat simmered in water with tomato paste and the onions on uncooked rice.

Spread the broth with tomato paste and onion, in which the chicken is simmered, on the tray.

The oven is ready for the tray.

Roast it at 180°C. It's ready when the pilaf absorbs the water.

“‘Mishoriz’ is one of the most prominent delicacies on Albanian celebratory tables. Mish, which refers to meat and oriz, which refers to rice, merged to form mişoriz in Albanian.”



“Kokusu çıkana kadar” (“Until it smells”)

“Until it smells,” a phrase frequently used with flour and onions, refers to the roasting process. It means the aroma the ingredient gives out when it makes contact with oil or butter.

Suat Özgüven

Bilecik Plant

Recipe given by *Emine Özgüven*



ALBANIAN

MİŞORİZ

6 pieces of chicken breast
2 cups of rice
5 cups of broth
100 g butter
1 onion
1 tablespoon tomato paste
black pepper
oregano
chilli powder
salt

Boil the chicken breasts first. Chop the onion and roast it until pink. Add the salt, black pepper, thyme, red pepper and tomato paste and continue the roasting process until the aroma of tomato paste is released.

Then add the rinsed and drained rice and roast it for another 5 minutes. Transfer the rice to the tray and place the chicken pieces on top. Stir in the chicken broth as well.

Cook it for 30 minutes at 200 C in a preheated oven. When it comes out of the oven, cover it with another tray, set it aside for 10 minutes to brew and then serve hot.

Bedriye Meral Arıca

Alaşehir Plant



ALBANIAN

MİŞORİZ

*700 g whole chicken
3 cups of rice
6 cups of broth
100 g butter
1 teaspoon of black pepper
1 teaspoon ground red pepper
1 tablespoon of tomato paste
1.5 teaspoons of salt*

Place the chicken in the pressure cooker after you have soaked it. Simmer the chicken for about 30 minutes until tender, with enough water to come up to the top of a finger.

While the chicken is simmering, dice the onion and brown it in butter. Then comes the addition of tomato paste and ground red pepper.

Add the spices and roast the combination until the aroma of tomato paste emerges. Continue roasting for another 5-6 minutes after adding the rinsed and drained rice.

Pour 6 cups of chicken broth over the roasted onion rice on a round baking tray. Place it in a preheated oven at 180°C. Scatter the chicken pieces on top of the pilaf, which starts to absorb its water after 9-10 minutes in the oven.

Then turn the oven to 200°C and roast it for an additional 15-20 minutes, or until the chicken pieces' tops are golden brown.

If the chicken pieces are cooked but the rice is entirely drained before taking it out of the oven, pour a ladle of hot chicken broth over it.

◆
Gökhan Kuşçu
Alaşehir Plant

◆
Recipe given by *Simanperi Kuşçu*



VAN

PILAF ÇİRİŞ / ASPHODELUS PILAF

200 g Asphodelus leaves

2 tablespoons of margarine

1 teaspoon of black pepper

250-300 g chickpeas

4 cups of water

1 teaspoon salt

500 gr bulgur

1 carrot

1 onion

Chop the onion and brown it with margarine.

Rinse and chop the fresh asphodelus leaves, then place them in the pot.

Add bulgur after they've been salted and roast them in oil for 20 minutes.

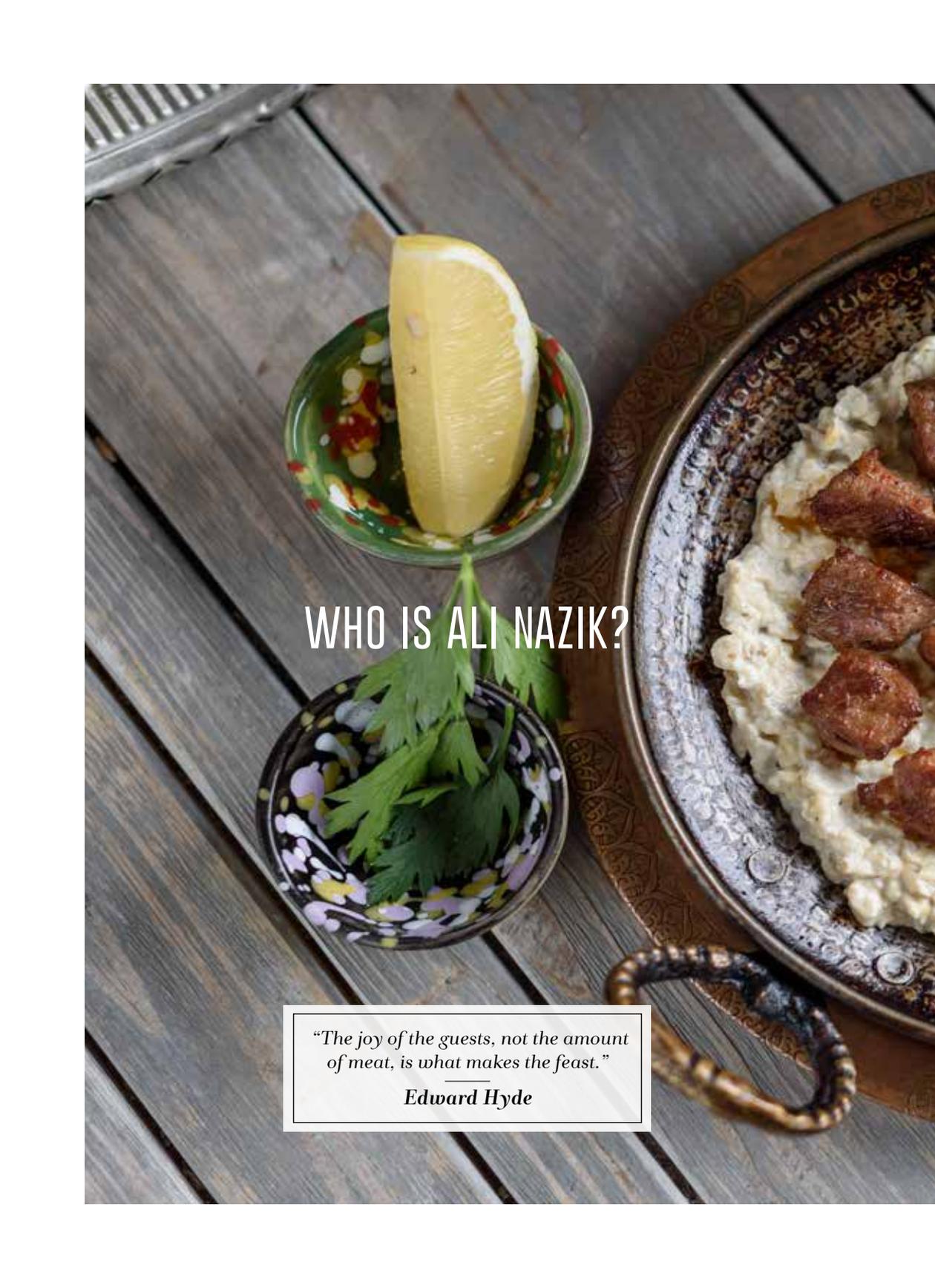
Stir the combination 1-2 more times and simmer it on low heat.

Add the diced and boiled carrots and chickpeas to the bulgur and simmer the pilaf on low heat with 4 cups of water.



Asphodelus

This herb, which grows at higher altitudes in Eastern and Southeastern Anatolia, is interestingly referred to in Van as "mountain banana." However, rather than a banana, it resembles a leek. The name "wild leek" was not given to Asphodelus in vain. This herb is used to make soup, pilaf, pastry and savoury dishes. When consumed in moderation, it has a number of health benefits.

A top-down view of a wooden table. On the right, a large, ornate metal platter holds a dish of white, creamy food topped with several pieces of browned meat. In the center-left, two small, patterned bowls are stacked vertically. The top bowl contains a green sauce with a lemon wedge and small red and white garnishes. The bottom bowl contains fresh green herbs. The text "WHO IS ALI NAZIK?" is overlaid in the center of the image.

WHO IS ALI NAZIK?

*“The joy of the guests, not the amount
of meat, is what makes the feast.”*

Edward Hyde







Aylin Öney Tan

ONE OF THE MAIN TASTES OF THE TABLE

Meat dishes and meatballs are without a doubt the most abundant food group in Turkish cuisine. Meat dishes are a must have for family gatherings, particularly during Eid al-Adha. Each region has its own specialties when it comes to meat. The feast cannot be regarded as complete without liver wraps in Edirne, while Iğdır's Bozbaş recipe with chickpeas has a flavour from beyond the border. The Balkan air occasionally comes with a Membrane Kebab from outside the borders. Sometimes the recipe with the same name takes on different guises; they're like siblings who share a name but just don't share the same tastes. For example; the same oven-roasted lamb leg appears on Assyrian tables in Mardin for Easter, yet it is the main course of Eid al-Adha at another neighbour's table. On some occasions, though, everyone scoops the same meal at the same time. On Id-al-Fitr, every household in Gaziantep, without exception, serves Yuvalama. It's as if the table stretches out and expands into a large gathering of friends, as if the entire city has gathered around a single table.

A festive table isn't required for some dishes. Sometimes, even if you are unprepared for an unexpected guest, a tray kebab or tray oruk prepared fast and sometimes even sent to the local bakery¹ on the butcher's order, will come to your rescue and it will be so delicious that your guest will not be able to get enough of it. A pot kebab or casserole, which is simple to prepare but takes a long time

to simmer, can sometimes save the day and it is also highly ostentatious. Yet, sometimes preparations for the guests begin hours, if not days, in advance.

Due to the attention paid to the guest, particularly labour intensive dishes requiring hard labour and mastery are prepared. Here, ball-rolled or stuffed meatballs come into play. Not everyone is capable of preparing a Bitlis meatball or "Anali Kızıl" recipe. Indeed, in this way, a great display is made, showcasing the house-wife culinary skills.

When it comes to meat dishes, we should not limit ourselves to veal; in most regions, lamb or mutton is the primary ingredient and lamb or mutton mince is particularly preferred in meat dishes and kebabs. Offals play a significant role in the Eid-al-Adha feasts as well. There are stuffed bumber, lamb tripe, kokoreç and liver wraps offered. Depending on the region, especially in those where the Yörük culture is dominant, goat meat may occasionally be served, even if just once a year. Even rabbit meat is rarely served. We should not, of course, overlook poultry. Given how expensive and valuable chicken was once, chicken recipes are also important honour offerings. In many regions in Anatolia, the manifestation of the value shown to the guest is a chicken slain for the guest. Many of them, like the Circassian table's walnut chicken, are served to guests. Both the chicken's meat and broth are used in these recipes.

Chicken, turkey, or goose broth, or slowly simmered veal broth, becomes the main source of meals like Tirit. Occasionally, phyllo bread or tandoori bread is served alongside the meat. In a way, meat is blessed with bread; it satisfies the stomachs of those seated at crowded tables. Keledos' satiation, the taste of chicken with phyllo and the groom's trotter are all distinct. Tirit, Ufeleme and Bandırma are all abundant and delectable recipes made using dry phyllo bread.

If homemade baklava is prepared, which is customary on feast days, several layers of fresh phyllo are also rolled out for the feast. Then, by layering shredded meat between them and adding a delectable broth of meat or chicken, it makes a great meal. In other dishes, such as Üsküre kebab, rice replaces phyllo and bread and it is brewed into the meat broth. When it comes to dough, we cannot overlook the ravenous pastries prepared with minced meat, such as Pide or Sembusek.

It would be misleading to consider all meat dishes to be meat-based. Occasionally, meat humbly allows vegetables to take the lead in a meal, at least as an equal accompaniment. Meals such as meat dishes with vegetables, spinach, or zucchini borani add a sense of vibrancy to the table. Particularly in the spring, dishes with fresh garlic and onions, such as şiveydiz, evoke a sense of spring.

When it comes to veggies, one cannot leave out the aubergine, which has an amazing ability to take the spotlight from meat. aubergine is the veggie equivalent of meat in every way. In the Alinazik recipe, it becomes a blanket under the

meat; in the aubergine Kebab, together with the meat, they captivate hearts by combining their flavours over the fire. However, in terms of taste, aubergine outperforms even meat.

Although it is on the verge of extinction, fruits have also historically accompanied meat. For example, Çirleme with apricots adds a sweet and sour note to the many vibrant Anatolian culinary mosaics.

Meatballs are in a league of their own. While the homemade sizzling “Mommy Meatballs” taste unique, when catering to a crowd, the meatballs vary and frequently the minced meat is blended with plenty of bulgur, becomes abundant and transforms into a plentiful meal when combined with tomato paste or yoghurt and some chickpea addition.

Bulgur meatballs may appear on a menu with hash or bone-in meat. When chickpeas are included, you may believe that there is no more healthful or satisfying meal than this. The meat is sometimes added in little amounts to bulgur and its function is to blend into the background, bind the bulgur or semolina and offer a little flavour.

Each variety of Kibbeh (fist-sized bulgur balls stuffed with seasoned minced meat), whether fried or boiled, pointy or dome-shaped, demands a unique skill set. What is more important than meat in this case is to serve a labour intensive delicacy that displays the hand skills. Even though Kibbeh is devoured as soon as it arrives at the table after hours of preparation, the most essential thing is to share the taste and delight.

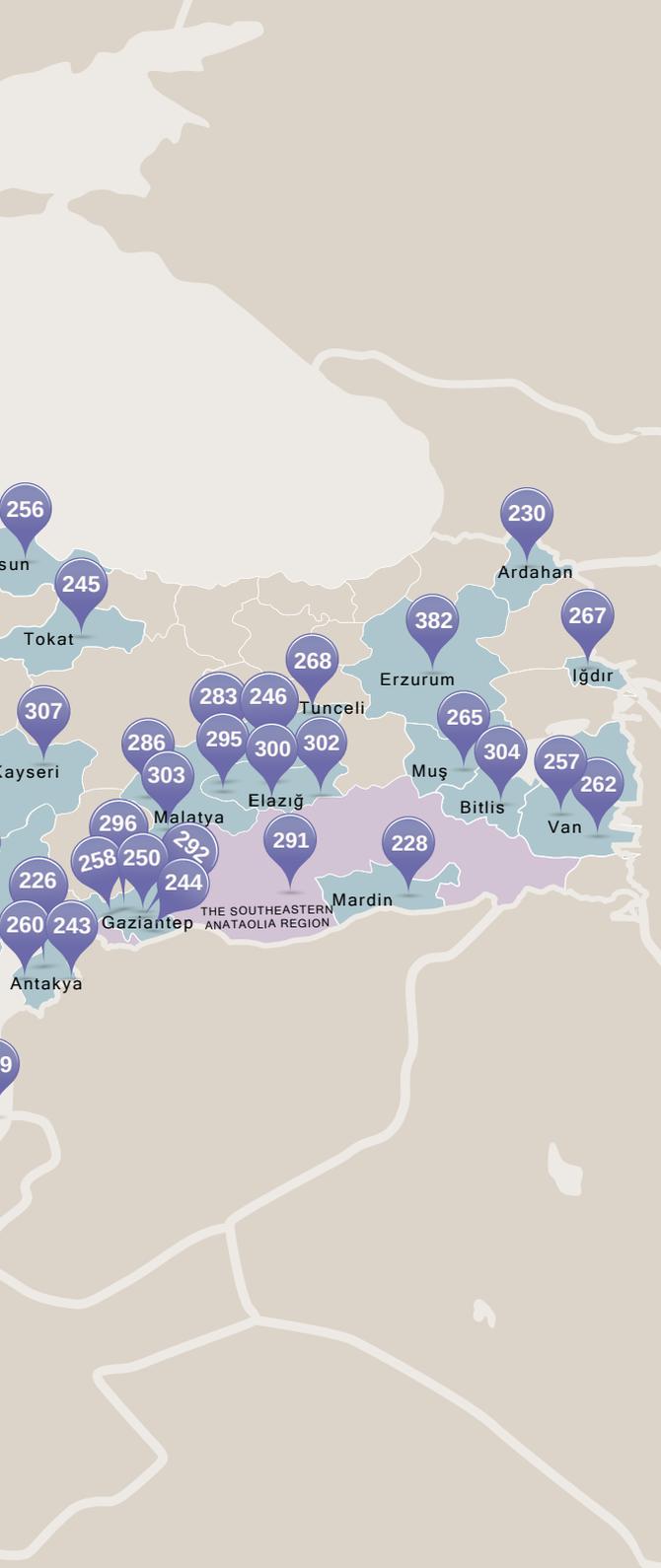
Turkey is home to an incredible variety of cuisines. It resembles a rainbow that spans the Balkans, the Middle East and Asia. It ranges in colour from Thrace to Anatolia and offers an infinite number of variations on even identical flavours.

While meat dishes and meatballs are not always included on regular menus, they are the preferred delicacies for special days and celebrations and are, in some respects, essential for feasts. Indeed, it’s hard to imagine a festive table without poultry and meat. If at all feasible, kebabs and meatballs are a whole other speciality. However, what matters most is the genuine excitement for the meal that is shared wholeheartedly, regardless of its quantity or quality. The true secret of a beautiful table is concealed within that love.

1 *Bakery:* In Turkey, we can bring our meals to local bakeries and have it cooked in their stone ovens.



- CITY
- COUNTRY
- REGION
- PAGE NUMBERS



- 226 İpek Güven** - ANTAKYA - Oruk with Olive Oil
- 228 Münir Sağlamer** - MARDİN - Sembuşek
- 230 Özlem Alimuto** - ARDAHAN/ AHKALKALAKI - Gogo
- 232 Ayça Çiğdem Budak** - İSTANBUL - Lamb Wraps
- 235 Kenan Gezer** - ÇANAKKALE - Roasted Lamb
- 236 Ayça Çiğdem Budak** - MACEDONIA / KARAMAN - Traditional Membrane Kebap
- 239 Esra Palta** - KAPADOKYA - Pot Kebap
- 240 Volkan Üstüner** - KAPADOKYA - Pot Kebap
- 243 Seda Öner** - ANTAKYA - Tray Kebap
- 244 Ayşe İpek Kıcıkoğlu** - GAZİANTEP - Onion Kebap
- 245 Ahmet Paylan** - TOKAT - Tokat Kebap
- 246 Kübra Polat** - ELAZIĞ - Traditional Üsküre Kebap
- 249 Fatih Zengin** - KIRŞEHİR - Çirleme
- 250 Ayşe İpek Kıcıkoğlu** - GAZİANTEP - Ali Nazik
- 253 Birsen Ozdemir Duran** - BALIKESİR - Tirit
- 254 Haydar Mohur** - ANKARA - Tirit
- 256 Ercan Albayrak** - SAMSUN - Goose Tirit
- 257 Hasan Umut Kuru** - VAN - Ekşili
- 258 Ayşe İpek Kıcıkoğlu** - GAZİANTEP - Şiveydz
- 260 İpek Guven** - ANTAKYA - Squash Borani
- 262 Gökhan Kuşçu** - VAN - Keledoş
- 264 Murat Güneysu** - TRAKYA - Kokoretsi with Yoghurt
- 265 Leyla Çelik** - MUŞ - Keledoş
- 267 Mustafa Yıldız** - İĞDIR - Bozbaş
- 268 Hazan Aydın Yeşilova** - TUNCELİ - Göme
- 271 Zeynep Kayaaltı** - SAKARYA - Aktu Sızbal
Ahbaz style Chicken with Walnut
- 272 Can Erdoğan** - RUMELIA - Damat Paçası
- 273 Bülent Kefeciler** - THESSALONIKI - Kokoşka
Chicken with Phyllo
- 275 Tilar Ekin Kum** - MENGEN - Halişka
- 276 Mennan İmre** - AEGEAN - Levrek Beğendi
Fried Seabass with Beğendi Dip
- 279 Münir Sağlamer** - LEVANTINE - Kibbeh
- 280 Yağmur Semiz** - LEVANTINE - Kibbeh with Potatoes
- 282 Neyran Ayan** - KOSOVAN - Akcerviş with Meatballs
and Phyllo
- 284 Mehmet Aydoğdu** - ADANA - Analı Kızılı
- 286 Nimet Kocabey** - MALATYA - Analı Kızılı
- 287 Zuhâl Kesgin** - BURSA - Meatballs with Pide
- 288 Alper Akar** - Thessaloniki - Muhajir Meatballs
with Yoghurt
- 291 Abdullah Kayıran** - SOUTH EASTERN REGION -
Arabian Meatballs with Tzatziki
- 292 Meltem Azbazdar** - GAZİANTEP - Yuvalama
- 294 Özgür Köse** - CYPRUS - Cypriot Keftedes
- 295 Gülşah Hoşses** - ELAZIĞ - Harput Meatballs
- 296 Osman Keskinoğlu** - KİLİS - Kübbülmüşviyye
- 298 Onur Kaya** - MANİSA - Topalak
- 300 Gülşah Hoşses** - ELAZIĞ - Muhaşerli Köfte
Meatballs with Black Chickpeas
- 302 Selçuk Atugan** - ELAZIĞ - Memleket Köftesi
Harput Meatballs
- 303 Aslı Cinkılıç** - MALATYA - Tevek Köfte
- 304 Ahmet Onur Akman** - BİTLİS - Bitlis Köfte
- 307 Didem Alev** - KAYSERİ - Kurşun Aşı Köfte

◆
İpek Güven
Supply Chain

◆
Recipe given by *her mother Ms Saniye*



ANTAKYA

ORUK WITH OLIVE OIL

500 g meat for meatballs

500 g fine bulgur

2 heads of onions

1 cup of olive oil

1 tablespoon of flour

3 bell peppers

1 teaspoon cumin

1 teaspoon of salt

for filling:

400 g minced meat

3 tablespoons of olive oil

4 onions

½ cup chopped walnuts

1 teaspoon of black pepper



Soak bulgur and peppers for a half hour in water. Blend the deseeded pepper, onion and cumin with the bulgur and process twice in a meat grinder.

Then knead it with meat and 1 tablespoon flour.

Divide this prepared mixture into two equal parts and set aside for later use.

Roast the minced meat in a pan for the filling.

When the broth is absorbed, add the onion and oil and roast the mixture a little longer.

Finally, add the walnuts and black

pepper and allow the mixture to cool.

Prepare an olive oil coated baking tray.

Roll out the first part of the meat mixture, which has been divided into two, to a thickness of 1.5 centimetres and set it on the tray.

Then cover it with the minced meat that has been prepared and use the bits of the remaining meat mixture to cover the minced meat.

Cut it into baklava-shaped slices and drizzle with olive oil.

Cook for 30 minutes at 175°C. You may serve it either hot or cold.

◆
Münir Sağlamer

Sales&Distribution

◆
Recipe given by Hüsniye Sağlamer

MARDİN

SEMBUŞEK

*1 kg of fatty minced meat
2 kg of flour
2 egg whites and 2 egg yolks
1 kg of onions
1 bunch of parsley
2 tablespoons of tomato paste
2 tablespoons of chilli paste
quarter pack of margarine
black pepper
chilli powder
salt*

Coarsely chop the onion and place it in a bowl.

Add the tomato paste, pepper paste, chilli powder, black pepper and salt, then place the minced meat and parsley on top. Knead all of these ingredients and set aside.

Again, pour flour into a large mixing bowl, add egg whites, salt, margarine and water and knead the dough until it expands.

Then take enough dough to fill the palm of the hand. Flatten the dough piece with a rolling pin, make it 15 cm wide and not too thin.

Thinly fill the minced meat mixture on one side following the rule of thumb and coat the other empty side on top of the filled area. Assume that you are dividing the dough into two pieces but do not divide it, of course.

Run the rim of a plate over the edges making sure that the edges stick together and look smooth.

Then place it on a baking tray, coat it with egg yolk and bake for a total of 20 minutes. Remove it from the oven according to the degree of browning.



What is the best way to separate an egg yolk from its white?

There are two ways to do it. The first way is as follows: First, the egg is delicately cracked open at the top and the liquid that emerges is poured into the palm. The white is allowed to run into a bowl as the yolk is moved from one hand to the other. The yolk is then transferred to a separate bowl. The second, which is ideal for people who do not like to get their hands dirty, involves slightly cracking the egg in the middle and splitting its shell in half. The yolk of the egg should be shifted between the pieces of egg shells rather than the hands and the white should be allowed to run into a dish. The yolk remains in the shell.

Özlem Alimuto

Human Resources

Recipe given by her mother Anşa Hanım



ARDAHAN /AHKALKALAKI

GOGO

for the dough:

flour as much as necessary
2 tablespoons of yoghurt
3 tablespoons of margarine
1 egg white
half a glass of water
half a pack of dry yeast
salt

for the filling:

350 g ground beef
3 medium onions
1 teaspoon of black pepper
1 teaspoon ground red pepper
salt

for the top of the dough:

1 egg yolk
1 tablespoon of oil
1 teaspoon of yoghurt

Combine the dough's ingredients and knead together.

When it becomes as soft as an earlobe, cover it and let it ferment for 1 hour.

Meanwhile, blend all the ingredients for the filling in a bowl.

After 1 hour, separate the dough into two equal halves.

Roll out both halves of dough with a rolling pin to a thickness of 1 cm, depending on size of the tray.

Grease the tray. Place the first piece of dough on the tray. Spread the filling on it equally.

Then cover the second piece with dough.

Before placing the dough in the oven, combine the egg yolk, oil and yoghurt then spread it on top.

“This recipe was introduced to my mother by her mother and to my grandmother by her own grandmother. The dish’s name is unique to our family. My grandmother, Şahzade Aktan, is of Meskhetian Turkish descent. The Meskhetian Turks are a Muslim-Turkish community based in Russia (in modern-day Georgia). My extended family, who had been living in the Akhalkalaki region, was compelled to migrate to present Turkish territory and settled in Ardahan. They took with them certain words from the region’s language and regional cuisine. The crispiness of the outside crust and the denseness of the interior in favour of spices are the most prominent features of the recipe, which resembles pide with minced meat from the outside.”

Tip:

You can cut it into four or eight pieces in the shape of pizza slices to ensure an evenly cooked interior.



İSTANBUL

LAMB WRAP

4 lamb wraps (consider 1 per person)

2 litres of water

black peppercorns

1 bay leaf

4-5 sprigs of parsley

1 small whole onion

1 clove of garlic

marjoram (as desired)

1 bunch of dill

1 bunch of spring onions

olive or sunflower oil

salt

Soak the lamb wraps for five minutes in hot water, then rinse.

Fill a separate pot halfway with enough water to cover the lamb wraps and bring them to a boil.

Simmer until tender with onions, garlic, black peppercorns, bay leaves, marjoram and parsley.

Do not spill the broth after the lamb wraps are taken out of the pot.

You can use this broth to make pilaf with orzo.

To drain the liquid inside the intestines, poke the lamb wraps with a fork on multiple spots.

Otherwise, the oil may splash during the next step. Heat a frying pan with olive or sunflower oil.

Alternatively, you can do this procedure directly on the baking tray in the preheated oven.

After cooking, top it with chopped dill and fresh onion.

Tip:

Serve alongside Orzo Pilaf cooked with the leftover broth. It pairs wonderfully with the wines Buzbağ Classic and Terra Kalecik Karası Red.



“A recipe from my beloved Istanbul, where my parents arrived from various places for different reasons, where their paths crossed and where I was born and grew up. This recipe can be prepared with ingredients from the oldest known offal shops in certain neighbourhoods of Istanbul around the end of February or the beginning of March, when lamb is in season. Galatasaray Ciğercisi at Beyoğlu Fish Market and Pak Ciğerci in Kadıköy Carsi are the two places where I usually shop. Although it is known as “lamb wraps” or “wraps,” you may really request it as “lamb intestines wrap”. Wrapping intestines takes a lot of skill, which is why it’s not something you may find at every offal shop. It is unquestionably a dish that Kokoretsi fans will adore. Meanwhile, you can get it in season and store it uncooked in the freezer for later use.”

In a post by Tuba Atana, I came across this recipe, which my grandmother’s brother, Uncle Ihsan, prepared with his own wraps (called “chordae” locally) when he lived in Ohrid and which he continues to prepare here as well.

“During a talk about raki and dining with one of our customers, he mentioned cooking lamb shanks in a can. I attempted to cook at home using a pretty basic recipe. I cannot say that my first attempt was particularly successful. In my subsequent attempts, I was able to improve the taste by balancing the heat and time. Convinced that this would appeal to larger, more crowded tables, I decided to use lamb shoulder (more than one) instead of lamb shank and tested my expertise on the tray, with better results. In the first recipe, only salt and butter were used. So, I thought garlic, onion and pepper might be added to make it even more appetising. On the first attempt, I achieved the taste I wanted. Speaking of crowded tables, my most recent experience was cooking seven lamb shoulders, all of which turned out perfectly.”



ÇANAKKALE

ROASTED LAMB

2 (3.5-4 kg) lamb shoulders

6 shallots

6 cloves of garlic

1 tablespoon of salt

1 teaspoon of black pepper

1.5 tablespoons of olive oil

2 spoonful butter

To begin with, divide each lamb shoulder into three pieces.

Then rub the meat with olive oil, like you are giving it a massage.

Depending on the amount of the meat, use a baking pan or a pyrex and place the meat in the tray in such a way not to leave any space.

Scratch each piece of beef twice deeply and then stuff it with shallots and garlic.

Season the meat equally with salt and black pepper.

On each steak, evenly spread little bits of butter.

Wrap the tray's top in baking paper, followed by aluminium foil.

Place the prepared tray in the oven that's been preheated to 180 °C.

Set two hours for the first cooking process.

After 2 hours, uncover the tray and cook at 150 °C for another 30 minutes.

The oven-roasted lamb tandoori is then ready to serve.

◆
Ayça Çiğdem Budak

IWSA

◆
Recipe given by Mesude Budak - Adniye Gurup

MACEDONIA / KARAMAN

TRADITIONAL MEMBRANE KEBAP

*500 g medium-fat minced lamb meat
lamb membrane (added on top of
doner or in meatballs in Thrace to
add flavour)*

1 litre of warm water

1 grated onion

2 cloves of garlic, grated or crushed

very little cumin

chilli powder

black pepper

Salt

After kneading minced meat with onions, garlic and seasonings, allow it to settle.

Soak the lamb membrane in warm water and allow it to soften for 15-20 minutes.

Stretch the membrane on a round tray or in a bowl.

Spread the minced meat, it should be 4-5 centimetres thick.

