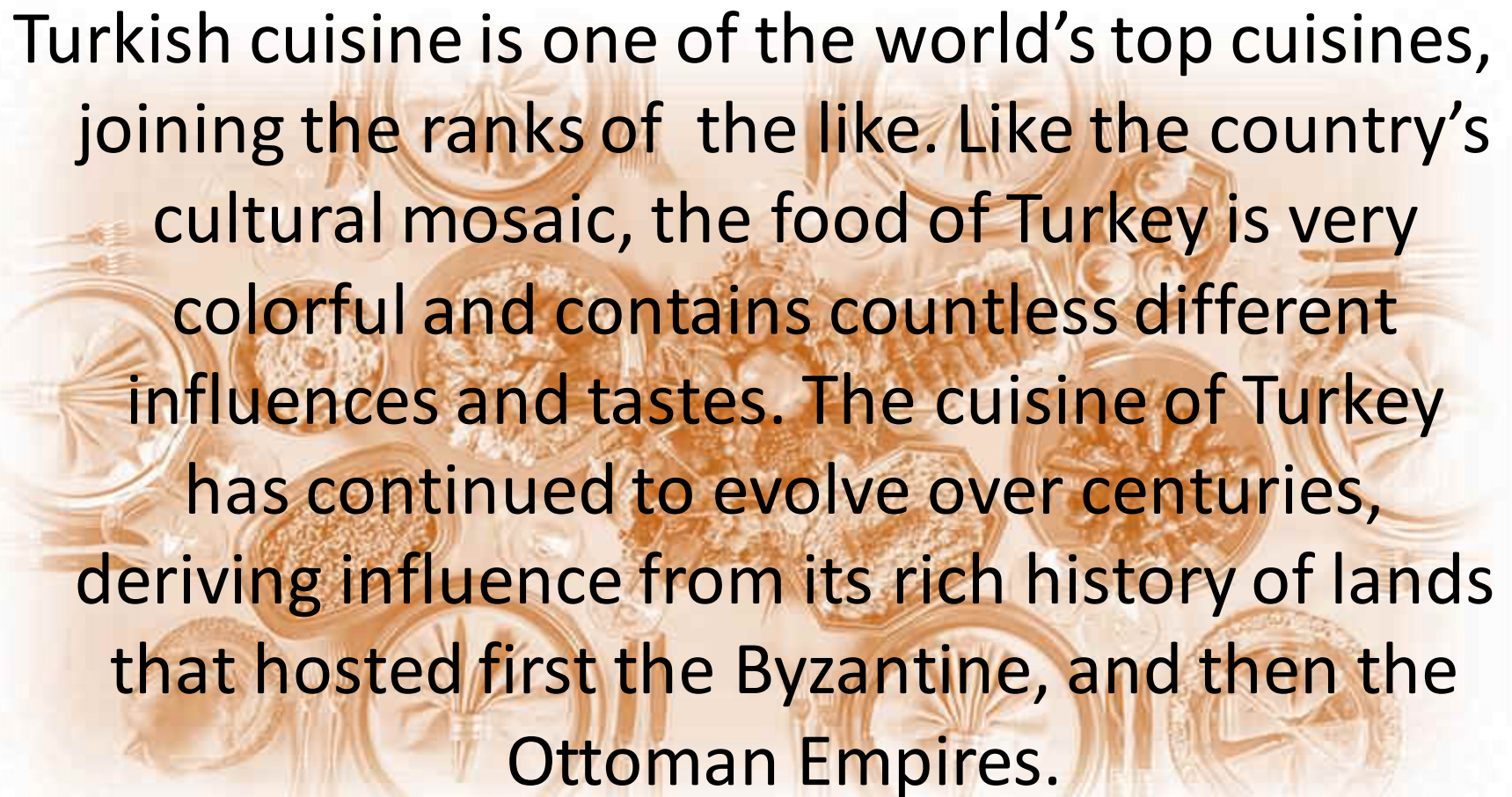
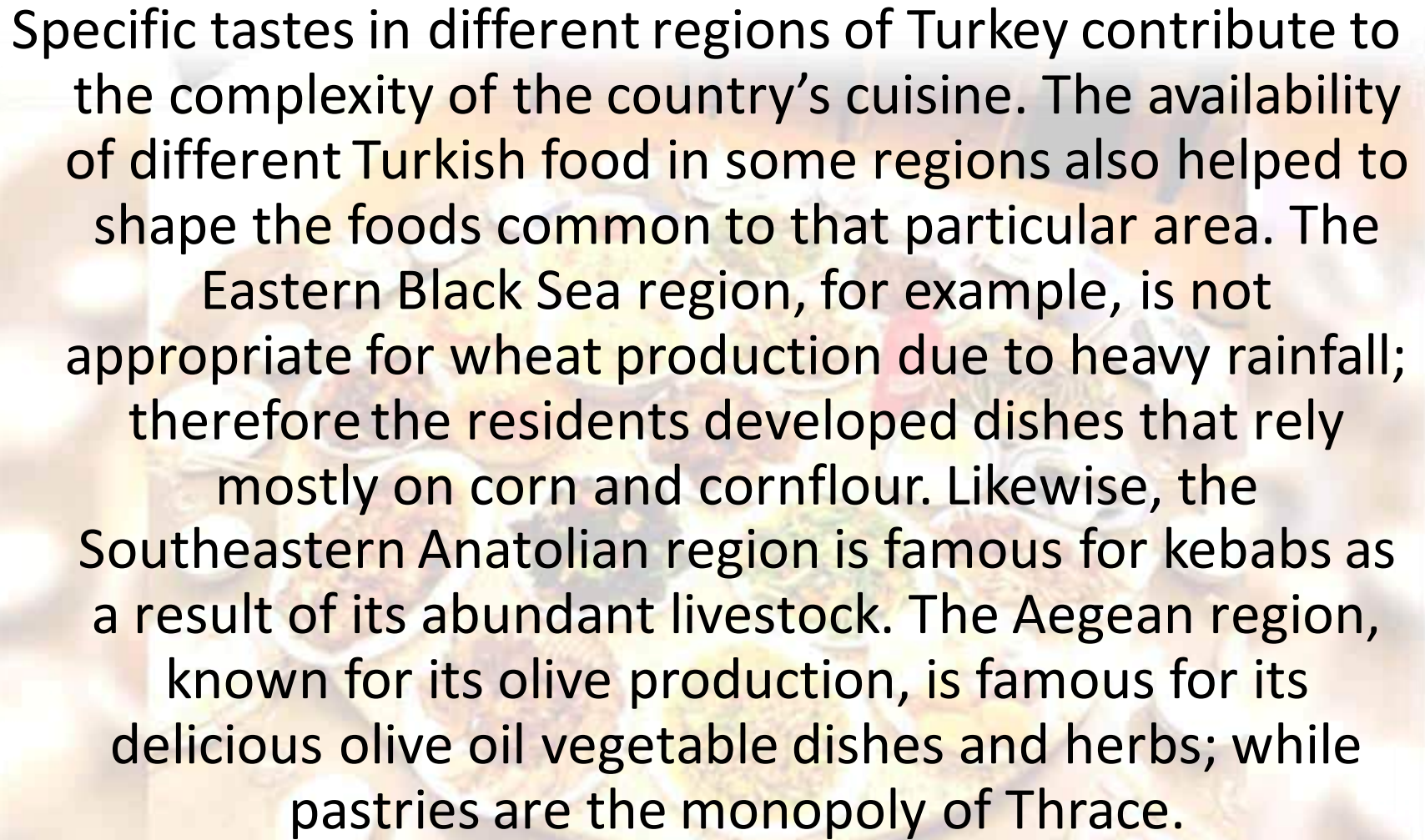




