



# TURKISH CUISINE

W E E K

MAY 21-27 2025

TURKISH CUISINE WITH TIMELESS RECIPES

2025 SELECTION OF CLASSIC DISHES



*Under the auspices of the*  
PRESIDENCY OF THE  
REPUBLIC OF TÜRKİYE

WITH TIMELESS RECIPES

# TURKISH CUISINE

HEALTHY, TRADITIONAL, ZERO-WASTE



REPUBLIC OF TÜRKİYE  
MINISTRY OF CULTURE AND TOURISM



# ICONS



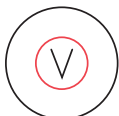
GLUTEN-FREE



DAIRY-FREE



PLANT BASED



VEGAN



FERMENTED



REGIONAL DISH



ZERO WASTE



CHEF'S RECIPE



SUPER FOOD



LOCAL PRODUCT



## YUFKA EKMEK

# YUFKA FLATBREAD

Yufka flatbread is the main element of rural kitchens. After the harvest when flour is milled in grain mills, the yufka flatbread is made collectively by locals, which is then dried for storing. The design of old Turkish houses allowed for flatbread to be stored suspended from the ceilings in the pantries, therefore preserving it from humidity and from all sorts of insects. Before eating the flatbread, it is softened by moistening it with a little water, then it can be used to make a dürüm (wrap), or it can be cut into strips and used for dishes such as banduma or bandırma; or crumbled and added to salads such as ovmaç. Yufka flatbread was included in UNESCO's Intangible Cultural Heritage of Humanity list, after being accepted in 2016 following a joint application by Turkey, Azerbaijan, Iran, Kazakhstan and Kyrgyzstan.



### Ingredients

#### Serves 6

- 500 g whole wheat flour, and some extra for dusting
- 1 teaspoon salt
- 250-300 ml water, lukewarm

1. Mix the flour and salt in a large bowl.
2. Make a well in the center of the flour, add 250 ml water and knead for 10 minutes. If needed, add another 50 ml of water.
3. Cover with a cotton cloth and leave to rest for 30 minutes.
4. Then divide the dough into 12 equal portions, cover again with a cotton cloth and leave to rest for another 20 minutes.
5. Dust a flat surface with flour, and using a rolling pin roll out each piece of dough into very thin sheets.
6. Heat an inverted pan (sac) over a medium heat for 10 minutes. A cast-iron skillet can also be used.
7. Cook both sides of the flatbread for 50 seconds and serve immediately.

**CHEF'S NOTE:** After the bread has dried, sprinkle with some water and fold it over to soften.



## LAVAŞ EKMEK

# LAVASH FLATBREAD

Lavash flatbread, prepared with leavened or unleavened dough and baked in a tandir oven (round, clay oven), is similar to yufka. The sizes and shapes of this thin flatbread can vary according to the region. Generally, the oval flatbread is the length of a sac, in a large oval shape. Lavash flatbread has a soft texture so it is ideal for wraps and for serving under kebab dishes. Lavash flatbread was included in UNESCO's Intangible Cultural Heritage of Humanity list, as a joint cultural heritage of Turkey, Azerbaijan, Iran, Kazakhstan and Kyrgyzstan.



### Ingredients

*Serves 6*

- 600 g all-purpose flour
- 400 ml water
- 1 teaspoon salt

1. Place the ingredients in a bowl and knead until the dough is soft.
2. If you knead the dough back and forth on a countertop it reaches the right texture quite easily.
3. Continue to knead in this way for 4-5 minutes.
4. Then divide the dough into 100 g pieces.
5. Cover with a moist cotton cloth and leave to rest for 10 minutes.
6. Take one of the dough pieces and dust with flour on both sides.
7. Roll out the dough using a rolling pin; lavash flatbread is about 25-30 cm in diameter.
8. Put a small frying pan on the stove and place an inverted pan turned upside down over it so that it does not stand directly on the heat.
9. Heat the pan and lay the lavash flatbread on top and cook until it turns golden.
10. Then flip it over to cook the other side. When cooked place on a cotton cloth. Repeat until all the flatbreads are cooked.

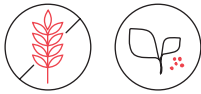
**CHEF'S NOTE:** By adding 1/2 teaspoon dry yeast to the recipe you can also make a swelled lavash flatbread, referred to as “balloon” bread. In this case, leave the dough to rest and ferment for at least 20 minutes. Preheat the oven top and bottom to 280 °C. Using a baker's peel, slide the bread onto a baking stone in the oven and bake for 5-6 minutes until the bread swells. If you do not have a baking stone, you can use cast-iron pan, baking sheet or skillet turned upside down.