Then seal the membrane in such a way that it completely encloses the filling.

Place it upside down into another tray, this time with the upper portion pointing down.

Roast it until completely browned in a preheated oven set to 180 C with no fan.

“I’ll share a recipe from my mother’s kitchen. Although my maternal family was originally from the Karaman Principality in Anatolia, the Ottoman Empire settled them in the Macedonian town of Ohrid in 1451 and they resided there for exactly 500 years. Their homes and lands were seized by the then-Yugoslavian government in the 1950s and they finally succumbed to the pressure and in 1960, when my mother was 12 years old, they immigrated to Istanbul, Turkey, where they called home. I’m not sure where this meal originated in there or it went to Yugoslavia from here. Migration is an odd thing, I suppose; you take your food, drink, music and traditions with you wherever you go.”



Tip:

We typically serve it with mashed potatoes and a pea and dill garnish. Kayra Versus Cabernet Franc or Kayra Versus Alpagut Öküzgözü are ideal accompaniments.

“ Pot Kebab, a traditional delicacy based on the tandoori cuisine, is one of Cappadocia’s signature flavours. Even though it is now cooked in ovens and open stoves, it tastes completely different when cooked in a tandoori. Typically, it is cooked in Avanos county’s clay pots. It is made by placing meat and other ingredients into these pots and cooking them in a tandoori. It is generally reserved for exceptional occasions or gatherings of large numbers. It can, however, be prepared in miniature single-person clay pots made by Avanos’ potters.”



KAPADOKYA

POT KEBAP

1 kg cubed lamb or medium fat veal

500 g tomatoes

500 g shallots

20 cloves of garlic

6 medium green peppers

250 g butter

1 teaspoon of salt

1 teaspoon of black pepper

for sealing the bore of the clay pot:

1 piece of bread dough

Dice the peeled tomatoes and green peppers after removing the seeds.

Peel the skins of the shallots and peel the garlic then leave them whole. Season both the vegetables and meat with salt and pepper.

Wash the clay pot well until clean water comes out. Coat the base with half of the butter.

Fill the clay pot with a mixture of meat and vegetables that have been spiced.

Slice the remainder of the butter into small pieces and place them on top of the mixture.

Seal the clay pot's bore with bread dough to let the meat and vegetables simmer naturally.

If the conditions are adequate, cook it in open air for two hours over a wood fire or oak charcoal, or for roughly 90 minutes if you cook it in an oven.

Following cooking, break the clay pot off of the body and move the kebab to the serving plate.

Volkan Üstüner

Nevsehir Plant



KAPADOKYA

POT KEBAP

1 kg cubed veal

500 g tomatoes

500 g shallots

10 cloves of garlic

7 green peppers

250 g butter

1 teaspoon of salt

1 teaspoon of black pepper

To begin, peel the tomatoes. Remove the seeds from the peppers. Then peel the onions and garlic and leave them whole.

Add salt and pepper and blend them well into the meat. Place half of the butter on the prepared clay pot's bottom.

Then fill the clay pot with the meat that has been blended with pepper, onion, garlic and spices. Add butter once more.

Prior to cooking, seal the bore of the clay pot with bread dough or aluminium foil, whichever is available. The taste of the kebab will come from here because the meat will be cooked in its own steam.

Roast the clay pot kebab for two hours over a wood fire.

After it is completely cooked, keep it on fire to make the juices evaporate and the kebab's amazing flavours will come out for you to enjoy.

“Pot kebab, a delicacy unique to Nevşehir’s Cappadocia region, has an incredible flavour, even more so when roasted over wood flames.”

Over wood flames...

Wood fire, a slow cooking method common in Anatolia and especially for meat and pastry, provides a romantic environment with its crackling sound and ensures that the food is well cooked and the flavours blend. It provides a distinctive flavour to a wide range of dishes, from stews to grilled meat. It enables slow, inner cooking of meat in recipes such as Pot kebab and Tire meatballs. It affects the yeast in bread and brings out a light and pleasant aroma.

“It is the cuisine of those who enjoy dining in large groups at crowded tables. It is a one-of-a-kind delicacy prepared for unexpected guests. Although it may be ordered by phone from butchers in Hatay or made at home and appears to be quite simple to prepare but it has its own secrets. The most exquisite version of this delicacy is available from the butchers of Antakya Uzun Çarşı in Hatay.”



◆
Seda Öner

Alaşehir Plant



ANTAKYA

TRAY KEBAP

Half kg minced meat

2 onions

2 cloves of garlic

1 black pepper

1 capia pepper

2-3 tomatoes

half a bunch of parsley

1 teaspoon salt

1 teaspoon of black pepper

1 teaspoon cumin

1 teaspoon of thyme

1 teaspoon paprika

for topping:

*Optional tomato, pepper, potato,
onion, garlic*

1 tablespoon of tomato paste

1 glass of water

Place the minced meat in a large mixing bowl. Chop the onions, garlic, pepper, tomatoes and parsley extremely finely.

Combine the minced meat with the chopped ingredients and spices completely. Knead all ingredients together to ensure that their flavours blend.

Spread the mixture 1 cm thick on a baking sheet or in a pyrex. You may also garnish it with tomatoes, peppers, potatoes, onions and garlic.

Dilute the tomato paste with warm water and then pour over the remaining ingredients.

Cook it in a preheated oven at 180 degrees for a while, until the potatoes are tender.

Ayşe İpek Kıcıkoğlu

Nevşehir Plant

Recipe given by Sıdıka Hanım



“ Once upon a time, there was a man named Seyit Ağa who insisted on eating meat at every meal. He was suffering from a condition brought on by meat consumption. The doctor warned him that if he ate that much meat, he would die. Since she adored her husband, his wife sought a solution. Then she went to the midwife and told her what had happened. The midwife considered her options carefully and settled on an onion kebab with less meat and plenty of onions, knowing that onions cleanse the blood.”

GAZİANTEP

ONION KEBAP

1.5 kg shallots
700 g minced meat
half a teaspoon of pomegranate syrup
half a teaspoon of olive oil
1.5 cups of water
chilli powder
black pepper
salt

Cut the onions from both ends and down the centre but do not divide them in half.

Then season the minced meat with salt, red pepper and black pepper.

Sandwich the pieces of minced meat between the onions.

Following that, stir pomegranate syrup and oil together and spread it onto the tray.

Place the onions with minced meat on a baking tray and roast them for 45 minutes at 250 c.

Ahmet Paylan

Sales&Distribution

Recipe given b Ali Çağlar



TOKAT

TOKAT KEBAP

lard
aubergines
green pepper
potatoes
garlic
pide

Dice the lamb into medium-sized cubes. Attach a piece of lard at the very beginning of each skewer.

On each skewer, a piece of meat, an aubergine slice and thinly cut potatoes are placed in sequence.

Do not remove the skins of the aubergines during this process. Before grilling, split the aubergines in half and season them lightly.

Attach the aubergine stems to the ends of the skewers to prevent the ingredients on the skewers from slipping out.

Attach a chunk of lard and garlic on a second skewer.

Then hang it on the flat metal in the centre of the kebab oven to grill. Serve it with pide.

◆
Kübra Polat

Elaziğ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

TRADITIONAL ÜSKÜRE KEBAB

1 kg cubed mutton
200 g shallots
1 tablespoon tomato paste
300 g crushed tail fat
1 tablespoon of butter
500 g rice
black pepper
salt

Combine the cubed meat, shallot, tomato paste, salt and spices together and set aside for 2 hours.

Place the crushed tail fat in the bottom of a large pot.

Layer the cubed meat and shallots on top and cover them with a copper bowl.

Pour water around the bowl and allow it to cook for 3–4 hours on a low heat.

Then put rice in the water around the bowl and put the lid on the pot.

Remove the bowl once the pilaf has been cooked and serve the kebab with pilaf.

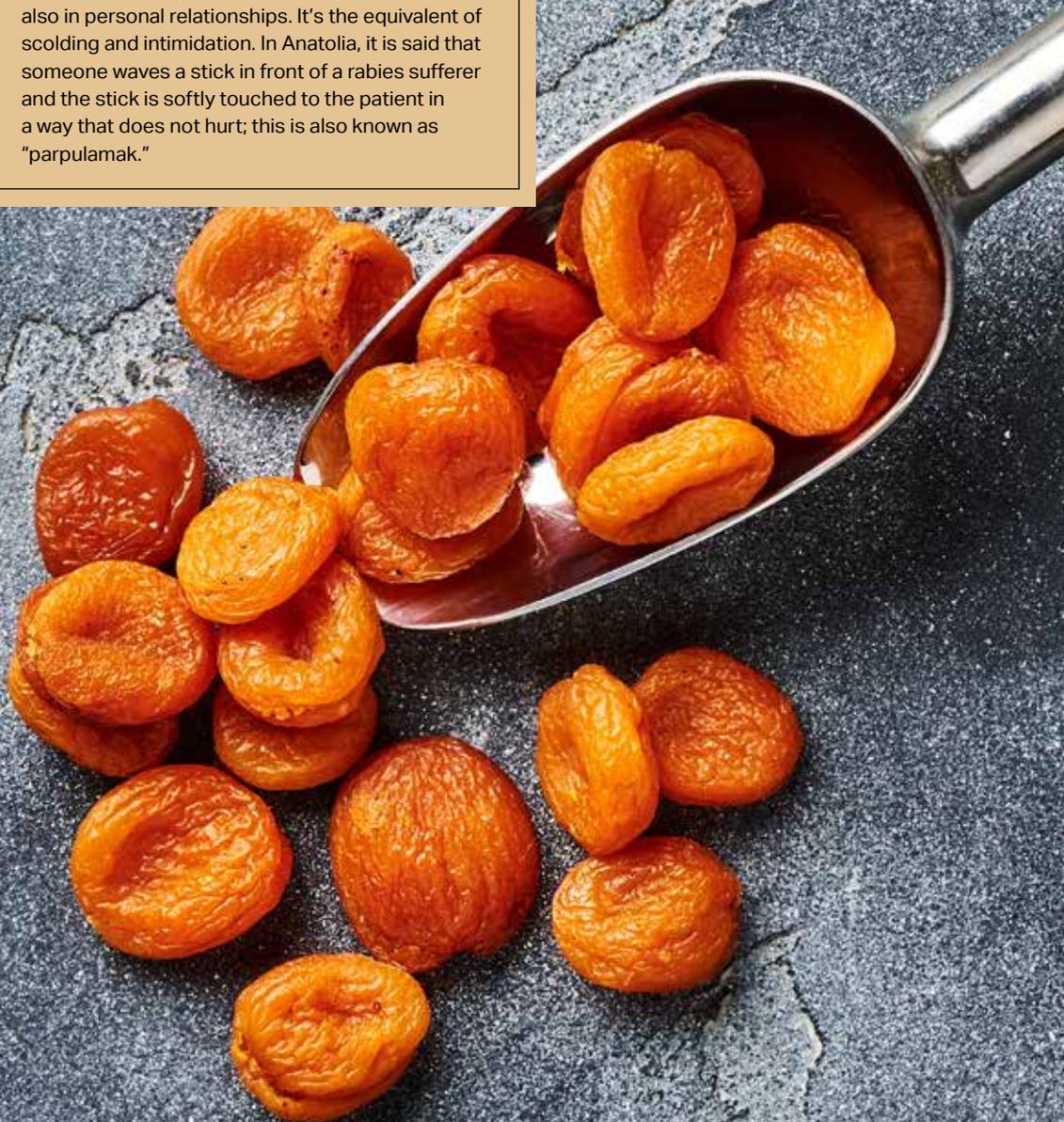


Üsküre

An Üsküre is a type of clay bowl or pot in Anatolia. In the Elazig region, however, these utensils are made of metals. Although Üsküre is usually used for soups, it is also popular for Üsküre Kebab, which gets its name from the cooking procedure. Water or ayran may accompany Üsküre.

“Parpulamak”

“Parpulamak” implies to softly pound someone or something. This can be either aubergine or meat. It cooks faster when pounded. The verb “Parpulamak” may be used not only in cookery but also in personal relationships. It’s the equivalent of scolding and intimidation. In Anatolia, it is said that someone waves a stick in front of a rabies sufferer and the stick is softly touched to the patient in a way that does not hurt; this is also known as “parpulamak.”



◆
Fatih Zengin

Karaman Plant



KIRŞEHİR

ÇİRLEME

1 kg of cubed meat
half a kilo of chickpeas
1 teaspoon tomato paste
1 kg pitted dried apricots (or apricots
without seeds)
1 cup of molasses
2 tablespoons of butter
chilli powder
salt

Swell up the dried apricots with a little water on heat.

Melt the butter in the pan. A

dd tomato paste, then roast it and pound it with meat.

Cook it with chickpeas that have been steeped in salty water overnight.

By adding adequate water, heat the dried apricots, spices, salt and molasses to a boil.

Top it with melted butter and serve hot.

Ayşe İpek Kıcıkoğlu

Nevşehir Plant

Recipe given by Ms Sıdıka



“In the 16th century, Yavuz Sultan Selim Han entered Antep with a grand ceremony. He is treated to a lavish feast of Antep cuisine, which was at least as vibrant as it is today. Yavuz Sultan was so taken with a meal that he asked to meet the chief. ‘Who has this gentle hand?’ he wondered. While the chief was transferred to the palace kitchen, the meal retained the moniker ‘Eli Nazik,’ which translates as ‘gentle hand.’ The recipe’s name evolved into Alinazik through time.”

GAZİANTEP

ALİ NAZİK

<i>7 grilled aubergines</i>	Roast and season the minced meat.
<i>500 g medium fat minced meat</i>	
<i>4 cloves of garlic</i>	Neatly chop the grilled and peeled aubergines.
<i>250 g condensed yoghurt</i>	
<i>black pepper</i>	Combine them with salt and yoghurt.
<i>chilli powder</i>	
<i>salt</i>	After placing this aubergine mixture to the service platter, top it with roasted minced meat.



“Tirit is the signature dish of Balıkesir and its environs. It’s both filling and incredibly delicious.”



Birsen Özdemir Duran

Finance and Digital Transformation

BALIKESİR

TİRİT

*1 small bowl of sourdough country
bread, sliced diagonally (about 3 cm
in diameter)*

1 leg of lamb (cut into large pieces)

*1 full tablespoon of tomato/pepper
paste (mixed)*

2 full tablespoons of butter

ground red pepper

black pepper

parsley (chopped)

3 lt water

salt

Finely dice the sourdough bread into little bits.

Simmer the lamb with salt until the meat entirely separates from the bones.

You should simmer the meat until it is possible to shred it.

Sieve the meat chunks and then in a separate pot shred them by hand or using cutlery.

Meanwhile, dilute the tomato paste in the meat broth.

Spread this sauce on the bread to soften it before serving.

Bread should be soft without being doughy or crumbly. Divide the softened bread into plates and pour broth over them.

Layer the shredded meat on top. Char the ground red pepper with butter in a pan and sizzle it over the portions as desired.

When garnished with chopped parsley and black pepper, it is ready to serve.

◆
Haydar Möhür

Sales&Distribution

◆
Recipe given by Gülümser Möhür

ANKARA

TİRİT

500 g mixed cubed veal and mutton

100 g lard

3 pieces of tandoor bread (Tirit)

4 tomatoes

4-5 green peppers

2 tablespoons of tomato paste

2 tablespoons of chilli paste

1 tablespoon

oil

1.5 litres of water

salt

In a pan, roast the diced meat, fat and oil.

Add the peeled and chopped tomatoes and also the chopped peppers.

After adding tomato paste and chilli paste, simmer them together for a while.

Then add water, salt and the chilli pepper and allow it to boil.

Our meal, after simmering for an hour, is ready.

Pour it over cubed tandoori bread and serve.



Ercan Albayrak

Sales&Distribution

Recipe given by İlknur Albayrak

“Goose tirit, a Samsun speciality, is a must-try recipe despite its difficulty of preparation. Goose tirit, a very filling and delectable meal, can also be prepared with chicken if goose meat is unavailable.”

SAMSUN

GOOSE TIRIT

*1 whole goose
600 g goose broth
300 gr bulgur
enough pide bread
salt*

Tip:
*Tirit and buttermilk
combine extremely
well together.*

After plucking the goose, mince the fat around the skin and intestines into small pieces and melt them in a bowl. Boil the whole goose.

Fill a bowl with two ladles of broth and salt.

Slice the phyllo into pieces, dip them in oily water and lay them on a tray.

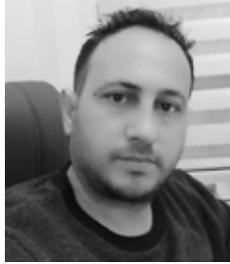
Cook bulgur pilaf in goose broth and then place it into the tray. Drench it with melted goose fat.

Chop the goose meat into small pieces and place it on a bed of pilaf. It's typically served with oiled phyllo.

Hasan Umut Kuru

Bilecik Plant

Recipe given by *Hacer Kuru*



VAN

EKŞİLİ

bone-in meat
250 g spinach
1 large onion
Tomato paste and chilli paste
egg (1 per person)
100 g sour fruit rollup
3 tablespoons of oil
chilli powder
salt

Cook the meat for 10 minutes in a pressure cooker with some water. Grate an onion over the oil and roast it in a separate pot.

Then add the meat and resume the roasting process. Following the chopped spinach, add the tomato paste and chilli powder and continue roasting.

Add the broth from the other pot to this combination. Stir a pinch of salt and enough water to completely cover the ingredients.

Dice the sour fruit rollup and place it in a small pot 5 minutes after it comes to a boil.

Simmer it for 10 minutes over low heat, cracking eggs on top but not blending.

Cook it over a low heat for ten minutes with the lid closed.

Serve one piece of meat per person, garnished with vegetables and an egg.

Ayşe İpek Kıcıkoğlu

Nevşehir Plant

Recipe given by *her mother Ms Sıdika*



GAZİANTEP

ŞİVEYDİZ

- 500 g fresh garlic* Cook the meat and chickpeas on the stove.
- 1.5 kg spring onions* Chop only the white bits of the onion and garlic to a finger's thickness.
- 500 g minced meat (lamb or veal)* Then chop the garlic completely and add it.
- 1 cup chickpeas* After the garlic has softened and cooked for a few minutes, add the chopped onion.
- 500 g condensed yoghurt*
- 1 egg* Whisk the yoghurt and eggs together in another bowl.
- salt* Then gradually add the meal's own gravy to the yoghurt.
- black pepper* Once cooled, add the yoghurt to the meal. Char the mint in oil and splatter it on top.
- for the topping:*
- oil*
- mint*



Charring the mint

Charring the mint offers a delicious finishing touch. It is particularly well-suited for meat meals and soups. Dried mint is lightly seared in oil and poured over the dish. Occasionally, chilli powder may well be added. The result is both visually appealing and delicious.

◆
İpek Güven
Supply Chain

◆
Recipe given by *her mother Ms Saniye*



ANTAKYA

SQUASH BORANI

400 gr Hatay's salted yoghurt

500 g piece of meat

1 kg of white winter squash

1 handful of chickpeas

2 tablespoons of butter

1 head of garlic

1 onion

1-2 dried chillies (optional)

dried mint

Boil and sift the soaked chickpeas.

Boil the meat in a pot as well. In a separate pan, finely chop the garlic and onion and lightly roast it in butter.

Add the squash, boiled chickpeas and meat to the garlic and onion combination.

Cook it for 10-15 minutes after adding enough water to get a soup-like texture.

On top of the meal, add salted yoghurt and stir it to homogenise.

Finally, add the charred mint. If desired, you may also add dried pepper to the dish.



“Borani, which dates all the way back to the 11th century, is named after Buran, the daughter-in-law of one of the Abbasids' most prominent rulers, Harun Reşit and wife of Memun, one of the Abbasid caliphs. This unique Hatay delicacy is prepared with Hatay's salty yoghurt. Green onion borani, spinach borani and broad bean borani are among the other variations.”

◆
Gökhan Kuşçu

Alaşehir Plant

◆
Recipe given by *Simanperi Kuşçu*



VAN

KELEDOŞ

250 gr cubed meat (veal or lamb)

1 cup of wheat

1 cup boiled chickpeas

1 cup green lentils

*2 handfuls of chard (heliz or white
beet)*

*2 cups of cottage cheese
(yoghurt-like)*

1 medium onion

3 tablespoons of butter

*3 cloves of garlic
salt*

black pepper

chilli powder

In a pot, boil the green lentils and wheat. Roast the onions in butter in a separate pan.

After adding the meat, roast it for another 10 minutes.

Add the green lentils, wheat, chickpeas, finely chopped chard, salt and pepper to the meat and then simmer it for 40 minutes in a pressure cooker.

After it has simmered for a while, remove it from the heat and blend thoroughly with dry cottage cheese and garlic.

Then serve it garnished with charred chilli powder.



“Everyone in Van has a cellar, owing to the city’s lengthy winters. Winter supplies are obtained in the autumn and stored in cellars. Adnan was a man who lived in a village near Van. His wife used to call him Edoş. One day near the end of winter, the woman went to the cellar to get ingredients for cooking and discovered that she had very little; a handful of lentils and chickpeas, two handfuls of wheat and a little dried meat. To avoid upsetting her husband, she threw everything she had into the pot, along with the herbs she had dried. When she noticed the meal was greenish, she added some condensed yoghurt she had dried over the summer, which brightened the meal’s colour. The woman then served it to her husband. When her husband asked what it was, she replied, ‘I made you Keledoş because I love you.’”

Murat Güneysu

Transformation

Recipe given by his grandmother Ms Melek



“Kokoreç with yoghurt, or “kokoriç with yoghurt,” is one of my grandmother’s favourite Thracian recipes. Despite the fact that she is a retired elementary school teacher, she insisted that this meal is called “kokoriç” with yoghurt, therefore this should be the correct spelling and I was always definitely wrong. With heartfelt regards from Lüleburgaz.”

TRAKYA

KOKOREÇ WITH YOGHURT

sanitised lamb intestines

2-3 eggs

1 kg of yoghurt

black pepper

salt

Obtain prepared and sanitised lamb intestines from the butcher.

If you doubt that it is not clean enough, boil it at home for 20-25 minutes before sanitising it by soaking it in salted water for 1 hour.

Place the sliced kokoriç on a baking tray and salt it liberally. Then roast it in an oven at 190°C for about 2 hours, or until the oil in it turns to brown.

Whisk yoghurt, egg, salt and black pepper together and pour it over the kokoriç before it is returned to the oven.

Resume roasting till lightly browned.

Tip:

If the kokoriç is frozen before cooking, it can be readily cut. That is exactly what my grandmother does.

Leyla Çelik

Human Resources

Recipe given by *Gevri Çelik*

“The Van region has a diverse geography and each city has its own distinct recipe for Keledoş. The recipe I am sharing comes from my mother, who lives in Muş. During the spring months, you must do the preparation for the Keledoş recipe. With the coming of spring in the region, the herbs Heliz and Sipidak are hand-collected in the upper parts of the mountains. According to my mother, the young people in the area would get together to pick Heliz starting in the middle of May. After being harvested, Heliz is boiled and dried, then it is stored in a cool place. On the other hand, after harvesting Sipidak, it is knitted and dried in the sun. While preparing Keledoş, Sipidak is used in some areas, whereas Heliz is used in others. The key point here is that the herb, whatever it is, must be dried. Another essential material is Kurut. In June, Kurut is made by straining skim milk or buttermilk from cloth bags and sun-drying them into little balls. Keledoş is a recipe that is prepared in the spring and summer months when there is plenty of material and it is served at crowded tables in the winter.”

MUŞ

KELEDOŞ

*500 g lamb meat
Heliz or Sipidak (White Beet)
1 cup green lentils
1 onion
2 tomatoes
2 green peppers
1 tablespoon of tomato paste
butter*

*for topping:
Kurut and a little water
2 tablespoons of b*

Boil the heliz and lentils separately until soft. After boiling, chop the heliz finely. In a separate pan, add finely chopped onions, tomatoes and peppers and saute them in butter.

Then add the tomato paste and meat and roast the mixture. Combine the roasted ingredients with water and simmer the meat until tender.

Add the heliz and lentils to the pot when the meat is tender. Boil it twice over low heat then remove it from the stove.

After preparing the dish, prepare the sauce as well. Thin the grated Kurut with a little water.

Char the chilli powder in butter. Serve the meal on a plate with Kurut dissolved in water and charred chilli powder on top.



IĞDIR

BOZBAŞ

<i>Half kg bone-in cubed meat</i>	Steep the chickpeas overnight in boiling water with baking soda and sugar.
<i>1 cup chickpeas</i>	
<i>1 onion</i>	Cover the top and let it settle till the morning.
<i>3 potatoes</i>	
<i>1 teacup of oil</i>	Drain the water and soak the chickpeas in the morning. In a pressure cooker, simmer the cubed meat for 45 minutes.
<i>1 tablespoon tomato paste</i>	
<i>2 teaspoons turmeric (full to the brim)</i>	Brown the onion in oil in a separate pan.
<i>1 teaspoon of chilli powder</i>	Then combine it with turmeric, salt, chilli powder and tomato paste.
<i>1 teaspoon salt</i>	Then add the diced potatoes and the meat. Take the broth to a separate pot.
<i>1 teaspoon of baking soda</i>	Add the chickpeas after another 5 minutes of boiling.
<i>1 teaspoon of sugar</i>	Then, add the broth from the boiled meat.
	When it comes to a boil, reduce the heat to the lowest setting and simmer the mixture steadily.
	The Bozbaş meal is then ready.

◆
Hazan Aydın Yeşilova

Corporate Relations

◆
Recipe given by her grandmother Ms Hatun



TUNCELİ

GÖME

*1 kg of flour
2 kg cubed lamb
1.5 kg of onions
1 cup of walnuts
4 tablespoons of butter
2 eggs
2 tablespoons of yoghurt
salt
black pepper
chilli powder*

“ This is a recipe that reminds my father of his childhood holiday mornings and he has been continuing to prepare it on holiday mornings since we lost my grandma. Although it may seem to be a hefty breakfast, there is no need to eat all day afterwards.”

Separate a little amount of flour for later use and place the remainder in a large mixing bowl.

Place an egg and salt in the centre and make a dough with warm water.

After an hour, separate the dough into 5 pieces.

Flour the first dough and roll it out until it spills over the sides of the baking tray.

Grease the tray's bottom and place the dough on it.

Prepare the filling as follows: Saute the cubed meat in a pot with 2 tablespoons butter, then combine it with chopped onions.

Add the coarsely chopped walnuts, black pepper, chilli powder, and salt at the very end.

Then allow the mixture to cool.

Divide it into four portions, spread the prepared filling over the dough on the base.

Flatten the remaining four doughs out to fit the baking tray and layer the filling between them, stack them on top of one another.

Following the fifth phyllo, press the pieces of the first phyllo that spill out of the tray against the margins of the last one.

Whisk an egg and 1 tbsp yoghurt together and spread it on top. Bake it in a 200°C oven.

When you remove the tray from the oven, allow it to settle for a few minutes before removing the upper dough and slicing it by cutting from the tray's edges.

Drizzle the melted butter on top and devour the dish with gusto.



About Aktu Sızbal

Instead of stale bread, cornmeal bread known as basta or pasta is used in the original recipes. Traditionally, walnuts were crushed on the stone to obtain their oil, which was then spilled over Aktu Sızbal.

◆
Zeynep Kayaaltı

Supply Chain

◆
Recipe given by Özcan Sebato

SAKARYA

AKTU SIZBAL / AHBAZ STYLE CHICKEN WITH WALNUT

1 medium chicken
half kg walnut kernels
2 slices of stale bread
(preferably wheat bread)
2 teaspoons of Abkhasian table salt
1 head of onion
1-2 cloves of whole garlic
a tomato paste mixture made with
Asibra-Arahana herbs
(it is sold ready-made in the region)
fresh coriander (Ahuska)
ground red pepper
oil

Rinse the chicken well and boil it in its skin.

To infuse the chicken with flavour, add an onion, 1–2 whole garlic cloves and 1 teaspoon of Abkhasian salt to the boiling water.

After boiling the chicken, shred it into bite-size pieces. In a food processor, process the walnuts into powder.

First, add the stale bread crumbs to boiling water. Add another teaspoon of Abkhasian salt.

Completely soak the bread with Abkhasian salt. Add the walnuts and whisk the mixture until it reaches a soup-like texture.

Blend the remaining boiled chicken pieces, together with tomato paste, into this sauce.

Place the entire combination in a serving bowl, drizzle with charred ground red pepper and garnish it with fresh coriander.

Can Erdoğan

Sales&Distribution

Recipe given by *Türkan Erdoğan*

“It is customary in Rumelian regions to roll up baklava when the bride visits her father’s house to kiss his hand following the wedding. This recipe is prepared with leftover baklava dough. So, what is the origin of the name “Groom’s Trotters”? We don’t know about the groom but it had to be called “trotters” because it contains garlic and vinegar, just like Khash.”

RUMELIA

DAMAT PAÇASI / GROOM’S TROTTERS

5 phyllos
4 pieces of chicken breast
3 tablespoons of oil
4 tablespoons of yoghurt
4 cloves of garlic
3 egg yolks
3 tablespoons of flour
1 teaspoon of salt
vinegar
butter
ground red pepper

Boil the chicken breasts. Remove three cups of water from the chicken broth for later use.

Randomly put the phyllos in pieces on the baking tray. Bake them for 15–20 minutes at 150–250 c in a preheated oven.

Take the phyllos out of the oven and place them on a pyrex or tray after baking. Pour a little of the chicken broth on top of that.

Shred the chicken breasts, lay them down randomly on the phyllos and bake it for 5–6 minutes.

For the sauce, mix yoghurt, oil, garlic, vinegar, salt, flour and an egg with the rest of the chicken broth and stir it over medium heat until it has a thick, creamy texture. Then pour the sauce over the chicken and phyllos.

Finally, drizzle the charred ground red pepper on top. As a substitute for butter, you can roast tomato paste and use it to make a sauce.

Bülent Küfeciler

Nevsehir Plant

THESSALONIKI

KOKOŞKA / CHICKEN WITH PHYLLO

1 whole chicken

6 phyllo bread

(baked on a metal plate, village style)

2 cups walnuts

3 tablespoons butter

1 teaspoon chilli powder

1 teaspoon salt

Cut the chicken into pieces and place it in a pot with enough water to cover it.

