

eTwinning Chefs in the Kitchen



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School Logo

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Mersinli Ahmet Primary School



Kazanlı İsmail Kurtuluş Primary School



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Lütfiye Benli Primary School

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PREFACE

It would be to draw a narrow framework to consider food only as a nutritional and physiological need that ensures the continuation of human life. Food is a cultural element that serves to express family unity, shows belonging to a community, can change over time and can contain different meanings.

Food has often been a means of communication for individuals, and has even been used to reflect emotions to show the importance given to the guest. It was felt that the more effort it was prepared, the greater the value given. Sometimes it is tiredness with an onion and it took place at the head of the table in return for a great effort. Regardless, in Anatolian culture, meals were eaten with the family. Because food is unity.

The most important and fundamental part of culture is undoubtedly the family. All cultures begin in the family and continue in the family. The child first applies the culture he received from the family to his own life, interprets the events he encounters accordingly and continues on his way. When he establishes a new family, he blends the cultural heritage he brought from his past with what he has gained from his life and transfers them to his own home. In this respect, family observations and experiences of primary school students, who are good observers, come to the fore.

When you examine this book, in which different regions, products and cultures are blended in cooperation with our students and parents, you will notice the diversity of the products that come out. Although you are very familiar with the names of some of these dishes, many of which you will encounter for the first time, you will feel the mother's touch in them.

None of the Recipe:s that make up the book were interfered with. The mothers of our writer students who participated in the project provided us with the opportunity to share their Recipe:s with you in their most natural form. We thank each and every one of them individually.

We are happy to share this Recipe: book with you, which consists of the products made in our “eTwinning Chefs in the Kitchen” Project.

We would like to thank all our parents, students and teachers who contributed to this resource.

Project Commission

Chapter 1 Breakfast



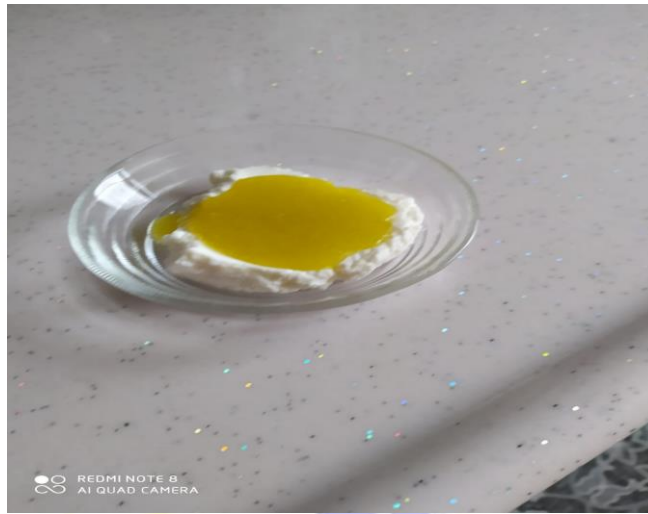
Country Province/ District/ Village:	Bitlis / Tatvan
Source Contact:	Naime ATAK (grandma)
Compiled by Person/Student:	Yusuf Taha UYSAL
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Bitlis Tulum Cheese
Ingredients:	Sheep's milk and cheese yeast
Recipe:	

Add cheese yeast to warm milk and wait for 4 hours. Then it is taken to the strainers and heavy water cans are placed on it. After waiting for 1 night, the juice of the cheese is filtered and salt is added and pressed into the cans. The last remaining water is put into it and its preparation is completed.



Country Province/ District/ Village:	Hatay
Source Contact:	Kader ALKAYA (mother)
Compiled by Person/Student:	Serhat ALAÇAM
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Salty Yoghurt
Ingredients:	Cow's milk and yoghurt
Recipe:	

After boiling the milk and fermenting it with some yogurt, we cook it in a cauldron. Keep stirring until it thickens. It is placed on trays to cool, then served with olive oil on it.



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Country Province/ District/ Village:	Diyarbakır/ Çüngüş/ Türkmen Village
Source Contact:	Fatma ARSLANCA (grandma)
Compiled by Person/Student:	Deniz POLATTEMUR
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Çökelek
Ingredients:	Milk, some yoghurt, pelek
Recipe:	

After the milk is boiled and warmed, it is fermented with a little yogurt. Ayran is made by spreading the fermented yogurt on a churn. The oil collected on it is taken off. The fabric we call pelek is poured into the bag, its mouth is tied, placed on the ground, and a stone is placed on it to drain the water. After waiting for a few days, salt is added if desired and pressed on the can or the sewn goatskin.



Country Province/ District/ Village:	Hatay /Defne/Samankaya Village
Source Contact:	Rüya CENGİZ
Compiled by Person/Student:	Yusuf CENGİZ
Attendant Teacher:	Duygu ARGÜN SÖBE
Name of the Product:	Sürk
Ingredients:	White çökelek, chili pepper, black pepper, thyme, cumin, black cumin and salt

Recipe:

The white çökelek is taken into a large bowl. All the spices are added to the çökelek and kneaded well. When it does not disperse, it is shaped into small balls. Arrange on a large tray. It is left to dry for two days in a sunny place. After this process, it is consumed either undercooked or overcooked. The most consumed way is when it is eaten with olive oil for breakfast. It is also used in making additive bread or pepper bread, which is unique to the region.



Country Province/ District/ Village:	Diyarbakır /Çınar/Yeşilköy
Source Contact:	Gurbet AKTİMUR
Compiled by Person/Student:	Nisa Nur AKTİMUR
Attendant Teacher:	Duygu ARGÜN SÖBE
Name of the Product:	Şam Börek
Ingredients:	Dough and potatoes
Recipe:	

We knead the dough and leave it to ferment. Meanwhile, we prepare the stuffing from the boiled potatoes. Peel and mash the boiled potatoes. We fry the onion, take a little tomato paste, add the potatoes and mix. We add spices and parsley and prepare our stuffing. Open the dough and add our mortar into it. It is shaped and cooked on a sheet metal.



Country Province/ District/ Village:

Malatya – Hekimhan – Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Roasted Vegetables with Egg

Ingredients:

Eggs, onions, dried aubergines, dried tomatoes, dried peppers

Recipe:

Onion, dried eggplant, dried tomato, dried pepper are put in a pot. Vegetables are sautéed in light oil in a pan. Eggs are cracked on it.



Country Province/ District/ Village:

Mersin Tarsus Karayayla Village

Source Contact:

Meliha KARA Nene (grandma)

Compiled by Person/Student:

Kayra Süleyman TOSUN

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Sıkma

Ingredients:

Flour, water, goat cheese, sheep butter, onion,

Recipe:

We mix the flour with the water and knead it, when it becomes a dough, we leave it to rest. The inner material is chopped onion and mixed with cheese and butter. When the dough is rolled out on the board with the help of a rolling pin and becomes a round shape, it is cooked with the help of wooden skewers on the sheet heated by wood fire. Butter is applied to the baked flatbread, and cheese with onions is placed on the bent part.

Nomads living in the Taurus Mountains made it with the products they found most easily. It is quite nutritious.

My mother's grandfather used to eat it hot with grapes and watermelon.



Country Province/ District/ Village: Şanlıurfa
Source Contact: Zahide SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Semsek
Ingredients: For the minced meat onion, parsley, flakes pepper, salt, pepper. For dough flour, eggs, yogurt, salt, oil for frying

Recipe:

We roast the minced meat, we make the dough into meringue, we open it at the size of an apple and we fry it in oil.



Country Province/ District/ Village:

Ankara/Sincan/Anayurt Village

Source Contact:

Şaziye YALÇIN (grandma)

Compiled by Person/Student:

Eymen Hüseyin YAPRAK

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Kaygana

Ingredients:

Flour, milk, egg, salt, parsley, green onion,
oil

Recipe:

Whisk 1 cup of flour and 1 cup of milk. Add 4 eggs and salt and continue beating. Add parsley and green onions last. Pour some oil into the pan. Pour the mixture into the pan with a ladle and cook it on both sides.



Country Province/ District/ Village:	Bulgaria
Source Contact:	Mesure OSMANOĞLU
Compiled by Person/Student:	Elif İzem İZDEMEN
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Pesmet
Ingredients:	1.5 cups of yoghurt, about a teaspoon of baking soda, salt, as much flour as it takes. Oil for frying

Recipe:

The Ingredients: are thoroughly mixed in a bowl. It is made into dough. The dough is expected to ferment a little. Then, the dough, which is made into thin long strips, is cut in equal sizes. The cut pieces of hemur are served by deep frying in a bowl so that they do not burn too much. It tastes much better if it is eaten with cheese on the side.



Country Province/ District/ Village:

Osmaniye Kadirli Ganali Village

Source Contact:

Fadıma CANGÜVEN – Ali CANGÜVEN

Compiled by Person/Student:

Kağan Halil CANGÜVEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Sac Börek

Ingredients:

Inne

2 tablespoons of butter, half a glass of vegetable oil, spinach, onion, salt, cumin, black pepper.

For Dough

A glass of water, as much flour as it takes, yeast, a pinch of salt.

Recipe:

Flour, water, salt and yeast are combined in a bowl to have a soft consistency and a dough is obtained. Finely chopped onions that are heated and cooked are added to the chopped spinach. It is blended with a little olive oil, salt and cumin. The mixture is obtained to have a consistency. Spinach should not be crushed too much. The dough is formed into meringues and rolled out in circles with a rolling pin. The stuffing with spinach is laid on the dough that has been rolled out in a semi-circle. The other part of the dough is closed on the mortared part. The outer part of the dough is firmly compressed with the nail. It is then laid out on a hot pan or sheet and cooked until golden brown.