## SÜZME MERCİMEK ÇORBASI

# VELVETY LENTIL SOUP

Strained lentil soup is the most popular and most frequently consumed soup in Turkish cuisine. It is served at most tradesmen's restaurants and usually with lemon wedges and sometimes a few slices of raw onions. The soup may be simple, but it is extremely tasty. It is called a "strained" soup because its texture is silky smooth. To prepare a vegan version, meat broth and butter are replaced with vegetable broth or water, and olive oil or vegetable oil.



### Ingredients

*Serves 6*

- 300 g red lentils
- 70 g butter or clarified butter
- 1 medium onion, cut into half rings
- 1.6 l meat broth
- 1 teaspoon red pepper flakes
- 1 teaspoon salt

1. Rinse and drain lentils.
2. Sauté the onions in 30 g butter in a saucepan until golden.
3. Add lentils and stir for about 1 minute. Then add broth and salt. Simmer over a medium heat until the lentils are tender.
4. Remove from the heat and purée the lentils with a hand blender.
5. Sauté the red pepper flakes in 40 g butter in a small pan and remove from the heat.
6. Drizzle the butter with the red pepper flakes over each serving of soup.
7. Serve with toasted bread and a wedge of lemon.

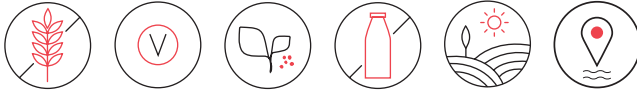
**CHEF'S NOTE:** Butter can be replaced with olive or vegetable oil, and meat broth can be replaced with vegetable stock or water to make a nutritional vegan meal. A roux can be prepared to give the soup a silkier and richer texture. Heat 20 g butter in a pan, add flour and sauté to cook out the raw flavor of the flour. Whisk the roux into the soup and boil for 2-3 minutes before removing from the heat.



## VIŞNELİ YAPRAK SARMASI

# STUFFED VINE LEAVES WITH SOUR CHERRIES

Vine leaves are the most widely used type of leaves in Turkish cuisine for both meat and olive oil sarmas. Developed from a recipe from the Ottoman period, vine leaves stuffed with sour cherries are a flavor from Istanbul that combines sweet and sour flavors with the aromas of cinnamon, plenty of pine nuts and currants. Today, lemon slices have replaced the sourness of sour cherries. Stuffed grape leaves in olive oil are cooked using different spices in every region and every home, sometimes sweet and sometimes slightly bitter, but always with a sour touch.



### Ingredients

#### Serves 6

- ½ lemon, juice
- 125 g Tokat narince grape leaves, fresh
- 150 g white rice
- 100 ml olive oil
- 3 medium onions, finely chopped
- 15 g pinenuts
- 25 ml sour cherry juice
- 100 ml water
- 15 g small currants, cleaned and rinsed
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 3-4 sprigs parsley, finely chopped
- 2-3 sprigs dill, finely chopped
- 400 g sour cherries (200 g pitted and the remaining crushed to produce 100 ml drained sour cherry juice).

1. Bring 500 ml water and lemon juice to the boil in a large saucepan.
2. Blanch the vine leaves in the boiling water for 2 minutes, briefly plunge them into cold water and drain.
3. Gently rinse the rice in sufficient water 3-4 times in a bowl or until the water runs clear to remove the starch. Leave the rice to soak in the final water for 15-20 minutes and drain.
4. Sauté the onions and pine nuts in 75 ml olive oil until the onions are golden and caramelized.
5. Add the rice and continue to sauté for 3-4 more minutes. Add 25 ml sour cherry juice and 25 ml water and stir.
6. Cover the saucepan and simmer over a low heat for 7-8 minutes until the liquid is absorbed.
7. Add the currants, salt, sugar, cinnamon, allspice, parsley and dill to the partially cooked rice and mix.
8. Place a few large veined grape leaves as well as the cleaned stems of the grape leaves on the bottom of a large saucepan.
9. Place the vine leaves on a flat surface one by one with vein side of the leaves facing up.
10. Using a knife, cut and discard the stems and veins. Place a teaspoon of the stuffing in the middle of each leaf. Carefully fold in the sides and roll to obtain a cylinder about 7-8 cm long and 1.5-2 cm wide.
11. One by one, arrange these in the bottom of the saucepan and scatter the sour cherries over the stuffed vine leaves.
12. Place a small plate on top to prevent the leaves from opening. Add the remaining water, sour cherry juice and olive oil and cover with a lid.
13. Bring to the boil for 1 minute, then simmer over a low heat for about 35-40 minutes until most of the liquid is absorbed.
14. Once the stuffed vine leaves have cooled, serve with the sour cherries.