Then season it with salt and bring it to a boil over medium heat. Simmer the chicken until it easily separates from the bones. Keep six cups of simmering broth for later use.

Remove the chicken's bones and skin and shred the meat. Spread two pieces of dough with melted butter between them on a greased tray.

Cut the remaining four phyllo into small pieces and layer them on top of the phyllo in the tray. Spil a small amount of the heated chicken broth slowly over the phyllo.

Lay the walnuts and chicken meat on the tray. Drizzle the ground red pepper charred in butter on top.

Then bake the mixture until lightly browned. Top the baked phyllo with the remaining chicken broth.



Tilar Ekin Kum

Finance and Digital Transformation

Recipe given by *her grandmother Ms Ayten*



MENGEN

HALIŞKA

as much flour as necessary

goose fat (eyeball)

1 foie gras

1 egg

2-3 spoons of yoghurt

as much water as it takes

salt

Prepare the dough using flour, an egg, yoghurt, salt and water. It should be of a texture that allows it to be easily rolled with a rolling pin.

Roll the dough out to a medium thickness, similar to ravioli dough, and cut into huge pieces the length of an index finger and the width of three fingers.

Boil the cut dough pieces in salted boiling water like ravioli. After boiling, sift the dough and transfer it to a plate or bowl.

Roast the chopped foie gras, meanwhile, with goose fat. Set it aside. Pour the roasted foie gras chunks over the prepared dough pieces.

You may add finely diced goose meat if desired and serve it with garlic yoghurt.

◆
Mennan İmre

Sales&Distribution

◆
Recipe given by *his wife Ms Pınar*



AEGEAN

LEVREK BEĞENDİ / FRIED SEABASS WITH BEĞENDİ DIP

2 medium seabasses

Bake the aubergines at 220°C. for 20 to 25 minutes.

for "Beğendi":

3 aubergines

2 tablespoons of flour

2 spoonfuls of butter

3 cups of milk

1 small carrot

1 branch of leek

1 sprig of celery stalk

1 sprig of parsley

1 small onion

2 cloves of garlic

2 cloves

1 bay leaf

black pepper

salt

Simmer the carrots, leeks, celery stalks, onions, garlic, parsley sprigs, cloves and bay leaves for 30 minutes in a deep pan with milk, then strain it and keep the milky sauce aside.

Roast the flour and butter until dark yellow in a pot.

Cook the peeled aubergines with salt, pepper and the milky sauce until they reach their desired texture.

Season the seabass with salt and pepper, fry it in a pan over medium heat and serve it with "Beğendi."

Bake the capia peppers in the oven, garnish it with the fresh spices and a drizzle of red pepper oil.

for service:

baked red capia pepper

fresh spices

chilli powder

oil





◆
Münir Sağlamer

Sales&Distribution

◆
Recipe given by *Hüsniye Sağlamer*

LEVANTINE

KIBBEH

1 kg cracked wheat
half kg fine bulgur
half kg minced meat
1 kg of onions
1 bunch of parsley
black pepper
chilli powder
salt
oil
walnuts (optional)

Add 1 tablespoon of salt to cracked wheat, then soak it for an hour. Knead it for 15 minutes, then add the fine bulgur.

Add a small amount of water to keep it moist for an hour.

Meanwhile, roast the minced meat on low heat with a little oil until the water is absorbed. In a separate place, grate the onion with a food processor and brown it in light oil.

On low heat, add parsley, chilli pepper, salt and black pepper to the minced meat.

The filling material is ready. Knead the settled bulgur dough again and bring it to the texture of a dough that can be rolled out in the palm of the hand.

Grab a piece of dough and form a well by twisting it in the palm of the hand, stuff the filling in the well and stick the open edges together using two fingers.

Soak the sealed kibbeh in boiling water.

Boil it for 15 minutes like pasta before serving. You can sprinkle walnuts on top to taste.

Yağmur Semiz

Nevşehir Plant

Recipe given by Ms Rukiye



“The Levantine delicacy İçli Köfte, also known as Oruk, is made by rolling bulgur into dough and stuffing it. However, it is a traditional dish in different regions of Turkey and it is known as kibbeh in some places and stuffed meatballs in others. This stuffed meatball can be cooked in two different ways: It can be boiled or fried. Because it is labour intensive and time-consuming to prepare, it is considered a special occasion dish rather than an everyday meal. It is served on holidays and other occasions such as engagement ceremonies and henna nights.”

LEVANTINE

KIBBEH WITH POTATOES

<i>for the meatballs:</i>	<i>seasoning (optional)</i>
<i>2 cups of fine bulgur</i>	<i>1 onion</i>
<i>1 glass of düğülce bulgur (the thinnest bulgur) or semolina</i>	<i>1 tablespoon tomato paste</i>
<i>2 eggs</i>	<i>salt</i>
<i>1 teaspoon of chilli powder</i>	<i>half a teaspoon of oil</i>
<i>2 teaspoons of salt</i>	<i>plenty of boiling water</i>
<i>2 handfuls of flour (can be increased if the dough is sticky)</i>	<i>for topping:</i>
	<i>1 tablespoon of butter</i>
	<i>2 tablespoons of oil</i>
<i>for filling:</i>	<i>1 teaspoon of tomato paste</i>
<i>5 medium potatoes</i>	



The Levant

The term "Levant" refers to the region that encompasses the huge land on the Mediterranean's eastern coast. This region is not defined by governmental boundaries; rather, it is defined by historical and cultural markers. It is a region that is welcoming to individuals of diverse religions and ethnic origins. In the Ottoman era, it was known as the Damascus Province. It is derived from the Latin verb levare, which translates as "sunrise."

In three cups of boiling water, soak düğülce or semolina. Submerge it in water for around 1.5-2 hours to achieve the best result. Stir it periodically and, if necessary, add extra water. Boil the potatoes until the bulgur swells and brown the onion in half a tea cup of oil and allow it to cool. Add all other ingredients after the bulgur has swollen and knead the dough thoroughly.

Mash it and refine it to an extremely fine texture. If the dough is too tough, add a small amount of water; if it is too runny, add a small amount of flour. After a thorough kneading, take a piece the size of a lemon and hollow the inside out to ensure that it is neither too thin nor too thick. If it has cracks surrounding it, the dough is not in the proper state.

Knead the dough a little more and add water or flour as needed if it is too solid or too runny. If there is no crack, stuff the potato inside and shir the meatball's mouth gradually.

After shirring, roll the meatballs by wetting the palms. Prepare all ingredients in the same way as for meatballs. Add the meatballs one by one to the boiling water and after ten minutes, they should float to the top.

After all of the meatballs have risen above the surface of the water, simmer them for another 5-6 minutes. Remove one meatball from the water to check if it is cooked, strain the water and transfer the meatballs to the plates. Serve it with sauteed tomato paste on top.

◆
Neyran Ayan

IWSA

◆
Recipe given by *her aunt Ms Saliha*



KOSOVAN

AKCERVIŞ WITH MEATBALLS AND PHYLLO

for the base:

3 baklava phyllo dough

Bake the baklava phyllo on a pyrex in a preheated 170° oven until golden brown.

for the Cerviş:

125 g butter

200 g flour

1.5 cups of yoghurt

1.5 cups of milk

1 glass of water

1 clove of garlic

1 teaspoon salt

Combine the minced meat, salt, black pepper, egg whites and breadcrumbs together in a mixing bowl.

Form tiny meatballs and fry them in oil. Roast the flour and butter in a pot. It's important to keep an eye on the flour's colour so it doesn't darken.

Mix yoghurt, milk, salt, water and garlic in a separate bowl and add it to the roasted flour.

for the meatballs:

350 g minced meat

1 teaspoon of salt

1 teaspoon of black pepper

1 egg white

as much breadcrumbs as necessary

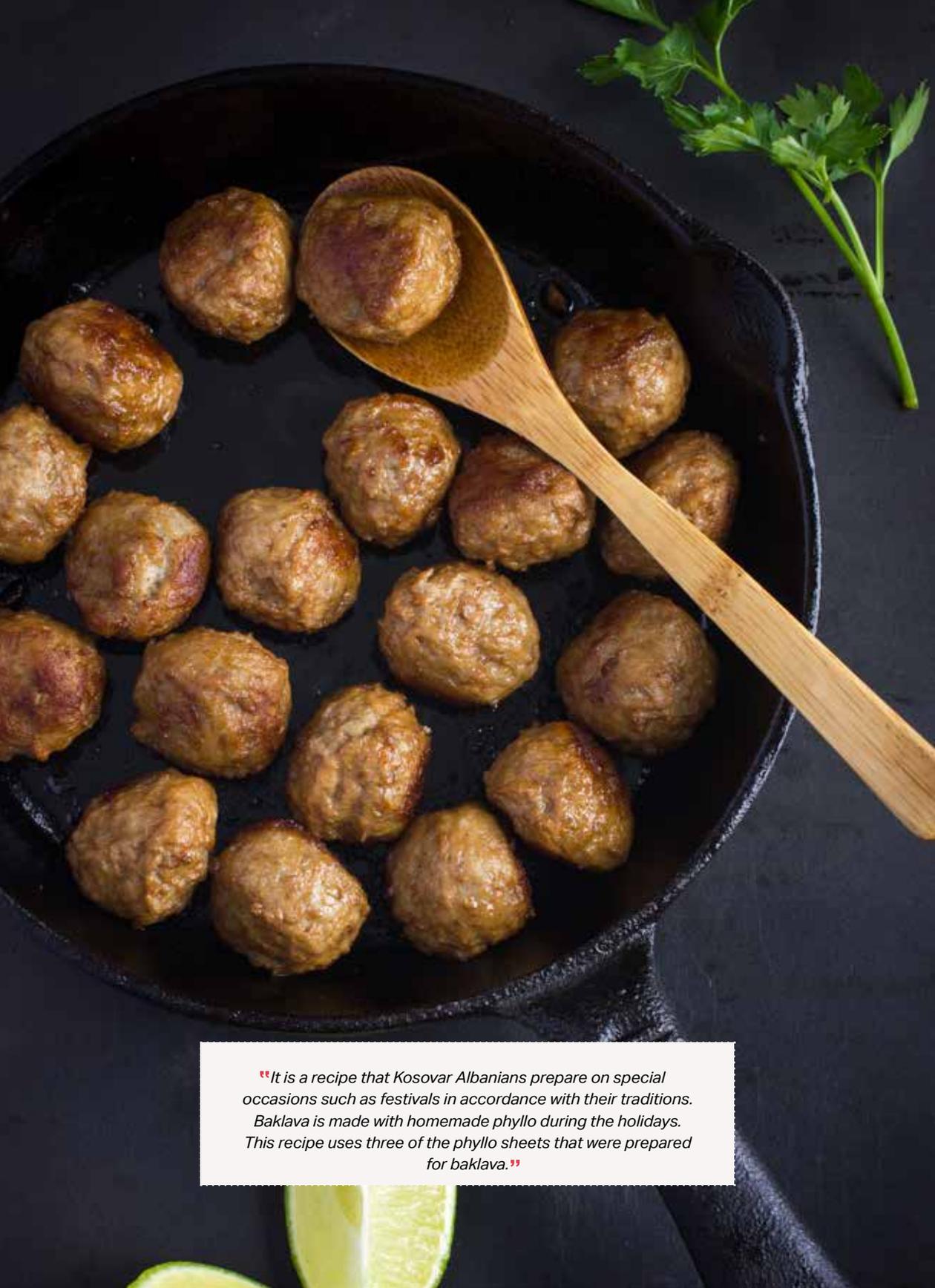
Cook until it thickens and turns soft and the "çerviş" is ready. Sprinkle the meat broth or water on the baklava phyllo that has been placed on a pyrex.

Spread the Çerviş over the entire tray, along with the phyllo and tiny meatballs. Top it with charred ground red pepper in butter.

for topping:

ground red pepper

butter



“It is a recipe that Kosovar Albanians prepare on special occasions such as festivals in accordance with their traditions. Baklava is made with homemade phyllo during the holidays. This recipe uses three of the phyllo sheets that were prepared for baklava.”

◆
Mehmet Aydoğdu

Nevşehir Plant



ADANA

ANALI KIZLI

for the meatballs:

<i>300 g lean minced meat</i>	<i>parsley (finely chopped)</i>
<i>2 cups fine bulgur</i>	<i>salt</i>
<i>1 cup of regular bulgur</i>	<i>black pepper</i>
<i>1 grated onion</i>	<i>ground red pepper</i>
<i>1 tablespoon of tomato paste</i>	<i>1 teaspoon of tomato paste</i>
<i>1 tablespoon of chilli paste</i>	<i>for the juice:</i>
<i>salt</i>	<i>1 cup boiled chickpeas</i>
<i>black pepper</i>	<i>a piece of cubed meat</i>
<i>ground red pepper</i>	<i>1 pack of beef bouillon</i>
<i>1 egg</i>	<i>2 tablespoons of tomato paste</i>
<i>3 tablespoons of flour</i>	<i>spices</i>
	<i>salt</i>

for filling:

300 g minced meat

1 grated onion

“*Analı Kızlı*’ is a highly popular traditional dish that is prepared with little differences in each region. There are numerous legends about this recipe. According to some, this dish is named after Mother Hatice (Hatçe) , while others attribute the name to Mother Suzi. While the names have changed, the plot has remained consistent: it is the story of a mother with seven sons. The young mother, who had always wished for a daughter, prayed to God all the time. She eventually became pregnant with a daughter. Until the daughter was old enough to get married, the woman always doted on her. However, the mother never wanted her daughter to marry; she found a reason to refuse anybody who wished to marry her. But one day, the girl fell in love with a young man and ran away with him. His mother fell sick with melancholy. When her daughter learned of this, she and her husband hit the road to ask for the mother’s blessing. When the mother saw her daughter was safe and happy, she forgave them and regained her former health. She decided to host a feast in order to share her happiness. She has prepared a one-of-a-kind meal using her own recipe. Everyone savoured this meal during this feast, which some say lasted seven days and seven nights and others say lasted forty days and forty nights. This is how the delicacy that we now know as “*Analı Kızlı*” came to be.”

To prepare the meatballs, combine all the ingredients except the flour and eggs in a mixing bowl.

By dipping the hands in warm water, fully knead all the ingredients.

Then add the flour and eggs and repeat the kneading process. Continue kneading and keep wetting your hands until the meatballs reach the desired texture.

Prepare the filling with pan-fried minced meat and onions. Season it with tomato paste, black pepper, ground red pepper, salt and parsley before combining and set aside to cool.

Without the filling, roll a quarter of the prepared meatballs into chickpea-sized balls.

Cut small portions of the remaining meatballs, hollow them out, stuff them with minced meat filling and seal. In a big pan, pour hot water in, lightly salt it, then bring to a boil.

Put all the prepared meatballs into boiling water, then after boiling, drain them using a perforated strainer. Use this method to cook all the meatballs. In a separate pan, roast the meat until its broth releases.

Add the tomato paste, spices, broth and salt then boil them together. After the water has been brought to a boil, add the boiled chickpeas and simmer for another 5-10 minutes.

Then add the boiled meatballs and simmer it for one more time before removing from the heat.

◆
Nimet Kocabey

Elaziğ Plant



MALATYA

ANALI KIZLI

For the dough:

2 bowls of fine bulgur
2 tablespoons of semolina
250 g lean minced meat, minced twice
salt
1 egg
as much water as necessary

for filling:

3 medium onions
250 g low fat minced meat
3 tablespoons butter or margarine
salt
chilli powder
black pepper

for the sauce:

1 large onion
1 tablespoonful of tomato paste
1 cup boiled chickpeas
salt
chilli powder
black pepper

Brown the chopped onions in oil, then add the minced meat. When the minced meat absorbs all the juices, season it and put it in the refrigerator to cool.

Rinse the bulgur well and place it in the kneading bowl. Add salt, egg and semolina to the minced meat with a splash of water in between. Knead the kibbeh for about 20 minutes, or until it achieves a texture that allows it to be easily rolled.

Use the filling, made with some of the dough, to make small kibbehs. These are the meatballs' mummies.

Use the remaining dough to make tiny round meatballs. These are the meatballs' daughters. Then brown the chopped onion in a big soup pot with a little oil.

Add the tomato paste and seasonings, followed by the chickpeas and enough hot water to cover.

When the water comes to a boil, drop the meatballs delicately into it. After a few minutes of simmering, the meatballs are ready to serve.

◆
Zuhal Kesgin

Bilecik Plant



“While it is a Bursa specialty, it is believed to be inspired by İskender Kebab. The only difference between this and İskender is that it consists of meatballs on pide rather than Döner Kebab.”

BURSA

MEATBALLS WITH PIDE

400 g minced meat
1 large onion
baking soda
2 tablespoons of breadcrumbs
black pepper
cumin
salt
2 naan bread

for the sauce:

2 tablespoons of tomato paste
2 tablespoons of oil
3 tablespoons of butter

for topping:

1 tomato
2 peppers
1 bowl of yoghurt

Grate the onion and squeeze it to extract the liquid for the meatballs. Except for the pide, combine it and knead it with the other ingredients.

Form the meatballs to the desired size and cool them for 2 hours in the refrigerator. Grill the meatballs and keep them warm in the oven.

Pile the meatballs on top of the pide, which has been diced. Saute the tomato paste for the sauce, then add the desired spices and bring the sauce slowly to a boil by adding hot water.

Coat the meatballs with the sauce. Melt the butter in a separate pan and drizzle over the top.

Garnish it with tomatoes, peppers and yoghurt before serving.

◆
Alper Akar

Sales&Distribution
◆



THESSALONIKI

MUHAJIR MEATBALLS WITH YOGHURT

for the meatballs:

500 g minced meat

2 eggs

1 tablespoon of wheat starch

1 grated onion

5 slices of dried bread crumbs

1 teaspoon of salt

1 teaspoon of black pepper

for the topping mix:

2 cups of yoghurt

2 tablespoons of flour

2 eggs

2 cloves of garlic

Combine the meatball ingredients in a large glass kneading bowl and thoroughly knead it.

From the kneaded dough, form walnut-sized pieces into lengthwise meatballs.

Stir the yoghurt, flour, eggs and garlic together in a separate bowl.

Fry the meatballs in oil after coating them with bread crumbs.

Arrange them in a spaced-out pattern in a heat-resistant oven dish.

Pour the yoghurt mixture over the top. Roast it for 20 minutes at 175°C in a preheated oven.





Abdullah Kayıran

Sales&Distribution

Recipe given by *her mother Ms Asuman*



GÜNEYDOĞU ANADOLU

ARABIAN MEATBALLS WITH CACIK (TZATZIKI)

*300 g lean minced meat (minced
twice)*

*2 cups fine bulgur
salt
black pepper*

for the sauce:

*300 g minced meat
1 onion
salt*

black pepper

half a tablespoon of tomato paste

half a tablespoon of chilli paste

half a glass of purslane

condensed yoghurt

garlic

For the sauce, roast the minced meat and finely chopped onions.

Season the mixture with salt and pepper before cooking it with tomato and pepper paste.

Combine it with hot water and simmer for another 5 minutes. To make the meatballs, wet the minced meat and bulgur gradually, homogenise and form them into a dough.

Roll pieces the size of marbles. Simmer the meatballs for 5 minutes in salted boiling water. Then drain them and allow them to settle.

Cleanse the purslane, then sift it.

Chop it finely, combine it with condensed yoghurt and garlic and serve it on a plate.

Fry the boiled meatballs in hot oil then place them on purslane. Top the meatballs with the prepared sauce.

◆
Meltem Azbazdar

Regulations, Law and Corporate Relations

◆
Recipe given by *her mother Ms Humayun*



“Yuvalama is a traditional recipe from the Gaziantep region. This labour intensive recipe is served with rice pilaf and is unquestionably prepared especially during every Ramadan Feast.”

GAZIANTEP

YUVALAMA

*1 kg of coarsely chopped lamb
half kg cracked rice
2 onions (one for meatballs and the
other for using when boiling meat)
1 kg of condensed yoghurt
1 egg yolk (for the sauce)
250 g chickpeas
2-2.5 tablespoons of butter
1 tablespoon of dried mint
half kg pounded red meat
olive oil
salt
black pepper*



Soak the chickpeas overnight. The following day, simmer the chickpeas and a piece of lamb with an onion, salt and black pepper.

Meanwhile, rinse the cracked rice for meatballs and strain it for 20–30 minutes.

Finely chop or grate the remaining onion.

By constantly wetting the hands, knead the broken rice, pounded meat, salt and pepper in a bowl, as if kneading steak tartar a la turca.

Allow it to settle for ten minutes. After that, place the olive oil into a small bowl, dip your hands in olive oil and take the meatballs one at a time and roll them into chickpea-sized balls.

Bring meatballs to a boil for about

5 minutes in a separate pot and then drain them.

Whisk a few ladles of egg yolk and boiling chickpea water into condensed yoghurt.

Drop the lightly boiled meatballs to the broth of meat and chickpeas and simmer them for about 7-8 minutes.

While this mixture is simmering, add the yoghurt diluted with broth gradually while stirring continuously.

After a few minutes of simmering, turn the heat off and transfer Yuvalama to the serving pot.

Char the dried mint in butter in a separate pan and then drizzle it over Yuvalama. It is then ready to serve.

CYPRUS

CYPRIOI KEFTEDES / PRIOT MEATBALLS

- | | |
|--|---|
| <i>5-6 medium potatoes</i> | Grate the potatoes. Firmly squeeze them to release the starch. |
| <i>300-400 g lean minced meat</i> | |
| <i>2 medium onions</i> | Then absorb the remaining starch by laying stale bread over the grated potatoes. |
| <i>1 pinch of parsley</i> | |
| <i>1 egg</i> | Following kneading, blend the mixture with lean minced meat, onion, parsley, salt, black pepper and an egg. |
| <i>salt</i> | |
| <i>black pepper</i> | |
| <i>300-400 g stale bread crumbs or breadcrumbs</i> | Then shape the mixture into tiny meatballs and fry them in hot oil. |
| | Serve it with fried potatoes on the side. |

◆
Gülşah Hoşses

Elazığ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

HARPUT MEATBALLS

- 500 g lean ground shank* Chop the onion into rice-sized pieces.
- 400 gr fine bulgur* Knead the ground shank, bulgur, basil, parsley, salt and chilli powder together.
- 1 medium onion* Form the kneaded mixture into marble-sized meatballs.
- 1 tablespoon of basil* Press the meatballs' middles inwards to form a wheel.
- 3-4 sprigs of parsley* Roast the tomato paste in butter before adding it to water then bring it to a boil.
- 1 teaspoon of chilli powder* Simmer the prepared meatballs in a pot of boiling water. Serve it in its own juices.
- 1 teaspoon salt*
- 1 tablespoon of butter*
- half a spoon of tomato paste*

Osman Keşkekoğlu

Human Resources

Recipe given by his daughters Buse and Nisa



KİLİS

KÜBBÜLMÜŞVİYYE

3 cups of fine bulgur
300 g lean and raw mutton or minced
beef
300 gr sheep membrane fat (tallow)
1 onion
half a bowl of walnuts
1 teaspoon cinnamon
2 tablespoons of mint
black pepper
salt
ground red pepper

Finely chop the onions. Spread bulgur out on the tray. Add the onion, mint, chilli powder and salt then knead them together.

Add the minced meat and continue kneading until it has the texture of gum.

Separately, finely chop the tallow. Knead it with hot water until it achieves the texture of gum.

Season the tallow with salt, black pepper, ground red pepper, mint, walnut kernels and cinnamon.

Shape it by hand after slicing it into almond-sized pieces.

Combine the minced meat with bulgur and split it into walnut-sized pieces and mould them into kibbeh.

Seal each kibbeh's opening after stuffing a piece of spicy tallow within it.

Barbeque the Kibbehs on an oak charcoal grill.



Oak charcoal

It's a light and black carbon residue made by heating coal, wood, or other plant-animal components at high temperatures with minimal oxygen to remove all water and volatile chemicals. Because of the taste it imparts to the meat and its lengthy burn life, oak wood charcoal is the most popular choice for grilling.

◆
Onur Kaya
Nevşehir Factory

◆
Recipe given by *her mother-in-law Mrs. Seval*



MANISA

TOPALAK

*half kg bone-in lamb
1 cup boiled chickpeas
1.5 cups fine bulgur
1 onion
3 tablespoons of flour
1 teaspoon of black pepper
1 teaspoon of chilli powder
3 teaspoons of salt (2 tablespoons of
boiled meat, 1 teaspoon of bulgur)
2 spoonful butter*



Cook the lamb in a big pot with lots of water.

Grate the onion over the bulgur, then swell it with boiling broth.

Knead the spices and flour into the swelling bulgur.

Roll out small bits of the resulting mixture.

The rolled balls should be around the size of hazelnuts.

Place the balls on a floured baking tray.

Remove the bone from the boiled meat.

Then simmer it with broth once more.

Add the boiled chickpeas and rolled balls to the broth.

Simmer the balls for around 20 minutes over low heat.

Drizzle the chilli powder that has been charred in butter over the dish and it is ready to serve.

Gülşah Hoşses

Elazığ Plant

Recipe given by Burhan Hoca

ELAZIĞ

MUHAŞERLİ KÖFTE / MEATBALLS WITH BLACK CHICKPEAS

300 gr fine bulgur

100 g flour

1 onion

1 tablespoon of basil

*100 gr muhaşer (black chickpeas,
peeled and cut in half)*

salt

salted butter

Boil the muhaşer. Soak bulgur in hot water.

Coarsely chop the onion.

Combine them and knead them with the addition of flour and salt.

Roll the mixture into small pieces and mould them into small balls.

Boil them for a total of ten minutes.

After boiling, transfer them to the serving plate.

Serve it with basil and sizzling salted butter on top.

Muħaşer

Muħaşer, sometimes known as mukaşer, is a type of black chickpea. It is soaked in water, then dried and the skin is removed in the mill. It enters our kitchen in this form as a legume. Meatballs with Muħaşer is another delicacy of the Elaziğ region.



Selçuk Altugan

Sales&Distribution

Recipe given by Ms Hatice



“Hatice Altugan, my late mother, married in Adana and moved there from Elazığ. Our meals were primarily from the Elazığ region due to her yearning for her hometown. One of our favourite recipes is Memleket Köfte, also known as Harput Meatballs in the region, which we remember from our childhood.”

ELAZIĞ

MEMLEKET KÖFTESİ / HARPUT MEATBALLS

*500 g minced meat
1 cup fine bulgur
1 large onion
1 egg
1 teaspoon cumin
1 teaspoon of black pepper
2 teaspoons of basil
2 teaspoons of mint
1 pinch of parsley
1 tablespoon of tomato paste
1 tablespoon of chilli paste
2 spoonful butter
4 tablespoons of olive oil
1 teaspoon salt*

Grate the onions. Knead the minced meat, eggs, spices, bulgur and parsley. Continue this process until the bulgur softens.

Roll the meatballs the size of cherries and then flatten them. Prepare the sauce by heating butter and olive oil and adding tomato and chilli pastes.

Pour 4 cups of hot water over the mixture after adding 1 teaspoon of mint.

When the sauce comes to a boil, add the meatballs and simmer it for ten minutes.

“This recipe from the Malatya region gets its name from the word tevek, which refers to the leaves of vine, melon and watermelon.”

MALATYA

TEVEK KÖFTE / TEVEK MEATBALLS

100 g minced meat
100 g vine leaves
20 gr bulgur
1 medium onion
quarter of a bunch of parsley
quarter bunch of fresh mint
25 g butter
1 tablespoon of tomato paste
2 tablespoons of pomegranate molasses
1 teaspoon of salt
1 teaspoon of black pepper
yoghurt

Coarsely chop the onion, parsley and mint. For the filling, knead these ingredients with minced meat, bulgur, salt, black pepper and 1 tablespoon of pomegranate syrup.

Place the filling over the leaf and wrap it up thick and small. Arrange these sarmas in the pot.

Separately, melt the butter, saute the tomato paste, add water and the remaining pomegranate syrup.

Season this sauce with salt and pepper and then pour it over the meatballs. Simmer it on a low heat and serve it with yoghurt after brewing.

◆
Ahmet Onur Akman

Finance and Digital Transformation

◆
Recipe given by Aynur Duruk

“A traditional Bitlis meatball dish that my grandma learned from her own mother when she was a child. Although there are other preparations, the original recipe that my grandma knew and cooked exceptionally well is as follows.”

BITLİS

BITLİS KÖFTESİ / BITLIS MEATBALLS

1 kg minced meat

(minced twice)

half kg fine bulgur

1 egg

half kg ground kidney tallow

1 large onion

1 teaspoon of black pepper

1 teaspoon of chilli powder

salt



Tip:
If you eat it with yoghurt, the oil in it will congeal, so be careful not to do that.

Combine meat, bulgur, salt and the egg in a bowl. Knead it thoroughly by regularly wetting the hands until it achieves the texture of resin.

Add drained and grated onion, kidney tallow, chilli powder, black pepper and a pinch of salt to a second bowl and knead together.

Form hazelnut-sized pieces once the filling thickens.

Carve the pieces of the kneaded meat mixture in the middle of the palm with the thumb and stuff the pieces of the filling in this hollow.

Seal the filling that is left out in such a way that no holes remain.

Boil a pot of water and add 1

teaspoon of salt to the boiling water.

Drop the meatballs into the boiling water and simmer.

Throughout this phase, keep the heat high.

Simmer the meatballs until they rise to the surface of the water after about 15 minutes of boiling.

To ensure that the meatballs are done, divide one of them into two and check to see if the fat in it melts. If the fat has melted, it means the meatballs have cooked.

Remove the meatballs from the water by using a strainer spoon. Serve it on its own.



*Tip:
You can add flour
to the dough to
enhance texture.*

Didem Alev

Human Resources

Recipe given by her grandmother Ms Servet



KAYSERİ

KURŞUN AŞI KÖFTE

for the meatballs:

1 teaspoon of semolina

1 cup fine bulgur

1 egg

half a cup of water

salt

ground red pepper

Knead and roll the meatballs into marble size pieces, then place them on a tray.

Then place the tray in the refrigerator for about an hour to settle.

In the meantime, simmer the meat in a pressure cooker. Also boil the lentils and chickpeas.

for the meal:

1 kg cubed veal

2 cups boiled chickpeas

1 cup boiled green lentils

Chop the onion for the soup, brown in olive oil and add tomato paste.