Country Province/ District/ Village:

Mersin Akdeniz Esenli Village

Source Contact:

Ayla EROL

Compiled by Person/Student:

Özcan EROL

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Sıkma

Ingredients:

For the dough -4-5 glasses of flour, salt, water

Inner Cheese, Butter

Recipe:

We make dough from a mixture of flour and salt water. Then we get small meringues. We open these meringues. We cook it in a pan and get flatbread. First we grease it with butter, then we put it in the cheese mixture we have prepared and squeeze it. Since our elders who lived in the past were engaged in animal husbandry, they used to squeeze with animal products and dough.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı Village
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Sıkma with Çökelek
Ingredients:	Flour, Water, cottage cheese, onion, red pepper powder, oil, parsley

Recipe:

Onion is finely chopped and fried in oil. Add cottage cheese, parsley, red pepper and salt into the roasted onions and we get ready. Then flour and salt are added and the dough is kneaded in a large bowl. Flatten dough is rolled out. A tablespoon of cottage cheese is placed on the flatbread, which is cooked on a sheet, on the part that is twisted at one end. It is rolled and tightened by hand. It is consumed hot.



Country Province/ District/ Village: Van
Source Contact: Ayten KARUL
Compiled by Person/Student: Elif KARUL
Attendant Teacher: Bülent İsmail SÖBE
Name of the Product: Kavut
Ingredients: Oil and Kavut 1 glass of each
Recipe:

We pour the oil and kavut into the pot. Then we do the mixing process. Then set it aside and let it cool. After it cools down, we take our kavut on a plate and decorate it with walnuts. It is optionally served with honey or molasses.



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Chapter 2

Family Dinner



Country Province/ District/ Village:	Diyarbakır/ Çüngüş/ Türkmen Village
Source Contact:	Semra POLATTEMUR (mother)
Compiled by Person/Student:	Deniz POLATTEMUR
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Sarma Dolma
Ingredients:	Rice, bulgur, onion, garlic, parsley, mint, tomato, tomato paste, lemon, oil, chicken, vine leaves, eggplant, pepper, zucchini, cabbage, potatoes, water, salt

Recipe:

Mix rice, bulgur, onion, garlic, parsley, mint, tomato, tomato paste, lemon, oil in a deep bowl. We wrap the leaves with this mortar we prepared. We also carve and fill the stuffing. We put the stuffed stuff in the pot and put the ring potatoes, all the onions and lemons on it. We put the chopped chicken breast on the top and cook it by adding the grated tomato, salt and water.



Country Province/ District/ Village:	Hatay
Source Contact:	Kader ALKAYA (mother)
Compiled by Person/Student:	Serhat ALAÇAM
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Tepsi Kebab
Ingredients:	1kg minced meat, 2 onions, 1 head of garlic, red pepper, black pepper, 2 tomatoes, some parsley, salt, water, tomato paste

Recipe:

1kg minced meat, 2 onions, 1 head of garlic, red pepper flakes, black pepper, salt, parsley are put in the tray and kneaded. It is placed on the tray. Hot or sweet peppers, tomatoes and onions are arranged on top of it. The sauce made by mixing water and tomato paste is poured on it and cooked in the oven.



Dissemination work of the eTwinning Chefs in the Kitchen project

Country Province/ District/ Village:	Bitlis / Tatvan
Source Contact:	Halime UYSAL (mother)
Compiled by Person/Student:	Yusuf Taha UYSAL
Attendant Teacher:	Ahu ERPEHLIVAN BAYA
Name of the Product:	Fish frying
Ingredients:	Fish, Oil
Recipe:	

We take the fish, clean it and fry it in oil. We serve it with rice on request.



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Maklube

Ingredients:

1.5 kg Meat or chicken, 3 eggplants, 3 large potatoes, 3 capia peppers 2.5 cups of rice, red pepper flakes, black pepper, water

Recipe:

I shredded the chicken thighs well and washed them. I got it in my pot. I left it in its own water and put it on the stove until it dries up. Meanwhile, I diced my vegetables and fried them separately. I didn't fry the peppers. I added spices and salt to my meat, which had absorbed its water, and deep fried it. I neatly smoothed the meat on the bottom of the pan without gaps. I put the peppers on it. Then I added the fried potatoes and aubergines on it nicely. I roasted my rice separately and smoothed it on it in a nice way. I pressed it with a plate to hold it well and poured about 6 glasses of boiled water and cooked it. After cooking, I let it rest for a while. Then we close its mouth on a suitable tray and turn it upside down and it is ready to be served.



Country Province/ District/ Village:

Hatay /Defne/Samankaya Köyü

Source Contact:

Rüya CENGİZ

Compiled by Person/Student:

Yusuf CENGİZ

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Hatay's Tepsi Kebab

Ingredients:

Two parsley, three onions, four cloves of garlic, capia pepper, one kilogram of ground beef, tomato paste, red pepper flakes, black pepper and cumin For the topping: Two tomatoes, two onions and green pepper

Recipe:

Onion, parsley, garlic and capia pepper are finely chopped, spices are added, mixed thoroughly with each other, and ground meat is added. It is kneaded well and opened into a large baking tray. Tomato paste is diluted with a glass of water and poured over it. Cut the tomatoes and onions into quarters. The ends and stems of the peppers are taken and placed on the meat. The tray is driven into the oven.



Country Province/ District/ Village: Şanlıurfa
Source Contact: Metin SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGUVEN
Name of the Product: Köfte with Egg
Ingredients: Bulgur, onion, garlic, paste, spice oil, parsley, egg

Recipe:

We wet the bulgur, add the spices and tomato paste, knead it, then add the parsley, garlic, onion and the egg that we fried in oil.

‘Köfte’ means beaten and crushed in Ottoman Turkish.



Country Province/ District/ Village:

Mersin

Source Contact:

Yurdagül YAPRAK (grandma)

Compiled by Person/Student:

Eymen Hüseyin YAPRAK

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

İçli Köfte

Ingredients:

Ingredient: Onion, ground meat, fat, salt, pepper

Dough: Bulgur for meatballs, flour, boiled and crushed potatoes, tomato paste, cumin, salt

Recipe:

For the stuffing, we cook the minced meat and onion with solid oil one day in advance and let it rest in the refrigerator to cool and solidify. For the dough, we wet the meatball bulgur with hot water, cover it and wait for it to soften. Mix well with tomato paste, salt, cumin. Add the boiled and mashed potatoes and flour and knead until it reaches the consistency of dough. We take a piece of dough and shape it by wetting our hands. We close it by filling it with the inner mortar. We fry in hot oil and serve.



Country Province/ District/ Village:

Bulgaristan

Source Contact:

Mesure OSMANOĞLU

Compiled by Person/Student:

Elif İzem İZDEMEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Kapama

Ingredients:

8-10 pieces of chicken shank, 2 cups of rice, 6 cups of chicken stock, 2 onions, oil tomato paste, salt and pepper

Recipe:

We boil the chickens in water, lay the rice on the tray, and put the boiled chickens on it. We fry the onions in the oil that is close to draining the rice, add the tomato paste, then pour it on our tray and keep it in the oven for a little longer and it is ready to be served. From ancient times, a special lid is placed on top of the trays on which it was put in the oven, to cover it, and a wood grove is placed on this lid and cooked. This is where the name of this dish, which is cooked separately from the bottom and the top, comes from KAPAMA(Closing).



Country Province/ District/ Village:

Malatya Darende Hacılar Sıragoz

Source Contact:

Emine DABANIBÜYÜK

Compiled by Person/Student:

Kağan Halil CANGÜVEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Pancar Sarması

Ingredients:

Bulgur for köfte

Fame. (it will be one third of the bulgur)

One grated tomato.

2 tablespoons of olive oil.

Lightly boiled beets

Recipe:

The Ingredients: for the stuffing are mixed in a bowl (bulgur for meatballs, flour, tomato, olive oil). Prepared wraps are placed in a pot and cooked on medium heat by adding beet stems.



Country Province/ District/ Village:

Mersin Akdeniz Esenli Village

Source Contact:

Ayla EROL

Compiled by Person/Student:

Özcan EROL

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Lahmacun

Ingredients:

Onion, tomato, parsley, minced meat,
tomato paste, oil, salt, black pepper, cumin

Recipe:

First, onions, tomatoes, parsley are finely chopped. It is mixed with minced meat and spices and kneaded well.



Country Province/ District/ Village:

Malatya Hekimhan Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Killor

Ingredients:

Flour, egg, minced meat, black pepper,
onion, pepper paste, basil

Recipe:

Malatya's bulgur is placed in a bowl. Add water to it and knead. Then minced meat, salt and basil are added and the kneading process continues. Pieces of walnut size are taken from the meatball mortar, after giving a flat shape in the palm of the hand, they are dipped in an egg broken into a bowl and thrown into the hot oil. After the meatballs are thoroughly fried, they are taken to the service plate and served hot.



Country Province/ District/ Village:

Malatya – Hekimhan – Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Cold Soup with Döğme

Ingredients:

Döğme, boiled chickpeas, yoghurt, salt, mint, water

Recipe:

Tattoos are soaked in warm water the night before. The next day, the water of the tattoos is filtered and placed in the pot and water is added to exceed the tattoo level. It is boiled on low heat. When you are sure that the tattoos are cooked, the bottom is covered and the water is filtered and left to cool. Add the previously boiled chickpeas. Put yoghurt in a separate bowl and whisk until it reaches the consistency of dark buttermilk. Beaten and chickpeas are added to the yogurt in the consistency of dark buttermilk by mixing them slowly and left to rest. It is put in the refrigerator. Before serving, mint is optionally added on top.