**CHEF'S NOTE:** Tokat's delicate vine leaves are preferred for sarmas because they are thin and have no veins. The narince leaf from Erbaa was awarded the Geographical Indication tag. When making sarmas with brined vine leaves, these should be soaked in plenty of hot water overnight. The next day, wash the leaves in fresh water twice and drain or they will be too salty. When serving drizzle olive oil over the sarmas. *gezdirebilirsiniz.*







## KARNIYARIK

# SPLIT EGGPLANT FILLED WITH MINCED MEAT

While imambayıldı (eggplants with onion and tomato filling) is the favorite among the olive oil dishes, karniyarik (split eggplant filled with minced meat) is the most popular among the minced meat dishes. It not only looks appealing but also tastes delicious. This dish can be made without pre-frying the eggplants, however, the flavor of the eggplants will not be fully appreciated and it definitely will not have the same taste. The technique of cooking the food in two stages is used for many Turkish dishes and this enhances the flavors of the dish. In fact, the flavors become even more concentrated when baked in the oven. Stuffed eggplant is best served accompanied by rice pilaf cooked in butter and cacık(yogurt and cucumber dip).



### Ingredients

#### Serves 6

- 6 long eggplants
- 40 g salt (to eliminate the bitterness of the eggplants)
- 500 ml olive oil (for frying the eggplants)

#### For the meat filling

- 30 g butter or clarified butter
- 2 medium onions, finely chopped
- 250 g regular minced veal
- 2 medium tomatoes, peeled and finely chopped or 1 tablespoon tomato paste
- 1 teaspoon salt
- ½ teaspoon black pepper
- 400 ml water, boiling
- ½ bunch parsley, chopped

#### To garnish

- 1 medium tomato, sliced into 6 pieces
- 3 sweet long green peppers, cut lengthwise in half

1. Leaving 2 cm of the stems of the eggplants, cut off the remaining part and discard. Remove the rough leaves and peel the cone-shaped base. Then cut off 1 cm from the bottom of the eggplants. Leaving 2 cm of skin on both sides of the eggplants, carefully remove the remaining skin with a knife and slit the eggplants lengthwise down the middle.
2. Place the eggplants in a bowl, sprinkle with salt and leave for 1 hour. Then rinse with water and transfer to a plate.
3. Fry the eggplants on all sides for about 5-6 minutes in olive oil until golden. Place on a plate lined with a paper towel for 30 minutes to absorb any excess oil.
4. Sauté the onions in butter for 4-5 minutes in a small pan, then add the minced veal and sauté for another 4-5 minutes.
5. Add the tomatoes, salt and black pepper and sauté for another 1-2 minutes before adding the water. Simmer over low heat for 15 minutes, then add the parsley and stir.
6. Place the eggplants in a wide saucepan. Then using the back of a spoon, open up the slit of the eggplant and stuff with the meat filling. Top each eggplant with a slice of tomato and a piece of green pepper.
7. Pour the meat's juices over the eggplants. Cover and simmer over low heat for 30 minutes and serve.

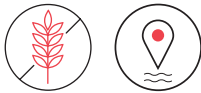
**CHEF'S NOTE:** After cooking on the stove the karniyarik can be baked in a 200 °C preheated oven for 15-20 minutes to further enhance the flavors. To add flavor using the old method, add 1 tablespoon roasted pine nuts and 1 teaspoon of currants.