While they roast, add mint and butter, followed by the broth and bring to a boil.

for the soup:

1 onion

2-3 tablespoons of olive oil

2 tablespoons of tomato paste

1 tablespoon of chilli paste

1 full teaspoon of mint

1 full spoon of butter

meat broth

Pour the meat, meatballs, boiled chickpeas and lentils into this mixture.

Cook it for around 6-7 minutes, or until the pressure cooker's valve releases.



IT'S IN THE DOUGH

*“I envisioned life as a ball of dough
that I could knead on my own
kneading trough.”*

***Ahmet Hamdi Tanpınar,
The Time Regulation Institute***







Ayfer Yavi

PURSUING HISTORY KNEADED WITH DOUGH

The transition to the settled order also paved the path for humans to dominate nature for the purpose of nourishment. People in the Fertile Crescent region had a better chance of reaching their crops. The Fertile Crescent, which spans Iraq, Iran, Turkey, Syria, Lebanon, Israel and Palestine, is the birthplace of several grains, most notably wheat and barley.

Phyllo is a product of the nomadic lifestyles of the Central Asian tribes. Phyllo bread does not stale easily, it is enduring and with these qualities it has saved lives during many excursions, wars and migrations. The wraps, which are made by layering thin phyllo dough on each other and wrapping them together and the börek pastry, which is made by sandwiching fillings between layers, were very well loved and they quickly spread around the world. Pastry, particularly bread, has been a part of human life and the most valuable food since the commencement of wheat farming thousands of years ago.

The Sumerians baked phyllos, pides, bread and buns, both yeasty and non-yeasty. In the Hittite realm, there were around 180 different sorts of bread. Nonetheless, it was the Egyptians who acquired control of the fermenting process.

While the dispute about where bread was originally made rages on, several civilizations in various parts of the world, unknowing of one another, may have discovered it. It took a long time for

the Greek Civilization to discover how to make wheat edible. Greek pastries, in general, resemble those baked in North Africa, the Near East and the Balkans, while Greco-Roman bakers are unable to make brioche, savarin, choux dough, puff pastry, leavened dough, or anything resembling oil dough.

The 11th century witnessed a massive migration to Anatolia. The Turkish tribes, who had well developed agricultural skills through the close relations with the Chinese, set foot on grounds that had been cultivated for thousands of years. During the same century, the Crusades made a significant contribution to these efforts by carrying phyllo dough from the East to the West. The Seljuks, who settled in Anatolia and later the Ottomans, introduced their own experiences to the traditional bread skills developed by the settled culture. According to some food culture writers, the practice of stretching each piece of dough to make it paper-thin originated in the kitchens of the Turks at the Topkapı Palace after the conquest of Istanbul.

Evlia Çelebi, a famous traveller from the 17th century, spent more than fifty years travelling throughout Europe, West Asia and Egypt, compiling his observations in his ten-volume Travelogue (*Seyahatname*). In the *Seyahatname*, he refers to breads, buns and other bakery goods. He lists flat bread, gravel bread, *fodula* bread and phyllo bread among others. Additionally, it comprises doughnuts, bagels, *kete* and various pastries. Among them are *sini-pot-lid* pastries, Tatar, spinach, chicken, cup and market pastries, as well as meat *borek*, European anchovy and partridge pastries. *Boreks* are mentioned by indicating their geographic regions. The ingredients being used are identical to those available in the region as a result of geography.

Pastries in the Ottoman Palace and, particularly in Istanbul cuisine became more refined as the empire expanded, reaching a zenith in the 18th and 19th centuries. The laws were establishing the guild regulations for bakers: "Baker's bread, dough maker's dough and doughnut maker's bun shall not be raw, black, or sour"; the issues to be followed are specified as "these tradesmen's sieves will be densely perforated, not thinly".

Warfare, changes in geographical conditions, religious considerations and migrations all had a role in the development of pastries, as they do with any food's journey. In this way, Anatolian cuisine benefited greatly from the diversity of people and the skills they brought with them. This resulted in the cuisine's sophistication, which is now considered a unique cultural heritage.

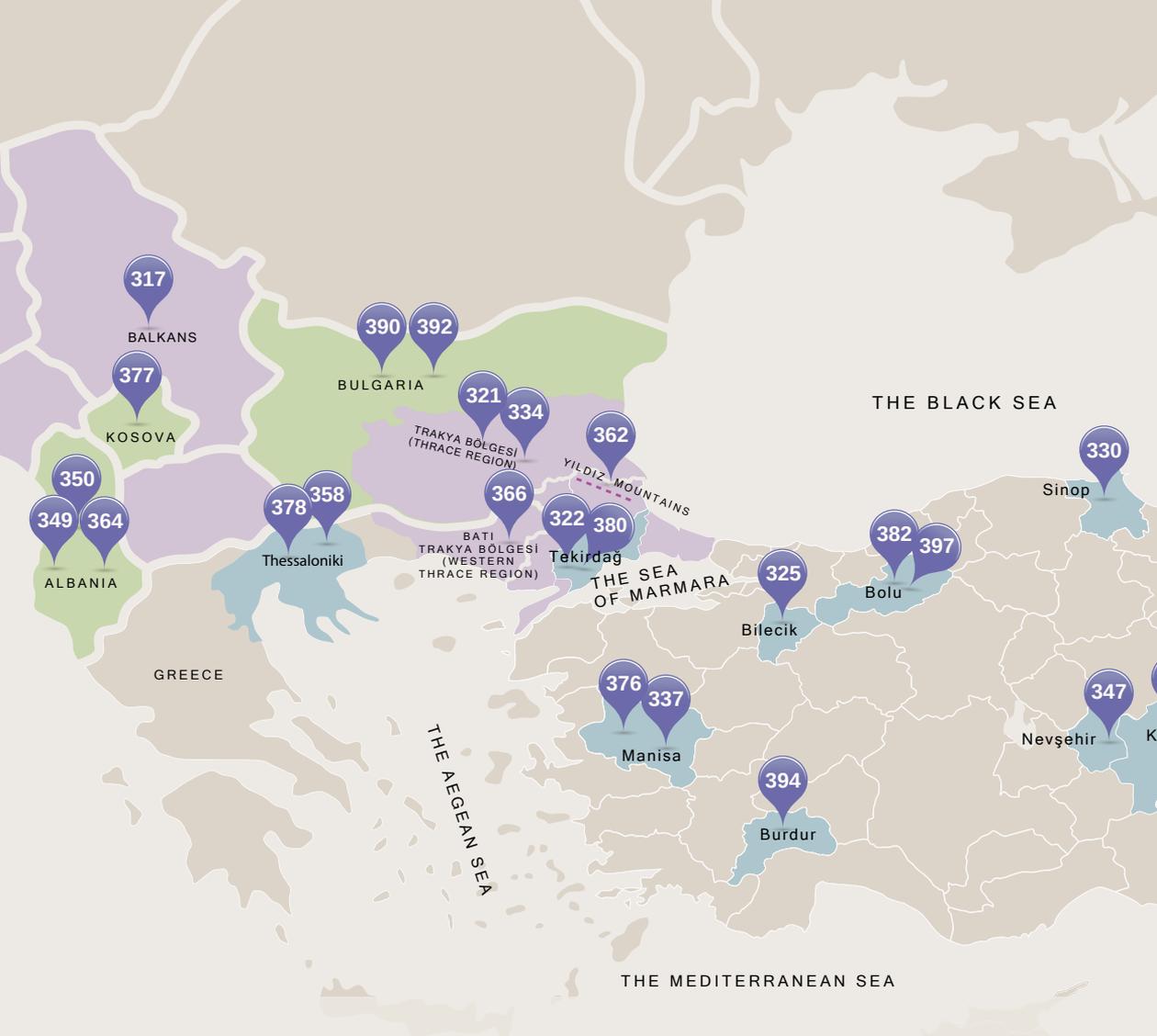
The 1492 migration of Jews from Spain to the Balkans and Ottoman lands, their arrival from the West in Anatolian and Rumelian regions during the Balkan Wars; the Population Exchange (mandatory religion-based migration) in 1923–1924; and the first arrival of Albanians in the Ottoman Empire under Sultan Mehmet the Conqueror's reign; massive Bosnian migrant waves, vast migrations from Yugoslavia-Macedonia to Turkey after the Republic; and long-term Bulgarian

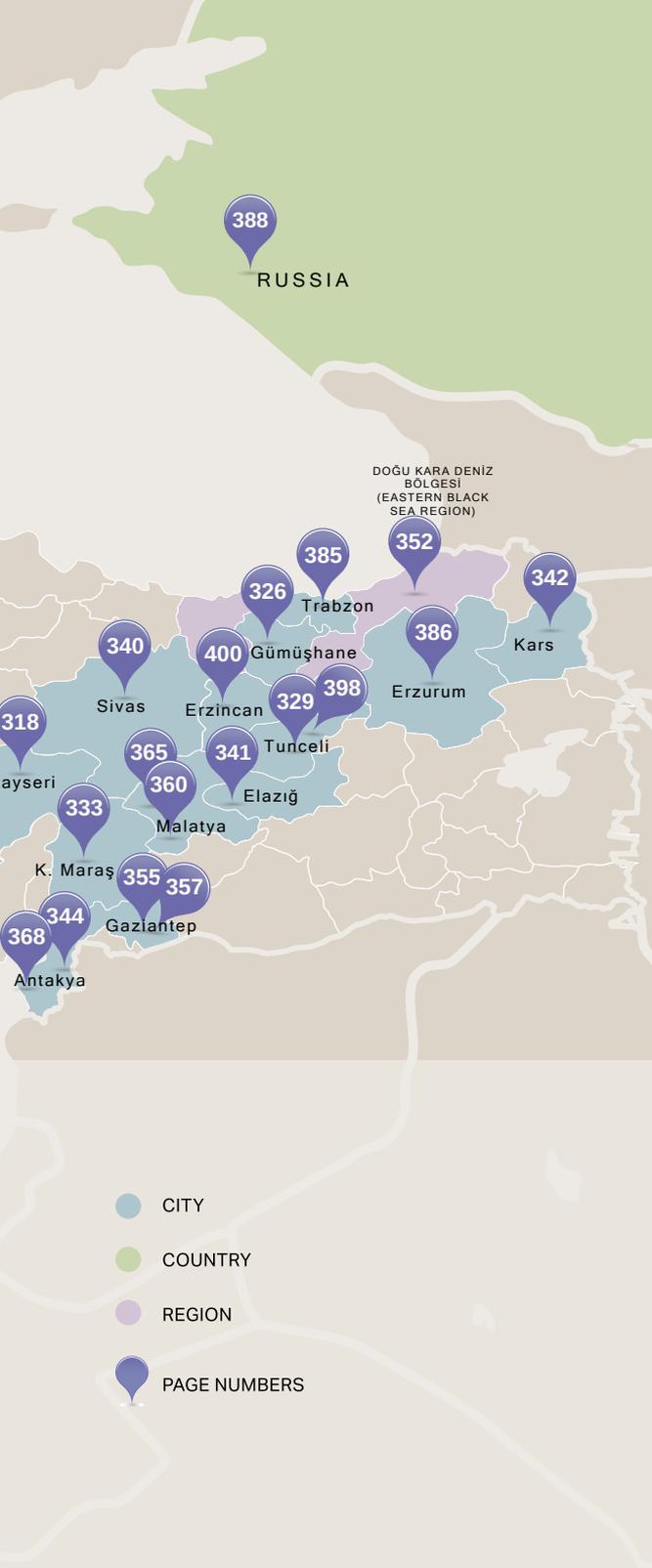
migrations, beginning with the Crimean Tatars from the north; Georgians and Circassians (Adyghe, Abaza, Ossetian), Dagestanis, Chechens and others; during the Russian-Turkic states' wars, many Muslim peoples' migrations, including Uzbeks, Kazakhs, Kyrgyz, Turkmen, Karakalpaks, Balkars, Karachays, Azeris and Ingushs; the people who fled the South in the aftermath of the Syrian, Kurdish and Arab conflicts and sought shelter in our country...

Armenians, Sephardis, Levantines, Greeks, Kurds, with whom we have coexisted for generations... During the last two centuries of Anatolian history, nearly 7 million immigrants settled within the borders of today's Republic of Turkey, bringing their recipes for pastries, buns, pide breads, ravioli, breads and sweet pastries with them.

As a result of all the abovementioned, Turkish pastries are quite diversified. Pastries are in the forefront of the specialties that have made our cuisine famous around the world. From Akıtma to Cantık, from Tatar borek to Kalburabasti, from Fitcıcı to Kalaka, from boyoz to Albanian borek, from Çumlama to Samsa, from Yağlama to Kaytaz borek, from Dizmana to Babata, from Baklava to Laz borek, from Kete to Haçapuri, from Sirnica to Kapama, from pogaca to Uzbek ravioli, from Nokul to Su boregi, from Semsek to Banduma, from Kombe to Hellim borek, from Katmer to Bosnian ravioli, from Serpme borek to walnut buns, from Piroşki to Talas Boregi, from Onion börek to Siron, from Ramadan pide to hotcakes, from Dried curd noodles to Tutmaç; hundreds of years of recipes comprise Anatolian cuisine's cultural heritage. Our kitchen's pastries date all the way back to Anatolia's origins.

It is our most important responsibility to save the "shared recipes" of the peoples who came to our lands through trade, migration and warfare, who have resided in these lands for thousands of years and whose identities have been entwined and to pass on their recipes, knowledge and records to upcoming generations.





- 317 Gizem Güven Canbaz** - BALKANS - Petülisa
- 318 Tuna Esen** - KAYSERİ - Yağlama
- 321 Ufuk Akdemir** - TRAKYA - Akıtma
- 322 Hakan Hece** - TEKİRDAĞ - Gacal Mantısı
Gacal Ravioli
- 325 Erol Ay** - BİLECİK - Ravioli with Chickpeas
- 326 Fahrettin Çiftçi** - GÜMÜŞHANE - Siron
- 329 Selçuk Altugan** - TUNCELİ - Sırın
- 330 İbrahim Kesici** - SİNOP - Sinop Ravioli
- 333 Yahya Zincir** - KAHRAMANMARAŞ
Çüş Börek / Maraş Ravioli
- 334 İsmail Durmuş** - TRAKYA - Ravioli in a Tray
- 337 Bedriye Meral Arıca** - ALAŞEHİR - Kapama
- 338 Galip Aydoğdu** - TATARIAN - Kapama
- 340 Zafer Özer** - SİVAS - Hıngıl with Potatoes
- 341 Selma Öztürk** - ELAZIĞ
Sersel / Börek with Braised Meat
- 342 Seyit Battal** Köşkür - KARS - Hangel
- 344 Seda Öner** - ANTAKYA - Kaytaş Börek
- 347 Arslan Çevik** HACİBEKTAŞ / NEVŞEHİR
Börek with Knotweed
- 349 İpek Gömeçlioğlu** - ALBANIA - Albanian Börek
- 350 Bedriye Meral Arıca** - ALBANIA - Laknur
- 352 Fatih Demirkıran** - DOĞU KARADENİZ - Su Böreği
Börek with Feta Cheese Filling
- 355 Ayşe İpek Kıcıkoğlu** - GAZİANTEP
Börek with Walnut and Olives
- 357 Ayşe İpek Kıcıkoğlu** - GAZİANTEP
Sugared Cheese Börek with Pistachio
- 358 Ezgi Dokuzlardan** - THESSALONIKI - Börek with Onions
- 360 Nimet Kocabay** - MALATYA - Kömbe
- 362 Ece Gürkan** - YILDIZ MOUNTAINS - Bosnian Börek
- 364 Bedriye Meral Arıca** - ALBANIA - Flija / Fliya
- 365 Barın Süel** - MALATYA - "Bread" Börek with Spinach
- 366 Ersin Taşarası** - BATI TRAKYA
Çüşki Börek - Börek with Pepper
- 368 Seda Öner** - ANTAKYA - Pepper Bread
- 370 Özlem Yeşildere** - TATARIAN
Katlanışıklı Gobete / Köbete
- 372 Ayşegül Başa** - TATARIAN - Cantik
- 374 Özlem Yeşildere** - TATARIAN - Cantik
- 376 Ali Yavuz** - ALAŞEHİR - Kabak Pişisi
- 377 Neyran Ayan** - KOSOVA - Börek with Zucchini
- 378 Alper Akar** - THESSALONIKI / TRAKYA
Pumpkin Börek
- 380 Şeniz Özkan** - TEKİRDAĞ - Pumpkin Ravioli
- 382 Ebru Tireli** - BOLU - Pumpkin Hotcake
- 385 Hüseyin Oğulcan Şahinöz** - TRABZON
Corn Bread with Mixed Herbs
- 386 Tılar Ekin Kum** - ERZURUM - Kete
- 388 Deniz Aynur** - RUSSIA - Pirozhki
- 390 Deniz Aynur** - BULGARIA - Kifla
- 392 Deniz Aynur** - BULGARIA - Kozanak - Easter Buns
- 394 Didem Boğaz** - BURDUR - Noodles with Walnut
- 397 Ebru Tireli** - BOLU - Noodles with Walnut and Dried
Yoghurt
- 398 Buse Şaş** - TUNCELİ - Babuko/Zerfet/Bıçka/Şir
- 400 Barış Işıkcevhahir** - ERZİNCAN - Babuko
- 403 Ethem Özdemir** - LONDON - Toad In The Hole



“Petulisa, whose original name is ‘Petuliça,’ continues to be a staple of Balkan cuisine, appearing on the tables of the immigrants who came to Anatolia from Rumelia, particularly in the afternoons. To put it simply, ‘garlic pancake borek’ would be an accurate description.”

Gizem Güven Canbaz

Sales&Distribution

Recipe given by *Hatice Fethiye Canbaz*



BALKANS

PETÜLİSA

for the dough:

250 g flour

3 eggs

1.5 cups of water

Salt

Blend flour, egg, water and salt to prepare pancake batter.

Fry the pancakes in a small amount of oil in a nonstick pan.

Melt the butter for the filling beforehand, allow it to cool and then mix with olive oil. Peel and crush 1 head of garlic, then mix it with water and oil.

for the filling:

250 g curd cheese

half a teaspoon of butter

half a teaspoon of olive oil

1 head of garlic

1 teaspoon of water

Place one of the previously cooked pancakes on an oven-safe tray.

Coat the initial layer of pancakes with a garlic oil combination and curd cheese.

Use the same procedure for all pancakes. Spread nothing to the top layer.

Slice it to taste, bake at 200 °C for 30 minutes and serve hot.

◆
Tuna Esen
Sales&Distribution

◆
Recipe given by *her mother-in-law Ms Gülseren*



KAYSERİ

YAĞLAMA

*500 g minced meat
2 large onions
2 tablespoons of tomato paste
1 tablespoon of chilli paste
2 tablespoons of oil
2 matchbox sized butter
1 teaspoon of black pepper
1 teaspoon of salt
1 glass of water
for the dough:
5 cups of flour
1 packet of dry yeast
2 tablespoons of yoghurt
2 tablespoons of oil
1 packet of dry yeast
1 teaspoon salt
2.5 cups of water*



“Split it into meringues”

After obtaining the dough, split it into meringues, if necessary. The term “splitting into meringues” refers to the process of splitting the dough into lumps. Then flatten the meringues out with a rolling pin and prepare the required pastry. Meringue is a name that we are more familiar with. Because it’s the name of a dessert that is very old and very tasty. Meringue was a crisp, frothy cookie made with egg whites and powdered sugar, that was once considered essential in patisserie shops. It is still created in some pastries and seeing it transports us back to our childhood’s shining fantasies.

Grow dry yeast in one glass of warm water. Add other ingredients to make a soft dough.

You can raise the dough’s water content until it reaches earlobe suppleness.

After a thorough kneading, cover the dough and let it ferment.

Allow it to ferment for approximately 40 minutes at room temperature, or until it doubles in size.

Split the fermented dough into meringues, then cover and ferment it for another 10 minutes.

Roll the meringues out one by one

to the size of a dessert plate with a rolling pin.

Fry them one at a time, front to back, in a preheated nonstick pan.

Dice the onions into cubes for the filling and brown them in a pan with oil before mixing with minced meat.

Mix paste, water, salt and pepper together and simmer for about 5 minutes.

To combine the ingredients, layer the hot phyllos with the prepared minced meat filling.

Serving with garlic yoghurt on the side is highly recommended.



“ The flavour of Thracian cuisine is hidden in the region’s abundant wheat and flour. These delicacies have been influenced by the lifestyles of our Bulgarian, Macedonian and Greek ancestors, as well as their grandchildren. On the other hand, “Akıtma,” which was made by our grandmothers as a practical and satisfying dough dish during the period of population exchange, has lasted to the present day. This is a pastry made by underprivileged people in our country with things they have on hand.

If I come to today’s menu, I adore the recipe my grandmother used to make for us after school when I was a kid. It is already a delicious pastry for our weekend breakfasts, which may be served warm to our children when they get home from school. It’s quite simple. It is entirely up to you how you fill it.

Some can be filled with salty fillings, while others can be filled with sweet ones. Sausage, white Thrace cheese and tomato filling is one of the best fillings for Akıtma. Although it is similar to pastries known as Cızlama and pancakes in various regions, their flavours are distinct. This incredible flavour must be experienced.”



◆
Ufuk Akdemir

Sales&Distribution

◆
Recipe given by *Lütfüye Akdemir*



TRAKYA

AKITMA

- 2 cups flour (whole wheat)* Whisk the eggs in a large mixing bowl.
2 cups of water Add flour, baking powder and water gradually to make a dough the texture of pudding.
2 eggs Allow the dough to settle for about 10 minutes. Use a small ladle to pour the dough into a lightly oiled, medium-sized pan.
1 teaspoon of baking powder Distribute the Akitma dough evenly on the bottom of the pan. Turn the Akitmas over when they are spongy.
1 teaspoon of salt Fry the opposite side for another 2-3 minutes. Upon request, you can serve it with sweet or savoury ingredients.
1 teaspoon of oil The preparation time is approximately 20 minutes.

Hakan Hece

Şarköy Plant

Recipe given by his mother Ms Havva



“It is a recipe popular in the villages of the Turks who migrated from Anatolia to Thrace and settled in the Şarköy region around 1350. Yayaköy, Mursall, Yörgüçlü, Çengelli, Melen, Bulgur, Terziköy and İshaklı are some of the villages where the meal is served.”

TEKİRDAĞ

GACAL RAVIOLI

whole free range chicken

bulgur

milk tarhana

flour

oil

salt

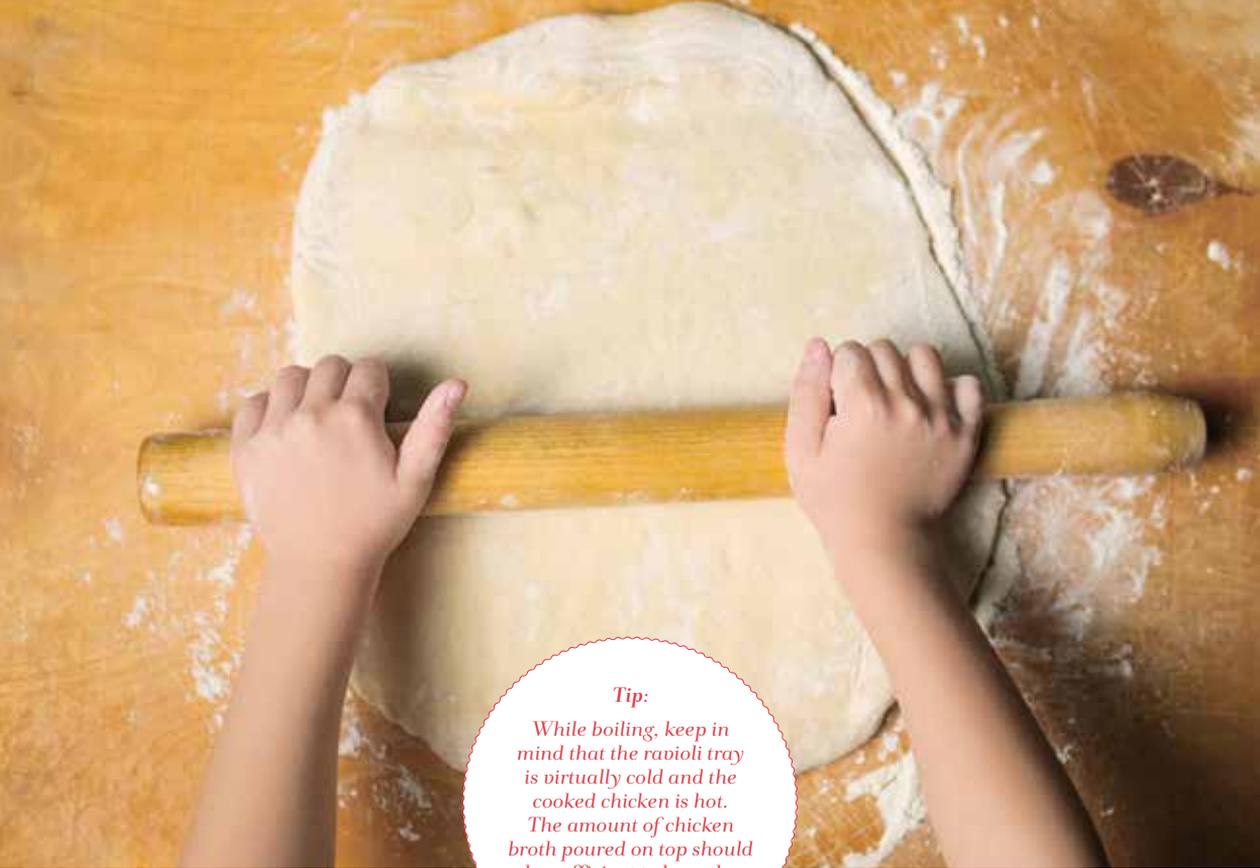
water

onion

garlic

tomato paste

ground red pepper



Tip:

While boiling, keep in mind that the ravioli tray is virtually cold and the cooked chicken is hot. The amount of chicken broth poured on top should be sufficient to keep the ravioli from becoming doughy.

Form the dough with flour, water and oil and set aside for about an hour to settle.

Meanwhile, make the ravioli filling: blend bulgur, milk tarhana, salt, oil and water and cook as bulgur pilaf. Roll the dough into pastry dough (phyllo) and cut into 4x4 cm - 4x5 cm squares.

Place the previously prepared filling of bulgur and milk tarhana in the centre of each phyllo, press into a bundle or shrinkage and arrange on the platter. Repeat this for each rolled dough, then place them on trays, coated with oil and bake.

Set the trays aside to cool. For the chicken that will be spread over the raviolis, roast the chopped onions and garlic, tomato paste, oil, salt and ground red pepper and then add the shredded chicken and plenty of water.

Simmer the chicken until you can readily separate it from the bones and pour the froth out. The flavour of the chicken melds with the broth.

Place the ravioli tray in the centre of the table, with the broth and chicken shreds on top and savour it with delight.



Erol Ay

Bilecik Plant

Recipe given by *Yasemin Ay*



"It's the wedding feast of the Tuzaklı village of Bilecik Söğüt district."

BİLECİK

RAVIOLI WITH CHICKPEAS

500 g flour
2 cups of water
1 cup boiled chickpeas
1 teaspoon of salt
half a teaspoon of black pepper
half a teaspoon of oil
3 cloves of garlic
3 tablespoons of tomato paste
1 bowl of yoghurt

Use a mixture of flour, salt and water to make a dough that does not stick to the hand. Cut it into 5 equal pieces, then roll them out one at a time to form little squares.

Fill each square with a spoonful of the prepared chickpea and black pepper mixture and seal. Bake the raviolis till golden brown on an oiled baking tray.

Stir 1 litre of hot water with 3 garlic cloves and tomato paste and pour it into the tray.

Simmer it until the water is absorbed, then top it with yoghurt and serve.

◆
Fahrettin ifti

Nevsehir Plant



GÜMÜŐHANE

SIRON

- flour* First, prepare Siron's dough:
absolute Combine and knead flour, water
water and salt in a large mixing basin.
- condensed yoghurt* Roll the dough out to a width of
butter 3-4 cm. Divide the dough into
walnut strips. Fold the cut phyllo and bake
it to dry.
- Then place it on the flat tray, side
by side. Dilute the condensed
yoghurt with water and heat it
on the stove until warm but not
boiled. Pour this concoction over
the Siron.
- Then pour the melted butter over
the Siron. Top it with crushed
walnuts and serve.

"Locked Crate on the Tree"

Riddles both delighted and enlightened us, sometimes by candlelight on long winter nights when the power went out and other times at joyful family reunions in the spring. Without a doubt, one of our favourite riddles is the "locked crate on the tree." The answer is walnut, which is one of the few material distinctions between Siron and Sırın dishes, which are otherwise fairly identical. Walnuts are an essential ingredient in ravioli-style dishes served with yoghurt sauce.





◆
Selçuk Altugan

Sales&Distribution

◆
Recipe given by Nesimi Altugan



TUNCELI

SIRIN

2 phyllo bread
500 g homemade yoghurt
500 g condensed yoghurt
3 cloves of garlic
8 tablespoons of butter

Halve the phyllos. Roll the semicircular formed phyllo and cut it into 2 cm widths.

By laying them down, arrange the sliced pieces on your side.

Combine homemade yoghurt with condensed yoghurt, along with three crushed garlic cloves.

Melt 8 tablespoons of butter in a pan and microwave the phyllos for a minute.

Pour the garlic yoghurt over the heated phyllos immediately after it comes out of the oven.

Serve it with a drizzle of heated butter.

Chilli powder and mint are optional additions.

◆
İbrahim Kesici

Sales&Distribution

◆
Recipe given by Zeynep Kesici

SINOP

SINOP RAVIOLI

3 cups flour
250 g yoghurt
1 egg
1 onion
200-250 g minced meat
1 clove of garlic
1 glass of warm water
1 teaspoon of black pepper
1 cup of ground walnuts
5-6 tablespoons of oil
1 teaspoon red sweet ground pepper
salt

Combine all of the dough ingredients in a large mixing bowl and knead.

Then wrap it in a moist cloth and set aside to settle. Grate the onion in a big bowl to prepare the filling. Stir in the minced meat and black pepper.

Make two meringues from the settled dough. Flour one of the meringues and roll it before cutting it into squares.