Country Province/ District/ Village:	Malatya – Hekimhan – Budaklı
Source Contact:	Nermin ORAL(grandma)
Compiled by Person/Student:	Arya TAŞÇIOĞLU
Attendant Teacher:	Halil Dündar CANGÜVEN
Name of the Product:	Sarma with Ayran
Ingredients:	Bulgur for köfte, Salt, water, yoghurt, onion, pomegranate syrup, egg, tomato paste, oil, butter

Recipe:

Cherry leaves from Malatya region are washed well. It is kept in hot water for ten minutes. Some salt is added to the Bulgur for Meatballs and it is soaked. Soaked bulgur on the table, etc. It is covered with a cloth such as and left to rest for fifteen minutes. The leaves in the hot water are filtered and left to cool. The bulgur is kneaded until it reaches the consistency of dough. A piece of the dough is taken and put inside the cherry leaf and wrapped thinly so that the ends are open. The wrapped leaves are placed in the pot in a very tight order and water is added to cover the wrappings. Put the weight on the meatballs so that they don't open while boiling. Any dinner plate can also be put upside down. When it starts to boil, the stove is taken to low heat and the cooking process is finished. When the meatballs are cooked, the water in the pot is drained. Flour, salt and yoghurt are put in a deep saucepan. Add water to the mixture, mix it and put it on the stove. It is stirred continuously so that it does not cut, and the mixing process continues until it boils. When it boils, it is reduced and when it thickens, it is added to the meatballs that were cooked and cooled before. Cook together for another five minutes. After five minutes, the stove is turned off. For serving, the onions, which have been cut into cubes, are fried in a little oil and salt until they turn pink. When the onion turns pink, some tomato paste is added. Meatballs are taken to the serving plate, onions are poured on the meatballs by adjusting the amount according to preference.



Country Province/ District/ Village:	Mersin/ Tarsus/ Karayayla Village
Source Contact:	Meliha KARA (grandma)
Compiled by Person/Student:	Kayra Süleyman TOSUN
Attendant Teacher:	Halil Dündar CANGÜVEN
Name of the Product:	Topalaklı Tahıl Pilavı (Döğme pilavı)
Ingredients:	One kilo of döğme, half a kilo of boiled chickpeas, four glasses of bone broth, one teaspoon of salt, four tablespoons of butter

Recipe:

The wheat grains are washed and put in a deep copper pot. Three glasses of normal water are added and boiled for an hour at medium heat. The donuts are placed in a popcorn-like container. The butter is melted in the copper pot, the donuts are added, mixed a little with a wooden spoon and added to the pre-cooked chickpeas. Four glasses of meat. water is added, salt is added, and it is cooked for one hour on low heat. Then it is wrapped in a table cloth and left to rest. My grandfather's father loved this pilaf very much.



Country Province/ District/ Village:

Mersin/ Tarsus/ Karayayla Village

Source Contact:

Meliha KARA

Compiled by Person/Student:

Kayra Süleyman TOSUN

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Lepe meal

Ingredients:

One pinch of kömeç, One glass of village bulgur, One medium onion, Half a kilo of tomato, One tea glass of olive oil, A pinch of salt, A wooden spoon of pepper paste. four glasses of water

Recipe:

Washed kömeç collected from the countryside are finely chopped on a chopping board. Onions are chopped on the chopping board. Tomatoes are chopped. Heat the bottom of the pot on medium heat. Put olive oil in the pot, add chopped olive oil to the heated olive oil. Roast until browned. Tomato paste is added, then chopped kömeç are added. Tomatoes are added. Roast for a while. Water is added, after it starts to boil, it is left to cook for half an hour on low heat.



Country Province/ District/ Village:	Van
Source Contact:	Ayten KARUL
Compiled by Person/Student:	Elif KARUL
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Fish
Ingredients:	Pearl mullet, oil, salt
Recipe:	

We clean our pearl mullet fish caught from Lake Van, which is unique to our region. Mix it well with salt. That's how we keep our fish waiting. Then we find the fish thoroughly in flour so that it is all over. Pour oil into the pan and put it on the stove. When our pan gets hot, we fry our fish. Enjoy your meal.



Country Province/ District/ Village:

Mersin/Erdemli/Elvanlı Village

Source Contact:

Fatma KILIÇ

Compiled by Person/Student:

Zeynep KILIÇ

Attendant Teacher:

Bülent İsmail SÖBE

Name of the Product:

Topalak

Ingredients:

1 glass of fine bulgur, tomato paste, olive oil, cumin

Recipe:

1 glass of fine bulgur is soaked with 1 glass of hot water. After waiting for half an hour, it is thoroughly kneaded with 1 tablespoon of tomato paste and a little cumin. We collect it in the middle of our hand so that it is not too big. Deep fry with tomato paste in a medium olive oil. We add our buckthorn to the boiling water. It is boiled for 25 or 30 minutes. Optional boiled meat or chicken meat is added to the buckthorn dish. When it boils a little, the buckthorn dish is ready.



Chapter 3

Guest Dinner



Country Province/ District/ Village:

Bitlis / Tatvan

Source Contact:

Halime UYSAL (mother)

Compiled by Person/Student:

Yusuf Taha UYSAL

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

İçli Köfte with minced meat

Ingredients:

Bulgur for meatballs, semolina, water, onion, minced meat, oil, cumin, mint, red pepper flakes, black pepper, salt, tomato paste

Recipe:

Add semolina to the bulgur with meatballs and wet it with water. We wait 20 minutes and knead the dough. For the stuffing, we cook the onion and minced meat in oil. Add in the spices and salt. We break small pieces of the dough and put the ground meat in it and boil it in water. After it comes out of the water, we fry the tomato paste and oil on it and pour it. We serve.



Country Province/ District/ Village:

Hatay

Source Contact:

Kader ALKAYA(mother)

Compiled by Person/Student:

Serhat ALAÇAM

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Potato köfte, Fried Gömeç

Ingredients:

Half kg of bulgur, 2 tablespoons of tomato paste, red pepper, cumin, basil, boiled potatoes, burying, onion, olive oil, salt

Recipe:

The Ingredients: are added into the earthen bowl and kneading begins. After kneading, it is served in the shape of meatballs. First, we sort out the burials we collect and wash them thoroughly with plenty of water. Then we chop it and fry it with olive oil and onions. Potato patties and roasted gomec are served together.



Country Province/ District/ Village: Diyarbakır/ Çüngüş/ Türkmen Village
Source Contact: Semra POLATTEMUR (mother)
Compiled by Person/Student: Deniz POLATTEMUR
Attendant Teacher: Ahu ERPEHLİVAN BAYA
Name of the Product: Çeşka
Ingredients: Dövme, butter, salt
Recipe:

We soak the tattoo in water overnight. It will be open until morning. We add salt to the opened tattoo and start boiling it. After it is well cooked, we burn the butter on it and pour it.



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Diyarbakır's içli köfte

Ingredients:

Half a kilo of fine bulgur, a little more than half a kilo of semolina, a glass of flour, a kilo of ground beef, parsley, ten onions depending on their size, spices, pepper and tomato paste

Recipe:

Take the bulgur and semolina in a bowl. Add some salt and warm water to it and let it rest. Then we put our mince in a pot and fry it. After frying for a while, add the finely chopped onions and fry them again. Then we add our tomato paste. Add salt, parsley and spices and leave to cool. We start to knead our dough. We add the flour and prepare our dough so that it is neither too hard nor too soft. We are making a little ball of walnut. We lubricate our hands a little and open them with fingers and add our inner mortar. We close our dough and shape it. We boil it in boiling water with salt. Five minutes after we are on the water, we get our meatballs.



Country Province/ District/ Village:

Hatay /Defne/Samankaya Köyü

Source Contact:

Rüya CENGİZ

Compiled by Person/Student:

Yusuf CENGİZ

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Hatay's İçli Köfte

Ingredients:

Bulgur for Meatballs, lean ground meat, onion, parsley, salt, semolina, cumin, red pepper flakes, tomato and pepper paste, basil

Recipe:

The stuffing of kibbeh: Meat is cooked in its own juice. After the meat is cooked, three large onions are finely chopped. Cooked meat and onions are fried together. Spices are added to it. A bunch of parsley is finely chopped and added to it, mixed well and then waited for it to cool. Preparation of bulgur for İçli Meatballs: Three kilograms of bulgur, half a kilogram of semolina and tomato paste are taken into a deep bowl and soaked in warm water. Let it stand for a while, add salt, onion and basil. Lean skinless red meat is added to bulgur and kneaded well. The meat is passed through the meat grinder, and when the bulgur and the Ingredients: are identified with each other, the apparatus of the meat grinder is attached. The pre-prepared minced meat is filled into the shaped bulgur and the meatballs are closed. It can be boiled and eaten upon request. It can be fried and eaten upon request. Stuffed meatballs consumed as boiled are served with garlic and olive oil.



Country Province/ District/ Village: Şanlıurfa
Source Contact: Zahide SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Tepsi
Ingredients: Minced meat, pepper, eggplant, tomato
Recipe:

We lay the minced meat on the bottom of the tray and put eggplant, pepper and tomato on it in order and put it in the oven. After putting the Ingredients: on the tray in order, we cook.



Country Province/ District/ Village:

Ankara/Ayaş

Source Contact:

Seher ŞEREFLİOĞLU

Compiled by Person/Student:

Eymen Hüseyin YAPRAK

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Ayaş Güveci

Ingredients:

Lamb meat with bone, green pepper, red pepper, tomato, garlic, butter, salt, red pepper flakes, black pepper, tomato paste

Recipe:

Arrange the meat at the bottom of the earthen casserole. We put the peppers, tomatoes, garlic on it. Add the spices and salt. We add diluted tomato paste on the top and cook it.



