



Persian Soup

Acem Çorbasi

This is a typical winter soup, warms and lifts up the immune system to prepare for the cold weather. It is prepared with low-cost ingredients.

If you cannot find red pepper paste, replace it with tomato paste. If you cannot find sumac - which is a lemony spice that is often used in Middle Eastern cooking, made of dried sumac plant fruit - use some lemon zest.

Hint

Increase number of garlic cloves to your own taste. If the soup becomes too thick, add boiling water, mix well and adjust spices, it will be as fresh-made.

Servings
10 servings

Prep Time
15 minutes

Cook Time
20 minutes

Ingredients

- 175 grams red lentils
- 150 grams fine bulgur
- 1 tablespoon pepper paste
- 1+ litre water
- 1 tablespoon butter
- 3 cloves garlic crushed
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon sumac
- 1/2 teaspoon salt
- 150 grams plain yogurt

Instructions

1. Rinse well and drain the red lentils.
2. Place the fine bulgur in your cooking pot, cover with water, let the bulgur settle, then pour away the excess water.
3. Add the lentils to the bulgur and cover with water. Boil and cook until the red lentils are well done. Add warm water if necessary, mix once in a while.
4. In a small saucepan melt the butter over medium heat.
5. Crush/chop 3-4 garlic cloves and add to the butter. Sauté for about a minute.
6. Then add a tablespoon of red pepper paste. Sauté for about 1-2 minutes.
7. Add the salt, black pepper, red pepper flakes and sumac. Combine.
8. Then slowly add the garlic mixture to the main pot. Mix well.
9. In a bowl add the plain yogurt, whisk with a spoon, until smooth and creamy. Then add boiling water to cover while mixing vigorously. Then add this mixture to the main pot slowly while mixing the soup.
10. Taste and adjust spices according to your taste.
11. You can use a blender to make the soup smooth.
12. Sprinkle dry mint flakes to garnish.



Pide with Meat

Kavurma Pide

This recipe is tried and tested many times and each time it receives comments like "better than in the restaurant" or "I don't really like pide, but this is really good".

Serve with a salad such as Crushed Tomato and Pepper Paste/Ezme.

Hint

The dough for pide requires fresh yeast. Mix the yeast with warm milk and warm water. The warmth should not be boiling, you should be able to barely stick your finger in. If not, the yeast will not activate and the dough will not be puffy enough.

Servings
10 Servings

Prep Time
45 minutes

Cook Time
20 minutes

Passive Time
30 minutes

Ingredients

Dough

- 20 grams fresh yeast
- 100 millilitres warm water
- 100 millilitres warm milk
- 400-500 grams all-purpose flour
- 1/2 tablespoon yogurt / plain
- 1 pinch sugar
- 1 pinch salt
- 1 egg white
- 1 tablespoon olive oil
- 1 tablespoon butter

Garnish

- 1 egg yolk

- 1 tablespoon butter
- 1 tablespoon olive oil

Filling

- 250 grams beef meat braised in its own fat
- 1 tomato
- 1 capia pepper
- 2 green banana peppers
- 1 tablespoon tomato paste
- 5-6 stalks parsley /chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes

Instructions

1. Place the yeast in a small bowl add warm water and warm milk. Mix well, wait until the mixture becomes bubbly.
2. Put 3/4's of the flour in a large mixing pot and in the middle pour the yeast water.
3. Start to knead. Add all the other crust material one by one, while kneading. The dough should become a non-sticky ball, neither too hard nor too soft. Knead about 10 minutes.
4. Turn the dough into a large ball. Sprinkle with some flour so it doesn't stick. Cover with a clean kitchen towel. Set aside for at least 30 minutes.
5. Meanwhile chop the meat - kavurma to tiny pieces. Heat up the meat slightly in a non-stick pan over medium heat.
6. Chop all the peppers and the tomato to small cubes. Sauté together with the meat, for 2 minutes. Close the heat.
7. Add all the remaining filling ingredients together and mix well. Your filling is ready.
8. When time is up uncover the dough, if you notice the dough has expanded and there are cracks on it; it is a sign that the dough is ready.
9. Knead it again for a few minutes to let the air in the dough to get out.
10. Then make small balls out of the main dough ball, in walnut sizes. Cover with the kitchen towel again.
11. Take a ball, sprinkle with some flour and then using rolling pin obtain a flat oval long rectangular sheets, a bit larger than a hand. Don't switch sides, it will be easier to form the shape this way. Spread just enough filling on top of the sheet, leave the sides clear. Then curl corners and flip sides inwards so the filling does not spill around during baking.
12. Continue till all the dough and filling is finished.
13. In a small bowl mix the egg yolk, yogurt and olive oil. Then using an egg brush spread this mixture on the side and corners.
14. Bake until golden on top and bottom in a preheated oven at 200 degrees Celsius; for about 20 minutes.



Crushed Tomato and Pepper Paste

Ezme

Turkish cuisine is known also for its ability to create surprisingly delicious flavours with few and basic ingredients. This paste is a good example of such a recipe.

Ezme can be served as a starter ("meze") or as a side dish next to kebabs, fish or other meat dishes.

Hint

When the paste is ready, divide it in half and add some more hot pepper to one part. Those that prefer it hot can have this hot version.

Allow an hour for this salad to rest in the fridge and serve cold for better taste.