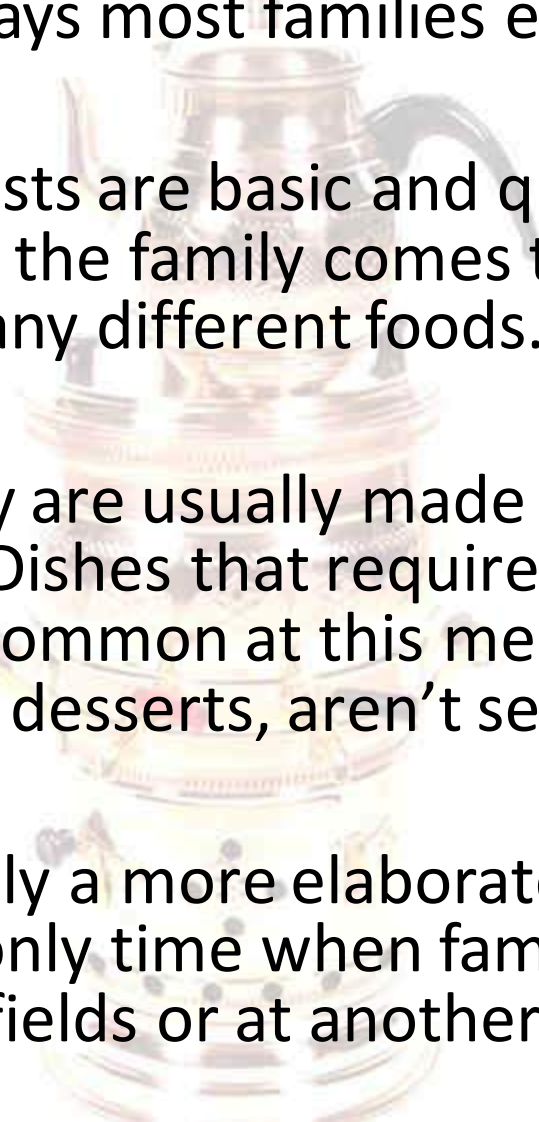
# TÜRK MUTFAĞI (TURKISH CUISINE)