## PASTIRMALI KURU FASULYE

# WHITE BEAN STEW WITH PASTRAMI

Although the white bean is a legume native to the Americas, it was quickly integrated into Turkish cuisine and has virtually become a national dish. The famous “Çayeli” bean dish is one of the recipes awarded the Geographical Indication. Most white beans take the name of the region they are grown. For example, the locally grown Gümüşhane sugar beans, Erzurum Ispir and Hınıs beans, and Ordu Akkuş are all well-known types of beans. When making pot dishes, small and tasty thin-skinned beans that can be cooked for a long time without disintegrating are preferred. The most popular bean dish is white beans with pastrami. Pastrami can also be replaced with meat on the bone or sucuk (dry cured beef sausage), the most typical of Turkish cuisine’s processed meats. There are two indispensable accompaniments to white bean dishes. These are white rice pilaf cooked in butter and mixed pickled vegetables. But long green peppers and white pickled cabbage, in particular, go well with the white bean-rice pilaf duo.



### Ingredients

#### *Serves 6*

- 350 g Ispir white beans
- 100 g butter or clarified butter
- 2 large onions, finely chopped
- 30 g tomato paste
- 1.6 l meat broth or water
- 1 teaspoon salt
- 200 g pastrami without fenugreek, thinly sliced

1. Rinse the beans and soak overnight in water covering 4 fingers above the beans.
2. The following morning, rinse and drain the beans, add enough water to cover 2 fingers over the beans and cook over medium heat for 30 minutes. Drain in a colander.
3. Gently sauté the onions in 75 g butter for 4-5 minutes in a saucepan until golden then add the tomato paste.
4. Add the beans, broth and salt. Cover and simmer over a low heat for about 1 hour until the beans are tender.
5. Cut each slice of pastrami into 4 equal pieces. In a small pan, sauté the pastrami in 25 g butter over high heat for 1 minute until it slightly changes color. Add the pastrami to the saucepan with the beans; bring to the boil and serve.

**CHEF’S NOTE:** 1-2 cayenne hot peppers can be added to the beans. Alternatively, you can use 200 g diced lamb sautéed with onions instead of pastrami. Similarly, chickpeas can also be cooked using the same method bearing in mind that they will take longer to cook. Pulses can also be cooked to suit vegans by using olive oil instead of butter or clarified butter.







## SADE PİRİNÇ PİLAVI

# RICE PILAF

Classic rice pilaf cooked with butter or clarified butter is by far one of the main flavors in Turkish cuisine. Rice pilaf that is served on all dining tables, is an indispensable side dish especially for one-pot meals. Although rice pilaf is a popular side dish today, in the past, rice pilaf was served with compote after the main course. The choice of rice is an important factor of making perfect rice pilaf. The two brands of domestic rice developed especially for rice pilaf by Turkish agriculturists are called Baldo and Osmancık. A vegan version of rice pilaf can be made using olive oil or vegetable oil instead of meat broth and butter.



### Ingredients

#### Serves 6

- 500 g Karacadağ rice
- 500 ml water, for soaking
- 2 1/2 teaspoons salt
- 100 g butter or clarified butter
- 1 1/2 teaspoons sugar
- 650 ml meat or chicken broth, boiling

1. Soak the rice in 500 ml water and 2 teaspoons salt for 30 minutes. Drain and then rinse the rice with cold water until the water runs clear. Leave to fully drain.
2. Stirring with a wooden spoon gently sauté the rice in butter over a medium heat in a medium-sized, wide saucepan.
3. Without splitting the rice, continue sautéing until the rice falls off the spoon. Add 1/2 teaspoon salt and the meat broth, stir and then cover with a lid.
4. Bring to the boil, then reduce the heat and simmer for about 18-20 minutes until the liquid is totally absorbed. When holes appear on the surface remove from the heat.
5. Leave to rest for 15 minutes without opening the lid.
6. Using a perforated ladle or wooden spoon, gently stir the rice from the side of the saucepan towards the center.
7. Cover with a clean cotton cloth or paper towel, replace the lid and leave for 15 minutes before serving.

**CHEF'S NOTE:** Karacadağ rice is grown on the foothills of the volcanic Mount Karaca between Diyarbakır and Urfa and is Anatolia's oldest species of rice. This dish can also be made with vermicelli or orzo by sautéing 60 g vermicelli or orzo before adding the rice.

## BULGUR PİLAVI

# BULGUR PILAF

Bulgur pilaf is the classic dish of Anatolia. Sometimes it is prepared plain, sometimes with onions, and as in this recipe, it can be enhanced with tomatoes, red pepper and tomato pastes. In the summer season, the dish is extremely tasty when it is made with fried eggplant.