Sandwich it between squares of minced meat and close the dough's two diagonal corners by bending them in and out.

Simmer it in boiling water with a very small amount of olive oil and salt. Combine the crushed garlic with yoghurt and stir lightly to make the sauce.

Place the ravioli on a serving plate after it's cooked. Add the walnuts roasted in butter.

Serve it with yoghurt.



In the softness of an earlobe

The phrase “earlobe-soft” or “earlobe-like” is a lovely characterisation that appears frequently in recipes and makes you smile. We’re at a loss for words trying to explain it; let’s say that it is the ideal texture desired when the liquid-solid balance is established and that the dough does not stick to the hand, rather it is firm but supple. Let’s get started on the next recipe.



Yahya Zincir

Nevsehir Plant



KAHRAMANMARAŞ

ÇÖŞ BÖREK / MARAŞ RAVIOLI

3 cups flour

1 egg

water

salt

250 gr medium fat minced meat

1 onion

black pepper

red pepper

5-6 sprigs of parsley

for the top:

2 kg goat yogurt

2 spoonful butter

mint

chilli powder

2-3 cloves of garlic

Prepare a pulpy dough as soft as an earlobe using flour, egg, salt and water. In order to make ravioli, combine minced meat with finely chopped onion, black pepper, red pepper, parsley and a pinch of salt.

Flatten the dough out to 2-3 mm thickness and cut it into 3 cm squares. Lay the filling on the squares, then fold the squares into triangular bundles.

Drop the prepared ravioli into boiling salted water; after simmering, take them out with a spoon strainer or drain through a sieve. Put garlic yoghurt on top right before serving. Garnish it with charred dried mint and chilli powder.

TRAKYA

RAVIOLI IN A TRAY

for the dough: *black pepper*

2 cups of flour *salt*

1 egg *hot water*

2 teaspoons of salt

warm water

for the sauce:

1 tablespoon of butter

for the filling: *1 tablespoon of tomato paste*

150 g ground beef, *salt*

1 glass of bulgur

1 small onion

for the topping:

small bunch of parsley, finely chopped

1 tablespoon of butter

chilli powder

ground red pepper, mint



Tip:

If you boil the lamb shank or neck first and use the broth instead of adding plain water to the oven tray, you can carry the deliciousness of this meal to a whole new level.

Combine the dough ingredients and knead until a firm dough is formed, then allow it to settle for 15 minutes.

While the dough is settling, chop the onions and parsley into tiny bits and prepare the filling.

Roast the onions in butter.

Add 250 g of minced meat and continue roasting.

Stir 1 cup of bulgur, salt, black pepper, chilli powder and hot water then cook until water is absorbed.

Divide the settled dough into orange-sized pieces and flatten them out.

Cut it into three-finger squares,

then lay the filling on them and attach the squares at the corners.

Coat the tray with butter and place the ravioli on it.

Bake at 180°C for 20-25 minutes or until lightly browned.

Saute tomato paste in oil on a pan.

Combine it with three cups of water (meat broth optionally).

Pour it over the ravioli after it has boiled.

Bake until the water has evaporated.

You can serve it on a tray or a dish, garnished with garlic yoghurt and mint charred in butter.

“When it comes to regional culinary specialities unique to Alaşehir, one of the first things that springs to mind is “Kapama,” which can be described as ravioli formed in large chunks and with a delicate flavour. Due to the way it was prepared, the deaf Tatar cook Nuri and his partner, who migrated to Alaşehir, initially presented this dish as ‘Kapatma.’ Later, the way of making was altered a little more and it began to be known as Kapama and that name is still in use today.”



Bedriye Meral Arıca

Alaşehir Plant



ALAŞEHİR

KAPAMA

*500 gr mixed (beef and lamb) minced
meat
2 onions
500 g flour
150 g butter
150 g oil
150 g tail fat
half a bunch of parsley
half a teaspoon of black pepper
1 teaspoon of salt*

Combine the chopped parsley, chopped onions, black pepper and minced meat in a mixing bowl and knead. In a separate bowl, add flour, salt and water and knead the mixture until it thickens.

Divide the dough into two portions and thinly flatten it out with a roller before cutting it into little squares.

Add them to the minced meat mixture.

Lay them on a greased plate with the three ends twisted together in a bundle and the remaining end stacked on top of them.

Then coat the bundles with melted tail fat and oil. Fry the bundles until pink.

◆
Galip Aydođdu

Alaşehir Plant

◆
Recipe given by **his wife Mrs Ayşe**



“*Kapama, a delicious recipe associated with Alaşehir, is actually a Tatar delicacy.*”

TATARIAN

KAPAMA

250 g flour

as much water as required

1 teaspoon vinegar

salt

250 g minced meat

boiled broth (shin bone broth)

600 g onion

1 bunch of parsley

black pepper

chilli powder

butter (on top)

yoghurt

(whisked without water)

olive oil

(to be used during cooking)



Boil the shin bone for two hours before cooking the meal.

Also, process dry onions in a food processor two hours beforehand and squeeze them dry.

To prepare the minced meat filling, chop the parsley finely and add them to the minced meat together with the previously prepared onions.

Add black pepper and salt to the mixture and knead again.

Begin the preparation of the dough.

Combine flour and water with vinegar to soften it to the earlobe, then coat it with olive oil and allow it to settle for an hour.

Then stretch it thinly on the counter, cut into 5x5 cm squares, place the minced meat on each cut piece and seal the dough meringues. Fry the pieces in previously heated olive oil.

After the cooking process is complete, place 6-8 pieces on a serving plate, pour 2 tablespoons of bone broth on top, put whisked yoghurt (2-3 spoonfuls) on the side, drizzle melted butter on it and sprinkle a pinch of chopped parsley on top.

You can also serve it with a sprinkle of chilli powder on top. You can also offer tomatoes and peppers on the side.

SİVAS

HINGİL WITH POTATOES

1 kg of flour
half kg potatoes
chilli powder
salt
tomato
butter
roller

Knead the flour to a texture similar to phyllo and allow it to settle for about a half hour.

While the dough settles, boil and peel the potatoes, then mash them together with the chilli pepper and salt until it forms a puree.

Flatten the dough out to a medium thickness and cut it into squares. Place the potatoes in the centre of the pieces and seal the edges into wedges.

Boil the prepared wedges and then strain them.

Serve with butter and tomato sauce drizzled on top.

◆
Selma Öztürk

Elazığ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

SERSEL / BÖREK WITH BRAISED MEAT

1 kg of braised meat

3 onions

1 teaspoon of basil

butter

phyllo

Brown the onions in butter, then add the braised meat and basil and roast them.

Then set it aside to cool.

Lay the first phyllo on the counter, spread butter over it and then place the second phyllo on top.

Top the two phyllos with the cooled filling.

On top of that, lay another layer of phyllo and fold the edges.

Roast it on a sheet of metal or in a pan.

Then remove it from the heat, coat with butter and prepare for serving.

◆
Seyit Battal Köşür
Sales&Distribution
◆

KARS

HANGEL

4 cups of flour

1 teaspoon salt

1 egg

1 glass of water

for boiling the dough:

plenty of water

1 tablespoon of salt

for the yoghurt sauce:

4 cups of yoghurt

5 cloves of garlic

salt

For the sauce:

1 half a cup of oil

3 tablespoons of butter

3 medium onions



Put some yoghurt in a bowl and set the remainder aside to spread on the dough later.

Take the yoghurt in a bowl.

Crush garlic and mix it into yoghurt with salt. Brown finely sliced onions in oil and butter.

After adding the chilli powder and ground red pepper, turn off the heat. Bring a huge pot of water and salt to a boil.

Cover the dough with a clean rag and allow it to thicken for 30–45 minutes.

As the flour, egg and salt are combined, add the water gradually and knead it for about 10 minutes.

This yields a dough that is firmer than the softness of an earlobe.

Flour and flatten the dough with a rolling pin, then flour it properly again and roll onto that rolling pin.

First slice it from the top with a knife; once the rolling pin is entirely withdrawn, slice again in lengthways and divide into thin squares of equal width, sprinkle flour on top and separate from one another.

Drop the hangels into boiling water, stir rapidly and simmer.

Approximately three minutes after the hangels rise above the water and begin to boil, strain them.

Blend them with the previously prepared yoghurt, spread the remaining yoghurt on top and pour the final oily sauce on top before serving.

◆
Seda Öner
Alaşehir Plant

◆
Recipe given by her mother Ms Şahinaz



“It is an essential part of Antakya’s five o’clock tea, as well as a basic delicacy for holidays and crowded tables. It is a pastry that is absolutely devoured at home, especially if you have a relative, sibling or neighbour visiting from out of town.”

ANTAKYA

KAYTAZ BÖREK

for the dough:

3.5 cups of water

1 teaspoon salt

1 teaspoon of sugar

1 teaspoon of powdered yeast

1.5 cups of warm water

half a glass of warm milk

for the filling:

2 onions

250 g minced meat

1 tomato

1 teaspoon salt

1 teaspoon of black pepper

1 tablespoon of tomato paste

1 tablespoon of pomegranate molasses



Add all the other ingredients, except flour to the kneading bowl and mix. It is important that the added water and milk are warm.

After mixing the flour and obtaining a soft dough, leave it to ferment for an hour.

While the dough is fermenting, prepare a minced meat filling.

For the filling, chop the onion finely, rub it by adding salt and remove the bitterness of the onion.

Squeeze the juice of the onion and filter it.

Add the minced meat, salt, pepper,

tomato paste and pomegranate syrup to the onions that you have squeezed out and kneaded.

Form meringues from tangerine-sized pieces of fermented dough.

Dip the fingers in melted but slightly cooled butter and roll the meringues out thinly. It doesn't matter if the dough splits when rolled out too thin.

Fold the rolled out dough into a square and press the prepared minced meat into the centre of the dough using a spoon.

Bake the pastries for 30 minutes in a preheated oven at 180 °C.

“Madımak (knotweed) is also known as Madımalak in the villages of Nevşehir’s Hacıbektaş district. This herb, which Anatolian women cook with in a variety of ways, is also used in pastry. One such example is Madımak Borek.”



Sac

In the most basic terms, it is a thin metal pan that is wide and usually frameless. There is a heat source beneath it. In addition to “sac,” the word “saç” is also used. It’s a term for a culinary technique that we frequently see in our kitchens. Convex metal sheets are used in a variety of pastries including pancakes, kete and börek. Concave metal sheets are favoured in recipes such as “sac roasting,” which gives the meal its name, as well as meat sauté and menemen.

Arslan Çevik

Nevşehir Plant



HACIBEKTAŞ / NEVŞEHİR

BÖREK WITH KNOTWEED

for the dough:

flour

water

salt

for topping:

butter

for the filling:

madımak

spring onions

fresh garlic

chilli powder

salt

olive oil

tomato paste

Weed, rinse and finely chop the madımak after straining the water. Saute the finely chopped spring onions lightly in olive oil. Blend the tomato paste and madımak together and cook.

Also add fresh garlic, finely chopped and spices. Mix flour, water and salt together to make a medium-hard dough. Divide it up into little meringues. Roll each meringue thinly.

Place the prepared madımak filling on the meringues and fold the meringues. If feasible, cook it in a "sac" but you can also cook it in a pan by turning it over to make sure that both sides are roasted.

When you turn the heat off, coat both sides of the pastry with butter and it is ready to eat. Eat it with ayran.



◆
İpek Gömeçlioğlu

Human Resources

◆
Recipe given by *Lamia Alkut*

ALBANIAN

ALBANIAN BÖREK

1 kg of flour (for pastry)

1 teacup of oil

1.5 teaspoons of salt

1 egg

warm water

250 g butter

tomato

minced meat

leek

cheese (optional)

Sieve the flour into a large bowl. Open the flour in the middle and add the eggs, salt and oil. With warm water, the mixture is kneaded.

The dough is covered and settled for an hour to an hour and a half after it achieves a soft texture.

Form meringues the size of a tangerine from the dough. Roll a total of eight round phyllo sheets.

Apply melted butter to each layer of phyllo dough. Stretch the buttered phyllo dough to fit the tray using a rolling pin.

Then, fit it to the size of a tray by hand. Place leeks, minced beef and tomatoes on top of the phyllo on the tray.

Add nine more phyllos to the filling by brushing them with butter. Place two layers of phyllo on top to help the pastry puff.

When you complete the process, fold and seal all of the edges. Butter-coat the top generously. Bake it for half an hour at 180 °C in a preheated oven.

◆
Bedriye Meral Arıca

Alaşehir Plant



“Albanian Börek, also known as Laknur, is a popular yet time consuming pastry on Balkan cuisines. In general, there are minced meat, curd and spinach versions. It is suitable for any occasion, from breakfast to special celebrations.”

ALBANIAN

LAKNUR: ALBANIAN BÖREK

5.5 cups flour

2 tablespoons of vinegar

2 cups of water

salt

for the filling:

3 tablespoons of olive oil

700 g leeks

salt

black pepper

ground red pepper

for the middle layers:

100 g butter

half a cup of oil



Slice the leeks finely. Heat olive oil in a pan.

After adding the herbs and spices, roast the leeks thoroughly until they fully absorb the water. Place the mixture aside to cool.

Combine all the ingredients for the dough in a deep bowl and knead it well until it reaches a smooth texture.

Melt the butter in a pan and then combine it with oil in a large mixing bowl. Dust the counter with flour and split the dough into two meringues. With a rolling pin, roll one meringue out as much as possible.

Place a dessert plate in the centre of the phyllo and starting from the rim of the plate, cut it outwardly and divide into eight equal pieces.

Following the rim of the plate, cut the middle section of the phyllo. Remove the plate and apply the oil mixture to the centre portion.

Then close it by oiling each layer one by one so that the other layers overlap. Do not oil the top section.

Roll the layered pieces again with the roller until they are slightly larger than the baking dish. Place the rolled dough in a baking dish that you have oiled. Spread the leek filling on top of the dough.

Prepare the remaining dough in the same way and top it with the filling.

Fold the borek's edges and mould them by hand. Slice the borek and spread the oil mixture on top before baking for 45–50 minutes at 180°C in a preheated oven.

◆
Fatih Demirkıran

Supply Chain

◆
Recipe given by *Hatice Demirkıran*

“Although Su Böređi is a staple of Anatolia’s cuisines, its preparation varies by region. I’d like to share with you an Eastern Black Sea region recipe that is not a particularly thick dough ball and has the phyllo texture of baklava.”

DOĐU KARADENİZ

SU BÖREĐİ / BOREK WITH FETA CHEESE FILLING

4 eggs

half a glass of water

a spoonful of homemade yoghurt

less than 1 teaspoon of salt

flour as much as needed for the dough

to have the texture of an earlobe.

for the filling (optional):

cheese

mince

parsley

black pepper



After kneading, allow the dough to settle for an hour.

Divide the settled dough into 14 egg-sized meringues.

Roll each meringue out so that it is thicker than baklava dough but not too thin.

This step is necessary to prevent the rolled dough from going to pieces and/or tearing when placed in hot water.

After rolling all of the dough out, pour water into a small pot on the stove and bring to a boil, along with a generous amount of salt.

Coat a round aluminium tray, including the edges with melted butter on the other side.

Place the first layer of dried and oiled phyllo dough on the bottom.

When the water on the stove begins to boil, drop the dough

vertically in the water, dip it with a colander and leave it in the pot until the water begins to boil again.

Remove it with a wooden spoon and immediately soak in cold water in a separate bowl.

Then drain it properly and place it on the tray's initial phyllo.

Repeat this process until the seventh phyllo dough, buttering it on both sides.

Add the filling in the seventh phyllo and continue the procedure of boiling and adding until the thirteenth phyllo.

Do not wet the final (14th) phyllo; place it on top by generously buttering the bottom and top and complete the procedure.

Make various holes with a fork and fry it in the oven or on the gas stove by rotating.



“It is a must have dish that may be enjoyed at any time of day in Gaziantep. It is a breakfast pastry, a five-o’clock tea pastry, or a supper pastry that complements any meal or beverage. It’s a little time consuming but well worth the effort. It’s enough to prepare the filling and take it to the bakery because it’s baked in all of Gaziantep’s bakeries. Your part will then become a little easier.”

Ayşe İpek Kıcıkoğlu

Nevşehir Plant



GAZİANTEP

BÖREK WITH WALNUT AND OLIVES

for the dough:

250 g flour

1 teaspoon of warm water

1 tablespoon of instant yeast

1 teaspoon of salt

1 teaspoon of granulated sugar

for the filling:

2 cups pitted green olives

1 cup coarsely chopped walnuts

5 branch spring onions

2 sprigs of green garlic

1 bunch of parsley

2 large onions

1 tablespoon of chilli powder

1 teaspoon of black pepper

half a teaspoon of olive oil

Until the yeast becomes active, maintain it in a bowl of warm water.

Then combine the dough and the yeast and knead them until the texture of an earlobe is achieved. Rest the dough in fist-sized balls and prepare the filling.

Finely chop 2 onions, brown them in olive oil for the filling. Finely chop all of the ingredients and combine them with the browned onions.

Add the coarsely chopped walnuts. Remove from the heat after seasoning with chilli powder and black pepper. Roll the prepared meringues into a round shape the size of a serving dish and place the filling on one side. Fold it in the shape of a half-moon.

After preparing all of the meringues are prepared in this way, Bake them for about 15 minutes at 180°C in a preheated oven until golden brown.



Ayşe İpek Kıcıkoğlu

Nevşehir Plant



GAZİANTEP

SUGARY CHEESE BÖREK WITH PISTACHIO

2 eggs

750 g unsalted Antep cheese

250 g ground pistachios

150 g butter

500 g granulated sugar

for the dough:

1 kg of flour

1 packet of dry yeast

*As much water as necessary in order
to obtain texture of an earlobe*

Combine the eggs, sugar, peanuts and grated Antep cheese together.

Mix the flour, yeast and water and knead them to form the dough.

Roll the dough in the shape of a pide, fill it with the cheese mixture and fold the edges.

Roll it out in the middle, with just the edges finely curled.

Bake it at 180 ° C. for 15-20 minutes, or until browned.

After taking it from the oven, brush the edges with butter.

THESSALONIKI

ONION BÖREK

for the dough:

1 kg of flour

1.5 teaspoons of salt

water

1 egg

1 cup of oil (for the phyllo layers)

for the filling:

6 medium onions

3 medium tomatoes

1 teaspoon of oil

2 teaspoons of salt

1 tablespoon of tomato paste

2 tablespoons of dried mint



Dice the onions and place them in a large pan.

Pour in half a cup of oil, put the lid on and simmer it for 10 minutes over medium heat, stirring occasionally.

Stir in the peeled and grated tomatoes, tomato paste and salt.

Simmer it for 15-20 minutes or until the onions soften and absorb their own juices.

Add mint to the filling after you turn the heat off and allow it to cool.

Add flour, salt and water to a bowl and knead it thoroughly to form a dough with the texture of an earlobe.

Then cover the dough with a damp rag and allow it to settle for 10 minutes. F

orm the dough into a thin, long roll and split it into 25 walnut-sized meringues after settling.

Flour each of the 13 meringues used as the pastry's bottom base

and stretch it to the size of a cake plate.

After that, add half a spoonful of oil between each layer before stacking them on top of each other.

The top coat does not require oil. 13 meringues stacked on top of each other are rolled out with a roller to fit the form of the tray.

(Tip: Extend the dough one finger beyond the tray's bottom.) Top the dough with the cooled filling.

Roll the remaining 12 meringues in the same way as a cake plate, layer them on top of each other after being oiled and cover them with the filling on the tray.

Fold the dough's two edges together.

Brush a whisked egg on top of the puff pastry.

Bake it for 40 minutes at 180 °C in a preheated oven, checking it halfway through.

◆
Nimet Kocabey

Elaziğ Plant



MALATYA

KÖMBE

for the dough:

1 kg of flour

1 teacup of oil

1 teaspoon of milk

1 teaspoon salt

as much water as necessary

for the filling:

half a pack (125 g) margarine

3 medium potatoes

300 g semi-skimmed ground beef

3 tablespoons of flour

2 teaspoons of salt

for topping:

1 tablespoon of yoghurt

1 egg



Combine the flour with oil, salt and milk. Knead the dough as soft as an earlobe by adding sufficient water as necessary.

Mash the boiling potatoes as the dough settles. Knead the minced meat with salt.

Separate the dough into two portions.

Stretch half of it to the size of a big baking tray by spreading flour in between and place it on a tray coated with margarine.

After laying the dough, spread the minced meat in small pieces on top.

Spread the potatoes evenly over the minced meat.

Top the potatoes with sliced margarine.

Dust them with flour. Flatten the second half of the dough and place it on top in the shape of a tray.

Fold the dough inwards gently from the edges.

Whisk the egg with the yoghurt before brushing on the Kömbe.

Roast it till golden brown in a preheated 200 C oven.

Sprinkle water on it after it comes out of the oven and place another tray on top.

Instead of minced meat, you can prepare the filling with braised meat.

◆
Ece Gürkan
Human Resources

◆
Recipe given by Anneannesi Zeynep Hanım



YILDIZ MOUNTAINS

BOSNIAN BÖREK

for the dough:
5 cups of flour
5 cups of water
a teaspoon of salt

for the filling:
1 kg of spinach
2 medium onions
pinch of salt

Combine the dough ingredients and knead them thoroughly.

Form a soft texture and allow the dough to settle for 15 minutes after you knead it.

Then divide the dough into orange sized pieces, knead them a little more and roll them out with a rolling pin to a width of about 20 cm.

Coat each rolled dough generously with oil before stacking on top of one another and allow them to settle for another half hour.

Whilst the dough is settling, brown the onions in a little oil. While the

“Bosnian Börek is the centrepiece of our family reunions. When my grandma lost her mother at an early age, she received this recipe from her grandmother. Cooking became a necessity for my grandma when she was just nine years old in order to keep her siblings together and be a family. It would be a feast for the family when this börek was baked at home. This recipe brings back memories of feasts from my childhood.

When the schools were out for the summer, we, my grandmother’s eleven grandchildren, would dash to her garden, which stretched all the way to the Yıldız Mountains. We’d make the börek together, once we had a sufficient number of people. As this is a hand-rolled dough recipe, it should be prepared together in one go. Rolling the dough without tearing it requires a few hands working in unison with a team spirit. That is when the grandchildren enter the picture, giggling and helping in the even rolling out of the dough. The scent of the woodland, the baking of the dough and the coffee sipped by the grownups when the dough was fermenting are all still fresh in my mind. It is the aroma of our shared memories that we seal with happiness.

With the addition of vegan members to our family, we are now preparing it with spinach, nettle, or delightful herbs. I’m going to share a spinach recipe with you here. You can, however, make it with minced meat or cheese. Several of our family even prepare their own aubergine or pumpkin filling, which may be totally tailored to your taste.”

onions are still hot, add the rinsed and chopped spinach and salt.

Roll the dough on a large surface with a clean tablecloth.

Place one of the rolled and oiled doughs on top and stretch the dough by tugging evenly and slowly from each part.

Getting help from others at this stage will make the process easier. It should be torn as little as possible.

The thinner the roll, the more delectable it will be.

When you stretch the dough to cover the table, spread the filling

over to the desired amount.

The best part of the job is about to begin: another person sits across from you at the table and the tablecloth is held at both ends.

The dough you stretch will cling together into two rolls when you carefully peel the cover from the ends.

Thus prepared, the wrap is flattened and placed on an oiled tray, then the same process is repeated for the next dough.

When the tray is entirely full, it is baked for 45 minutes in a preheated 180 °C oven.

Bedriye Meral Arıca

Alaşehir Plant



ALBANIAN

FLIJA / FLIYA

1 kg of yoghurt

1 kg of cream

1 kg of flour

500 g of water

1 pinch of salt

Stir water into the flour.

Form the dough to the texture of boza¹. With a tablespoon, pour it into the tray in a triangular shape.

Slather the dough with melted cream.

On top of the cream, pour the yoghurt. Set a tray on top of the fire that has been lit outside.

Cover the lid of a hot cauldron on the tray and do not touch the lid if the top and bottom are not cooked.

Then open the lid, add the same ingredients in the same order and cover the lid once more.

Repeat this cycle until all of the ingredients have been used up.

Barın Süel

Sales&Distribution

Recipe given by Müberra Süel



MALATYA

“BREAD” BÖREK WITH SPINACH

- spinach* Form the dough with flour, salt and
egg water.
- flour* Roll the dough out in small circles,
salt fill them with rubbed and chopped
butter raw spinach, fried egg, salt and
black pepper pepper, then sealed in a half moon
shape.
- Fry it on a sheet of metal or in a
non-flammable pan, serve it hot
with butter.

Ersin Taşarası

Finance and Digital Transformation

Recipe given by Ayşe Taşarası

“I was raised by my grandmother. She was like a mother to me and I was her kitchen aid. I was constantly in the kitchen with her. In fact, I used to do my homework at the kitchen table next to her. I used to keep an eye on everything while she was cooking. In our kitchen, as Balkan immigrants, we frequently prepared meals from Western Thrace. Our pastries came in first place among baked items, followed by pumpkin börek with sugar, Dızmana and Çüşki. Dızmana and Çüşki are especially meaningful to me. Çüşki börek was frequently served alongside raki. Don't be deceived by the word pastry; this is both a hot entrée and a raki appetiser. There are several versions but I am familiar with my grandparents' favourite recipe, which I will share with you.”

BATI TRAKYA

ÇÜŞKİ BÖREK / PEPPER BÖREK

6-7 medium red sweet capia peppers
1 bunch of garden rocket
(a small one, if possible)
350 g hard goat cheese
4 eggs
1 cup of flour
1.5 cups of breadcrumbs
half litre of oil

First, grill the peppers on the burner.

Peel and clean the grilled peppers inside and out. Set them aside to cool.

Meanwhile, prepare the pastry filling: Mash the cheese with the back of a fork in a mixing bowl. Blend the cheese with chopped garden rocket.

Blend the whisked eggs with the cheese and garden rocket.



You can add garlic or other spices to flavour. Open the grilled peppers that have been settled on one side and place them on the counter.

Stuff them with a tablespoon of pastry filling, fold them in half and seal. Repeat this process for all peppers, whilst heating the oil properly in the frying pan.

Dip the stuffed peppers first in flour, then in egg wash and finally in breadcrumbs before frying in

high oil. Combine the eggs with cheese and garden rocket in a separate bowl.

Fry them for around 40-50 seconds, or until the breadcrumbs begin to brown, then remove them from the pan and place them on the towel paper.

Allow them to settle for 1-2 minutes before serving. You can serve it with garlic yoghurt or garlic tomato sauce.

Seda Öner

Alaşehir Plant



“Pepper bread is the most well-known pide in Hatay cuisine. It’s a must have for women’s “visiting days” and holiday gatherings. It is a delicacy that can always be found in bazaar bakeries and street tandoori stalls. It’s a fantastic pide that looks like lahmacun but doesn’t contain any meat and has just the right amount of bitterness.”

ANTAKYA

BİBERLİ EKMEK

for the dough:

*3 cups flour
1 teaspoon of salt
1 teaspoon of olive oil
1 teaspoon of warm milk
1 teaspoon of warm water
1 packet of instant yeast
1 teaspoon of sugar*

for the filling:

*2 onions
half a teaspoon of sesame
1 tablespoon of paprika
1.5 tablespoons of chilli paste
1 teaspoon of olive oil
1 teaspoon salt
half a teaspoon of cumin
1 teaspoon of thyme
15-20 green olives*



Put the flour into the kneading bowl, then open a well in the middle.

Fill the well with olive oil, milk, water, yeast and sugar and knead the mixture.

Following proper kneading, cover the top with stretch film and leave it to ferment for 1 hour.

Prepare the onion and pepper filling while the dough ferments.

Blend the finely chopped onions, sesame, chilli pepper, tomato paste, pitted olives and olive oil in a mixing bowl.

Then stir in the salt, cumin and thyme. Remove the stretch film from the fermented dough and knead the dough to get rid of any remaining air bubbles.

To begin, cut the tiny balls of dough off and flatten them out, then apply the prepared filling to each.

Bake the prepared pepperoni bread in a 200°C oven for 25–30 minutes.

You can slice and serve it as desired after the initial heat is released.

Özlem Yeşildere

Finance and Digital Transformation

Recipe given by *her mother Ms Melahat*



“Tatar pastry recipe from my great aunt Ms. Murvet and cousin Ms. Merih, in memory of my lovely mother Ms. Melahat.”

TATARIAN

KATLANŞIKLI GÖBETE / KÖBETE

for the dough:

8 cups of flour

8 teaspoons of salt

water

for the filling:

750 g chicken (boneless) or diced meat

or minced meat

1 cup of rice

salt

black pepper (optional)



After sifting the flour, add 1 teaspoon of salt for each cup of water.

Knead the dough with water at room temperature.

Split it into balls, wrap it in a cotton cloth and set it aside. It is roughly equivalent to 12 meringues.

If it's prepared with chicken, boil the chicken and shred it. If it's going to be made with meat, roast the meat first. If using minced meat, roast the minced meat first.

Cook 1 cup of rice in chicken broth and allow it to cool.

Flatten each meringue out to make a phyllo.

One of the rolled phyllo sheets should be slightly larger in size.

Grease the tray, position the phyllo, one of which is larger, so

that its edges extend two fingers beyond the tray.

Oil the dough portions and pile them on top of one another.

On the bottom, place two-thirds of the rolled phyllo, followed by rice and then evenly spread the chicken or meat filling.

Oil the rest of the phyllos and pile them on top of the filling.

Hold the larger phyllo, which overflows to the sides, together by its edges.

By pinching, attach it to the edge of the upper phyllos.

Cut Köbete into squares or carrot slices after dipping the tip of a suitable cutting knife in oil and then top it with an egg yolk.

Bake it at 200°C for roughly an hour.

◆
Ayşegül Başa
Sales&Distribution

◆
Recipe given by **Hediye Yantiri**



“*Cantik, also known as Tatar Böreği, is, as the name says, a Tatar pastry. It can be served as a main course, accompanied with ayran.*”

TATARIAN

CANTİK

for the dough:

6 cups of flour

1 packet of fresh yeast

2.5-3 cups of warm water

salt, 1 bowl of oil

for the filling:

350 g medium fat ground beef

1 large onion

1 large boiled potato

salt, black pepper

half a glass of water

for topping:

1 cup of yoghurt

1 tablespoon butter (melted)



Dissolve the yeast in one glass of warm water.