Country Province/ District/ Village:

Adıyaman

Source Contact:

Mesure OSMANOĞLU

Compiled by Person/Student:

Elif İzem İZDEMEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Adıyaman's Topalak Soup with meat

Ingredients:

2 glasses of bulgur wheat. Half a glass of semolina, Half a cup of flour. Half a tablespoon of tomato paste. Salt. Chili pepper. Cumin. Boiled meat, broth and chickpeas for broth. Liquid oil, dry mint, Lemon, enough salt.

Recipe:

First the meat is boiled. Bulgur and semolina are placed on the tray, hot water is poured on it and left to stand, then it is kneaded with flour and tomato paste and rolled into small marbles. Tomato paste is fried in oil in the pan, broth is poured on it, then the meat is smashed together with chickpeas into the broth whose buckthorn is boiling and boiled together.



Country Province/ District/ Village: Malatya Darende Hacılar Sıragoz
Source Contact: Emine DABANIBÜYÜK
Compiled by Person/Student: Kağan Halil CANGÜVEN
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Köfte with Garlic

Ingredients:

2 glasses of fine bulgur, 1 glass of semolina, 3 tablespoons of flour, 1 egg, 1 tablespoon of pepper paste, 1 tablespoon of tomato paste, salt, cumin.

For the sauce: 1 glass of olive oil, 5-6 cloves of garlic, 1 tablespoon of pepper paste, 4 grated tomatoes.

For the topping: 1 bunch of parsley,

To boil the meatballs:

2 liters of water, a teaspoon of lemon salt, salt

Recipe:

All the Ingredients: of the meatballs are kneaded with warm water until it thickens. From the dough obtained, pieces of chickpea size are made into a round shape with our hands. These meatballs are pressed with your fingers and given a button-like shape. They are laid out on a previously floured tray. For the sauce, oil is heated in a pan, crushed garlic is roasted without burning too much, pepper paste and tomato grated are added to this oil and the consistency of tomato sauce is made. Button-shaped meatballs are thrown into the boiling water little by little, boiled for 5 minutes and taken to the serving plate with a strainer. To prevent the meatballs from falling apart, lemon salt is added to the boiling water. The cooked tomato sauce is spread over the meatballs. Then, garnish with finely chopped parsley.



Country Province/ District/ Village: Mersin Akdeniz Esenli Village
Source Contact: Ayla EROL
Compiled by Person/Student: Özcan EROL
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Topalak
Ingredients: Bulgur, semolina, tomato paste, flour, black pepper, cumin, salt, meat and chickpeas.

Recipe:

The semolina is soaked with bulgur, kneading and the mixture is extracted, and the mixture is mixed for half an hour by adding flour, spices and tomato paste. This mixture is then rolled into small chickpeas and cooked as a soup. Meat and chickpeas are added.



Country Province/ District/ Village:

Malatya – Hekimhan – Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

AnalıKızlı

Ingredients:

2.5 glasses of fine bulgur, 1 glass of semolina, pepper paste, 1/2 onion, 2 tablespoons of olive oil, 250 grams of ground meat, 1 teaspoon of red pepper flakes, 1 teaspoon of black pepper, 2 tablespoons of olive oil, 1.5 teaspoons of pomegranate syrup, 5 tablespoons of lemon juice, 1 ,5 cups of boiled chickpeas, salt

Recipe:

Onion and oil are taken into the pan and fried until the onion turns pink. Add ground beef and let it cook on low heat for a while. Then tomato paste and optionally salt and spices are added and taken from the stove and left to cool. Malatya bulgur for meatballs and hot water are placed on a tray. Cover with a cloth and rest for 15 minutes, covered. Then it is well kneaded. When the dough thickens, it is divided into two. A bowl of water is poured. The hands are slightly moistened with water and opened like a bowl with a piece of dough and filled with cooled minced meat, small kibbehs are formed and closed. With the other half of the dough, it is formed into a small round marble shape. Put oil and tomato paste in a saucepan. Add tomato paste, add chickpeas, add some water and let it boil. When the water boils, dumplings are thrown into it. When you are sure that the meatballs are cooked, the bottom of the stove is turned off. It is ready to be served by adding mint and lemon on it.



Country Province/ District/ Village:	Mersin/ Tarsus/ Karayayla Village
Source Contact:	Meliha KARA (grandma)
Compiled by Person/Student:	Kayra Süleyman TOSUN
Attendant Teacher:	Halil Dündar CANGÜVEN
Name of the Product:	Topalaklı Tahıl Pilavı (Döğme pilavı)
Ingredients:	One kilo of donuts, half a kilo of boiled chickpeas, four glasses of bone broth, one teaspoon of salt, four tablespoons of butter

Recipe:

The grain is washed and placed in a deep copper pot. Three glasses of normal water are added and boiled for one hour over medium heat. The tattoos are placed in a popcorn-like container. The butter is melted in a copper pot, the tattoos are added, mixed with a little wooden spoon and added to the pre-boiled chickpeas. Four glasses of broth are added and salt is added for an hour on low heat. It is cooked for a while. Then it is wrapped in a table cloth and left to rest.

My grandfather's father loved this rice very much. When he came without herding sheep, he put it in a bowl called lenger from a copper pot, wrapped it in phyllo bread, and ate it alone, along with pickles and onions.



Country Province/ District/ Village:	Mersin/ Tarsus/ Kurbanlı village
Source Contact:	Nurcan YILMAZ
Compiled by Person/Student:	Tuğba YILMAZ
Attendant Teacher:	Halil Dünder CANGÜVEN
Name of the Product:	Yüksük Soup
Ingredients:	For the dough, 4 glasses of flour, 1 teaspoon of salt, about 1.5 1 glasses of water For internal mortar, 250 g minced meat, 1 medium onion, 1 teaspoon black pepper, 1 teaspoon red pepper, 1 teaspoon salt, 1 teaspoon tomato paste for water, 1 glass of boiled chickpeas, 1 tablespoon of tomato paste, 1 tablespoon of mint, 1 teaspoon of salt, 1 teaspoon of oil

Recipe:

In a medium bowl, take 4 glasses of flour, 1 teaspoon of salt and 1.5 glasses of water and knead for 15 minutes. The dough is left to rest. Meanwhile, add ground beef, finely chopped onion, spices and tomato paste. These are thoroughly mixed. The dough is cut into small squares, the inner mortar is put into each square and the corners of the squares are combined to close the dough. After that, 4 liters of water is poured into a deep (about 5 liter pot) pot. After that, boiled chickpeas and salt are added into it. After these are boiled, the dough made in them is thrown and boiled for another 10 minutes. Meanwhile, oil, tomato paste and mint are added to the pan and cooked for about 1 minute. It is then poured onto the soup.



Country Province/ District/ Village:	Van
Source Contact:	Ayten KARUL
Compiled by Person/Student:	Elif KARUL
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Keledoş
Ingredients:	Lamb meat, veal, green lentils, wheat, chickpeas, onions, unique herbs

Recipe:

We boil our herbs and lentils in a pot. We boil our beans, chickpeas, ground meat and lamb one by one in a pressure cooker. After all the Ingredients: are boiled, we pour the chickpeas on the dough. We add a liter of water to the top of the tattoo. Add two spoons of flour to yogurt. We add an egg. Mix it well with the help of blender. We pour the chickpeas in the pot and the dry beans, followed by the green lentils, and stir constantly. We empty our lamb meat and add our herb and mix it well. Slowly add the yoghurt mixture that we prepared before to our saucepan. In order not to cut the yoghurt, we adjust the temperature of the yoghurt by placing a few ladles of the mixture in the pot into the yoghurt bowl. The mixture in the pot is cooked for five minutes. In order to prepare the sauce of the cooked dish, a tea glass of oil is heated well and a small amount of chili pepper is added to the sauce. The food is served by adding it to the food placed on the plate.

Peel and mash the boiled potatoes. We fry the onion, take a little tomato paste, add the potatoes and mix. We add spices and parsley and prepare our stuffing. We open the dough and add our mortar into it. We shape it and cook it on a sheet metal.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Öfelek
Ingredients:	Flour, water, pezik, dried mint, ayran
Recipe:	

Water is sprinkled into the flour and small dough is blown. Water is boiled in the pot. Peziks are washed and finely chopped. It is thrown into boiling water. A little salt is added. Lastly, the dough is added. It is boiled for 10 minutes. It is left to cool down. It is mixed with ayran and made ready for service. Peel and mash the boiled potatoes. We fry the onion, take a little tomato paste, add the potatoes and mix. We add spices and parsley and prepare our stuffing. We open the dough and add our mortar into it. We shape it and cook it on a sheet metal.



Chapter 4

Breads



Country Province/ District/ Village:

Diyarbakır/ Çüngüş/ Türkmen Village

Source Contact:

Semra POLATTEMUR (mother)

Compiled by Person/Student:

Deniz POLATTEMUR

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Yeasted Bread

Ingredients:

Flour, salt, yeast, water

Recipe:

We knead our dough with our Ingredients: and wait for 3-4 hours for it to ferment. Then we make meringues and cook them on the sheet metal.



Country Province/ District/ Village:

Hatay

Source Contact:

Kader ALKAYA (mother)

Compiled by Person/Student:

Serhat ALAÇAM

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Sac Böreği

Ingredients:

Yeast, salt, flour, water, boiled potatoes, chili pepper, mint

Recipe:

First, we ferment our dough with yeast, flour, salt and water and leave it to rest. Then we prepare our stuffing with potatoes, chili pepper, mint and salt. We open the meringues we made with a rolling pin and put our mortar inside and close the pastry. Then we cook it on the sheet.