The background of the slide features a collage of various Turkish dishes and silverware. The dishes include a bowl of hummus, a plate of kebab, a bowl of rice, and a plate of meat and vegetables. The silverware includes a fork, a knife, and a spoon. The entire background is in a warm, golden-brown color scheme.

Turkish cuisine is one of the world's top cuisines, joining the ranks of the like. Like the country's cultural mosaic, the food of Turkey is very colorful and contains countless different influences and tastes. The cuisine of Turkey has continued to evolve over centuries, deriving influence from its rich history of lands that hosted first the Byzantine, and then the Ottoman Empires.



Specific tastes in different regions of Turkey contribute to the complexity of the country's cuisine. The availability of different Turkish food in some regions also helped to shape the foods common to that particular area. The Eastern Black Sea region, for example, is not appropriate for wheat production due to heavy rainfall; therefore the residents developed dishes that rely mostly on corn and cornflour. Likewise, the Southeastern Anatolian region is famous for kebabs as a result of its abundant livestock. The Aegean region, known for its olive production, is famous for its delicious olive oil vegetable dishes and herbs; while pastries are the monopoly of Thrace.

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- In Turkey, nowadays most families enjoy 3 meals a day.
  - Weekday breakfasts are basic and quick but weekend breakfasts where the family comes together are large and consist of many different foods.
  - Lunches in Turkey are usually made of seasonal dishes, soup, salad, etc. Dishes that require time and effort to prepare are not common at this meal. Meat-based dishes, as well as desserts, aren't served at lunches.
  - Dinners are usually a more elaborate and richer one because it's the only time when family members have been working in fields or at another job all day come home together.

# Breakfasts in Turkish cuisine



Breakfast is a significant event for many cultures around the world but in Turkey, it's more like an elaborate ceremony than just another meal of the day. Weekday breakfast in Turkey is a light, quick, yet filling meal. It has all the energy you need to get through your day without getting too hungry. The Turkish breakfasts are very diverse and offer many vegetarian/vegan options for those looking for something other than animal protein while also providing good suggestions if someone prefers meat in their diet.

Traditional Turkish breakfasts are large and plentiful, consisting of several small dishes including cheese, olives, tomatoes, butter, jams and spreads, loaves of fresh bread, and, of course, an abundant flow of black tea.