Place a portion of the flour and melted yeast in a large mixing bowl.

Gradually add warm water and the remaining flour and knead the dough until it gets a hard texture.

Cover it and store it in a warm place during the fermentation process.

When the dough has doubled in volume, the fermentation process is deemed complete.

Prepare the filling while the dough is fermenting.

Combine the minced meat, grated onion, boiled and grated potatoes, spices and salt in a bowl and knead it with a quarter cup of water.

After fermenting, divide the dough

into equal halves and flatten it in the palm of the hand.

Place the prepared filling in the rolled dough and close it by folding it in half.

Dip the folded dough in oil on one side and tightly place it side by side on a baking plate or tray.

It will not stick if the dough is oily. It is critical to lay the closed pieces of the dough on the bottom.

Bake it at 180-200 ° C in a preheated oven until the bottom and top are browned.

Brush the previously prepared yoghurt and butter mixture on Cantiks that are about to be removed from the oven then return them to it.

Take it out and set aside after another 10 minutes of baking. After a few minutes of cooling, it's ready to eat.

Özlem Yeşildere

Finance and Digital Transformation

Recipe given by her grandmother Ms Faize and her aunt Ms Mürvet



TATARIAN

CANTİK

for the dough:

6 cups of flour

1 packet of fresh yeast

6 teaspoons of salt

water

*olive oil (to be used when making
pastry after the dough is prepared)*

for the filling:

400 g minced meat

1 small/medium potato

1 medium onion

salt

black pepper

dry mint

for topping:

1 egg yolk

half a glass of yoghurt

half a teaspoon of olive oil

Sieve the flour.

Dissolve the yeast in warm water
in a bowl.

Do not allow the water to be either
too hot or too cold.

Desired warmth refers to a
temperature that is slightly above
room temperature when measured
with a finger.

Knead the flour thoroughly with
tepid water, salt and warm water.

The dough should be formed in
such a way that it is as hard as
unbaked bread dough straight
from the oven.

Cover the kneading bowl with
stretch film and wrap the yoghurt
in a thick cloth like yeast and
place it in the warmest room in the
house.



Fermentation may take one or two hours, depending on the ambient temperature.

The fermentation is complete when the dough sticks to the stretch film when the cover is opened.

Knead the dough a little more and set aside to settle for about 30 minutes. Chop the onion or coarsely grate it to prepare the filling.

Mix the minced meat with onion and finely grated potatoes, then season it with salt, pepper and dried mint before being kneaded into meatballs.

Fill a bowl with olive oil.

Cut the dough into pieces the size of a small apple and each time you

oil your hands, thin the dough into a round shape.

Place the meatball filling in the centre, then close all four sides from the outside to the inside and roll it into a ball form.

Lay a baking paper on the bottom of the tray and arrange the dough joints side by side with no gaps.

After about a half hour in the oven at 200 degrees, spread the whisked mixture of 1 egg yolk, half a glass of yoghurt and a quarter cup of olive oil on the cantiks that have been removed from the oven then place them back.

After browning the upper and lower sides of the cantiks, remove them from the oven.

Ali Yavuz

Alaşehir Plant

Recipe given by his wife Mrs Münire



“It has a flavour that is peculiar to Alaşehir and is best served for breakfast or with tea. In Alaşehir, it is referred to as “pumpkin meatballs.”

ALAŞEHİR

KABAK PİŞİSİ

*half a kilo of pumpkin
flour
half a bunch of parsley
2 heads of onions
1 tablespoon of dried mint
1 teaspoon of black pepper
1 teaspoon of chilli powder
1 tablespoon of salt
1 teaspoon of sugar
1 packet of dry yeast
oil*

Mix half a cup of warm water with dry yeast and sugar. Grate the pumpkins, keep in mind that grated pumpkins will release their juices a bit.

Grate the onions as well and pour 1 glass of hot water then blend them together. This allows the grated pumpkin to heat up. As it will be a leavened dough, the ingredients should be warm.

Then, add the other ingredients and use flour as needed to make a soft dough that is expected to grow.

After the dough has grown, pour flour on the counter; roll the dough to a thickness of 3-4 cm with a rolling pin or by hand and shape it into a rectangle.

After 15 minutes, fry it in a deep pan with half a litre of sunflower oil.

◆
Neyran Ayan

IWSA

◆
Recipe given by Ms Saliha



KOSOVA

BÖREK WITH ZUCCHINI

for the dough:

5 cups of flour

2 cups of warm water

1.5 teaspoons of salt

for the filling:

4 large zucchini, grated

1 teaspoon salt

1 teaspoon of black pepper

3 tablespoons of sugar

half a cup of milk

To spread on and between the

phyllos:

125 g melted butter

In a dough bowl, combine flour, salt and warm water.

Kneading the dough produces a soft dough.

Allow the dough to settle for one hour after covering it with a clean cloth.

Grate the zucchini and drain the juice.

Season to taste with salt, sugar, milk and black pepper after that.

Divide the dough into 20 equal pieces after it has settled.

With a rolling pin, roll each meringue to the size of a cake plate. Spread melted butter on each layer.

Make four layers of phyllo.

Hand-stretch the phyllo, then brush it with melted butter before spreading the filling.

Place it on the tray in a roll from both sides to the centre. Repeat these steps in 5 phyllos with 4 layers.

Spread the remaining butter on the prepared pastries. Preheat the oven to 180 °C and bake for 45 minutes.

◆
Alper Akar
Sales&Distribution
◆



“It is a unique pastry prepared primarily in Thrace by Thessaloniki immigrants. Pumpkin Borek, known for its sweet filling, was traditionally prepared in a wood-fired oven with two trays.”

THESSALONIKI / TRAKYA

PUMPKIN BÖREK

9 phyllos

750 g pumpkin

1.5 cups granulated sugar

1 water glass measure of oil

1.5 cups of milk

half a glass of milk

5 eggs

salt



Grate 750 g of peeled pumpkin. In a large mixing bowl, combine granulated sugar, a pinch of salt, 4 eggs, 1.5 cups of milk, 1/4 glass of oil and shredded pumpkin.

Hand-mix the mixture until it reaches a runny interior filling texture. To spread it between the phyllos, whisk the remaining oil (3/4 cup) and half a glass of milk to one side.

Using each solid fat-milk combination, lubricate a deep, medium-sized pan and lay three phyllos on top of each other.

Between the first three layers of phyllo, evenly spread half of the pumpkin filling on both sides. Using the oil-milk mixture to

lubricate the top of the filling, stack three layers of phyllo on top of one another.

Cover the sixth phyllo layer with the remaining filling. Cover the top of the last layer of filling with three layers of phyllo greased with an oil-milk combination.

Grease the top layer with the residual oil-milk mixture. Smear the top layer with whipped egg yolk.

Bake it for 10–15 minutes at high heat, then another 10–15 minutes at medium heat, until it's fully done.

Allow the pastry to settle for a few hours after removing it from the oven before serving.

TEKİRDAĞ

PUMPKIN RAVIOLI

*1 medium pumpkin
flour*

for the sauce:

*a teaspoon of vinegar
4 cloves of garlic
salt*

*tomato paste
olive oil
red pepper
parsley*

First cut the pumpkin in half and then slice it. Remove the core and peel and rinse the skins of the sliced long pieces.

Then thinly cut all of them into medium-thin apple slices. Use olive oil to lubricate the baking tray.

Place the sliced pumpkins in the baking tray, leaving no gaps in the rows, after dipping them in flour.

Bake them until they turn yellow in a preheated oven at 200 °C.

Meanwhile, prepare the sauce on the stove: Heat 2-3 tablespoons of olive oil in a pot. Add in 2 tablespoons of tomato paste.

After that, add around 1 litre of boiling water to the tomato paste to dilute it.

Add four finely chopped garlic cloves, half a cup of vinegar and salt to the sauce and bring to a boil. Pour the sauce over the coloured pumpkin in the oven once it has reached a boiling point.

Bake until the top is browned and the sauce thickens, about 20 minutes at 200 °C.

Serve hot or cold, garnished with grilled red pepper and parsley.

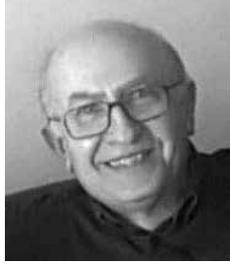


“It is a delicious recipe that my mother learned from her mother, that has been passed down through generations and that we enjoy together as a family. Alternatively, it can be served as an appetiser.”

◆
Ebru Tireli

Human Resources

◆
Recipe given by *Yaşar Özen*



BOLU

PUMPKIN GÖZLEME

2 cups of water
as much flour as it takes
1 teaspoon salt

for the filling:

2 slices of pumpkin
1 onion
2 tablespoons
butter
half a teaspoon of salt
black pepper (optional)

Knead the dough for the hotcakes.

Brown the onion in oil in a pan.

Add the grated pumpkin and saute until soft.

After splitting the dough into 10 pieces, roll out each piece.

Fill each with grated pumpkin.

Fry the dough on the sheet metal until it is pink on both sides.



Pumpkin

Our tables are adorned with pumpkins during the winter. While the pumpkin's skin comes in a variety of colours, the interior is the exact colour of an orange. Pumpkin, which is best consumed during its season, is used in a variety of winter recipes, from soups to desserts. Although it is sweet by nature, it can also be described as sweet-salty. Pastries are the best illustration of this; whether ravioli, pancakes, or pastries, pumpkin is an excellent option for recipes that call for the filling. It is appropriate for both sweet and savoury dishes.

“Village bread, which my grandma learned to make from her mother in her Trabzon village and has been making for a long time.”



◆
Hüseyin Oğulcan Şahinöz

Human Resources

◆
Recipe given by *Ayşe Havva Karademir*

TRABZON

HAPSODO / CORN BREAD WITH MIXED HERBS

- 500-600 g leeks*
mint
nettle
parsley-chard mix
(washed and coarsely chopped)
3 cups cornmeal
2 egg whites and 2 egg yolks
one third of fresh yeast or half of dry
yeast
1 teaspoon of oil
salt
3 cups warm water (for yeast)
1 cup of regular water
black pepper
chilli powder (optional)
- After washing and draining the greens, coarsely chop them and cook them in a small amount of oil (1 tablespoon).
- Then season with salt and pepper and set aside without draining.
- In a mixing basin, combine the flour, warm water, salt and yeast.
- Knead in the oil and cold water, then wrap it and set aside for an hour.
- Transfer half of the dough to an oiled bowl, spread the herb mixture on top and cover with the remaining dough.
- Before placing it in the oven, flatten the top thoroughly and coat it with 1 tablespoon of oil.
- Bake for 30 minutes at 180°C, or until thoroughly browned.

Tilar Ekin Kum

Finance and Digital Transformation

Recipe given by her grandmother Ms Gülzade



“According to folklore, the term “gato” (gâteaux), which is currently used for pastry cakes, is said to have originated in Anatolia and was derived from the word ‘kete.’ Evliya Çelebi speaks about kete made in a tandoor near Erzurum. Cakes were traditionally created by kneading flour and water into a round form. Honey, eggs, spicy butter, cream and milk were gradually added to the ‘gato’. It is now made in a variety of different ways throughout the country.”

ERZURUM

KETE

<i>for the dough:</i>	<i>as much flour</i>
<i>1 egg</i>	<i>as necessary</i>
<i>2 cups of water at room temperature</i>	<i>(approximately 2,5 kg)</i>
<i>2 cups of oil</i>	<i>for the middle layer:</i>
<i>1 litre of milk</i>	<i>250 g butter</i>
<i>1 packet of fresh yeast</i>	<i>3 cups of oil</i>
<i>2 teaspoons of salt</i>	
<i>1 teaspoon of granulated sugar</i>	<i>for topping:</i>
	<i>1 egg</i>



Whisk together the egg, oil, water, milk and yeast.

Knead in the flour, salt and sugar until the dough does not stick to the hand but is softer than the texture of an earlobe and set aside for 10 minutes.

Following that, split the dough into three meringues.

Roll out the meringues thinly with a rolling pin and stack the three meringues on top of each other, using butter to sandwich them together.

Oil the top of the meringue and roll the three meringues that have been stacked on top of one another.

Divide the rolled dough into four finger-width pieces, turn it over

so that the section with the visible interior of each piece is on top and push these sides to flatten.

Brush them with eggs and bake them at 200 ° C till golden brown.

If desired, a filling recipe is included: In a pan, melt the butter with 3 cups of oil.

Pour in 2 kg of flour, mix 1-2 times and remove from the heat without frying.

After splitting the dough into balls, fill each layer with your filling before stacking them on top of one another and rolling them up.

The other steps are the same as above.

◆
Deniz Aynur
IWSA

◆
Recipe given by *Zehra Kahyaoğlu*

RUSSIAN

PIROZHKI

half a cup of warm water
3 teaspoons of sugar
one dessert spoon of dry yeast
250 ml of warm milk
2 egg whites
2 tablespoons of olive oil
as much flour as necessary
(approximately 4-4.5 cups)
1 teaspoon salt

for the filling:
4 large potatoes
black pepper



Mix warm water, 1 teaspoon of sugar and dry yeast. Let it sit for 15 minutes before adding the rest.

Mix together the lukewarm milk, egg whites, 2 tablespoons of sugar, salt, olive oil and yeast mixture in the bowl where the dough will be kneaded.

Then, gradually add flour until a soft but not sticky dough forms. Allow the dough to rise for 1 hour after covering it with a cloth.

After it has fermented, knead it again, cover it with a cloth and set aside for an additional hour to ferment.

After chopping the potatoes into large cubes, boil them in salted

water for the filling. Add as much black pepper as you like and mash with a fork.

Roll out little tangerine-sized balls from the fermented dough into an oval shape.

Place it on top of the opening oval shape, then attach the two long sides of the oval shape together.

Flatten the attached section by lightly pressing it to prevent it from opening while frying. Fry the prepared pirozhki on both sides in a large amount of heated oil.

Keep a close watch on the pan since the pirozhkis may burn fast. The filling can be made either with cheese or minced meat.

◆
Deniz Aynur
IWSA

◆
Recipe given by Zeliha Yildirim

BULGARIAN

KIFLA

half a cup of warm milk
quarter cup of warm water
quarter cup of oil
quarter of sugar
1 packet of dry yeast
half a teaspoon of salt
1 tablespoon of sugar (on top)
2 tablespoons of water (on top)
2 eggs
500-600 gr flour (added gradually)
marmalade



Combine the milk, sugar, dried yeast and 4-5 tablespoons of flour in a mixing bowl.

Allow it to sit for 15 minutes after covering it.

Then, gradually, add the eggs (one yolk left for the top), salt, oil, water and flour to make a soft, non-sticky dough.

Continue kneading the dough on the counter for another 5 minutes after it has formed. If it sticks to the counter, dust it lightly with flour.

Return the dough to the bowl, cover it with cling film and a clean cloth and set it aside for 30 minutes to rise.

Knead the dough for another 15-20 seconds and leaven as before.

While the dough is fermenting, brush with 1 egg yolk, 2

tablespoons water and 1 tablespoon sugar.

After the dough has fermented, roll it into tangerine-sized balls.

Form a total of 10–11 meringues. Each meringue should be rolled out into a round about the size of a dessert plate.

Put a teaspoon of marmalade in it and fold the edges inwards as if wrapping sarma to prevent it from flowing over the edges.

To keep the tip of the dough from opening, squeeze it in little portions with your fingertips.

Make croissants out of the dough.

Place them all on a baking paper-lined tray and apply the prepared mixture on top.

Bake for 15 minutes at 180 °C in a preheated oven.

◆
Deniz Aynur

IWSA

◆
Recipe given by *Zeliha Yıldırım*

BULGARIAN

KOZANAK: EASTER BUNS

2 packets of dry yeast
3 Turkish coffee cups of warm milk
flour
4 eggs
2.5 Turkish coffee cups' granulated
sugar
1.5 Turkish coffee cups melted butter
1 packet of vanilla

In a mixing bowl, thoroughly combine dry yeast, 1 tablespoon granulated sugar and 1 Turkish coffee cup of warm milk.

Mix in 1 tablespoon of flour and 1 Turkish coffee cup of heated milk until no lumps remain, then set aside for 10 minutes.

In the bowl where the dough will be kneaded, whisk together all of the eggs, 2 Turkish coffee cups of granulated sugar and the melted butter.

Mix in 1 Turkish coffee cup of milk with a whisk.

After that, add 1 packet of vanilla



extract and whisk it again. Mix in a little more flour and yeast.

While forming the dough, dip your hands in the oil from time to time.

Add a little more flour gradually until you have a soft dough that does not stick to your hands.

Wrap cling film around the bowl and lay a cloth over it.

Allow the dough to rise twice.

After the dough has fermented, knead it briefly, oil your hands again and form it into a long shape.

Divide the dough in half.

Braid both halves together to make two buns.

You won't have to move the buns if you braid them on a baking paper-lined tray.

Cover the tray with cling film once again, then with a cloth and set aside for 20–25 minutes.

The dough will have risen by the time you open the cover.

Brush them with an egg yolk and a thin dusting of granulated sugar.

Bake for 25 minutes in a preheated 170°C oven.

◆
Didem Boğaz

Alaşehir Plant

◆
Recipe given by her grandmother Ms Rahime



BURDUR

NOODLES WITH WALNUT

- | | |
|--------------------------------|--|
| <i>noodle</i> | Fill a large pot halfway through with |
| <i>tulum cheese</i> | water and bring it to a boil. |
| <i>goat cheese</i> | Add a pinch of salt but don't go over |
| <i>walnut</i> | the top because the noodles are |
| <i>butter</i> | already salty. |
| <i>chilli powder</i> | After the water has come to a boil, |
| <i>tomato paste (optional)</i> | add the noodles and simmer until they
are tender. Drain the boiled noodles.
Tarhana soup can then be made using
the boiled water. |
| | Crush the walnuts to a size that isn't
too small. Combine tulum and goat
cheese. Place half of the noodles on a
serving plate and spread the cheese
and walnut mix on top. |
| | Then, add the remaining half of the
noodles over it. |
| | Char a little amount of tomato paste
(optional), ground red pepper and a
pinch of chilli powder and drizzle over
the noodles. |





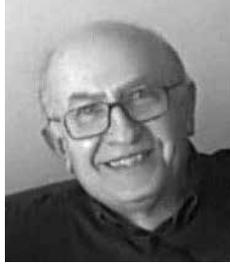
Kashk

Kashk (Keş) is a very significant delicacy in each and every part of the Black Sea region, regardless if it is east or west. Kashk is always in the cupboards of Black Sea people, no matter where they are in the world. It also goes by the name "Kash" in Afghan, Iranian, Central Asian and Levantine cuisines. It's made with sour milk or condensed yoghurt. It is similar to dried and hard-moulded cheese or yoghurt. It gives pasta, particularly noodles, a pleasant, distinct flavour when grated or chopped into it.

◆
Ebru Tireli

Human Resources

◆
Recipe given by *Yaşar Özen*



BOLU

NOODLES WITH WALNUT AND KASHK

<i>half kg of noodles</i>	Boil the noodles.
<i>1 cup of Kashk (Dried Yoghurt unique to Bolu)</i>	Roast the grated kashk in butter and stir in the crushed walnuts.
<i>100 g walnuts</i>	Serve the noodles with the Kashk sauce spread on top.
<i>butter</i>	

◆
Buse Şaş
Human Resources

◆
Recipe given by *Safiye Demir*

TUNCELI

BABUKO/ZERFET/BIÇKA ŞİR

1 kg of flour
as much water as necessary
1.5 teaspoons of salt
1 kg of butter (the amount can be reduced if
desired)
5-6 cloves of garlic
1 litre buttermilk
thyme (regional mountain thyme called
Zembul)

“It has evolved into a meal prepared and consumed with adoration for the past, particularly at feasts, later at crowded family gatherings and especially while welcoming significant guests from distant villages. As for the reason why, probably because it was a meal prepared from simple ingredients that people, particularly locals, could easily obtain in the olden days. It is very important that it is filling, just like bread. In another regard, the elder generation’s practice of placing a huge tray on the table gives me the impression that a spoonful of equity and justice has always been on the table. On top of that, the idea of sharing is really nice.”

Note: As it is eaten from the same tray by all, it is frequently consumed by family members who are comfortable with each other.

In a large mixing bowl, combine the flour, water and salt and knead until the dough is harder than an earlobe.

Spread the dough on the tray to a thickness of 2.5 fingers and bake for 1 hour at 200 °C.

While the dough (kömbe) is still hot, cut the upper part that has hardened into a crust with a knife and open it so that the filling remains on the base.

This layer of firm dough cut is called ‘kirtik.’

You keep some of it and it and crumble some into the mixture.

With the help of a spoon, finely shred the inner part of the dough. Arrange the shredded dough in

a pointed way (like a pyramid) towards the top so that it remains inside the lower crust and the inner layer.

Warm the buttermilk over low heat until it is no longer solid, then add plenty of garlic. In another pan, saute the thyme in the remaining butter.

Pour the buttermilk around the kömbe in the tray in an equal layer.

Finally, pour the hot mountain thyme oil all over the top of the pyramid and over the buttermilk that has just been removed from the stove.

It is eaten with the hard shell of the cooked kömbe, which you use as a spoon.

◆
Bariş Işıkcevhair

Sales&Distribution
◆

ERZİNCAN

BABUKO

for the dough:

4 cups of flour

1 dessert spoon salt

1.5 cups of water

1 teaspoon of baking soda

for the top buttermilk:

5-6 cloves of garlic

250 g yoghurt

1 or 1.5 cups of hot water

200 g butter

Mix flour, salt, water and baking soda together to make a firm dough.

Place the dough in an oiled pyrex, grease your hands, press the dough into the pyrex and bake at 180 ° C for 20 minutes.

Cut the top with a narrow sharp knife like a lid 5 minutes after the dough is done.

When the inside is still hot, hollow the inner dough out with a spoon.

Put the dough in a bowl that you hollowed out.

Combine the hard top cover, which you removed with a knife, with the inner dough, which you hollowed out by breaking it into little pieces.



The dough in the pyrex should be like an empty pot but be careful not to pierce it to keep the yoghurt and the oil from spilling out.

Fill the hollowed-out dough pieces into the dough shaped like a pot and set it aside to cool.

Meanwhile, taste the dough and add salt if necessary.

Whisk yoghurt with a fork and season with salt to taste.

Crush the garlic and add it to yoghurt.

Mix in the heated water with the yoghurt.

Yoghurt should have the texture of runny buttermilk.

Heat the buttermilk until it reaches a temperature that is close to hot but not quite boiling.

Buttermilk will curdle if it boils because it includes salt.

Melt the butter, even heat it up and froth it.

Using a ladle, pour the yoghurt next to the cooled dough in the Pyrex.

Pour the sizzling butter from the top of the dough dome. It is ready to serve.



“Batter Puddings, or Yorkshire Puddings, made from flour, eggs and milk, were immensely popular and enthusiastically greeted by the poor English in the early 18th century. During this period, it was known as ‘vulgar’ because it was made with little pieces of meat in Batter Pudding and vulgar meant ‘tasty.’ Over time, its name became associated with ‘Toad in the Hole,’ which meant ‘meat baked in dough,’ and it eventually gained its current form.”

LONDON

TOAD IN THE HOLE

12 sausages (beef/lamb or pork)

1 teaspoon of oil

for the dough:

140 g flour

2 eggs

175 ml semi-skimmed milk

half a teaspoon of salt

Preheat the oven to 220°C . Cook the sausages for 15 minutes in a 20x30 cm baking tray with the oil, until golden brown.

Meanwhile, make the dough by combining the flour and half a teaspoon of salt in a mixing bowl, forming a hole in the centre and cracking the eggs.

Mix with a mixer, then gradually add milk while whisking. Wait until the sausages are completely fried before proceeding. Remove the sausages from the oven with care.

Keep the tray on the stove for a few minutes until it is entirely cooked if it is not totally browned.

Pour in the batter mixture, place on the top oven rack and bake for 25-30 minutes, or until puffed and golden. Serve with your favourite vegetables and sauce.



KEEP IT BETWEEN US

“Life is short; start with dessert.”

Jacques Torres







Nazlı Pişkin

ŞEKERLİ MISIN VAY VAY!*

Due to the shift to settled order and nutrition, our cuisine is extremely rich in sweet variety. When the diversity of materials resulting from differences in geography and production conditions and the techniques we inherited from previous cultures, are mixed with migrations brought by people from neighbouring geographies, the range of sweets in today's Turkish cuisine is vast. A sensory feast of aromas, textures, shapes, colours and flavours!

Naturally, dessert does not have to be had on a special day or occasion. Dessert finds a home in the hearts of those who love it, as much as on the tables of everyday life. Perhaps a simple milk dessert, jam, jelly, fruit dessert, or fruit pulp will please the palate. On the other hand, the characteristic of dessert as a ritual dish is also extremely apparent. Desserts are associated with several forms of celebrations in both private and public life.

Sherbet served postpartum, sweets such as hard candy served at birth celebrations (mevlit) or mulebbes varieties such as almond candy, cookies served at circumcision celebrations and weddings, cookies served on engagement parties, nut pastes, pastries with syrup, almond candy served at weddings, pastries with syrup, halvah served at funeral ceremonies, lokmas, anuş abur...

Various buns such as Easter buns and holiday buns for religious holidays, a wide variety of syrup-filled pastries ranging from

baklava to various types of kadayif, milk desserts such as rice pudding or fruit and vegetable desserts cooked with sherbet, such as pumpkin dessert; Glla during Ramadan, ashura, lokmas and sweet buns on significant religious days...

Our desserts include halvah, candies, Turkish delight, syrup-filled pastries, milk desserts, jams and marmalades, fruit and vegetable desserts cooked with sherbet, fruit and vegetable desserts cooked with flour and/or starch, nut and/or fresh fruit pastes, cookies, brioche and pides, sweet cereals, compote, sherbet and syrups.

Cakes that have begun to appear in our country as a result of the impact of European or Russian cuisines can be classified as milk cream and/or chocolate cakes. There are subheadings for each of these primary headings, as well as dessert variants that fall under more than one main heading.

Sugar, in many forms, is the flavouring element in sweets. Sugar cane and sugar beet sugar, honey, molasses (such as grape, pear, mulberry, carob, molasses), purees or juices of sweet fruits are all types of sugar used in the preparation of various delicacies. It should also be mentioned that, because sugar from sugar cane and sugar beets was once expensive, the use of sweeteners in sweets like honey, molasses and sweet fruits, or their juices or musts, was more popular in traditional cookery. Sugar became cheaper over time when sugar cane plantations were established. Today, efforts to avoid refined sugar have pushed the use of sweet fruits to the forefront, particularly by pureeing them or using fruit juice concentrates in desserts.

Whatever sugary element is selected in a dessert is blended with other basic ingredients in the dessert making process. Sometimes it simply combines with water to form syrup and other times it combines with thickening ingredients such as flour, starch, semolina, some types of legumes, nuts, fresh fruits, vegetables, flowers, fragrant herbs, plant roots, various oils, milk, cheese, cream, tahini, or eggs. It is blended, cooked in various procedures and consistencies, given varied shapes and presented in an infinite number of ways.

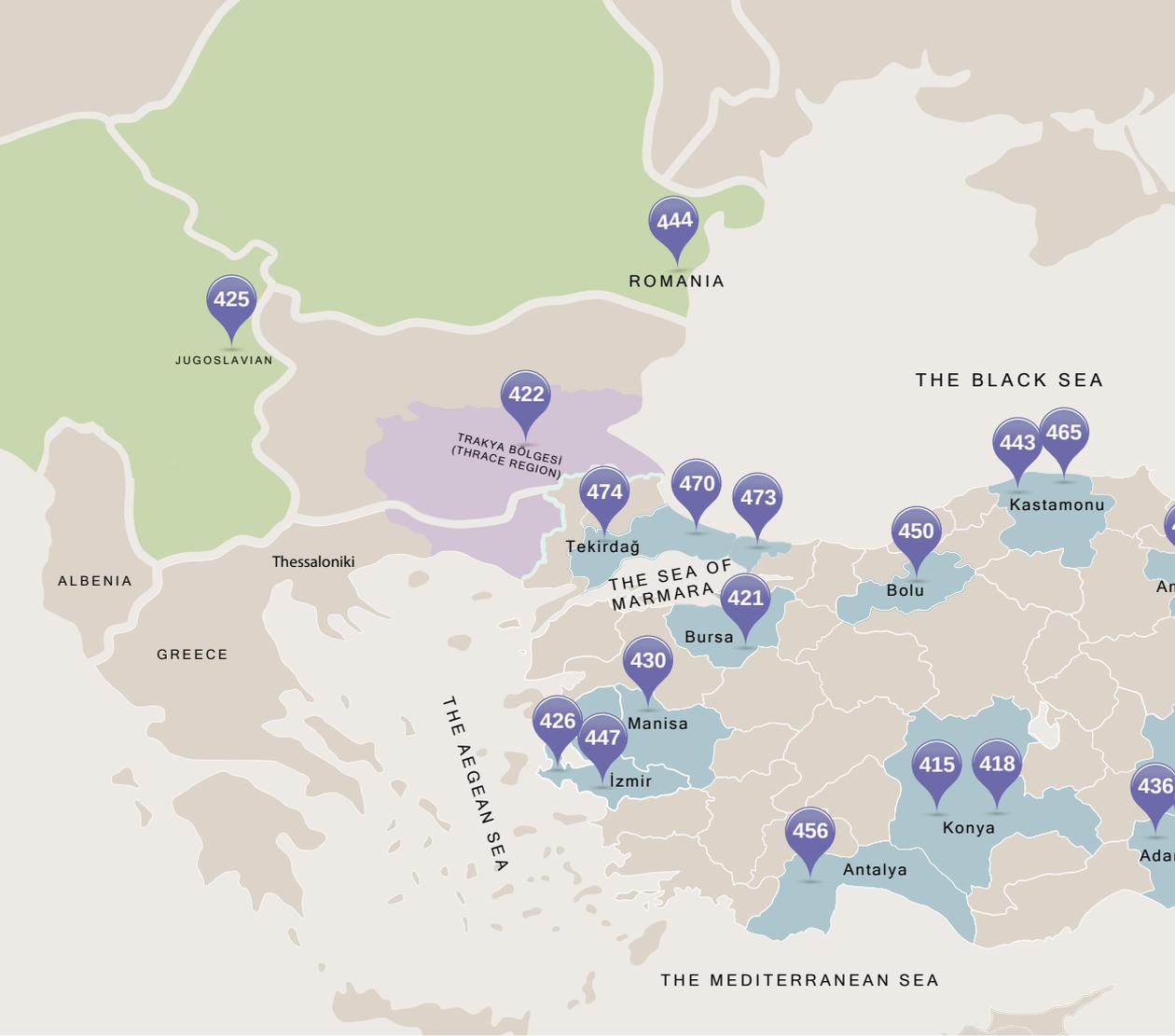
The dessert, which is the end result, distinguishes itself from its alternatives by the material and proportions in which the type of sugar is combined, the technique with which it is processed, the selected cooking technique if it is to be prepared, its shaping and many other criteria. Although you can roast halva with flour and sugar, halva comes in dozens of varieties! The process is not restricted to a certain combination of basic materials or a particular technique. Additional ingredients always make a difference and the most powerful of these are spices.