### Ingredients

*Serves 6*

- 500 g coarse Antep bulgur wheat
- 100 g butter or clarified butter
- 2 medium onions, finely chopped
- 3 medium tomatoes, deseeded and cubed
- 2 small green bell or banana peppers, deseeded and finely chopped
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 900 ml meat broth or water, hot

1. Rinse the bulgur in plenty of water and drain.
2. Sauté the onions in a medium saucepan in butter until golden.
3. Then add the bulgur and stir with a wooden spoon for about 5 minutes.
4. Add the tomatoes and peppers, lightly sauté.
5. Season with salt and pepper, add the hot broth. Stir once and cover with a lid.
6. Bring to the boil, then reduce the heat and simmer until the water is totally absorbed and holes appear on the surface
7. Remove from the heat, remove the lid and cover the saucepan with a clean cotton cloth or paper towels. Replace the lid and leave to rest for 15 minutes.
8. Using a wooden spoon, mix from the edge of the saucepan towards the center.
9. Replace the lid, leave for 5 minutes and serve.

**CHEF'S NOTE:** *This basic recipe can be used to prepare bulgur pilaf dishes with a variety of other ingredients. Although usually prepared with water, it can also be made with meat or chicken broth.*

## ÇOBAN SALATASI

# SHEPHERD'S SALAD

Shepherd's salad is a very popular and frequently consumed summer salad. Once the juices of the very finely diced tomatoes, cucumbers and green peppers are released, this is combined with a dressing of extra virgin olive oil, vinegar or lemon juice which makes this a very tasty salad. When the salad is made with sun-ripened Çanakkale tomatoes or aromatic pink tomatoes, this makes it even tastier. Due to this, it is customary to dip bread into the salad's juices. Although this practice may seem a little strange to foreigners, it is quite a common practice in Turkey.



### Ingredients

*Serves 6*

- 2 medium cucumbers
- 4 medium green peppers
- 7 scallions
- 3 large tomatoes
- 2-3 sprigs parsley, finely chopped
- 7-8 sprigs fresh mint, finely chopped
- 30 ml extra virgin olive oil
- 30 ml lemon juice
- 1 teaspoon salt

1. Wash all the vegetables in plenty of water.
2. Peel the cucumbers, remove the stems and seeds from the green peppers. Remove the roots and outer layers of the scallions.
3. Cut the scallions into 1 cm pieces and dice the tomatoes and cucumbers to a similar size.
4. Mix all the vegetables and greens in a salad bowl.
5. Whisk the olive oil, lemon juice and salt well and pour the dressing over the salad, mix and serve.





# CACIK

Cacık, sofrada herkese ayrı kâsede servis edilen soğuk çorba gibidir ama meze olarak yeneceği zaman koyu kıvamlı süzme yoğurt ile yapılır. O zaman adı “kuru cacık” olur. Temelde salatalık ile yapılan cacık kış aylarında kıvırcık salata, baharda marul, semizotu ve yarpuzla da hazırlanır. Özellikle pilav veya böreklerin yanında dengeleyici bir lezzet oluşturur. Yazın karnıyarık ya da musakka gibi patlıcanlı yemeklerin de vazgeçilmez eşlikçisidir. Yoğurt güçlü bir protein kaynağı olduğu için cacık, sebzeli ve hamurlu yemeklerin tamamlayıcısı olur. Yoğurdun probiyotik özelliği sebebiyle hazmettirici etkisi vardır.



## Malzemeler

### 6 Kişilik

- 3 adet orta boy salatalık
- 750 g yoğurt
- 2 tatlı kaşığı tuz
- 250 ml su
- 3 diş ezilmiş sarımsak
- 3-4 dal ince kıyılmış dereotu
- 3-4 dal ince doğranmış taze nane
- 30 ml sızma zeytinyağı

1. Salatalığı bol suda yıkayın. Kabuğunu soyup iri iri rendeleyin.
2. Yoğurdu çırpın, tuz, su, sarımsak ve salatalığı ekleyin.
3. İyice karıştırın.
4. Cacığı porsiyonluk kâselere boşaltın, üzerine dereotu ve nane serpin. Zeytinyağı gezdirin.



## TEPSİ BÖREĞİ

# LAYERED PASTRY WITH SPINACH

Tray börek, or tepsi böreği in Turkish, is the most frequently made, most popular homemade börek. Although this börek is better with homemade yufka, it can also be made with ready-made yufka from the grocery store or yufka shop. This börek can be made with a filling of cheese or minced meat, and also with vegetables like spinach and zucchini. A mixture of plenty of milk, butter and eggs brushed between all the layers makes the börek softer. An important tip to prevent a doughy texture is to create gaps by rumpling the yufkas when placing them in the tray, before adding the milk, egg and oil mixture.