Country Province/ District/

Bitlis / Tatvan

Village:

Source Contact:

Halime UYSAL (mother)

Compiled by Person/Student:

Yusuf Taha UYSAL

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

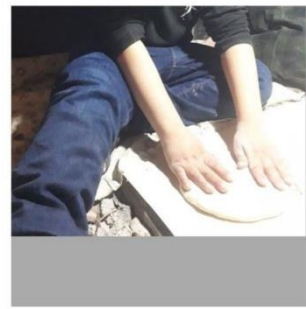
Tandır Ekmeği

Ingredients:

Flour, Salt, Fresh Yeast, Water

Recipe:

First, we sift our flour, add salt and fresh yeast and start kneading with water. After kneading, we wait for it to sour for an hour. Then we divide the dough into balls and start making.



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Ekmek

Ingredients:

Five kilograms of flour, two teaspoons of powdered yeast, enough salt, oil

Recipe:

Sift the flour and add the yeast and salt. Slowly add water and knead. Knead until it is a soft dough that will not be hard. In the last part of the kneading, we pour some oil under and around the basin, knead a little more dough, cover it, wrap it on the table and wait for it to ferment. We make all of the fermented dough a little larger than the palm of the hand. After the trapezoids have rested for a while, we apply eggs or oil on them, open them nicely with our hands, straighten them, and close them. We take the toast and do it all this way.



Country Province/ District/ Village:	Hatay /Defne/Samankaya Village
Source Contact:	Rüya CENGİZ
Compiled by Person/Student:	Yusuf CENGİZ
Attendant Teacher:	Duygu ARGÜN SÖBE
Name of the Product:	Tandır Ekmeği
Ingredients:	Flour, fresh yeast, salt, olive oil, warm water
Recipe:	

Ten kilograms of flour is taken into a deep bowl. Two tablespoons of salt and a glass of fresh yeast are added to it. It is started to be kneaded with warm water. After the kneading process is finished, we pour some olive oil on it and wait for the dough to ferment. After the dough is fermented, we add olive oil in a bowl. We divide our dough, which is fermented with the help of olive oil, into meringues and arrange them on trays. We are burning our tandoori. Again, we roll the dough we decorated with olive oil with olives. We leave the breads that we open our well-heated tandoori to cook in the tandoor with a round thick cloth.



Country Province/ District/ Village: Şanlıurfa
Source Contact: Zahide SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Külünçe
Ingredients: Flour baking powder vanilla black cumin
sesame milk sugar bullion spice olive oil
vinegar

Recipe:

We mix the dough Ingredients:, shape it optionally and bake it in the oven.

The indispensable taste of holiday tables since ancient times



Country Province/ District/ Village: Ankara/Sincan/Anayurt Village
Source Contact: Şaziye YALÇIN (grandma)
Compiled by Person/Student: Eymen Hüseyin YAPRAK
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Bazlama
Ingredients: Flour, salt, yeast, water
Recipe:

We knead the dough with Flour, Salt, Yeast and Water and leave it for about two hours to ferment. We form meringues from the fermented dough. We flatten the meringues with our hands in the material made of wood called yaslağaç in the Ankara region. We cook both sides on a preheated sheet.a yöresinde yaslağaç denilen tahtadan yapılmış malzemede bezeleri elimizle yassılıyoruz. Önceden ısıtılmış sacda arkalı önlü pişiriyoruz.



Country Province/ District/ Village:

Bulgaria

Source Contact:

Mesure OSMANOĞLU

Compiled by Person/Student:

Elif İzem İZDEMEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Dızman

Ingredients:

1 glass of warm milk, 1 glass of warm water, 1 packet of fresh yeast or instant yeast, 1 teaspoon of granulated sugar, 1 teaspoon of salt, as much flour as it takes, 2 cups of yogurt, 2 eggs, cream

Recipe:

First of all, let's pour the warm milk and water into a bowl, throw the yeast, sugar and salt into the dough, let's add the flour and make it into a dough. After making the yogurt, egg and cream mixture for the top, let's pour it on the dough that we put on the tray.



Country Province/ District/ Village:

Source Contact:

Compiled by Person/Student:

Attendant Teacher:

Name of the Product:

Ingredients:

Malatya Darende Hacılar Sıragoz

Emine DABANIBÜYÜK

Abdurrahman DABANIBÜYÜK

Kağan Halil CANGÜVEN

Hayriye CANGÜVEN

Miyeneli Kömbe

Inner:

2 tablespoons of butter, half a glass of oil, ground minced meat, flour (soft consistency), salt.

For Dough

A glass of milk, a glass of water, a glass of oil, as much flour as it takes, yeast, a pinch of salt, a teaspoon of sugar.

Recipe:

Oil, milk, water are mixed in a bowl. Then salt, sugar and yeast are added into it. Flour is added to a soft consistency and dough is obtained. For the stuffing, the oils are melted in a pan, some flour is placed on it, and a mixture of soft consistency is obtained. Pre-cooked and prepared ground meat is added to the mixture. The fermented dough is divided into two, its mortar is laid inside, and finally it is put into the oven.



Country Province/ District/ Village: Mersin Akdeniz Esenli Village
Source Contact: Ayla EROL
Compiled by Person/Student: Özcan EROL
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Yufka Ekmek
Ingredients: Flour, salt, water
Recipe:

It is rolled thinly with the help of a rolling pin and then cooked on the sheet with wood fire.



Country Province/ District/ Village:	Malatya – Hekimhan – Budaklı
Source Contact:	Nermin ORAL(grandma)
Compiled by Person/Student:	Arya TAŞÇIOĞLU
Attendant Teacher:	Halil Dündar CANGÜVEN
Name of the Product:	Sour Bread
Ingredients:	Flour, salt, souryeast, water
Recipe:	

Water, flour and yeast are put in a bowl and mixed, covered with a table-like cloth and rested for half an hour. The rested dough is taken on a previously floured baking board and kneaded again. It is put back into the container and covered with a table again. It is left to rest for an hour. This process is repeated approximately 15 times. It is kept in the refrigerator overnight. It is taken from the cabinet and kneaded again and then divided into equal parts. The pieces are opened to fit in a medium sized pan and cooked by turning in a fireproof pan or on a sheet metal.



Country Province/ District/ Village:	Mersin/ Tarsus/ Karayayla Village
Source Contact:	Meliha KARA(grandma)
Compiled by Person/Student:	Kayra Süleyman TOSUN
Attendant Teacher:	Halil Dündar CANGÜVEN
Name of the Product:	Kıkırdaklı Ekmek
Ingredients:	Cartilage, flour, water, salt, yeast
Recipe:	

The tail of the sheep is chopped and boiled in a copper pot over wood fire and melted. It is filtered through the strainer and the liquid part stays in the bowl at the bottom. The part remaining in the strainer is called cartilage. The flour, salt and yeast are mixed with water and kneaded to form a dough. The meringue (making the dough round) is mixed with cartilages and rolled again, flatbread is made with the help of a rolling pin and cooked on a sheet and served hot.

Cartilaginous flatbread was made a lot at the time of the nomads' migration and was used as a nutrient and energizer in cold weather. Cartilage was boiled and filled with melted oil into earthen ceres and preserved for six or seven months.

My grandmother's grandfather used to eat only this bread for a week in snowy weather in Niğde Çamardı. He was very healthy and died at the age of one hundred and five.



Country Province/ District/ Village:	Mersin/ Tarsus/Kurbanlı Village
Source Contact:	Nurcan YILMAZ
Compiled by Person/Student:	Tuğba YILMAZ
Attendant Teacher:	Halil Dünder CANGÜVEN
Name of the Product:	Yağlı Ballı
Ingredients:	100 grams of butter, half a tea glass of molasses, 2 glasses of flour (200 ml), 1 tea glass of water (125 ml), 1 teaspoon of salt

Recipe:

Salt, water and flour are taken into a deep bowl and kneaded for about 10 minutes. Then the dough is divided into 3 parts, rolled and rolled out to the size of a plate. These doughs are cooked one by one in the pan on medium heat. After that, the dough is oiled and rolled. At the end, these doughs are divided into pieces and molasses is poured on them.

After my mother made phyllo bread in the village, they made it and ate it.

They used to make these for the guests who came to make bread. It has become a tradition there.



Country Province/ District/ Village:	Van
Source Contact:	Ayten KARUL
Compiled by Person/Student:	Elif KARUL
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Ekmek
Ingredients:	Salt, water, yeast and flour
Recipe:	

We put a large amount of flour in a large bowl. We add salt, water and yeast according to the amount of flour. We knead these Ingredients: until they have the consistency of an earlobe. After resting and fermenting our dough for two or three hours, we start making bread. We make our dough into balls. And we open these meringues to the size of a plate with our fingers and put them on the rapa and stick them on the tandoor. After it is cooked, we take it out and enjoy it.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Bazlama
Ingredients:	Flour, water, pezik, dry yeast, salt
Recipe:	

Dry yeast, salt and water are added to the flour and kneaded well. Let the dough we knead rest for three hours and make meringues of a certain size. It is opened in a round shape with the help of a rolling pin on a centipede. It is cooked in a hot pan. Bazlama is ready to serve.



Chapter 5

Winter Preparations



Country Province/ District/ Village: Diyarbakır/ Çüngüş/ Türkmen Village
Source Contact: Semra POLATTEMUR (mother)
Compiled by Person/Student: Deniz POLATTEMUR
Attendant Teacher: Ahu ERPEHLİVAN BAYA
Name of the Product: Mixed Pickle
Ingredients: Cabbage, red cabbage, ornamental pepper, cucumber, garlic, salt, vinegar, water

Recipe:

We chop the cabbages, put all the Ingredients: in the jar. Add salt water and vinegar to it.



