The Art of
TURKISH COOKING
Or, Delectable Delights of Topkapı

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"Abajoli Matbaacılık ve Ticaret Kollektif Şirketi--IZMİR"
Author’s Note

This book includes the best recipes of the Turkish cuisine. Renowned as the delight of the Ottoman Sultans, historically it rivals that of the Roman epicures. Contemporarily, it embraces the favorite dishes of many Eastern European and Eastern Mediterranean nations, whose gastronomic taste, for more than half a millennium, was inspired by the Imperial Kitchen at the Topkapi Palace in Istanbul.
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Introduction

My first recollections of childhood often focus on one kitchen of our historic home where we loved to sneak. It was a huge rectangular room with a wall to wall fireplace, dotted with all sizes of cooking pots from a huge cauldron to a teapot. At one end there was a row of high narrow windows. In the absence of the cooks we loved to pull the table over to the windows in order to stand on it and stretch our heads outside. The walls were filled with rows and rows and rows of shelves stacked with jars of jams, herbs, and spices.

But we loved most the corner where the water pump stood, dripping into a large cauldron in which cucumbers, tomatoes, and watermelons floated to cool. We kept away from the end where a whole lamb or mutton with its head cut off hung from a chain on the high black ceiling. On cold winter days when we could not play outside and the cook would not have us in the kitchen we sat on the service window from which food was passed to the dining room and watched the cook chopping the meat, cutting the vegetables, mixing the herbs.

Our home was the headquarters of the Bektaşi Order of Derвиşes of which my family were the heads. We lived in a large mansion on a steep hill overlooking the Bosphorus. From my window in Europe I could see across to the houses in Asia. We kept open house day and night to all the members of the sect who came our way. We never knew how many would sit around the table or sleep under the roof. As I think about it now it must have been a veritable challenge to any cook to cater for a constantly unknown number of guests. And we were supposed to serve a good meal.
For merrymaking the Aşure* festival topped all. Three days before the festival the tripods in the fireplace were removed to make space for the huge cauldron that was moved from the pantry to the kitchen. How we loved to watch the cook weigh the twenty different ingredients that went into the cauldron for the Noah's Pudding. We jostled each other, eagerly waiting for the opportunity to light the fire. There would be a big scramble among us for pushing the torch under the cauldron and we would all rush out of the kitchen crying, "I did it," "I did it." The fire would burn for a whole day and a whole night, somebody keeping watch constantly stirring the pudding with a wooden spoon with a long handle. We would take our turns and many a time drop the heavy spoon in the cauldron to be chased away by the cook but to return soon enough.

And then the morning of the festival, Grandfather would descend from upstairs to make his yearly entry into the kitchen. Everybody would stand apart with his hands folded before him and his head bowed, which we children would imitate. Grandfather would speak a prayer, take the spoon, and serve the pudding into a bowl extended by the cook. Thereafter the poor of the village would come and each would get his bowl filled. Messengers with precious porcelain pitchers filled with the pudding would be dispatched to friends.

I also remember most fondly my grandmother, who every spring would take us for a violet hunt on the hills. We would spend a whole morning gathering wild violets which my grandmother would cook into a sweet purple delicacy. This would be kept in jars for the duration of summer and fall and served on special occasions during long wintry evenings. Cold water added to an inch of violet syrup in a glass would make a delectable drink. Those who were served would know that they were the privileged friends of the family.

We loved hiking with the cooks gathering herbs. During the spring the hills of Istanbul are green and yellow and red and purple with a million flowers, herbs, and grasses. Before we were five we all knew how to pick thyme, oregano, and dandelions. I owe my sense of the use of different herbs in cooking to these jaunts.

Then for many years I forgot about kitchens and food, until I married and went to live in Ankara. My husband was a government official and for the first time I had to do my own cooking. I had never thought I would have to face so many problems. I read cookbooks, I followed instructions from friends—I learned a great deal. My husband helped with his suggestions but his were from hearsay, and often helped to make a good dish inedible. I took a course in cooking. But I knew that I lacked the touch, the proficiency of a good cook. Every now and then I would end with a perfect dish which elated my husband's appetite and my own spirit. But consistency, the ability to repeat the same quality, I could never manage.