### Ingredients

*1 tray, 25 cm in diameter*

- 3 fresh yufkas (thins sheets of dough similar to phyllo dough)

### For the savory börek filling

- 500 g fresh spinach, rinsed and coarsely chopped
- 1 medium onion, finely chopped
- 15 ml olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper

### To moisten the yufka sheets

- 1 egg, beaten
- 100 ml milk
- 60 g melted butter or olive oil

### On top

- 1 egg yolk, beaten

1. Sauté the onions in olive oil. Add spinach, salt and black pepper and sauté for another 2-3 minutes and set aside.
2. Mix the egg, milk and butter or oil for moistening the yufkas and set aside.
3. Preheat the oven to 200 °C. Brush the oven tray with the egg, milk and oil mixture.
4. Place the first sheet of yufka flat on the tray allowing the excess to hang over the sides. Gently and liberally moisten the dough with the egg, milk and oil mixture.
5. Arrange half of the 2nd yufka in a rumpled fashion over the first yufka and moisten with the egg mixture. Repeat with the other half of yufka.
6. Distribute the spinach filling evenly over the yufkas.
7. Arrange the last yufka in the same way brushing with the egg mixture in between.
8. Cover the last layer with the yufka hanging over the sides of the tray. Using a basting brush, coat the top of the börek with the egg yolk.
9. Place the börek dish in the middle shelf of the oven and bake for about 25 minutes until golden brown.

**CHEF'S NOTE:** *The yufkas should be slightly rumpled when layering them in the baking tray so that they don't stick to one another, and this also allows the börek to puff up more when cooked.*

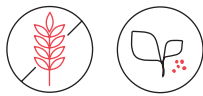




## FIRIN SÜTLAÇ

# OVEN BAKED RICE PUDDING

Fırın Sütlacı (oven baked rice pudding) was one of the most popular of the Ottoman cuisine. It also gained fame in Europe as Turkish-style rice pudding. Today, rice pudding is one of the most popular milk-based desserts. When the rice pudding is to ready to be baked, egg yolk is added so a thin creamy skin is formed on top, and it is baked until golden brown in the oven.



### Ingredients

*Serves 6*

- 165 g white rice
- 1250 ml milk
- 200 g sugar
- 2 egg yolks
- ½ teaspoon vanilla extract

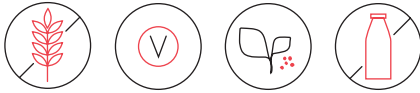
1. For the starch soak 75 g rice overnight, covering in 5 cm water.
2. The next morning, taking care not to stir the water, tip the saucepan to drain it to the level of the rice.
3. Blend the rice in a food processor until it resembles thick milk, then strain before using.
4. Soak 90 g rice in a saucepan for 1 hour in enough water to cover.
5. Rinse and strain the rice and gradually add it to the milk while stirring, and bring it to the boil. Simmer for 30 minutes while stirring.
6. Add the sugar and continue to cook for 5 minutes. Then add the starch and stirring very slowly simmer for another 5 minutes; remove from the heat.
7. In a separate bowl mix the egg yolks and vanilla extract. Add and blend in 1 ladle of the rice pudding before returning the mixture to the rice pudding.
8. Transfer the rice pudding into individual ovenproof serving bowls.
9. Add some water to an oven tray and arrange the rice pudding bowls in the tray. Place in a top-heated preheated 200 °C oven.
10. Bake for 15-20 minutes. Remove from the oven once the surface is golden brown and leave to cool.
11. Serve cold.

**CHEF'S NOTE:** *If desired, this can be served with roughly chopped hazelnuts or peanuts. Instead of the rice water, 1,5 tablespoons of rice flour can be used.*

## MEYVE HOŞAFI

# DRIED FRUIT COMPOTE

Hoşaf made with dried fruits are a perfect accompaniment for pilaf. There are also hoşafs made with dried apricots, prunes, or raisins separately, but when all of them are mixed, this creates an autumn array. The combination of the sweet and sour flavors of dried fruits make the hoşaf juice even more delicious. Using sour and sweet fruits together creates a sweet balance in the hoşaf without using any sugar, so you can make a healthy, sugar-free compote which is very rich in terms of fruit fibers.