Cheese is one of the most important foods of breakfast in Turkey. The cheese varieties vary depending on the region and may include beyaz peynir (white cheese), bergama tulum from Aegean Coast, deri tulum, otlu peynir from Eastern Turkey, comlek peyniri from central Anatolia and tel peynir and abaza peyniri from Black sea coast. Vegetables and potatoes are also fried up using olive oil, hazelnut oil, or sunflower oil.

# Dinners in Turkish cuisine

A typical Turkish homemade dinner starts with a warm soup, followed by a dish made of vegetables (zucchini, eggplant, cauliflower, green beans, potatoes, spinach to name a few), meat or legumes (beans, chickpeas, lentils) boiled in a pot and typically served with starchy foods like bread, Turkish rice pilaf, pasta or bulgur. As a refreshment, green salads or cacik is served alongside the main meal.



# Soups in Turkish cuisine

Turkey has a rich and diverse soup menu that is second to none in the world and can be one of the very few countries in the world where you can get soup for breakfast, lunch, and dinner. You are going to need more than 200 bowls of soup if you ever want to experience all the different soups in Turkey. A Turkish meal usually starts with a soup (çorba). The most common types of soups are made with lentils, yogurt, chicken, and wheat.



Mercimek Çorbası (Lentil Soup)



Tarhana Çorbası (Tarhana Soup)



Şehriyeli Tavuklu Çorbası  
(Chicken and Vermicelli Soup)



Soğuk Ayran Aşı Çorbası (Cold  
Ayranashi Soup)

# The Best Turkish Foods

## Döner Kebab

This pita sandwich or lavash wrap is stuffed with thinly sliced meat (lamb, beef, or chicken) cooked on an upright rotisserie or vertical spit. In addition to the meat, the bread is also filled with tomatoes, onions, fried potatoes, and lettuce. For the sauce, you can have mayonnaise or ketchup. It is analogous to the Greek gyros or the Arab/Iranian shawarma.

The streets of Istanbul are lined with tasty kebab vendors. The döner is the most popular street food in this city and can be found on every block,





# Şiş Kebab



Şiş kebab is one of the most popular types of food in Turkey. It's usually made with marinated cubes of lamb, chicken, or beef cooked on a metal rod over charcoal and served on a plate with grilled tomatoes, green peppers, and rice pilaf or bulgur pilaf.

Some of the most popular şiş kebabs are "tavuk şiş" (chicken shish kebab), "kuzu şiş" (lamb shish kebab), "şaşlık kebabı" (thyme, olive oil, cream and soy sauce marinated and chopped steak fillets) and çöp şiş (smaller pieces of meat on wooden skewers).

# Lahmacun

Lahmacun is popular street food in Turkey that, round, thin piece of dough topped with minced meat, tomatoes, onions, parsley, black pepper, and isot (red chili pepper), then baked in wood-fired ovens.

It is a favorite lunchtime snack in Turkey and one of the most common foods found at restaurants. Turkish people put parsley, onion, a little tomato, and lots of lemon in their lahmacun and make it a wrap.



# Köfte (Meatballs)



One of the most popular Turkish foods is meatballs. Turkey has hundreds of different recipes for this national delight; almost every city in the country seems to have its specific recipe. Köfte is cooked at home, served at restaurants, and it is even street food. Depending on the recipe, it may include bread crumbs, garlic, onion, egg, and ground beef meat or lamb meat.



In short, you will have plenty of chances to enjoy this iconic Turkish food during your visit to Turkey. We recommend trying at least 1-2 different types of köfte during your stay. Some popular köfte are Sultan Ahmet Köftesi, İnegöl Köfte and İzmir Köftesi.

# Vegetable dishes in Turkish Cuisine

Turkey is no stranger to vegetable-based and vegetarian cuisine. The country's cooking culture often uses vegetables and wild-grown greens, cooked as vegetarian dishes or with meat for the protein hit that can stretch precious supplies of food items like beans and rice.



# Fish and seafood in Turkish cuisine

In Turkey, fresh fish is plentiful everywhere. However, it's a specialty of coastal areas where local people will tell you when and where the catch was made to assure its freshness. The high price of seafood and fish in Turkey makes it an infrequent dish (compared to red meat dishes), and the average person eats four times less than a European counterpart.

