

***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 Koftesi (Lentil Kofte)

This vegetarian kofte is one of the most popular mezzes (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 green pepper, chopped
1 cup oil for frying (vegetable or canola)	1 T parsley, chopped
½ lb ground beef	2 T tomato paste
1 onion, chopped	½ cup warm water

Manti (Turkish Ravioli)



Ingredients:

Dough:

2 cups flour
2 eggs, lightly beaten
1/3 cup water
Pinch of salt

Filling:

1/2 lb. ground beef
1/2 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
1/2 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

For frying:
Safflower Oil

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



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