Country Province/ District/ Village:	Hatay
Source Contact:	Kader ALKAYA(mother)
Compiled by Person/Student:	Serhat ALAÇAM
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Dried Pepper
Ingredients:	Fridge bag, salt and paprika
Recipe:	

After washing our peppers well, we slice them and remove the seeds inside. We dry it by laying it in a sunny place. We put some salt in it and remove it by bagging it. We use the amount we eat in our meals by reducing it with a rondo or mixer.



Country Province/ District/ Village:	Bitlis / Tatvan
Source Contact:	Halime UYSAL (mother)
Compiled by Person/Student:	Yusuf Taha UYSAL
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Tomato paste
Ingredients:	Tomato, salt, tomato paste, plastic bag
Recipe:	

After washing and slicing the tomatoes, we put them in plastic bags and add salt on top. We leave them for 3 days. We drain the yellow water and pull the remaining red part with a machine and spread it on tomato paste nylon. We mix and dry it for 20 days.



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Pickle

Ingredients:

1 kg cucumber, 1 kg carrot, 1 medium cabbage, 1 handful of chickpeas, garlic, 1 glass of white vinegar, 5 tablespoons of rock salt, 1 teaspoon of lemon salt 1 tablespoon of sugar, enough water

Recipe:

First of all, we chop our cabbage in a large bowl for pickling, add salt on it and rub it a little so that it gets a little fresh. Then we prepare the other Ingredients:. Then we mix them all in our basin and arrange them nicely in our bin. We add our chickpeas and garlic on it. On the other hand, we add salt, sugar, lemon salt and vinegar into our water and mix well. We fill our bin and close it. We keep it in a cool place.



Country Province/ District/ Village: Hatay /Defne/Samankaya Village
Source Contact: Rüya CENGİZ
Compiled by Person/Student: Yusuf CENGİZ
Attendant Teacher: Duygu ARGÜN SÖBE
Name of the Product: Preserves
Ingredients: As much tomatoes as we will do, small or large jars and lids with salt and oil.

Recipe:

We peel our tomatoes and chop them small. We do this until we run out of tomatoes. We add a little oil to the pot and add the tomatoes and salt as much as it takes. After boiling well, we fill the jars in a boiling way, close the mouth well and turn it upside down. We do this until it's all gone and fix it after 24 hours.



Country Province/ District/ Village:	Ankara/Sincan/Anayurt Village
Source Contact:	Şaziye YALÇIN (grandma)
Compiled by Person/Student:	Eymen Hüseyin YAPRAK
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Pickle
Ingredients:	Gherkin cucumber, carrot, kelek, pepper, cabbage, garlic, salt, vinegar, citric acid, water

Recipe:

We wash the pickle Ingredients: and fill them in the jar. In a separate bowl, we prepare a mixture of vinegar (grape vinegar), lemon salt, salt and water. We bring this mixture together with the Ingredients: in the jar. We close the jar and wait for the pickle to come.



Country Province/ District/ Village:	Bulgaria
Source Contact:	Müjgan İZDEMEN
Compiled by Person/Student:	Elif İzem İZDEMEN
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Lutenitsa (Imigrant sauce)
Ingredients:	Tomatoes Carrot Aubergine red capia pepper

Recipe:

Tomatoes are peeled and ground in a meat grinder. After the eggplant and red peppers are roasted, they are chopped and the water is filtered in a strainer, the carrots are chopped, the tomatoes are added, and they are left to be cooked in wood fire. It is mixed so that it does not hold the bottom again. When it gets a thick consistency, it is poured into hot jars and the jars are turned upside down and waited for a day. It is ready to eat the next day.



Country Province/ District/ Village:

Osmaniye Kadirli Ganali Village

Source Contact:

Fadıma CANGÜVEN – Ali CANGÜVEN

Compiled by Person/Student:

Kağan Halil CANGÜVEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Tırşik

Ingredients:

5kg beetroot, 3.5kg yoghurt (better if sour), 1kg flour, 1kg mashed potatoes, half kg garlic, 3 tablespoons of salt to taste.

Recipe:

Tirsik beet is a wild plant collected from mountains and gardens. This plant is collected and brought home. Its stems are cleaned in the same way that a green nature is affected. It is then made into bundles as large as one hand can hold. These bundles are finely chopped with a knife on a board. Then, after the chopping process is finished, it is washed two or three times with clear water in large containers. Gloves should be worn while washing and chopping. Otherwise, it may cause itching in the hands. After the washing work is finished, we put the 5 kg beet we bought in a 10 kg pot. Boiled water is added to the level that will rise above the beet. Then, approximately 3-3.5kg of yogurt is mixed thoroughly with the help of a whisk. Add 1 cup of flour to this mixed yogurt. It is mixed and poured into the beet. The pot is thoroughly mixed. Then the surface of the beet is covered with flour so that it does not get airtight. The lid of the pot is closed and the top is covered with a table and a blanket to keep the pot warm. We should do this in the evening and wait until morning. In the morning, we open it and scrape the flour on the surface of the beet with the help of a spoon. Then we mix the beets again. We light the fire and put the pot on it. In the meantime, 1kg of tattoo is placed. The beetroot is cooked until the juice is reduced. Boiled water is added again. Again, it is cooked until the water decreases. Boiled water is added again. It is boiled a little more so that it becomes a soup consistency. Then, crushing the garlic and adding salt is added to the tırşik, mixed and eaten with pleasure. Those who wish can store it as canned while boiling.

It is a type of food made in Kahramanmaraş, Osmaniye, Hatay, Adana and Mersin regions. It is also known as the Reminder Doctor.



Country Province/ District/ Village:	Mersin Akdeniz Esenli Village
Source Contact:	Ayla EROL
Compiled by Person/Student:	Özcan EROL
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Bulgur
Ingredients:	Wheat, water
Recipe:	

We washed the wheat and put it in the cauldron, added water and lit the fire, left it to cook, after boiling for 1 hour, we took it from the fire, spread it on a clean cloth, left it to dry After 3 or 4 days, we removed the wheat. We wanted our dried wheat to become bulgur by taking it to the mill.



Country Province/ District/ Village:	Mersin /Tarsus / Karayayla Village
Source Contact:	Meliha KARA
Compiled by Person/Student:	Kayra Süleyman TOSUN
Attendant Teacher:	Halil Dünder CANGÜVEN
Name of the Product:	Bulgur Boiling
Ingredients:	Wheat, water, copper cauldron
Recipe:	

The wheat grown in the fields is harvested with a harvester and sifted through the sieve, and the process of purification from wild seeds is thus carried out. It is washed with plenty of water in large copper basins. The washed wheat is poured into a copper cauldron half-filled with water. filtered from the perforated container and laid on the cloth tables, dried for three days in the sunny weather, the dried wheat used to be stone mortars. Whoever was going to scrape the bulgur wheat in the village square, this was done by collaborative method in big mortars, three people would go to the head of the mortar with big wooden mallets, the wheat was put on the stone bottom, light water was sprinkled, and three people he would take turns hitting the wheat in the stone mortar with his full strength with his rammer, this process would continue until the shells of the wheat scorched. This process was called wheat capper. Then, the wheat was ground by sprinkling light water in the stone mill, the wheat was turned into bulgur, it was laid out in the sun for an hour and then kept in a cloth bag. It was placed in a raisin and kept for the winter.

In the old days, when there was no reaper, the crops were cut with a sickle and pulled with a tool called a stinger. It was very difficult to distinguish the bulgur from the stone mill from the tiny, tiny bulgur that had stones removed from it. Every time my grandmother came across her father, my grandfather was very angry at this situation and my grandmother was afraid that she would run into her stone father at every fried bulgur meal.



Country Province/ District/ Village: Van
Source Contact: Ayten KARUL
Compiled by Person/Student: Elif KARUL
Attendant Teacher: Bülent İsmail SÖBE
Name of the Product: Otlu Peynir

Ingredients:

Recipe:

Just after the milking, we ferment it with rennet when it is warm. After two hours of fermentation, we throw the herbs we have collected into it and mix it. We put it in a white cheesecloth and filter it. After draining the water well, we cut it and put it in cans. We pour the whey over the cheeses we put in the cans. After waiting for a while, it is eaten with pleasure when it is ready to eat.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı Village
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Preserves
Ingredients:	Tomatoes, salt, oil
Recipe:	

After washing our tomatoes well, the skins are peeled and cut into cubes. We put the chopped tomatoes in the pan where we put the oil. After opening the bottom of our stove and letting it boil, we add salt and cook it by mixing it on low heat. We put the jars upside down by closing the lids to leave a gap when they are hot. After it cools, we put it in the pantry to eat in the winter.



Chapter 6

Desserts



Country Province/ District/ Village:

Diyarbakır/ Çüngüş/ Türkmen Village

Source Contact:

Semra POLATTEMUR (mother)

Compiled by Person/Student:

Deniz POLATTEMUR

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Çörek

Ingredients:

Flour, milk, margarine, black cumin, sesame, fennel, salt, sugar, yeast.