### Ingredients

#### Serves 6

- 140 g dried apricots
  - 80 g prunes
  - 100 g raisins
  - 1,2 l water
  - 160 g sugar
  - 2 apples, sliced
  - 4 cloves
  - 1 pomegranate, seeds of
1. Rinse the dried fruits well. Leave to soak in separate bowls overnight. The larger dried fruits can be cut into smaller pieces before soaking.
  2. Mix water and sugar in a saucepan. Add the soaked dried fruit and bring to the boil.
  3. Check the tenderness of the dried fruit after about 15 minutes. Then add the apple slices.
  4. After boiling for another 7-8 minutes add the cloves and remove from the heat.
  5. Pour the compote into individual serving bowls.
  6. When cold sprinkle with a handful of pomegranate seeds. The cloves can be removed before serving.





## ÇILBIR

# POACHED EGGS WITH GARLIC YOGURT

Çılbır is one of the most interesting egg dishes that dates way back in Turkish cuisine. Mehmed the Conqueror enjoyed and requested this dish on the table. In later centuries, we know that çılbır was served at Ottoman palace banquets and as lunch for members of the imperial council. Today, a majority of the time it is considered an easily prepared lunch. The combination of poached eggs and garlic yogurt sauce drizzled with browned butter creates an incredible harmony of flavors. If desired, this can be served on a bed of diced pide flatbread. Because eggs and yogurt are served together, this is a superb superfood dish.



### Ingredients

#### Serves 6

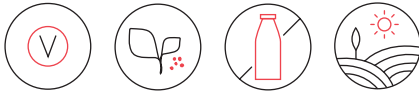
- 2 cloves garlic, crushed with some salt
- 400 g yogurt
- 800 ml water
- ½ tablespoon salt
- 30 ml vinegar
- 6 eggs
- 45 g butter or clarified butter
- ½ teaspoon red pepper flakes

1. Mix the yogurt with garlic and leave it to reach room temperature.
2. Bring lightly salted water to the boil in a wide, deep saucepan. Add the vinegar.
3. Reduce the heat until the water ripples slightly (if the water boils, it may break up the egg whites).
4. Crack each egg separately into a ladle or a small bowl, then slowly place these into the boiling water.
5. Without covering the saucepan, cook for 2 minutes over low heat until the egg whites are set and the yolks are soft.
6. Remove the eggs with a perforated ladle and transfer them to a deep plate.
7. Pour the garlic yogurt over the eggs.
8. Heat the butter in a pan, remove from the heat when it begins to brown and add the red pepper flakes. Drizzle the butter over the poached eggs and serve.

# Pişi

## FRIED BREAD PUFFS

Pişi are pastries similar to a small plate in size, and fried in oil for breakfast or mid-afternoon snack particularly in the Aegean and Mediterranean region. These pastries are eaten as a savory with cheese or as a sweet with jam or honey. Pişi can be easily made at anytime, but is also made for special occasions and shared with friends and neighbors. In Konya, pişi is fried in sesame oil on Islamic holy nights, and placed between şebit, a thick-layered flatbread which is wrapped and distributed. Sometimes pişi is flavored with nigella seeds, or flavored with mastic and cloves as in Bozcaada.



### Ingredients

#### Serves 6

- 5 g dry yeast
- 200 ml water, lukewarm
- 15 g sugar
- 250 g all-purpose flour
- 1 teaspoon salt

### To fry

- Olive oil

1. Mix the dry yeast, water and sugar in a mixing bowl. Leave for 5 minutes to allow the yeast to activate.
2. In a separate mixing bowl, mix the flour and salt and make a well in the center.
3. Add the activated yeast and stir with a fork. Transfer the dough to a flour dusted surface and knead until the dough is soft but not sticky.
4. Place the dough in a mixing bowl. Cover and seal with stretch film so that it is airtight. Leave to rise for 1 hour.
5. Transfer the dough to a lightly flour dusted surface and knead.
6. Using a thin rolling pin, roll out the dough to 1 cm thickness.
7. Cut 7-8 cm circles in diameter and make a hole in the center. Leave to rest on the counter for another 15 minutes.
8. Heat the olive oil in a frying pan.
9. When the oil is hot, add dough and fry on both sides until golden brown.
10. Serve hot for breakfast with cheese and jam.





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