After a couple of months of diligent application the knowledge that I had arrived burst upon me one Sunday morning. As we woke up late, after an exacting but successful dinner the previous evening for an uncle and aunt known for their meticulousness, my husband said, "Let us not go out today. Let us eat at home." Since our marriage, supposedly to give me a respite but really to indulge his palate for good food, every Sunday, my husband had insisted we have dinner in a restaurant. This was the first Sunday we dined at home. He has not wanted to dine out since then, stubbornly resisting my requests for a weekend holiday from the kitchen. But I have not minded it.

When the Empress Eugénie, the wife of Napoleon III, was in Istanbul as the guest of Sultan Abdulaziz, the Ottoman emperor, she fell in love with eggplant purée, at that time a specialty of the Topkapi Palace. She asked her host if he would allow his chef to teach her how to prepare it. The sultan obliged. The next day the French chef requested an audience with the empress and begged to be excused from this impossible task. "I took my book and my scales to the Turkish chef," he said, "and he threw them out. 'An imperial chef,' he told me, 'cooks with his feelings, his eyes, his nose.'" The empress returned to France without the recipe for her favorite dish but the traditional eggplant purée of the Imperial Topkapi cuisine was named Her Majesty's Favorite and to this day in Turkey it is known as the Hünkar Beğendi*. Thus the delights of Turkish cooking were known only to those who visited Turkey and to those who were entertained in Turkish homes. But now that the recipe book and the measuring cup have captured the magic of the professional instinct the delights of Turkish cooking can be easily duplicated across the oceans, over
the mountains, many leagues away from Turkey. And this is what this book aims to do.

The Turkish peninsula boasts six millennia of ancient and modern cultures. It is the cradle of many civilizations. Peoples from many directions and diverse climes have flocked to its green valleys and blue seas. They have bred many empires and then settled to enjoy the pleasures of its climate, the delights of its many products. The Turkish cuisine is the result of this rich historical experience, fertilized by centuries of continuous crossbreedings from East and West and sustained by an infinite variety of fish, meats, vegetables, and fruits.

Many of the well-known national cuisines rely on one basic element. For instance, French cuisine is based on the sauce. Pasta forms the essence of the Italian cuisine. There is, however, no single dominant feature in the Turkish kitchen. Meats, fish, vegetables, pastries, and fruit are cooked in an infinite variety of ways. Eggplant can be prepared in at least forty different ways. Variety might catch the imagination but taste is of the essence. Millennia have worked to refine the Turkish palate. In Istanbul the people choose their drinking water as others would choose their wine. A sip suffices to identify the spring from which the water comes. And the proverb says, choose your friend by the taste of his food.

In Turkey you never order peaches. You must specify whether you want Bursa peaches or Izmir peaches. When you want fish you must specify its age. "Çınakok" is a generation younger than "lüfer." "Torik" is a year older than "Palamut." This sensitivity to nuance reflects the Turkish aesthetic approach to food.

Fresh herbs play an important part in Turkish cuisine. They should always be used when called for in a recipe unless dried herbs are designated as a substitute.

The environment where food is consumed acquires utmost importance. Inevitably the table must overlook the sea, or the hills of an inner court. Food must be consumed leisurely as one's eyes feast on the beauties of nature. The "open-air" restaurant or café so characteristic of Continental Europe has its origin in Ottoman Turkey. The outdoor restaurant was brought to Vienna in the seventeenth century by an Austrian ambassador to the Ottoman court, who had enjoyed open-air cafés on the shores of the Bosphorus. French "café" was a child of Turkish coffee, which the Ottomans picked up from the southern extremities of their empire, in Arabia, and learned to enjoy after dinner and offer as a token of friendly welcome to their guests.

In view of the literal injunction of the Koran against wines, the Turks, a Muslim people, have developed raki*—distilled from grapes—as their national drink. Raki is colloquially termed lion's milk because of its potent effect. A formal Turkish dinner, even today, begins with raki and a variety of hors d'oeuvres, called mezze, spread on the table. It is the hostess with the mostest of mezze who receives the gold medallion.

In secular republican Turkey, wines also grace many a table. Turkey will be recalled as the cradle of the Sultana raisins. The Aegean still abounds with the amphorae from Roman galleys which, loaded with the famed wines of Asia Minor, were caught between Scylla and Charybdis and never made the return trip. A great proportion of the famed Sultanas are today made into delectable wines, a percentage of which is exported to France for blending with French wines.