Spices are precious materials that are sometimes used as an ingredient of desserts and sometimes as a garnishing element in their presentation, doubling the flavour of desserts on both the palate and the sight. And occasionally, spices

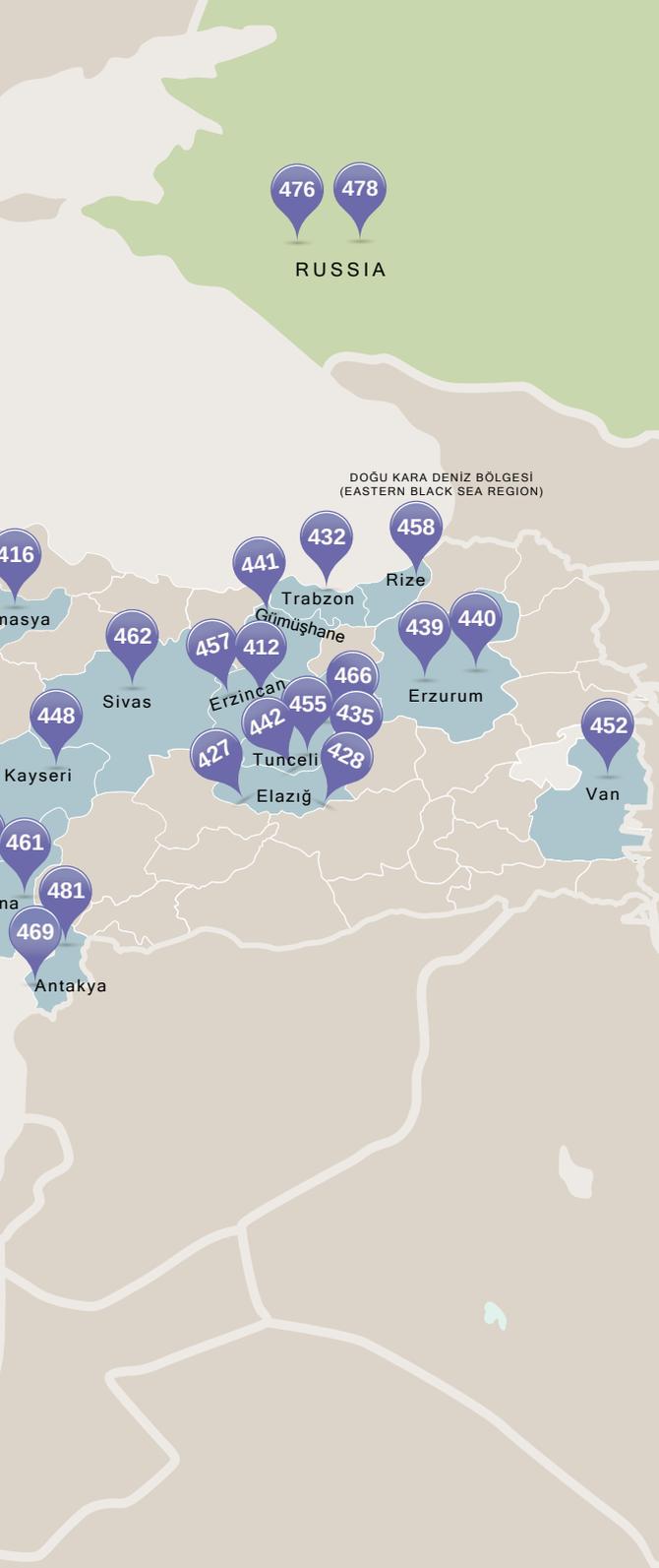
emerge as the distinguishing factor in the preparation of the same dessert in two separate regions.

Aside from spices and herbs, there are a variety of other ingredients that contribute to the flavour of desserts. Dried fruits, such as grated coconut, dried flowers, such as rose, crushed nuts, such as walnuts, pistachios and almonds and fresh or wet forms of fruit peels, such as orange and lemon zest, are all used in desserts and as garnishes.

* *Şekerli misin vay vay!* : This is the lyric of a well-known folk song. It means 'Why are you so sweet my love'



- CITY
- COUNTRY
- REGION
- PAGE NUMBERS



- 412 Ayça Çiğdem Budak** - ERZİNCAN -
Dry Flour Halva
- 415 Aysu Doğan Esgin** - KONYA - Halva with
Grape Molasses
- 416 Erkan Elçin** - MERZİFON / AMASYA -
Semolina Halva
- 418 Aysu Doğan Esgin** - KONYA - Tahini Halva
- 421 Börte Özenç** - BURSA - Milk Halva
- 422 Hande Önder Şirin** - TRAKYA - Sütü Saraylı
- 425 Zuhale Kesgin** - JUGOSLAVIAN -
Kaymaçına Dessert
- 426 Erkan Elçin** - İZMİR - Dessert with Curd Cheese
- 427 Selma Öztürk** - ELAZIĞ - Cheese Bread
- 428 Selma Öztürk** - ELAZIĞ - Cheese Dessert
- 430 Ali Yavuz** - ALAŞEHİR - Homemade Walnut Baklava
- 432 Hüseyin Oğulcan Şahinöz** - TRABZON -
Laz Börek with Cream
- 435 Tuğçe Öztekin** - ELAZIĞ - Sıvıtma / Taş Ekmeği
- 436 Aslı Çinkılıç** - ADANA - Taş Kadayıf
- 439 Burçin Güler** - ERZURUM - Kadayıf Dolma
- 440 İsmail Durmuş** - ERZURUM - Kadayıf Dolma
- 441 Hüseyin Oğulcan Şahinöz** - GÜMÜŞHANE -
Çatal Dessert
- 442 Nimet Kocabey** - TUNCELİ - Lokma of Khidr
- 443 Hasan Ertürk** - KASTAMONU - Nevzine
- 444 Özge Özel** - CONSTANZA/ ROMANIAN -
Kalburabastı
- 447 Erkan Elçin** - İZMİR - Şambalı
- 448 Didem Alev** - KAYSERİ - Nevzin
- 450 Tilar Ekin Kum** - BOLU / MENGEN - Kedi Batmaz
- 452 Gökhan Kuşçu** - VAN - Spoon Dessert
- 455 Bengü Buse Şaş** - TUNCELİ - Helisa
- 456 Ahmet Kor** - ANTALYA - Şilofta
- 457 Aysu Doğan Esgin** - ERZİNCAN - Kasefe
- 458 Ebru Büyükbezi** - RİZE - Pepeçura
- 461 Şadiye Gökler** - ADANA / CUKUROVA -
İncir Uyutması / Yörük Dessert
- 462 Simay Kaşıkçı** - SİVAS -Karaş
- 465 Berfin Işık** - KASTAMONU - Pumpkin
Börek Dessert
- 466 Berfin Ateş** - TUNCELİ - Dersim Pumpkin Dessert
- 469 İpek Güven** - ANTAKYA - Haytalı
- 470 Ayşesu Eyüboğlu** - İSTANBUL - Souffle
- 473 Umud Albayrak** - İSTANBUL - Kık: Moist
Chocolate Cake
- 474 Birsene Çevik Akgünlü** - MALKARA / TEKİRDAĞ
- Prince Cake
- 476 Deniz Aynur** - RUSSIAN - Napoleon Cake
- 478 Deniz Aynur** - RUSSIAN - Pryanik / Russian Cookie
- 481 İpek Güven** - ANTAKYA - Kömbe : Cookie

Ayça Çiğdem Budak

IWSA

Recipe given by *Mesude Budak-Fatma Budak*

“My father was born in the village of Mama Hatun, which is located in Erzincan’s Tercan district. He remained there until secondary school, at which point he and his family relocated to Erzincan’s central district. After completing his secondary and high school education in that city, he moved to Istanbul for university. He is still in Istanbul at the time of this writing. This halva belongs to my father’s homeland, Erzincan. While flour halva is widespread, the halva in this recipe is unique in its firm and crispy texture, nearly like a cookie. It can be preserved in a jar for an extended period of time.”

ERZİNCAN

DRY FLOUR HALVA

250 g butter

300 g flour

100 g powdered sugar

200 g granulated sugar

hazelnuts (optional)

Roast the hazelnuts. Melt the butter in the pan.

Then add the flour and continue roasting until the flour scent has subsided.

Finally, add the sugar and turn off the heat.

Add the sugar to the entire mixture. On a plate or tray, spread the mixture 1–1.5 cm thick.

You can line the bottom with baking paper to make eventual removal of the batter easier.

Slice and serve once it has totally cooled and set.

It goes beautifully with coffee or tea. It is also suggested that you try it with Kayra Madre.





◆
Aysu Doğan Esgin

Regulation and Law

◆
Recipe given by Anakız Doğan

“This is a Konya-Bozkır dessert recipe from my grandmother. Bozkır’s delicious grape molasses is a childhood favourite of mine. Tahini and molasses are a must-have for breakfast and, if no other dessert is available, for dinner. Molasses halva is also amazing in this recipe when made with Bozkır’s grape molasses.”

KONYA

HALVA WITH GRAPE MOLASSES

1 cup of molasses
1 tablespoon of starch
half a glass of cold water
100 g butter
crushed walnut kernel

Soften the starch with water.

Melt the butter in a pot, then add the starch and roast together.

When the starch is browned, add the molasses and simmer while stirring.

Turn off the heat when it thickens and becomes a jelly-like texture.

Place it on a dish and garnish with walnuts.

Erkan Elçin

Finance and Digital Transformation

Recipe given by *his mother Ms Zeynep Nihal*



MERZİFON / AMASYA

SEMOLINA HALVA

500 gr fine semolina
500 g butter
half a litre of milk
500 g granulated sugar
25 g pine nuts
water

Make the syrup by boiling the sugar with enough water to cover it. In a second bowl, bring the milk to a boil.

Melt the butter in a pan over low heat, then add the semolina and peanuts.

When the semolina has turned pink and the peanuts have browned, add the heated milk and finally the boiling syrup, stirring thoroughly to achieve the desired texture.

Allow to brew in the covered pot.

Semolina

Semolina is a wheat-based product. Hard durum wheat is ground and sifted to produce bright, lustrous semolina with a size of 100 to 150 micrometres and not roundly shaped grains. It appears in a variety of dessert recipes, ranging from Kalburabasti to Şambali, from Semolina Halva to Cheese Dessert.



◆
Aysu Doğan Esgin

Regulation and Law

◆
Recipe given by Nimet Doğan

“For our family, tahini holds a special place. At our house, tahini is always served with molasses or honey for breakfast. Additionally, Bozkır’s tahini is unique because it is made with double-roasted sesame seeds that are hand ground in a stone mill. My aunt passed this recipe on to me and now I’m sharing it with you.”

KONYA

TAHINI HALVA

*1 tablespoon of flour
half a glass of molasses
quarter cup of tahini*

Roast all the ingredients in a pan over low heat.

When the tahini has released its oil, remove from the heat. It should have a thick texture.

Shape it using a spoon and serve.





BURSA

MILK HALVA

1 litre of milk

100 g flour

1 glass of sugar

1 packet of vanilla

*75 g oil (can be a mixture of olive oil
and sunflower oil)*

25 g butter

In a bowl, combine milk, vanilla and sugar. Melt the butter, add the oil and stir briefly.

Add the flour and mix it with the oil until the flour smell is gone. It is essential that the flour does not turn brown. In the meantime, preheat the oven to 200 degrees.

Combine the flour and oil with the cold milk, sugar and vanilla mixture. It is important to stir it carefully and continuously.

Stir constantly until the mixture reaches the texture of runny pudding and begins to boil.

Pour the prepared mixture into a wet baking dish.

Then place the baking dish on a tray filled with water and bake it in the preheated oven at the highest setting with only the heater on the top turned on.

Hande Önder Şirin

Supply Chain

Recipe given by *Ruhiye Koca*



TRAKYA

SÜTLÜ SARAYLI

for the dough:

half kg flour

1 egg

half a teaspoon of oil

pinch of salt

as much water as necessary

for the syrup:

1 kg of milk

5 cups of sugar

for the top:

250 g butter

250 g walnuts

Combine all of the dough ingredients, form a soft dough and set aside for an hour to settle.

Divide the dough into walnut-sized balls and roll them out with a rolling pin as thinly as possible.

Grind the walnuts in a bowl. Butter the inside of the baking tray, then layer the phyllos from left to right, squeezing them in and spread walnuts in between. Repeat this procedure with the remaining phyllo.

On one side, melt the butter and spoon it over the phyllo in the prepared tray. Bake until golden brown in a preheated 180 degree oven.

While the dessert is cooking, prepare the syrup by boiling the milk and sugar thoroughly.

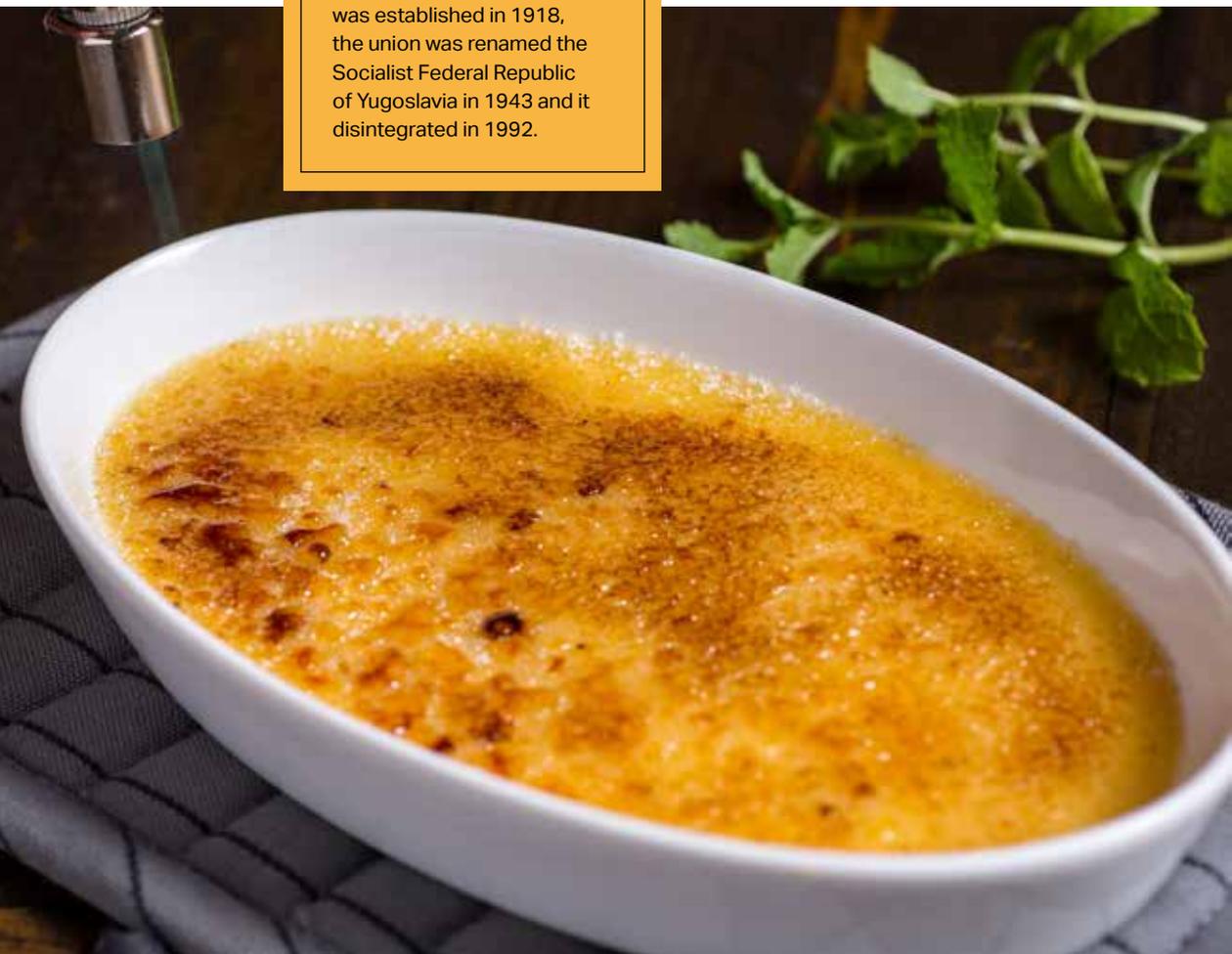
Remove the baked dessert from the oven, allow it to cool for 2 minutes and then drizzle it with the warm syrup.

A close-up photograph showing a clear glass pitcher pouring a thick, white, creamy liquid into a clear glass. The liquid is being poured from the top right of the frame into the center of the glass. The glass is sitting on a light-colored wooden surface. The background is a soft, out-of-focus light color. The overall scene is bright and clean.

“It is a dessert that was traditionally brought to a girl’s home by a boy’s family when they went to ask for the girl’s hand in marriage. A full gold coin was customarily placed in the centre. Additionally, it was a dessert prepared during each holiday season in our family. For some, it was a direct rival to baklava; for others, it was simply a delicacy all its own.”

Yugoslavia

There was a country called Yugoslavia in the old days. Yugoslavia, whose name translates as "Land of South Slavs," united Macedonians, Bosniaks, Kosovars, Serbs, Croats, Slovenes and Montenegrins, who now all live in separate nation states. While the first Yugoslavia was established in 1918, the union was renamed the Socialist Federal Republic of Yugoslavia in 1943 and it disintegrated in 1992.



◆
Zuhal Kesgin

Bilecik Plant



JUGOSLAVIAN

KAYMAÇINA DESSERT

5 eggs
1 litre of milk
1.5 cups of sugar
1 packet of vanilla

Whisk the eggs and sugar together until they turn a snowy white colour. Stir in the warm milk and vanilla extract.

Fill a pyrex with the mixture.

Place the pyrex in the baking tray with some water in it. Preheat the oven to 160°C and bake for 60 minutes.

When the top is perforated, you know it's ready.

Allow it to settle in the refrigerator for a day before serving.

Erkan Elçin

Finance and Digital Transformation

Recipe given by *his mother-in-law Ms Nihan*



İZMİR

DESSERT WITH CURD CHEESE

half kg of curd
3-4 tablespoons of flour
2 eggs
1 packet of baking powder
1 packet of vanilla
coconut (optional)

for the syrup:
3 cups sugar
4 cups of water

Bring the syrup ingredients to a boil and cook until they reach a thick texture. Remove from the heat and set aside to cool.

Combine the curd, eggs, flour, vanilla extract and baking powder in a food processor until a soft dough forms. This dough should be rolled into walnut-sized portions.

Place on a greased baking paper and bake at 180°C until it turns pink. While the cookie is still warm, drizzle the syrup over it.

When completely cooled, serve. You can also add a sprinkling of coconut on top.

◆
Selma Öztürk
Elazığ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

CHEESE BREAD

1 kg of fresh unsalted Sazak cheese
600 g sugar
pide

Combine the cheese and sugar.

Take the ready-made mixture to a bakery and have it baked by laying it on a pide.

◆
Selma Öztürk

Elazığ Plant

◆
Recipe given by *Burhan Hoca*

ELAZIĞ

CHEESE DESSERT

400 unsalted Savak Cheese

50 gr semolina

50 g flour

500 ml of oil

for the syrup:

1 kg of sugar

1 litre of water

Knead the cheese by combining the semolina and flour.

Form small meringues and fry in hot oil.

Toss the fried meringues in a sugar-water syrup. Serve lukewarm.



Şavak

The Şavak people are a diverse community spread across Turkey, Iran and Iraq. They inhabit a large area of our country, particularly Elazığ and Erzincan and contribute to our culinary culture through their husbandry skills and cultural diversity. Şavak cheese is one of their culinary contributions. Although Şavak cheese is originally Tulum cheese, what sets it apart from other cheeses in the region is the milk of Akkaraman sheep fed with plants from the Munzur highlands.

◆
Ali Yavuz

Alaşehir Plant

◆
Recipe given by his wife Mrs Munire



“Making our own walnut baklava is typically a necessity during the holidays for us.”

ALAŞEHİR

HOME-MADE WALNUT BAKLAVA

for the dough:

2 eggs

1 cup of yoghurt

1 glass of water

half a glass of oil

500 g butter

1 tablespoon of vinegar

1 packet of baking powder

1 teaspoon of baking soda

1 lemon

500 g starch

half kg flour

walnut

for the syrup:

4 cups sugar

4.5 cups of water

1-2 drops of lemon



In a large mixing bowl, whisk together the egg, water, yoghurt, oil, vinegar, baking powder and baking soda. Add lemon juice and a pinch of salt, then gradually add flour.

The dough should be tender. Allow it to settle for 30 minutes; the longer it settles, the easier it will be rolled. Place the settled dough on the counter and cut it into walnut-sized pieces. Roll and arrange the separated pieces on a greased tray.

Cover it with a cloth to prevent it from drying out. Using starch, roll out the dough pieces one at a time to the size of a small plate. Stack the rolled meringues on top of each other and when they're all done, roll them in sevens.

Place the freshly rolled meringues on the tray and ladle the melted butter between them.

When it comes to the middle layer, sprinkle a generous amount of walnuts that have been processed in a food processor. Similarly, proceed with the remaining meringues.

Finally, turn it off and simply continue the cutting process, before pouring the melted butter over it and placing it in the oven.

Cook until crisp. Bring the syrup to a boil and then allow it to cool. Pour the syrup over the baklava after the initial heat has passed.

These are the measurements for a large tray. You may alter the proportions of the ingredients as desired.

Hüseyin Oğulcan Şahinöz

Human Resources

Recipe given by Melek Şahinöz

TRABZON

LAZ BOREK WITH CREAM

for the dough:

2 eggs
3,5-4 cups flour
1 packet of baking powder
1 pinch of salt
1 cup of oil
1 cup of yoghurt

for the cream:

3 cups of milk
1 glass of sugar
1 egg
half a glass of starch
1 lemon zest
half a glass of flour
1 packet of vanilla

for the syrup:

2.5 cups of water
2.5 cups sugar
1 teaspoon of lemon juice

for topping:

1 pack of margarine or butter
powdered sugar

Boil the ingredients for the syrup in a pot for 30 minutes, then set aside to cool. In a pan, combine all of the cream ingredients, except the egg and stir over low heat until it thickens.

Allow the cream to cool a little before breaking the eggs into it and then keep whisking to make sure the egg gets into the cream. In a large mixing bowl, combine the dough ingredients and knead into a soft dough.

From the kneaded dough, make 40 meringues.

Dust the meringues with starch and roll them as thinly as possible. Grease the tray, brush the rolled phyllo with melted butter and arrange twenty of them on it.

Apply the cream evenly between the layers once you have 20. Afterwards, thinly roll out the remaining phyllo, lay it on the tray, cut it into squares and melt the butter on top.

Preheat the oven to 180 degrees and bake the Laz Borek until golden brown. Remove it from the oven and pour cold syrup over it. Allow it to sit for a few minutes to absorb the syrup before sprinkling with powdered sugar and serving.



"Bir fiske"

It is a vernacular unit of measurement that is commonly used for spices. We take a small amount of spice from the spice jar, or a pinch (bir fiske) by the thumb and forefinger and use it according to the recipe.

"A delicious dessert from Trabzon that my mother has been making for years."



◆
Tuğçe Öztekin
Elazığ Plant

◆
Recipe given by Burhan Hoca

ELAZIĞ

SIVITMA / TAŞ EKMEĞİ

400 g flour
250 ml of milk
5 g (one packet) of baking soda
400 gr mulberry molasses
100 g unsalted butter
200 g walnuts
1 egg

Combine the flour, milk, baking soda and egg in a mixing bowl until a runny dough forms.

In a nonstick skillet, cook them as thin pancakes.

Lay 6 layers on a large plate and sprinkle crushed walnuts between them.

Melt the molasses and butter together in a pan.

Caramelise the mixture until brown foams form.

Then stir it over the pancakes and serve warm.

Aslı Çinkiliç

Sales&Distribution

“Also known as flat kadayif, this is a traditional dessert made frequently in Adana and the surrounding Mediterranean region.”

ADANA

TAŞ KADAYIF

for the dough

100 g flour

50 g cornmeal

5 g fresh yeast

quarter teaspoon of baking soda

20 g sugar

120 g of water

100 g milk

for the filling:

1 kg of curd

50 g sugar

240 g cream

300 g powdered pistachios

10 g vanilla

for the syrup:

500 g sugar

300 g of water

oil

Put the flour, cornmeal and carbonate in a mixing bowl to start making the kadayif dough.

Dissolve the fresh yeast in warm water in a separate bowl and add the milk and sugar.

Whisk together the prepared solid and liquid ingredients until it reaches the texture of whipped yoghurt, then set aside to ferment. In a pan, bring the syrup ingredients to a boil and set aside to cool.

In a mixing bowl, combine all the filling ingredients. Preheat the pan and grease it with oil to prevent sticking.

Pour a ladle of the prepared kadayif filling into a round form with a diameter of about 15 cm.

Cook only one side at a time and set aside. Fill the dough with the prepared filling, seal it in a "D" shape and set it aside.

Repeat until the materials are gone. After that, fry them all in hot oil and then dip them in warm syrup.

Then take all out and serve.



Kadayif

Our cuisine is a hot spot for sweet delicacies. Kadayif desserts also play a significant role in this opulence. Kadayif, which is made of flour, salt and water, also serves as the basis for the names of a number of our desserts, ranging from bread kadayif to tel kadayif, from kadayif bowl to kadayif dolma. It's fantastic with walnuts and even better with pistachios.



Burçin Güler

Finance and Digital Transformation

Recipe given by *her mother Ms Serpil*



ERZURUM

KADAYIF DOLMA

- half a kilo of kadayif*
walnut kernel
2 cups granulated sugar
2 cups of water
1 egg yolk
half a lemon
sunflower oil (butter can also be used)
pistachio or cream (optional)
- To prepare syrup, combine granulated sugar and water in a pan and bring to a boil.
- Squeeze half a lemon and set it aside when the pores begin to form.
- Form the kadayif into a leaf shape and stuff it with walnuts.
- Cover with egg yolk and fry in a pan of hot oil.
- Dip it in the prepared syrup and allow it to absorb it.
- Finally, arrange it on a plate and garnish with pistachios or cream, as desired.

ERZURUM

KADAYIF DOLMA

300 g of fresh string kadayif
1 cup of crushed walnuts
5 eggs
1 cup of oil
1 tablespoon of sugar

for the syrup:

2 cups sugar
2 cups of water
3-4 drops of lemon juice

Combine walnuts with sugar.

Wrap the kadayif tightly with the mixture. It must be steady and tight.

Repeat until you run out of materials.

Make a syrup with water and sugar, bring it to a boil, then add 3-4 drops of lemon juice and allow it to cool.

Whisk 5 eggs for 10 wraps. Heat the oil.

Dip the wrap in the egg first, then fry it in the oil, immediately turning it over.

When both sides are browned, remove it from the pan and dip it into the syrup, leaving it for 2-3 minutes, depending on your preference. It is ready, and no need to tell the rest.

Hüseyin Ođulcan Şahinöz

Human Resources

Recipe given by Neriman Şahinöz

“A delectable dessert prepared for us by my late grandmother. She’d created the recipe as a one-of-a-kind.”

GÜMÜŞHANE

ÇATAL DESSERT

for the dough:

1 egg

1 Turkish coffee cup of water

1 teaspoon of baking powder

as much flour as necessary

for the syrup:

2 cups sugar

3 cups of water

1-2 drops of lemon juice

for frying:

oil

In a large mixing bowl, combine all of the dough ingredients and knead them together.

When the dough reaches the desired texture, divide it into two meringues and thinly roll them out.

Cut them into 2 cm wide strips and one by one, wrap the strings around a fork and fry them in hot oil.

Once golden in colour, place these rose-like doughs in the previously prepared syrup and set aside.

◆
Nimet Kocabey

Elaziğ Plant



“This ‘lokma’ is given to households in Tunceli as a form of charity, or as a token of gratitude for the fulfilment of a vow.”

TUNCELI

LOKMA OF KHIDR

1.5 kg of flour
2 tablespoons of salt
1 glass of water
milk
1 glass of warm water
250 g butter
80 g margarine

Melt the butter in a large mixing bowl, then whisk in the milk, water and salt.

Begin kneading and add the flour gradually, continue adding it until the dough no longer sticks to your hands but remains slightly wet due to the oil.

Then, take the dough out of the kneading bowl and continue kneading it on the counter until it is smooth.

Spread evenly in the centre of the six pre-oiled trays by hand, pressing on top.

You can use the rim of a glass to cut round pieces and then lift them up with your little finger.

Cook for about an hour at 180°C in a preheated oven until the top and bottom are browned.

KASTAMONU

NEVZINE

100 g margarine

300 g flour

35 g tahini

125 g molasses

Melt the butter, then stir in the flour and tahini.

Spread out on a 20-cm-diameter tray.

Bake for 35 minutes, or until golden brown, in a preheated oven cut the dough into 5x4 cm lozenges.

While it's still hot, drizzle the molasses on top. Serve cooled.

Özge Özel

IWSA

Recipe given by *Kadriye Özel*

“My grandmother, who immigrated to Turkey at the age of 12, used to tell me that she learned to make this dessert when she was a child in Constanta, Romania. My aunts and I have carried on making this dessert using the recipe she taught us.”

