



Turkish Dishes

Lahmacun



Filling

- 350 g ground beef
- 1 onion finely chopped
- ½ cup parsley finely chopped
- 2 tomatoes finely grated
- 3 cloves garlic finely grated
- 1 tbsp tomato paste
- 1 tbsp red pepper paste
- ½ teaspoon black pepper
- ½ teaspoon cumin powder
- 1 teaspoon salt
- ¼ cup extra virgin olive oil

Dough

- 2 cups whole wheat flour
- 1 teaspoon dry yeast
- 1 teaspoon salt
- 1 cup lukewarm water
- 1 teaspoon sugar
- 2 tbsp olive oil

Directions

1. Put the flour in a bowl and add yeast, salt and sugar. Stir olive oil with the warm water and make a pool at the center of the flour and pour the olive oil and warm water mixture to the center of the flour pool and mix them with your hand.
2. Knead it with your hand for some minutes until you reach non-sticky and soft dough. You can add extra little extra water or flour if you feel it necessary.
3. Give it a ball shape to the dough and cover it with moisturized clean cloth or towel and wait about 40 minutes.
4. During the it waits, you can prepare the filling by mixing all the ingredients and make sure they combine well.
5. Spread some flour to your counter and divide your dough into 10-12 equal pieces. Roll them very thin.
6. Preheat your oven to 220 C. Place the thinly rolled dough on it.
7. Put the filling on the dough and spread it everywhere with spoon.
8. Bring the heat to 230 and bake for 10 minutes.

Karniyarik



1. Peel the eggplants with a vegetable peeler in a zebra pattern (this will help them hold their shapes better)
2. Soak them in salty water for 20 mins (to get rid of the bitterness) and tap them dry with paper towel.
3. Heat the vegetable oil in a frying pan with high sides and fry the whole eggplants on all sides.
4. Sauté the chopped onion, pepper and grated garlic in vegetable oil in a separate skillet.
5. Add in the ground beef and cook until it turns light brown.
6. Stir in the tomato paste, paprika, black pepper, salt and cumin.
7. Add in the tomato cut into small cubes and cook for 3-4 mins.
8. Place the fried eggplants on a baking dish.

9. Make indents in the centre to create space for the filling.
10. Distribute the filling equally among the eggplants.
11. Place tomato and pepper slices on top,
12. Pour tomatoepaste sauce over the filled eggplants.
13. Bake at 190 degrees celsius until the tomato and pepper slices start turning brown.

Sarma



1. Soak the leaves overnight, wash well the other day,
2. Heat the oil and sauté the finely chopped onion until translucent,
3. Add the ground beef and stir fry (breaking it into small pieces) until it turns light brown in color,
4. Add in the tomato paste and paprika, then stir for 2 mins,
5. Add in the rice and stir for 2-3 more mins,
6. Finally add the salt, parsley, spices and 2 cups of water and cook on low heat until all the water is

absorbed, then remove from heat,

7. Place 1 layer of empty grape leaves on the bottom of the pot,
8. Now place 1-2 teaspoons of filling on the centre of each grape leaf and roll,
9. Continue until you use up all the filling,
10. Place the stuffed leaves in the pot, and cover them with a layer of empty grape leaves,
11. Add water to submerge everything in water, and place a small plate on top to push the grape stuffed leaves down into the water,
12. Put the lid on and cook on low heat until the rice is softened.

Hamsi tava

Ingredients

- 1 kg Fresh Anchovies
- 1 cup corn flour
- ¼ cup olive oil
- ½ teaspoon salt
- 1 lemon cut into wedges

Directions

1. First, clean the Anchovies and then rinse them well and set aside. Sprinkle the salt on the Anchovies.
2. Pour the corn flour on the counter and coat the Anchovies well. Repeat until you coat all anchovies.

3. Pour the olive oil into a large frying pan or double side frying pan and heat the oil at medium heat. (Double side frying pan is best for frying Anchovies).
4. Fry anchovies in it for two minutes until they get golden and transfer on a paper towel to get the excess olive oil from the fried Anchovies.
5. Serve with lemon wedges