Turkish cuisine is the most extensively internationalized. For six hundred years the Ottoman Empire spread from the Danube to the tip of the Arabian Peninsula. It bred fourteen independent modern states. The basics of Turkish cuisine today prevail from the Balkans to the shores of North Africa; Greeks and Turks, for instance, will be found to relish in many instances the same dishes. The further south one travels, the more spicy becomes the taste. The Arabs have a hot palate. Southwest in Greece and Albania olive oil dominates with greater pungency. The Turks like to think that as the founders of the Turkish cuisine theirs is the more refined taste.

Indeed, as one travels in the Eastern Mediterranean one finds that real Turkish cooking is devoid of any extremes of taste and is more agreeable to the international palate. Almost all Turkish dishes can be served without forcing a new taste. They can be combined with international dishes. Many of the vegetable stews provide imaginative and tasteful side dishes. Chicken Walnut or Spinach Boerek always serves as a tasty appetizer.

Preparation also is not inhibitive. For the host and hostess who seek to combine novelty and imagination with exotism and tastefulness Turkish cuisine offers limitless opportunities.
THE ART OF TURKISH COOKING
Or, Delectable Delights of Topkapi
1. Hors d’Oeuvres

Hors d’oeuvres are an intriguing aspect of the Turkish cuisine. They are served with the national drink, raki, which is taken with a ceremony of its own.

The preparation of a “raki table” as it is called, provides the measure of the imagination and skill of the hostess, as well as the measure of the hospitality offered to the guests. A raki party can be defined as a prolonged and sedentary cocktail party, confined to a limited group. The hors d’oeuvres, as varied as the generosity of the host allows, are laid on the table and the guests are invited to sit around. A raki party is more than a gustatory affair. In fact, it is a get-together for good talk and for good music, depending on occasion and taste. Often, it can last to the small hours of the morning.

The cold hors d’oeuvres are laid out on the table in advance. Bite-size slices of white cheese, as it is known in Turkey, or feta, as the Greeks call it, Snow Almonds, sliced tomatoes and cucumbers, green and black olives, sardines, and marinated bonito figure among the staples. Caviar—and Turkish caviar is very delectable—is considered especially useful as a blotter at a prolonged raki party. Mussels, Liver Petites, and small boereks are served periodically as they are brought hot from the kitchen.

For regular cocktail parties Cheese Boereks, Liver Petites, and mussels are favored. White Cheese Dip, Snow Almonds, and Tarama¹ dip also are served with effect.

¹Tarama is the name for specially prepared fish eggs which are imported from Turkey and sold in 10 ounce jars. Tarama may be obtained from groceries and delicatessen shops specializing in Mediterranean foods.
Fried Mussels placed on lettuce leaves with Tarator Sauce can be served as an appetizer. Boiled eggs sliced and heavily dipped in Tarana and placed on tomato slices also can be served as an appetizer. Rice dolmas decorated with lemon wedges make a good starter.

Tarana, Mashed Chick-peas, White Cheese Walnut on toasted rye or toasted whole wheat bread make good sandwiches for a summer outing or brunch. Cheese Boereks can also be served with tea in the afternoon.

Hors d'Oeuvres

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SNOW ALMONDS
Buşlu Badem

6 ounce package plain almonds

Put almonds in plastic container with a lid. Fill container with cold water, cover, and leave in refrigerator 3 to 4 days. The day before serving rub skins off. Wash almonds, put them back into the container and again fill it with fresh cold water. Cover and leave in refrigerator until serving time. This can be kept in the refrigerator up to a week.

The day before serving, fill a 6 inch high glass serving bowl with water to within 2 inches of the top. Place in freezer and freeze solid.

To serve place bowl on a round serving dish. Drain almonds and place on top of ice.

SERVES 10 TO 12 PERSONS.

CHEESE BOEREKS
Peynirli Börek

FILLING:
6 ounces cream cheese
6 ounces feta or white cheese
1 cup cottage cheese
2 tablespoons grated Parmesan cheese
2 eggs
Pinch salt

2 or 3 tablespoons milk
1 cup chopped parsley
2 tablespoons chopped dill
½ pound Phyllo pastry sheets

Phyllo pastry sheets, used in many of these recipes, may be obtained from groceries and delicatessen shops specializing in Mediterranean foods

Hors d’Oeuvres

Preheat oven to 350 degrees F. after the boereks have been prepared.

Filling: Put all the cheese, eggs, salt, and milk in a mixing bowl. With a wooden spoon stir into a smooth paste. Fold in parsley and dill.