Recipe:

Mix milk, margarine, black cumin, sesame, fennel, salt, sugar and yeast in a deep bowl and add the flour slowly and knead. We cover the dough we kneaded and leave it to ferment for a couple of hours. We shape the fermented dough and bake it in the oven until it turns golden brown



Dissemination work of the eTwinning Chefs in the Kitchen project

Country Province/ District/ Village:	Hatay
Source Contact:	Kader ALKAYA (mother)
Compiled by Person/Student:	Serhat ALAÇAM
Attendant Teacher:	Ahu ERPEHLİVAN BAYA
Name of the Product:	Künefe
Ingredients:	Butter , wire kadaif, sugar, künefe cheese.
Recipe:	

Melt the butter and mix it well with our wire kadayif. We grease our tray with butter and thinly arrange half of our oily wire kadayif on it. We put our grated künefe cheese on it. We put the remaining wire kadayif on it and turn it on the stove and cook it on top and bottom. After it is well fried, cut and tanned, we give the syrup.



Country Province/ District/ Village:

Bitlis / Tatvan

Source Contact:

Halime UYSAL (mother)

Compiled by Person/Student:

Yusuf Taha UYSAL

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Flour halva

Ingredients:

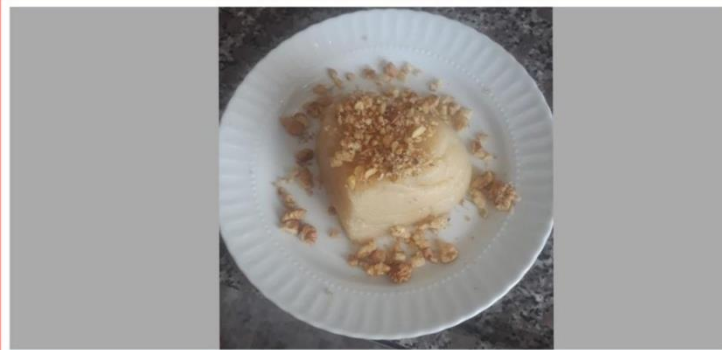
Butter, flour, sugar, water, walnuts.

Recipe:

We fry the flour with butter until the smell goes away. After frying, add 1 glass of sugar and 2 glasses of hot water. After mixing well and cooking, we decorate it with walnuts.



ETWINNING
SEFLERİ
MUTFAKTA



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Kadayıf

Ingredients:

150 g long kadayıf, 250 g ground walnuts, 1 pack of butter, 1 tea glass of oil, 3 glasses of sugar, 4 glasses of water

Recipe:

We mix our walnuts with the kadayıf, which we have reduced a little. We cut our kadayıfs to a sufficient length and open them nicely. Add walnut mixture into it and wrap it in a long way. We do this until all the Ingredients: are used up, mix them and put our kadayıfs on the tray. We mix the melted butter and liquid oil and add all of them on our kadayıfs. After the process is finished, we throw it into the oven, which we preheated to 180 degrees. But first of all, we put our syrup on the stove, turn it off 5 minutes after it boils, and leave it to cool. We take our kadayıf, which is well fried on the bottom and top, from the oven. After the first heat is taken, we pour our syrup evenly and let it rest until it absorbs the syrup. Our dessert with syrup is ready to serve.



Country Province/ District/ Village:	Hatay /Defne/Samankaya Village
Source Contact:	Rüya CENGİZ
Compiled by Person/Student:	Yusuf CENGİZ
Attendant Teacher:	Duygu ARGÜN SÖBE
Name of the Product:	Hatay Künefesi
Ingredients:	One kilogram of string kadaif, butter, unsalted leavened cheese, sugar, water, chopped pistachios if desired

Recipe:

The wire kadayif is finely chopped. 300 grams of butter is melted and poured over the wire kadayif. Add two tablespoons of sugar and mix well. It is thinned and chopped in unsalted yeast cheese. The tray on which we will cook the künefe is greased with butter. Wire kadayif is divided into two. Half a kilo is opened in the tray. Half a kilogram of unsalted cheese is evenly distributed in the middle on all sides. The remaining wire kadayif is poured over the cheeses and covered on top of the cheeses. It is cooked on low heat. The künefe cooked from the bottom is turned upside down with the help of another tray. It is left to cook on the bottom. Three glasses of water, three glasses of sugar are boiled. While it is boiling, a spoon of sugar is squeezed out of the lemon. After the syrup is cooked, it is poured over the cooked künefe. It is made hot. Optionally, pistachios are added to it.



Country Province/ District/ Village:

Van

Source Contact:

Ayten KARUL

Compiled by Person/Student:

Elif KARUL

Attendant Teacher:

Bülent İsmail SÖBE

Name of the Product:

Pişi Dessert

Ingredients:

1 egg, baking powder, oil, milk, as much flour as it takes

Recipe:

Let's pour our oil into the bowl, then pour the milk and then the yoghurt, put the egg and baking powder on it, add the sugar and mix it well. After our dough takes a shape that will not stick to the hand, we leave it to ferment. After making our dough the size of walnuts, we shape it on a grater. We throw the dough we shaped into the heated oil one by one. We take our fried desserts to our plate. We serve our dessert with powdered sugar on it.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı Village
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Revani
Ingredients:	1 egg, 1 glass of oil, 1 glass of yogurt, 2 glasses of sugar, 4 glasses of semolina, 1 package of vanilla, 1 package of baking powder

Recipe:

All Ingredients: are mixed in a large bowl. It is poured into the baking tray. It is cooked in the oven at 180 degrees for 30 minutes. 3 glasses of sugar and 3 glasses of water are boiled for 20 minutes. Add the juice of half a lemon. Dessert is poured hot, syrup is poured warm. If desired, it is decorated with walnuts and pistachios and our dessert is ready.



Country Province/ District/ Village:

Malatya – Hekimhan – Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Malatya Apricot Dessert

Ingredients:

Dried apricots, sugar, eggs, walnuts, butter

Recipe:

Apricots are placed in a pan. Immediately after, sugar is added to it and the cooking continues. Apricots are cut in half. Walnuts are placed in the middle and closed. After about 2-3 minutes, butter is thrown into it. Optionally, eggs can be cracked on it.



Country Province/ District/ Village:

Mersin/ Tarsus/ Karayayla Village

Source Contact:

Meliha KARA

Compiled by Person/Student:

Kayra Süleyman TOSUN

Attendant Teacher:

Halil Dünder CANGÜVEN

Name of the Product:

İncirli (fig jam)

Ingredients:

One kilo of dried figs (fig kak), one and a half kilos of sugar, one lemon, five glasses of water

Recipe:

In the summer heat, figs are laid on the bushes and dried. In other words, the figs are separated from the top and left on the bushes. It is expected to dry for a week. It is collected, cut into small pieces, the dried figs placed in the pot are added with sugar water dissolved in water, and cooked on low heat until the figs absorb the water.

In my grandmother's childhood, fig was cooked in a wood fire in a copper pot called hereni.

When my grandmother was little, she went to pick cotton with her mother, and they would only take bread and figs with them, and they would be content with her until the evening.



Dissemination work of the eTwinning Chefs in the Kitchen project

Country Province/ District/ Village:	Şanlıurfa
Source Contact:	Zahide SARIKINACI
Compiled by Person/Student:	Emine Buğlem SARIKINACI
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Bulamaç
Ingredients:	Milk, water, flour, oil, sesame, molasses
Recipe:	

Let's cook 1 kg of milk 2 glasses of water 2 scoops of flour, first put molasses in the bowls, pour the mixture on it, finally heat the sesame and oil in a bowl and pour it over it, it should be eaten hot

In ancient times, it was given as a meal at weddings or cooked for the woman who gave birth. They used to eat slurry before eating, it had a restraint-increasing and resistance-enhancing feature.



Country Province/ District/ Village: Şanlıurfa
Source Contact: Zahide SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Akıt with Sesame
Ingredients: Sesame, molasses, sugar
Recipe:

5 glasses of sesame seeds, 1 glass of molasses, 1 scoop of sugar, we roast them all in a pan, wrap them in oiled paper to freeze and then shred them.

In ancient times, it was consumed as a dessert.



Country Province/ District/ Village:

Ankara

Source Contact:

Bakiye YALÇIN

Compiled by Person/Student:

Eymen Hüseyin YAPRAK

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Ankara Sarması

Ingredients:

1 liter of milk, 1 glass of flour, 1 glass of sugar, 1 packet of vanilla, 1 tablespoon of butter, some mastic gum, 1 packet of whipped cream, 1 packet of cocoa biscuits, walnuts, bananas

Recipe:

We mix milk, flour, sugar and mastic and cook by whisking. When it is removed from the stove, we add the vanilla and butter into it and whisk it with a blender. Slowly pour the custard that we cooked on the cocoa biscuit that is crushed and spread on the tray. Spread whipped cream on the dessert that has cooled in the refrigerator. We divide it into equal parts and make a roll by putting a banana or walnut in between.



Country Province/ District/ Village:

Bulgaria

Source Contact:

Mesure OSMANOĞLU

Compiled by Person/Student:

Elif İzem İZDEMEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Külah dessert(Funiyki)

Ingredients:

2 eggs, less than 1 glass of granulated sugar, half a glass of oil, 1 glass of yogurt, 1 baking powder, 1 vanilla, as much flour as it takes

For the Custard

6 glasses of milk, 3 tablespoons of starch,

5 tablespoons of flour, 9 tablespoons of sugar,

1 tablespoon of butter, 1 packet of whipped cream

Recipe:

Egg powder sugar liquid oil vanilla baking powder Mix all the Ingredients: and knead until it reaches the consistency of an earlobe. After we make our pudding and roll out our dough, we cut it into strips and wrap it in molds and bake for 30-35 minutes in the oven. After removing it from the oven and waiting for it to cool for 5 minutes, we take the molds out of the dough and inject the pudding into the dough. It is ready to be served by sprinkling powdered sugar on it.



