

# Eggplant with Ground Beef (Patlıcan Musakka)

## INGREDIENTS:

2 eggplants, peeled and cut into  $\frac{1}{2}$  inch thick slices  
1 big onion, chopped  
 $\frac{1}{2}$  lb (200 gr) ground beef  
2 tomatoes, diced / 1 cup tomato in a can/ 1 tbsp tomato paste  
1 cup oil for frying the eggplant  
1 green pepper, chopped  
1 tsp salt  
 $\frac{1}{2}$  tsp cumin  
 $\frac{1}{2}$  tsp black pepper  
2 cloves of garlic, sliced thin (optional)  
 $\frac{1}{2}$  cup hot or warm water



For 3-4 people

Difficulty: Hard

# PREPARATION

Peel the whole eggplant or you can peel striped. Slice them in  $\frac{1}{2}$  inch wide and then place them in a bowl and cover the eggplants with water. Let them stand for 30 minutes in water. Then, drain the eggplants and wipe with a piece of cloth. In a large skillet place the oil and fry the eggplants until they change in color. Do not over fry for not to damage the pieces. Place the fried eggplant pieces in a Pyrex dish and sprinkle salt on them.

You can use the same skillet or a smaller one. Place the ground beef and 1 tbsp oil and cook until the meat changes in color. Then add the chopped onions and sauté for 1-2 minutes. Add the chopped peppers, garlic (optional) tomatoes or tomato paste and  $\frac{1}{2}$  tbsp salt. Sauté for 5 minutes. Finally add the cumin and black pepper. Spread this mixture evenly on the fried eggplants and add the hot water. Preheat the oven to 375 F (190 C) and cook for about 30 minutes.

You can serve this dish with pilaf and yogurt.



For 3-4 people

Difficulty: Hard

# Lentil Pates (Mercimek Köftesi)

## INGREDIENTS:

½ cup red lentil, washed and drained  
1 cup fine bulgur  
2 ½ cups water  
1 onion, chopped finely  
2 tbsp tomato paste  
½ cup olive oil  
½ tsp black pepper  
1/3 tsp cumin  
1 tsp salt to taste  
¼ cup hot water  
½ bunch fresh parsley, chopped finely  
½ tsp dried mint/3-4 pairs of fresh mint, chopped finely  
2 green onions, only green parts chopped finely  
Lettuce leaves or arugula  
Lemon wedges



For 3-4 people

Difficulty: Medium

## PREPARATION

Boil red lentil with 2 ½ cup of water. Make sure the lentils are soft but there is still some water in the bottom. Turn the heat of and stir in fine bulgur, close the lid. Leave for at least 10 minutes to make bulgur absorb all the water and expand.

Meanwhile, sauté onions with olive oil over medium heat. And then stir in tomato paste. Saute for 1-2 minutes and add salt and hot water. Transfer to the pot with bulgur and red lentils. Stir in spices, green onions and parsley. Mix them all. If it is cooled enough mix all with your hands and make pates like on the picture above. If the mixture sticks, wet your hands with water occasionally.

Serve Lentil Pates with lettuce leaves or arugula and lemon wedges. Also keep them in the fridge.



For 3-4 people

Difficulty: Medium

# Plateau Soup (Yayla Çorbası)

## INGREDIENTS:

2 tbsp flour  
1 egg  
½ cup rice, washed and drained  
1 ½ cup yogurt  
5 cups cold water + 1 chicken bouillon  
1 cup hot water  
3+2 tbsp butter  
1 tbsp dried mint  
1 tsp salt to taste



For 3-4 people

Difficulty: Easy

## PREPARATION

Cook the rice in 1 cup hot water and set aside.

Melt 3 tbsp of butter in a pot and stir in flour.

Cook stirring continuously over medium heat till the mixture gets yellow. Meanwhile whisk egg and yogurt in a bowl.

Add the cold water and bouillon into the pot and stir continuously to dissolve the flour mixture.

Then, stir in the yogurt egg mixture and continue stirring over medium heat. Once it starts boiling, reduce heat add salt and cooked rice. Simmer for 3-5 minutes with the lid half closed.

In a small frying pan melt 2 tbsp of butter and once it starts spitting stir in dried mint and turn the heat off.

Ladle the Plateau Soup into the serving bowls and drizzle some butter-mint mixture over. Serve warm.



For 3-4 people

Difficulty: Easy

# Turkish Style Pasta Salad (Türk Usülü Makarna Salatası)

## INGREDIENTS:

½ lb elbow pasta  
¾ cup carrot, diced  
¾ cup sweet peas  
¾ cup corn  
½ cup pickles, diced  
1 Tbsp canola oil  
3-4 Tbsp mayonnaise  
3 Tbsp yogurt



For 3-4 people

Difficulty: Easy

## PREPARATION

Cook the elbow pasta with 1 Tbsp canola oil in salty water as directed in the package. Rinse and drain.

Meanwhile boil carrots and sweet peas for about 3-4 minutes. Immediately rinse under cold water and drain.

Mix yogurt and mayonnaise in a bowl and stir in carrots, sweet peas, corns and pickles. Mix them all. Combine with drained pasta.

Garnish with fresh parsley if desired. Serve immediately, otherwise it dries out.



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For 3-4 people

Difficulty: Easy

# Baked Anchovy (Fırında Hamsi)

## INGREDIENTS:

1 lb anchovy, washed and drained  
1 big onion, cut in half and sliced  
2 tomatoes, diced/crushed  
2-3 pairs of parsley, chopped  
1-2 cloves of garlic, minced (optional)  
2 tbsp lemon juice  
2 bay leaves, torn in quarters  
3 tbsp olive oil  
A pinch of black pepper  
1 tsp salt to taste  
½ cup water



For 3-4 people

Difficulty: Medium

# PREPARATION

Cut the heads off anchovy and gut them. Then wash them under cold water and drain. Sprinkle salt and drizzle half of the olive oil, then mix them all. Place the anchovy over a Pyrex dish.

Preheat the oven to 400 F (200 C) and bake for 10-12 minutes. Meanwhile in a skillet, sauté onions with the rest of the olive oil. Then stir in parsley and tomatoes. Cook for 1-2 minutes over medium heat. Finally stir in black pepper, water and garlic. Turn off the oven and stir in lemon juice.

Take the anchovy out of the oven and place the bay leaves evenly over. Then pour the tomato sauce all over the anchovy. Place it back to the oven and bake for 10-15 minutes. If you like well fried anchovy, then turn to broil for the last 3-4 minutes.

Serve Baked Anchovy with lemon wedges.

For 3-4 people

Difficulty: Medium