Servings
2 serving plate

Prep Time
15 Minutes

Cook Time
1 hour

Ingredients

- 2 tomatoes
- 1 cucumber
- 1 onion
- 1 capia pepper
- 1 banana pepper
- 1 chilli pepper optional
- 5-6 stalks parsley
- 1 tablespoon pepper paste
- 1/2 lemon's juice
- 1 pinch salt to taste
- 1 pinch red pepper flakes
- 1 teaspoon pomegranate sauce
- 2-3 fresh mint leaves or dry mint flakes
- 1-3 garlic cloves
- 1 tablespoon olive oil extra virgin

Instructions

1. Peel the tomatoes. Take out the seed part – you may use it in other such dishes as a soup another salad or pasta sauce. Chop the tomatoes as tiny as possible. You can choose to use a food processor. Transfer to a medium-sized bowl.
2. Do the same with the peppers. Add to the tomatoes.
3. Peel and chop well the onion and the cucumber. You can use a food processor. Add to the bowl.
4. Chop well the parsley and add.
5. Crush the garlic cloves and add.
6. Mix all together.
7. Place a wire colander on to similar sized bowl.
8. Put all the vegetable mix into the colander and squeeze out the excess water of the vegetables by pressing down either with your hand or a wooden spoon.
9. Save the excess vegetable water for preparing other dishes such as a soup.
10. The drier this salad is the better.
11. Add all the other spices and ingredients. Mix well and place the salad in a serving dish. Leave in the fridge for at least an hour so all the flavours are absorbed and the salad chills.
12. Drizzle with extra virgin olive oil. Taste and adjust spices before serving.



Hummus

Humus

Scale document down

Preparing hummus takes no time or special effort, but still many people buy ready-made hummus from stores. There is a Lazy Women's Market in Gaziantep, Turkey. They sell everything ready, peeled and chopped. You might think nobody would shop in a market with such a name, but on the contrary, it is always very busy. This is a quick and easy recipe that even appeal those buyers.

Hint

As this recipe is a quick and easy one, it advises using canned chickpeas. If you are against using canned chickpeas, soak them in water the night before in a bowl with covering water. Next day, rinse and add water. Boil until well done.

Servings
6 people

Prep Time
15 minutes

Ingredients

- 500 grams canned chickpeas
- 1 tablespoon tahini
- 1 tablespoon plain yogurt
- 1/2 lemon's juice
- 1-2 garlic cloves / crushed
- 2 tablespoons extra-virgin olive oil
- a pinch of salt to taste
- a pinch of black pepper to taste
- a pinch of paprika /optional
- 1 teaspoon red pepper flakes to garnish

Instructions

1. Rinse the chickpeas.
2. Peel off the chickpea shells to obtain a smoother hummus. This is not a must.
3. First process the tahini, the yogurt and lemon's juice in a food processor for a minute.
4. Then add the olive oil, salt, black pepper and crushed garlic cloves and turn on the food processor again for another minute.
5. Finally, add the chickpeas to the food processor and continue until the mixture is smooth.
6. If the hummus is thicker than desired add some more olive oil, tahini or yogurt.
7. Taste and adjust spices.
8. Pour into a serving dish. Garnish with additional olive oil and red pepper flakes.
9. Hummus can be served as a paste, a starter - meze or a side dish.
10. It is possible to keep in the fridge for several days



Semolina Cake with Syrup

Revani

Revani, also called yogurt dessert, is a light dessert prepared often in Turkish kitchens and served in most restaurants throughout Turkey.

Hint Use extra fine semolina to make a fluffier cake.

Servings	Prep Time	Cook Time	Passive Time
12 slices	10 minutes	30 minutes	10 minutes

Ingredients

Cake

- 3 eggs
- 200 grams sugar
- 200 grams plain yogurt
- 75 millilitres olive oil • a teaspoon for oiling the cooking dish
- 100 grams all-purpose flour
- 150 grams fine semolina
- 10 grams baking powder
- 1 lemon's zest

Syrup

- 500 millilitres water
- 350 grams sugar
- 1/2 lemon

Garnish

- 1 teaspoon coconut flakes
- 1 teaspoon ground pistachio

Instructions

Syrup

1. To prepare the syrup, add the sugar and water to a pot. Place on the stove and cook to boil. Cut a lemon in half and add it to the pot.
2. After the water comes to boil, lower the heat and let simmer for 5 minutes.
3. When time is up take out the lemon and set aside.

Cake

1. Preheat the oven to 190 degrees.
2. Lightly oil a baking dish including the sides.
3. In a mixing bowl break the eggs and add the sugar. Use a mixer to mix until well combined.
4. Then add the yogurt and mix again.
5. Then add the olive oil and mix again.
6. Then add the flour, semolina, the baking powder and a lemon's grated zest.
7. Mix until you obtain a smooth, cake-like texture.
8. Pour the mixture into oiled baking dish. Put into the oven.
9. Cook as if you are cooking a cake. Check the cake's readiness by sticking a toothpick. If it comes out clean, it is a sign that the cake is ready.
10. Wait until both the syrup and the cake are warm.
11. Cut the cake to serving size squares. Pour all the syrup on the cake evenly. Wait until the syrup is quickly soaked up by the cake.
12. Garnish with ground pistachio and/or coconut flakes.
13. Serve warm or cold. Keep in fridge.