Country Province/ District/ Village:

Source Contact:

Compiled by Person/Student:

Attendant Teacher:

Name of the Product:

Ingredients:

Malatya Darende Hacılar Sıragoz

Emine DABANIBÜYÜK

Abdurrahman DABANIBÜYÜK

Kağan Halil CANGÜVEN

Hayriye CANGÜVEN

Darende's Flour Halva

Half a kilo of butter

3.5 cups flour

1.5 cups of milk

1.5 cups of sugar

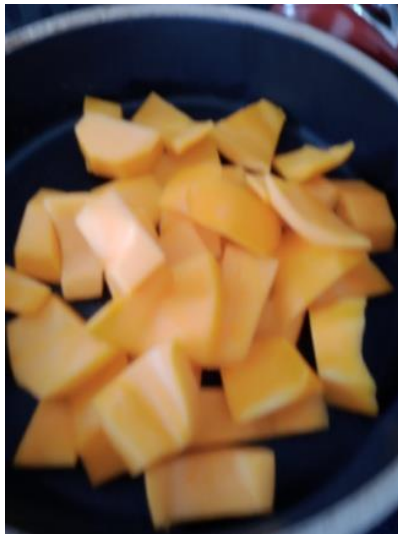
Recipe:

The butter is melted in a deep saucepan. Flour is slowly added to the melted butter. It is stirred continuously until it reaches a consistency. It should be stirred continuously until the eye becomes an eye. A mixture of milk and sugar, which was prepared beforehand, is added to the mixture in 1 bowl. After mixing a little more, it is removed from the stove.



Country Province/ District/ Village: Mersin Akdeniz Esenli Village
Source Contact: Ayla EROL
Compiled by Person/Student: Özcan EROL
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Pumpkin Dessert
Ingredients: Pumpkin, sugar, water, walnuts.
Recipe:

Peel the outer skin of the zucchini and cut it into squares. We put it in a saucepan and cook it with a glass of sugar and a glass of water. After 20 minutes of cooking, we serve it with walnuts.



winning

Chapter 7

Beverages



Dissemination work of the eTwinning Chefs in the Kitchen project

Country Province/ District/ Village:

Diyarbakır/ Çüngüş/ Türkmen Village

Source Contact:

Semra POLATTEMUR (mother)

Compiled by Person/Student:

Deniz POLATTEMUR

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Şerbet

Ingredients:

Grape molasses, water, lemon.

Recipe:

Put the grape molasses and water in the jug and add 1 tablespoon of lemon juice and mix.



Country Province/ District/ Village: Hatay
Source Contact: Kader ALKAYA (mother)
Compiled by Person/Student: Serhat ALAÇAM
Attendant Teacher: Ahu ERPEHLİVAN BAYA
Name of the Product: Peach Juice
Ingredients: Peach compote, water, sugar.
Recipe:

We mix the peach compote that we prepared before with a mixer and turn it into a liquid. Add some water and some sugar in it and mix it. We turn it into juice.



Country Province/ District/ Village:

Bitlis / Tatvan

Source Contact:

Halime UYSAL (mother)

Compiled by Person/Student:

Yusuf Taha UYSAL

Attendant Teacher:

Ahu ERPEHLİVAN BAYA

Name of the Product:

Basil Şerbet

Ingredients:

Basil, water, sugar, lemon salt.

Recipe:

Put basil in a bowl and add hot water, 2 glasses of sugar and a pinch of lemon salt into it. Mix well and strain the water into the jug. After it cools, we put it in the refrigerator.



Country Province/ District/ Village:

Diyarbakır /Çınar/Yeşilköy

Source Contact:

Gurbet AKTİMUR

Compiled by Person/Student:

Nisa Nur AKTİMUR

Attendant Teacher:

Duygu ARGÜN SÖBE

Name of the Product:

Şalgam

Ingredients:

1 kg of red carrot, 1 tea glass of bulgur flour,
3 tablespoons of rock salt, clean white
cheesecloth

Recipe:

First, we wash our carrots and cut them into thin slices. We make our cheesecloth in 4 layers and add the bulgur flour in the middle, tie it well and add it to the middle. We add all of our carrots, add our salt, and add our water until we finally fill it. We keep our ready turnip in a cool place for about a month. After a month, we drink it with pleasure.



Country Province/ District/ Village:	Hatay /Defne/Samankaya Village
Source Contact:	Rüya CENGİZ
Compiled by Person/Student:	Yusuf CENGİZ
Attendant Teacher:	Duygu ARGÜN SÖBE
Name of the Product:	Pomegranate juice
Ingredients:	Pomegranate
Recipe:	

The pomegranates are washed well and cut in half. After being squeezed with a juicer, it is filled into bottles. Orange or grapefruit can be added upon request.



Country Province/ District/ Village: Mersin Toroslar Ayvagediği
Source Contact: Zahide SARIKINACI
Compiled by Person/Student: Emine Buğlem SARIKINACI
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Cheery Juice
Ingredients: Cherry, water, sugar
Recipe:

We boil cherries in a saucepan with sugar

We put the Ingredients: and boil them and serve cold.



Country Province/ District/ Village: Ankara
Source Contact: Hava YALÇIN
Compiled by Person/Student: Eymen Hüseyin YAPRAK
Attendant Teacher: Hayriye CANGÜVEN
Name of the Product: Dried Apricot Juice
Ingredients: Dried Apricot, water, sugar
Recipe:

Our grandmother dries the apricots of her own garden in the village and always prepares her drink when we go to the village on holidays.

We wash the dried apricots and add water to it and boil it well. We add sugar close to lowering it from the stove. When it cools down, we put it in a blender. Water can be added according to its thickness. We serve it chilled in the refrigerator.



Country Province/ District/ Village:	Bulgaria
Source Contact:	Müjgan İZDEMEN
Compiled by Person/Student:	Elif İzem İZDEMEN
Attendant Teacher:	Hayriye CANGÜVEN
Name of the Product:	Boza
Ingredients:	Wheat, sugar, water, a little cocoa
Recipe:	

Wheat is soaked in water overnight. After they are separated from their shells and water and sugar are added, they are put on the stove to boil. After boiling, it is filtered. After the boza is warmed, boza yeast is added and rested.

Boza, which warms us up on cold winter nights, is a beverage that has been made for 8000 years, according to some sources. At dusk, boza vendors would go from neighborhood to neighborhood, shouting "Boozaa Boza" to sell. It is thought to come from the Persian word buze, which means maize. It is made by fermenting barley, wheat, rye, corn and maize.



Country Province/ District/ Village:	Van
Source Contact:	Ayten KARUL
Compiled by Person/Student:	Elif KARUL
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Cherry Juice
Ingredients:	1 kg of cherries, sugar, water
Recipe:	

We separate our cherries from their stems. We put it in the pot and boil it with some water, then put it in jars while it is still hot. After waiting for a day, we open our jars when we want to drink.



Country Province/ District/ Village:	Mersin/Erdemli/Elvanlı village
Source Contact:	Fatma KILIÇ
Compiled by Person/Student:	Zeynep KILIÇ
Attendant Teacher:	Bülent İsmail SÖBE
Name of the Product:	Lemonade
Ingredients:	10 lemons, sugar, water
Recipe:	

We wash our lemons well. Cut the lemons in half with a knife. Squeeze the juice of the lemons in the lemon squeezer. We put some sugar water in a jug. We add the lemon juice we squeezed into the jug. Our lemonade is ready to be served.



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Country Province/ District/ Village:

Malatya – Hekimhan – Budaklı

Source Contact:

Nermin ORAL(grandma)

Compiled by Person/Student:

Arya TAŞÇIOĞLU

Attendant Teacher:

Halil Dündar CANGÜVEN

Name of the Product:

Hoşaf with local dried fruits

Ingredients:

Seasonal dried apples

Seasonal dried grapes

Seasonal dried apricots

Recipe:

Our dried fruits are thoroughly washed. Then, pour our water into a medium-sized saucepan and add sugar if desired, and boil it. The mixture left to cook is about 20-25 minutes on medium heat. It is heated in between. It is then left to cool. When it comes to room temperature, it is taken to the refrigerator to be rested and served cold. It is served cold.



Country Province/ District/ Village:	Mersin /Tarsus / Karayayla Village
Source Contact:	Meliha KARA
Compiled by Person/Student:	Kayra Süleyman TOSUN
Attendant Teacher:	Halil Dünder CANGÜVEN
Name of the Product:	Yannık Ayrarı
Ingredients:	Milk, yoghurt yeast, milk machine, churn
Recipe:	

The milk that is milked from the goats is separated from its fat in the milk drawing machine. Cream separated in the machine is cooked in wood fire and fermented with yoghurt yeast in the phase close to cooling. Fermented cream is poured into the yannık made of wood, iced water is added and whisked quickly by means of a wooden compound. After about 1 hour, butter is formed, butter is removed, and the remaining part in the burn is ayran. .

In earlier times, ayran was made from goat skin, and they were made by pulling the strings on both sides.

My grandmother used to wait in line with her brothers next to the burn, with a bowl of buttermilk in their hands, and she never forgot its taste.



Country Province/ District/ Village:

Malatya /Darende /Hacılar Sıragoz

Source Contact:

Emine DABANIBÜYÜK

Compiled by Person/Student:

Kağan Halil CANGÜVEN

Attendant Teacher:

Hayriye CANGÜVEN

Name of the Product:

Bitter orange juice

Ingredients:

Bitter orange

Sugar

Water

Recipe:

First, the oranges are juiced. Squeezed orange juice is boiled for a moment. Then the sediments inside are filtered. The filtered orange juice is put back into the pot and boiled for 5 more minutes, then it is placed in jars and vacuumed. Drink with pleasure.



We thank all
the
contributors