CONSTANZA/ ROMANIA

KALBURABASTI

for the dough:

*1 egg
1 cup of yoghurt
1 cup of oil (a mixture of sunflower oil
and olive oil)
1 packet of baking powder
2 tablespoons of semolina
flour as it takes*

for the syrup:

*5 cups of water
4.5 cups of granulated sugar
1 slice of lemon (with peel)*

Prepare the syrup first and set it aside to cool because the dough will be used hot and the syrup will be cold.

To make the syrup, combine water and sugar in a pan; when it begins to boil, add a slice of lemon and continue to cook for another 10-15 minutes.

Knead the dough ingredients together. Mix in enough flour to make the dough the texture of an earlobe.

Divide the dough into small pieces and roll them in your hand, then to make patterns on the pieces, press them on a perforated surface like a grater. Arrange on a greased baking sheet or on baking paper.

Preheat the oven to 200°F and bake until golden brown. Pour the cold syrup over the dough pieces while they are still warm.

Allow it to settle for two hours to allow the syrup to absorb.





Erkan Elçin

Finance and Digital Transformation

Recipe given by *his mother-in-law Ms Nihan*



İZMİR

ŞAMBALI

500 g medium semolina
2 cups sugar
2 cups of yoghurt
1 cup of flour
1 teaspoon of baking soda
100 g peanuts

for the syrup:
4.5 cups of sugar
3.5 cups of water
juice of half a lemon
1 teaspoon molasses

Boil the syrup ingredients together until they reach a thick texture, then set aside to cool. In a mixing bowl, combine the yoghurt and sugar.

When you combine the semolina, flour and baking soda, you will have a dough that resembles cake batter.

Pour the prepared dough onto the greased tray and evenly distribute the half peanuts at 3 cm intervals.

Bake in a preheated oven at 150°C for 30 minutes, checking halfway through. In some ovens, cooking time can last up to an hour.

Cut the cooked dough into slices with the peanuts in the centre. Pour the ready-made syrup onto the hot tray.

Return the tray to the oven to allow the cooked dough to absorb the syrup. Serve once cooled.

◆
Didem Alev

Human Resources

◆
Recipe given by *her mother Ms Ferruh*



KAYSERİ

NEVZINE

1 kg of flour 250 g of butter

1 teaspoon of olive oil

1 teaspoon of milk

1 egg

4 tablespoons of tahini

1 cup walnuts

1 teaspoon of baking soda

half a teaspoon of salt

juice of half a lemon

2 cups sugar

1.5 cups of water

Melt the butter and put it in the mixing bowl.

Combine it with the oil, tahini and milk. Add eggs to the mixture.

Slowly and gradually add the flour, baking soda and lemon juice.

After the flour, add the walnuts and thoroughly mix them in. It should be a little firmer than the texture of an earlobe.

Place the baking tray in the oven and press down with your hands.

Preheat the oven to 200°C and bake until the top and bottom are golden brown.

To make syrup, combine 2 cups of sugar and 1.5 cups of water in a pan and bring to a boil.

When the syrup has cooled, pour it over the hot Nevzine and serve.

“Nevzine is one of the most well-known desserts in Kayseri. The women of Kayseri who gave birth to a boy prepared this dessert specifically for the visitors who came to see the new baby. It had a special meaning for me. Whenever I visited my grandmother in Kayseri, she always had Nevzine dessert prepared. For breakfast, my late grandfather would cut a square slice of Nevzine and have it with a cup of tea. As a child, this was my absolute favourite dessert and I used to eat it after every meal.”



◆
Tilar Ekin Kum

Finance and Digital Transformation

◆
Recipe given by *her grandmother Ayten*



“*Kedi Batmaz is a popular regional dish. I was able to taste and share this delicious dish thanks to an old recipe passed down from my grandmother Ayten Burat’s chef father from Bolu Mengen.*”

BOLU / MENGEN

KEDI BATMAZ

2 cups cornmeal

1 cup of flour

2 cups of water

dried cheese in the form of dice by

filtering from a bag yoghurt

salt

2-3 tablespoons of butter

grape molasses

Crush Kashk in a bowl and break it into tiny pieces. In a pan, combine cornmeal, flour, salt and water.

The resulting dough should be similar to bread dough in texture.

Since cornmeal absorbs water, you can adjust the amount of water to achieve the desired texture. Cook the dough in the pot on the stove.

Melt the butter in a pan, then fry the kashk pieces in it. You can adjust the amount of butter to your preference.



Sprinkle some of the cooked kashk on the bottom of a flat and round serving plate.

Using the back of a spoon, scrape a shuttle-shaped piece of dough. One by one, put them on the kashk covered plate, smoothing out the shape with your hand. Leave the plate's centre empty.

Sprinkle the melted kashk on it again at the end of the first row and begin the second row. When all of the rows are completed, pour molasses in the centre of the kashk and eat it by dipping the dough in it.

Cats are Nimble

Kedi Batmaz is a fascinating name that translates as "Buoyant Cat." According to legend, this meal was inspired by a conflict between a bride and her mother-in-law. The lovers unite but the mother-in-law opposes her son's marriage. She uses every opportunity to criticise her daughter-in-law. One day, the girl decides to cook but all she has at home is flour, kashk and some molasses. She has no idea how to cook with these materials, so she throws the flour in boiling water and starts stirring, crying all the while. She prepares the Khask pieces by roasting them and placing them on a platter. She forms the dough into a ball and places it on the plate. She drenches it in molasses. It turns out to be a lovely dessert. When the mother-in-law notices this, she becomes envious of the girl and goes outside to fetch a cat and try to dip its paws into the dish. However, the cat refuses to step in it. Since that day, this dish has been associated with this tale.

◆
Gökhan Kuşçu

Alaşehir Plant

◆
Recipe given by *Yasemin Kuşçu*



VAN

SPOON DESSERT

- | | |
|----------------------------------|--|
| <i>3 eggs</i> | Prepare the syrup and set it aside to cool. |
| <i>3 tablespoons of yoghurt</i> | |
| <i>half a teaspoon of oil</i> | Combine the eggs, yoghurt, oil and baking powder in a mixing bowl. |
| <i>1 packet of baking powder</i> | |
| <i>flour</i> | Continue whisking while gradually adding the flour. |
| <i>oil</i> | |
| <i>2 cups granulated sugar</i> | With the help of a spoon, drop the dough bits one by one into the hot oil. |
| <i>1.5 cups of water</i> | |
| <i>coconut</i> | Allow the dough bits to cool after browning. |
| | Serve after dipping in syrup and garnishing it with coconut. |



“Helisa is a popular traditional dish in the Dersim region, currently known as Tunceli. Because it is an easy dessert to make, especially the nomads who live in tents on the highland for at least 4-5 months from spring onwards and make a living with husbandry and transhumance in that region love it. It’s made with simple ingredients but the butter adds a special touch.”



◆
Bengü Buse Şaş

Human Resources

◆
Recipe given by Gülbeyaz Taş

TUNCELI

HELISA

1 cup of flour
1 glass of sugar
250 g butter
2 cups of water

In a large mixing basin, whisk together the sugar, flour and water until smooth.

You'll end up with a fairly runny combination. Melt the butter in the pot.

As the oil begins to boil, gradually add the mixture and stir it in.

Stir continually until the mixture reaches a custard-like texture.

Cook until it starts to release its own oil.

During the oil release phase, it becomes heterogeneous again, making a sizzling sound as the heat is set to medium.

Ahmet Kör

Sales&Distribution

“Cretan delicacies play a prominent part in Antalya’s regional cuisine. This recipe is also believed to enhance breast milk production due to its high calorie content.”



ANTALYA

ŞILOFTA

for the noodles:

*1 cup of flour
one teaspoon of salt
water*

for the soup:

*2 tablespoons butter
4 cups of water
a little more than half a cup
granulated sugar
1 stick cinnamon
1 teaspoon cinnamon powder
1 teaspoon of cloves
half a cup of crushed walnuts
quarter cup of sesame*

To prepare the noodles, combine the salt and flour in a mixing basin, then gradually add the water and knead until a stiff dough forms.

Cover the dough and set it aside for 30 minutes.

Bring the soup water to a boil, then add the dough. Mix in the sugar butter, cinnamon and cloves.

Cook until the noodles are tender. In the final boil, combine the remaining ingredients.

You can serve it either hot or cold.

◆
Aysu Dođan Esgin

Regulation and Law

◆
Recipe given by *Yıldız Varlık*

Tip:

*It is particularly
delicious when
cooked using
Erzincan's dried
sour apricots.*

ERZİNCAN

KASEFE

*1 cup dried apricots
2 tablespoons of sugar
water
a tablespoon of butter
crushed walnut kernel
cream (optional)*

Rinse the dried apricots and set them in the bottom of a pot.

Sprinkle with granulated sugar; if the dried apricots are sour, increase the amount of sugar. Simmer until the dried apricots swell and soften, adding enough water to cover.

Turn off the heat. Put a teaspoon of butter on top and let it melt on its own with the heat.

Place it on a platter and top with the ground walnuts.

You may also serve cream on the side, depending on your preference.

Ebru Büyükbezci

Human Resources

Recipe given by *her father Mr Özcan*



“We are overjoyed that my father continues to make this dessert that my grandmother made for him as a child, first for us and now for his grandchildren and that he shares it with us. Whenever he makes this, he always says he has taken a little trip back to his childhood. Pepeçura, also known as ‘purple grape dessert’ and ‘Rize rice pudding,’ is an Eastern Black Sea Region pudding made with aromatic grapes (Isabella). Pepeçura slowly begins to take its place on the tables as the grape ripens and is harvested in the second half of August. Pepeç is a term that refers to ripe and honeyed fruit.”

RİZE

PEPEÇURA

1 kg of black grapes (Isabella)

1 teaspoon of granulated sugar

6 cups of water

half a teaspoon of starch

half a cup of cornmeal



Wash and rinse the grapes before placing them in a pot.

Simmer over medium heat with 1 glass of water.

When it begins to boil, simmer for another 15-20 minutes, or until the grapes are tender and the skins have separated.

Then turn off the heat. Using a fine strainer, drain the grapes and juice. Using a spoon, press down the remaining grains.

Allow as much water as possible to drain. Combine the grape juice with 4 or 5 cups of water.

Put the pepeçura in a large pot. Mix in the sieved cornmeal, granulated sugar and cornstarch. Then pour in the grape juice. Stir them all together and simmer on medium heat.

When it begins to boil, simmer for 1 minute more before turning off the heat.

Place the pepeçura in the refrigerator to chill after it has reached room temperature.

Serve it chilled with grape or mint leaves.

*“ The shepherds created this
Nomadic recipe by combining
dried figs and milk.”*



ADANA / ÇUKUROVA

İNCİR UYUTMASI / YORUK DESSERT

1 litre of milk
12-15 dried figs
half a glass of sugar
almonds or walnuts to garnish

Boil the milk with the sugar. Wait until the temperature reaches the fermentation point.

Finely chop the figs. Pour the milk into a shallow basin that is two to three fingers thick.

Pour a ladle of milk into the bowl with the figs and stir it about for a few minutes to coat the figs. This is a procedure for initiating the first fermentation of milk.

Combine this mixture with the milk in the container where it will ferment.

Cover it with a tray and a tablecloth for some time, ensuring the milk's fermentation temperature is stable. If the ambient temperature is also sufficient, fermentation will occur in a jelly-like texture after two or three hours.

It can be topped with walnuts or almonds if desired.

◆
Simay Kaşıkçı
Corporate Relations

◆
Recipe given by her grandmother Ms Meliha



SIVAS

KARAŞ

400-500 g corn-cockles or cherries
1 cup of granulated sugar
6 cups of water
1 cup walnuts
1 cup of hazelnuts
1 cup of starch
1 cup seedless grapes
1.5 litres of water

Wash the corn-cuckles or cherries, place them in a pan with water and simmer until soft.

After simmering the corn-cockles, strain them through a strainer and mix them with the sugar.

Keep stirring over low heat with pre-boiled seedless grapes and crumbled walnuts.

Continue stirring after adding the starch.

Take the dessert off the heat when it has reached the texture of pudding.

Serve with hazelnuts or walnuts on top, if desired.



“Karaş, which is a speciality of Sivas, is a light and pudding-like dessert created from corn-cockles that have a tart flavour similar to blackberry. If you prefer, you can also make it with cherries.”



KASTAMONU

PUMPKIN BOREK DESSERT

*3 kg of pumpkin
2 cups of oil
half a kilo of walnuts
half a cup of granulated sugar*

*for the dough:
1 teaspoon of oil
1 teaspoon of yoghurt
1 teaspoon of milk
2 eggs
juice of half a lemon
1 pinch of salt*

Knead the dough ingredients together. Peel and grate the pumpkin skins.

Blend the walnuts until they are not too finely chopped.

Form the dough into a ball and use a rolling pin to thinly roll it out. On half of the dough, spread two pinches of grated pumpkin.

Sprinkle the top of the pumpkin with a pinch of walnuts and two pinches of granulated sugar.

Roll the ingredients from the side.

Place the oiled dough filled with rolled material on the baking tray.

A baking tray can hold seven filled dough balls. Bake at 200°C for 45–50 minutes, or until golden brown.

TUNCELI

DERSİM PUMPKIN DESSERT

2 kg of pumpkin
3 cups granulated sugar
1 cup walnuts
tahini (as desired)

Wash the pumpkins and cut them into suitable lengths and widths of 2-3 inches.

In a broad, wide pan, stack the pumpkins, sprinkling sugar between each layer.

Cook on medium heat until it boils, then reduce to low heat with the lid closed until it softens.

Check periodically with a fork to ensure that it is done. Turn off the heat and let the initial heat cool.

After it has cooled, place the pumpkin dessert on a serving plate, drizzle with the tahini and syrup left in the pan and garnish with crushed walnuts, if desired.





“Haytali, a traditional Hatay dessert dating back to ancient times, was named after the village where it was made. Rumour has it that it originated as a delicacy prepared from corn flour and milk, with rose water added to the pudding. Although it is frequently confused with the Bici Bici dessert, the two are different recipes from different regions. What distinguishes Haytali from bici bici is that its pudding is prepared with milk and does not contain powdered sugar, fruit, or ice chunks.”

İpek Güven

Supply Chain

Recipe given by her mother Ms Saniye



ANTAKYA

HAYTALI

for the custard:

7 cups of milk

1 cup of cornstarch

2 tablespoons of granulated sugar

for the syrup:

3 cups of water

2 tablespoons of rose water

2 cups granulated sugar

red food colouring

for topping:

2-3 scoops of ice cream with salep

Combine the milk, starch and sugar in a pot and heat it up.

Cook, stirring constantly, until it reaches the texture of custard.

When it reaches the texture of thick custard, pour it into a pyrex with a moistened base and smooth it out. Place it in the refrigerator to cool.

Then, in a pan, combine the water and sugar and bring to a boil. Add 1 drop of food colouring while the water is boiling.

After turning off the heat, add the rose water.

Allow it to cool. Pour the syrup over the chilled pudding and cut it into cubes.

Serve topped with 2-3 scoops of ice cream.

Ayşesu Eyüboğlu

Sales&Distribution

Tip:

Cooking times will vary depending on the type of ovenware used. The cooking time varies between 8 and 10 minutes when using a thin iron mould, for example. What matters is that the soufflé's top is sufficiently cooked to retain mould. If it is overcooked, it will lose its runny texture.

İSTANBUL

SOUFFLÉ

3 eggs (room temperature)
70 g granulated sugar (a little more than a quarter cup)
100 g dark chocolate (milk chocolate can also be used)
100 g butter
50 g flour (just over a quarter cup)
1 packet of vanilla sugar

for brushing bowls:
Some butter and flour

for topping:
powdered sugar (optional)

Melt the chocolate and butter a la bain-marie. Beat the egg, granulated sugar and vanilla sugar until well combined, then stir in the melted butter and chocolate mixture.

Finally, sift in the flour and blend thoroughly. Grease and flour the bowls.

Divide the soufflé into four bowls and bake for 15 minutes at 200°C.

Turn them upside down on a serving plate after their initial warmth has cooled, sprinkle powdered sugar on top and serve.



"In a bain-marie"

Bain-marie, which translates as "Marie's bath," or, more commonly, the Bain-marie method, refers to the steam cooking technique. The food that is to be cooked or melted gently is brought to the correct texture in a bain-marie container or pot, allowing it to cook without coming into contact with the water. It is preferred in dishes where direct contact with heat will not achieve the desired result. It works well for melting chocolate.

Vanillin

Vanillin, which resembles baking soda in appearance, is a fragrant chemical derived from the vanilla plant or synthesised. It is essential for many desserts, particularly cakes and pastries.



ISTANBUL

MCK: MOIST CHOCOLATE CAKE

3 eggs
1.5 cups of granulated sugar
1 glass of water milk
half a glass of oil
2.5 cups of flour
1 packet of vanilla sugar
1 packet of baking powder
25 g cocoa

In a large mixing bowl, whisk together the eggs and granulated sugar until frothy.

Add milk, oil, vanillin and cocoa and keep stirring.

Then sprinkle in the flour, stir well and add the baking powder.

Pour the prepared cocoa cake batter into the oiled cake mould and smooth it out evenly.

Bake for 30 minutes at 170°C in a preheated oven.

Allow the moist chocolate cake to cool at room temperature once it has been cooked and removed from the oven.

After cooling, remove it from the mould by placing it upside down on a serving plate, slice and serve.

Birsen Çevik Akgünlü

İnsan Kaynakları

Recipe given by her mother Ms Emine



MALKARA / TEKİRDAĞ

PRINCE CAKE

1 litre of milk
7 tablespoons of semolina
2-4 tablespoons of sugar
1 tablespoon of butter
1 packet of vanilla
1-2 tablespoons of coconut
1-2 spoons of cocoa or Turkish coffee

for topping:
cinnamon
walnut

Mix the milk, sugar and semolina in a pot.

When it begins to thicken, add the butter, coconut and vanilla and remove from the heat before it becomes too stiff.

Pour half of it into the cake mould that has been soaked in water.

Pour over the remaining half, which has been mixed with chocolate or coffee.

Allow it to cool and harden, which normally takes 2-3 hours.

Then flip it over and remove it from the cake mould.

Top with cinnamon and walnuts.

“ I grew up in Malkara, a Tekirdağ area. One of the things that made me so delighted was encountering guests at my home after school. My mother used to prepare a variety of delicacies in honour of “visiting day” for her guests. The guests would sample the food prepared by the host and if they liked any of the flavours, they would ask for the recipe right away. There were several recipes that were ‘trendy’ and were quickly becoming popular, spreading day by day. The ‘Prince Cake’ recipe was one of them. It was initially a milk semolina dish but the women of Malkara dubbed it Prince Pasta, perhaps because it was white. I’m not a fan of syrup desserts. Light desserts are my preference. As a result, we did not consider Prince Pasta to be a passing fancy in our household. When we visit my mother, she still makes this cake in advance. ”



◆
Deniz Aynur

IWSA

◆
Recipe given by *Zehra Kahyaoğlu*

RUSSIAN

NAPOLEON CAKE

1.5 kg puff dough
1 tablespoon of powdered sugar

for the cream:

1 litre of milk
2 cups sugar
1 cup of cornstarch
4 eggs
100 g butter
2 packets of vanilla

In a small pan, combine the sugar and starch. To avoid lumps, beat the eggs and whisk them into the mixture in the pot.

Add the milk and stir it together.

Continue to whisk over low heat until it thickens and boils.

Continue to stir for another 2-3 minutes. Melt the butter in the mixture.

Remove from the heat when the butter melts and the cream begins to boil again.

Stir in the vanilla extract, then transfer to a separate bowl to cool faster.

Cover the cream with cling film to prevent it from crusting over as it cools.

Roll out the puff dough with a rolling pin on a lightly floured counter.



Take a 24x34 cm cardboard. Place this on the dough and cut the dough to the size of the cardboard.

Place the dough on a baking sheet lined with baking paper and poke holes in it with a fork.

Bake for 10-15 minutes, until lightly browned, in a preheated oven at 220°C.

Repeat this process six times more.

Make a six-layer cake.

Arrange the pieces from the dough's edges on the baking tray to be used on the cake and bake as before. In the meantime, the cream cools.

Then, stir with a whisk.

Place the first layer on a tray at room temperature.

Apply cream to each layer and set it on top of the other.

Before applying the cream to the last layer, place something heavy, such as a cutting board, on top and wait for about 20 minutes to allow the layers to absorb the cream more effectively.

Lift the weight from the cake and ice it.

Other cooked parts from the layers' edges will be crumbled by hand; the crumbly parts will resemble oatmeal.

Sift the powdered sugar over the crumbled crumbs and stir to combine. Sprinkle this mixture over the cake.

Coat the sides with a spatula. After an overnight in the refrigerator, it is ready to serve.

◆
Deniz Aynur

IWSA

◆
Recipe given by *Zehra Kahyaoğlu*

RUSSIAN

PRYANIK / RUSSIAN COOKIE

3 cups flour

1/5 cups of sugar

3 tablespoons of cocoa

1 egg yolk

3 tablespoons of oil

1.5 packets of baking powder

1 packet of vanilla sugar

1 pinch of baking soda

1 pinch of salt

1 cup of hot milk

1 egg white

1 cup of powdered sugar

3-4 teaspoons of lemon juice



Mix 1 cup of flour and sugar, then add hot milk to it.

Whisk the mixture until it is completely lump-free. To the room temperature mixture, whisk in the egg yolk, oil, vanillin, baking powder, baking soda, salt and cocoa. Mix in another 1.5 cups of flour.

The cake batter will result in a thicker dough that is more runny than a standard cookie.

Add enough flour to lightly coat the mixture.

Place the dough on a floured counter and sprinkle with extra flour.

Make dough by sprinkling flour on the counter and folding it in from the edges.

The dough should be slightly sticky. Roll out the dough to a

thickness of 2 cm. Dip the rim of the tea glass in flour, press the dough into circles and set on a baking tray lined with baking paper. It needs to be stacked far apart since it will swell too much.

Bake for 15 minutes at 180°C. Allow the cookies to cool completely before serving. If you set it on a wire rack, it cools quickly.

Combine the powdered sugar, egg whites and lemon juice in a mixing dish. Dip the cooled cookies in the powdered sugar mixture one at a time and set them on baking paper.

The cookie dough will harden, resulting in a stiffer top and a cake-like interior.

The cookies can be kept for a long time in a jar in the refrigerator.



Tip:

If you wish, when putting the dough in the mould, you can put dates, walnuts, or peanuts in the centre, which and then cover them with the dough. Don't forget to press on it in order to prevent the cookie from opening.

“Kömbe is a traditional holiday cookie that is only found in the Hatay region. This cookie, which is cooked in nearly every home on Eid days, is available in four flavours: basic, date, walnut and pistachio. The cookie dough contains seven different types of spices.”

◆
İpek Güven
Supply Chain

◆
Recipe given by *her mother Ms Saniye*



ANTAKYA

KÖMBE: COOKIE

*1 water glass of oil
125 g butter
1.5 cups of sugar
half a glass of water
half a glass of milk
6 cups of flour
half a bowl of sesame seeds
1 teaspoon of baking powder
1 teaspoon of kombe spice (cinnamon,
allspice, nutmeg, cloves, ginger,
mahaleb, crushed mastic gum)
chopped dates, walnuts and peanuts
(optional)*

Melt the butter and place it in a mixing bowl. Pour in the water, milk, sugar and spices and mix well by hand.

Using a sieve, sieve in the flour and baking powder. Knead the mixture until it becomes a soft dough.

Grease the wooden cube moulds. Take walnut-sized pieces of dough and coat them in sesame oil.

In the mould, place the sesame side down.

Once the top is flat, invert the mould and tap it on the table to release the dough inside.

Place the cookies that have been taken from the moulds on the baking tray.

Bake for about 40 minutes, or until the bottom and top are equally browned, in a preheated oven at 180 °C.

When totally chilled, you can store it in an airtight jar for up to 6-7 weeks.

DİZİN

A

Abdullah Kayıran 225, 291
Ahmet Kr 27, 48, 49, 411, 456
Ahmet Onur Akman 304
Ahmet Paylan 225, 245
Ali Yavuz 95, 120, 153, 162, 315, 376, 411, 430
Alper Akar 27, 64, 67, 69, 70, 225, 288, 315, 378
Arslan evik 315, 347
Aslı inkili 95, 102, 225, 303, 411, 436
Aya iğdem Budak 225, 232, 236, 411, 412
Ayfer Yavi 311
Aylin ney Tan 221
Ayşegl Başı 27, 46, 315, 372
Ayşe İpek Kıcıkđlu 95, 143, 225, 244, 250, 258, 315, 355, 357
Ayşesu Eybođlu 153, 208, 411, 470
Aysu Dođan Esgin 27, 54, 411, 415, 418, 457

B

Bahar Uanlar 153, 177
Barın Sel 95, 132, 153, 158, 170, 315, 365
Barıř Iřıkcevahir 315, 400
Bedriye Meral Arıca 153, 215, 315, 337, 350, 364
Beng Buse Őař 398, 411, 455
Berfin Ateř 411, 466
Berfin Iřık 411, 465
Berke Hanefi 153, 211
Bilal Tonbul 95, 128
Binnur Trkkan 27, 80
Birsen evik Akgnl 95, 107, 118, 411, 474
Birsen zdemir Duran 105, 225, 253
Brte zen 411, 421
Blent Kfeciler 225, 273
Burin Gler 153, 173, 411, 439
Burhan Hoca 42, 44, 45, 183, 246, 295, 300, 341, 427, 428, 435
Buse Őař 315, 398, 411, 455

C

Can Erdođan 225, 272
inel Iřlek Gnc 27, 84

D

Deniz Adıgzel 95, 114
Deniz Aynur 315, 388, 390, 392, 411, 476, 478
Didem Alev 225, 307, 411, 448
Didem Bođaz 315, 394
Dilek Topu 111, 153, 172

E

Ebru Bykbezci 153, 202, 206, 411, 458
Ebru Tireli 27, 51, 315, 382, 397
Ece Grkan 315, 362
Ekin Ertemiz 153, 189
Emel Denizel 95, 125
Emre Trklmaz 27, 72
Emre Uarer 27, 73
Ender Dođu 95, 121
Ercan Albayrak 153, 165, 225, 256
Ercan Dal 27, 86
Erhan Kkay 27, 53
Erkan Elin 153, 169, 411, 416, 426, 447
Erol Ay 315, 325
Ersin Tařarası 315, 366
Esra Palta 225, 239
Ethem zdemir 315, 403
Ezgi Dokuzlardan 315, 358

F

Fahrettin ifti 315, 326
Fatih Demirkıran 1 315, 352
Fatih Őahin 153, 161
Fatih Zengin 225, 249
Ferhat Akıllı 95, 109
Ferit Demirciođlu 95, 131

G

Galip Aydođdu 315, 338
Gizem Gven Canbaz 153, 197, 315, 317
Gkhan Kuřu 153, 216, 225, 262, 411, 452
Gonca Tokuz 147
Glay Pamukcu 95, 126
Glřah Hořses 225, 295, 300

H

Hakan Ertrk 411, 443
Hakan Hece 315, 322
Halil Arıt 27, 78
Hande nder Őirin 27, 34, 411, 422

Hasan Umut Kuru 27, 81, 95, 136, 225, 257
Hasan Yalçın 153, 174
Hatice Bostan 95, 108
Hatice Yavuz Okay 95, 98
Haydar Mhr 58, 153, 205, 225, 254
Hazan Aydın Yeşilova 95, 135, 225, 268
Hlyla Ekşigil 91
Hseyin Ođulcan Şahinz 315, 385, 411, 432, 441

I

İbrahim Kesici 315, 330
İpek Gmeçliođlu 315, 349
İpek Gven 225, 226, 260, 411, 469, 481
İsmail Bozkan 153, 200

K

Kenan Gezer 225, 235
Kbra Polat 153, 183, 225, 246
Krşat Apan 27, 40, 153, 156, 192

L

Levent Kmr 27, 62
Leyla Çelik 225, 265

M

Mehmet Aydođdu 225, 284
Meltem Azbazdar 16, 27, 66, 225, 292
Meltem Şirin 27, 39
Mennan İmre 225, 276
Mesut Ceylan 95, 115
Mnir Sađlamer 225, 228, 279
Murat Gneysu 153, 166, 184, 225, 264
Mustafa Masatlı 153, 190
Mustafa Yıldız 225, 267

N

Nazlı Pişkin 407
Neyran Ayan 225, 282, 315, 377
Nihal Kadiođlu Çevik 21
Nimet Kocabey 153, 159, 225, 286, 315, 360, 411, 442

O

mer Durmuş 95, 9
Onur Kaya 225, 298
Orhan Durmuş 6 27, 57
Osman Keşkekođlu 225, 296
Oya şmş 27, 75
zge zel , 411, 444

zgr Kse 225, 294
zlem Alimuto 153, 212, 225, 230
zlem Yeşildere 27, 36, 315, 370, 374

S

Şadiye Gkler 411, 461
Seda ner 27, 83, 225, 243, 315, 344, 368
Selçuk Altugan 95, 113, 153, 198, 225, 302, 315, 329
Selda Hafizođlu 27, 33
Selma ztrk 27, 45, 315, 341, 411, 427, 428
Şeniz zkan 315, 380
Seyit Battal Kşkr 315, 342
Sibel Glbaşı 153, 187
Simay Kaşıkçı 411, 462
Suat zgvn 153, 214
Sreyya zdemir 153, 180

T

Tılar Ekin Kum 27, 74, 225, 275, 315, 386, 411, 450
Tolga Çetin 27, 77
Tuđba Demir 95, 140
Tuđçe ztekin 27, 42, 411, 435
Tuna Esen 315, 318
Turan Kanber 95, 122

U

Ufuk Akdemir 315, 321
Uđur Aksoy 27, 30
mit Yıldırım 27, 50
Umut Albayrak 411, 473

V

Vedat Sođancı 95, 101
Volkan Ohtar 95, 129
Volkan stner 225, 240

Y

Yađmur Semiz 225, 280
Yahya Zincir 315, 333
Yaşar Pala 153, 178
Ycel Glođlu 27, 43

Z

Zafer zer 315, 340
Zeynep Kayaaltı 225, 271
Zuhal Kesgin 225, 287, 411, 425

It is only available within the company and cannot be shared with third parties.