Recipes from Our Turkish Cooking Class
at the home of the Duran Family
Ayvali, Cappadocia, Turkey, October 1, 2011

(left to right) Tolga Duran (son), Tugba Duran (daughter-inlaw), Huseyin Duran (grandson), Havva Duran (mother), Mustafa Duran (grandson), Huseyin Duran (father)

And to help with the class, Tugba’s best friend, Yasemin.
Dishes:

- Lentil Kofte
- Eggplant Stuffed with Meat
- Manti (Turkish Ravioli)
- Borek Rolls
- Stuffed Grape Leaves
- Dolas (Dessert)
**Mercimek Kofte** (Lentil Kofte)

This vegetarian kofte is one of the most popular mezes (appetizers) in the Turkish cuisine.

**Ingredients:**

- 1 cup red lentils
- ½ cup fine bulgar
- ½ cup olive oil
- 2 cups water
- 1 medium yellow onion, finely chopped
- 1 tsp. cumin
- 1 T. tomato or red pepper paste
- Juice of ½ or a whole lemon (to taste)
- 1/3 bunch parsley, finely chopped (1/2 for garnish)
- ½ bunch green onion, finely chopped (1/2 half for garnish)
Karniyarik (Meat Stuffed Eggplant)

**Ingredients:**
- 1 lb. eggplant(s)
- 1 cup oil for frying (vegetable or canola)
- ½ lb ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- 1 T parsley, chopped
- 2 T tomato paste
- ½ cup warm water
**Manti** (Turkish Ravioli)

**Ingredients:**

**Dough:**
- 2 cups flour
- 2 eggs, lightly beaten
- 1/3 cup water
- Pinch of salt

**Filling:**
- ½ lb. ground beef
- ½ half cup grated onion
- Cumin, salt & *pul biber* (Turkish ground red pepper, also called Aleppo pepper), to taste

**Yoghurt Garlic Sauce:**
- 1 2/3 cups plain yoghurt
- 4 cloves garlic
- Pinch of salt

**Pepper Sauce:**
- 5 1/3 T unsalted butter
- 1 t paprika
- ½ teaspoon *pul biber* (Turkish ground pepper)
- Yoghurt

**Serves six**
Sigara Boregi (Rolled Borek or Stuffed Pastry Rolls)

These rolls can be baked or fried. If fried, they are excellent served with a yoghurt and garlic sauce. If baked serve plain.

**Ingredients:** Filo dough
Safflower Oil

**Stuffing:**
Spinach (fresh or frozen)
Tomato paste
Olive oil
Salt and pepper

**For frying:**
Safflower Oil

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[Image of Sigara Boregi being prepared and served]
Bulgurlyu Yaprak Sarma (Stuffed Grape Leaves)

Variations of these popular mezes include adding mint or dill to the bulgur mixture, depending on the tastes you like, or stuffing them with a lamb mixture (then they are called “Etli Yaprak Sarma.”) They can be served plain, with lemon wedges or with a yoghurt and garlic sauce.

Ingredients:

- grape leaves (fresh or in a jar)
- 1 T lemon juice
- 1 ½ cup bulgur
- 1 cup water
- 2 small onions, grated
- 1 T tomato paste
- cumin, salt, black pepper (to taste)
- mint, dill (optional)
Dolas (Dessert)

This dish is similar to the traditional Turkish sweet called helva. Dolas is light; not very sweet. The dessert dish that we had on this trip the previous night, at the Aravan Evi restaurant, was very similar to this, but made with grape syrup rather than sugar. This recipe makes four portions.

Ingredients:
- ¼ cup oil – safflower or olive
- ¾ cup Flour
- 1 Egg
- 2 T milk
- ½ cup sugar