Fish are grilled, fried, or cooked slowly by the buğulama (poaching) method but some of the most delicious fish dishes are also the most simple, such as cornflour-coated, deep-fried fresh anchovies.

One of the many reasons why fresh anchovies are such a popular fish in Turkey is because it's so versatile. There are so many different ways to cook it and at the right time of year, its prices go down which makes it affordable for everyone. Some other reasonably priced and popular fishes that can be found in Turkey are bonito, farmed sea bass, mackerel, sardines, and farmed sea bream.



# Turkish desserts

There are 3 main types of Turkish desserts:

**Syrupy desserts:** Syrupy desserts are desserts made with dough and usually by pouring sugar syrup on them. Baklava, tulumba, kadayif, sekerpare, lokum (Turkish delight), revani, irmik tatlisi, tas kadayif, lokma, and burma are some of the popular syrupy deserts.



**Milky desserts:** Milk desserts, which are lighter compared to syrupy desserts, are both easy to eat and easy to digest. Keskul, sakizli muhallebi, sutlac, tavukgogsu, kazandibi, dondurma (Turkish ice cream), and gullac are some of the popular milk based desserts in Turkey.

**Fruit desserts:** hosaf, komposto, kabak tatlisi, ayva tatlisi, pestil are among the popular fruit-based Turkish sweets.

# Turkish beverages

## Turkish Tea



Turks love tea, and most Turks drink many cups a day. Turkish tea is always offered first to visitors and guests to all homes and businesses. Turks prepare tea by brewing it in a teapot (not with 'tea bags'), preferably porcelain, over a kettle, and a perfectly brewed Turkish tea should be a deep red color. Although tea can be found served in porcelain cups at the major hotels and cafes, Turks prefer to have their tea served in glass cups.

## Turkish Coffee

Turkish coffee is served in small porcelain cups (resembling espresso cups) and always with a glass of water. It is not usually consumed with breakfast; but, more commonly, it is enjoyed after meals with something sweet, usually Turkish delight or chocolate



# Turkish beverages



## Ayran,

is a cold savory yogurt-based beverage of yogurt and water popular across The principal ingredients are yogurt, water and salt. Herbs such as mint may be optionally added. Some varieties are carbonated.



## Salep,

is a flour made from the tubers of the orchid genus *Orchids*. These tubers contain a nutritious, starchy polysaccharide called glucomannan. Salep flour is consumed in beverages and desserts, it is a traditional winter beverage.



## Boza

is a fermented drink made from grains such as corn, barley, rye, oats, wheat or millet. It has been produced and consumed for over 8000 years, therefore it is one of the most historical drinks known in Turkish culinary culture.



# Tarhana Soup

## The Benefits of Tarhana

The benefits of this soup richened with summer sun are countless. The types of spices, especially red pepper, yoghurt, onion and garlic make the Tarhana soup a healing soup for winter months.

- It strengthens the immune system and helps to avoid infectious diseases.
- It affects quickly against cold and flu, helps to recover.
- Since it is a fulfilling soup, even you eat in small quantities, it makes you full. So, it helps in weight control.
- It helps to fasten the digestive system.

Tarhana is the ultimate source of vitamin. It contains vitamins A, B and C. It also has zinc and calcium. Site-specific herbs can be also added in every region of Turkey. This way, the fresh and natural texture of it gets rich.

No matter what region it is in Turkey, Tarhana soup is an indispensable source of health and healing. Since time immemorial, it is kneaded with the hands of wise and compassionate women. This soup is also a traditional value that brings the whole family together and warms us up on cold winter days. So much so that, even the family isn't together, the smell and warmth of Tarhana soup remind everyone of family love and motherly affection.



## How to Cook Tarhana Soup?

Tarhana powder is prepared by mixing plain yogurt, flour, and grated vegetables like red pepper, tomato, and onion into a thick paste that is left to ferment for several days. The paste is then divided up, dried, and crumbled to make tarhana.



### This recipe is for 3-4 people

- 5 tablespoon Tarhana soup in powder form
- 5 water glass water
- 1 tablespoon tomato paste
- optional 1 tablespoon oil or 50gr butter
- 1 teaspoon salt
- optional 1 teaspoon pepper, 1 teaspoon red pepper and/or 1 teaspoon dry mint, a clove of garlic

**Step 1:** Put 2 water glasses hot water into a bowl and melt the powder Tarhana in it.

**Step 2:** Heat oil in a deep pot at medium heat and fry the tomato paste while mixing it.

**Step 3:** Add 3.5 water glasses water, 1 teaspoon salt and mix it.

**Step 4:** Pour the Tarhana you melted in the bowl slowly to the pot.

**Step 5:** Keep mixing the soup until it boils.

**Step 6:** If you like, you can add pepper, red pepper and/or dry mint.

**Step 7:** As the soup starts to boil, lower the heat and continue to cook for 5-6 min till the soup is in right texture.

**Step 8:** Serve it while hot. Tarhana soup, if waited, stiffens. If you have to serve it after reheating, add 1/3 water glass of water to reach the right texture and re-boil it.

# Un Helvası (Flour Halva)



When it comes to Turkish cuisine, one shouldn't forget helva, which is frequently cooked both on special days and daily life. Here is the easy recipe of flour halva we prepared for you.

**Afiyet Olsun! \***

## Ingredients

- 2 water glass flour
- 1 tea glass cooking oil
- 100 gr butter
- 3 water glass hot water
- 2 water glass granulated sugar

## Preparation

- Mix 3 water glass hot water and 2 water glass granulated sugar in a bowl and melt the sugar.
- Mix 1 tea glass cooking oil and 100 gr butter in a pot and melt it.
- After the butter melts, pour 2 water glasses flour in it and mix it.
- Keep cooking it by mixing it until the flour turns brown.
- Add the previously prepared melted sugared hot water slowly into the mixture.
- Mix it till it comes to its proper consistency.
- After waiting for the halva to cool down a bit, you may serve it however you want.

# İZMİR KÖFTE (İzmir Meatball)



## Ingredients

- 2 large potatoes,
- 400 gr. ground meat,
- 1 onion,
- 1 egg,
- 3 tablespoons bread crumbs,
- 1 handful minced parsley,
- 1 teaspoon black pepper,
- 1 teaspoon cumin,
- Salt,
- 2 tbsps flour,
- Vegetable oil for frying.

## Sauce;

- 2 tablespoons vegetable oil,
- 1 tablespoon tomato paste,
- 2 tomatoes, grated,
- 2 teaspoons paprika,
- 2 cups water,
- 1 teaspoon salt.

## Preparation

- Add onion to the meat,
- Stir in the egg, breadcrumbs, parsley, cumin, black pepper and salt, then mix well with your hands,
- Form the meat mixture into long oval shaped patties,
- Peel and slice the potatoes in half moon,
- Heat vegetable oil in a pan,
- Fry potatoes,
- Coat koftas with flour and fry in the same oil,
- Set potatoes and koftas into a baking dish,
- In a bowl combine all of the sauce ingredients and pour in the dish,
- Bake in a 200 C degrees preheated oven for 15-20 mins.

# TURKISH ORZO RICE PILAV



## Ingredients

- 1 cup of rice, washed and drained,
- 1/2 cup of orzo,
- 1 tbsp of butter,
- 1 tbsp of vegetable oil,
- 2-2.5 cups of boiling water,
- Salt.

## Preparation

Heat the oil and butter in a pan,  
Add into the orzo and cook, stirring, until brown,  
Add rice and cook in low heat for 4-5 mins.,  
Add salt and water, stir and cover the lid,  
Cook in low heat until the rice and orzo is tender and absorbs all  
the water.

# CACIK



## Ingredients

- 3 medium size cucumbers,
- 3 cups yogurt,
- 1 cup water,
- 1 clove of garlic, minced,
- 1 tsp dried mint,
- 2 teaspoons salt.

## Preparation

Whisk together the yogurt, minced garlic, salt and water in a large bowl,  
Peel and coarsely grate the cucumbers,  
Stir the grated cucumbers into the yogurt,  
Add dried mint and mix well.

AFİYET OLSUN!

BON APETİT!