The pastry sheets will be piled on top of each other in a block like sheets of paper of equal size. Put them on a flat surface and cut through the block crosswise, making two equal parts as in Figure 1. Cut through again lengthwise making four equal parts, Figure 1. Place all parts on top of each other in an orderly pile and cover with a kitchen towel to prevent drying. Now the cut pastry sheets are ready to use as in Figure 2.

Take one sheet from the pile. Place it in front of you. Using a brush, butter surface. Place a teaspoon of cheese mixture on
pastry as in Figure 3. Fold both sides over filling as in Figure 4. Fold end of pastry near filling over filling as in Figure 5. Butter surface of folded end. Roll like a cigarette and butter end of pastry so that ends stick together as in Figure 6. Place each rolled boerek on a buttered baking pan, Figure 7. When all pastry sheets have been rolled and placed on the pan, butter the tops. Bake for 25 to 30 minutes until boereks are golden brown. Do not overcook. Transfer to a serving tray and serve warm.

Makes about 50 boereks. Serves 20 to 25 persons.

MEAT BOEREKS
Kıymalı Börek

FILLING:

| 1/2 pound ground beef | 2 tablespoons chopped dill |
| 2 tablespoons butter | Salt and pepper to taste |
| 1 medium onion, grated | |
| 1 small tomato, diced | 1/2 pound Phyllo pastry sheets* |
| 1 egg | 1/4 pound melted butter |

Preheat oven to 350 degrees F. after the boereks have been prepared. Filling: Put meat, butter, onions and tomatoes in frying pan and cook over medium heat for 15 minutes, stirring occasionally. Remove from heat. Add the egg, parsley, dill, salt and pepper. Mix well.

Prepare pastry as for Cheese Boereks*. Make meat boereks cigarette-shaped like the cheese ones if you are serving only one kind, but if you are serving both meat and cheese boereks, make the meat boereks triangular-shaped so that you can tell them apart.

Take a sheet of pastry from the pile. Butter surface with a brush. Place 1 teaspoon of meat mixture in the middle of pastry as in Figure 1. Fold both sides over filling, Figure 2. Butter surface of folded sides then fold end of pastry over filling, forming a triangle as in Figure 3. Continue folding in triangles until end is reached, Figures 4 to 5. Butter end to hold together. Place each triangle on buttered baking pan, Figure 6. When all pastry sheets are folded and placed in the pan, butter tops and bake 25 to 30 minutes or until the boereks are golden brown. Do not overcook. Transfer into a serving tray and serve warm.

Makes about 50 boereks. Serves 20 to 25 persons.

BOEREK STICKS
Kokteyl Böregi

1/2 pound Phyllo pastry sheets
1/4 pound margarine, melted
4 tablespoons grated Parmesan cheese
Preheat oven to 350 degrees F. after the sticks have been prepared. Put pastry sheets on a flat surface. Cut into two equal parts crosswise. Wrap up one half tightly in its own plastic bag and store in refrigerator for future use. It can be kept for several days.

Cut the remaining half into four equal parts about 4 by 6 inches. Pile all sheets neatly on top of one another and cover with a kitchen towel to prevent drying.

Take one sheet from the pile. Brush surface with margarine and sprinkle with a half teaspoon of cheese. Roll up from the short end very tight, just as if rolling an old-fashioned cigarette. Paste end down with a little extra margarine if necessary. Roll all pastry sheets the same way, placing them in rows in a lightly buttered baking pan. When all sheets are used, brush tops lightly with margarine and bake about 15 minutes, or until light gold. Serve warm or cold with cocktails.

MAKES ABOUT 88 STICKS. SERVES 30 TO 40 PERSONS.

WHITE CHEESE DIP
Beyaz Peynir Ezmesi

\[ \frac{1}{4} \text{ pound feta or white cheese} \quad 2 \text{ tablespoons milk} \\
2 \text{ tablespoons salad or olive oil} \quad 1 \text{ cup chopped parsley}
\]
Salt and pepper to taste

Soak cheese in cold water and refrigerate for 1 to 2 days to get rid of the excess salt. Drain and break into chunks.

Put 1 tablespoon oil and 1 tablespoon milk into blender container, add cheese and half the parsley. Cover and blend on low for 3 or 4 seconds. Repeat several times adding the rest of the ingredients. Blend until ingredients form a smooth paste. To facilitate blending, turn off blender occasionally and push ingredients down with a rubber spatula. Empty paste into a container with a lid. Cover and refrigerate.

At serving time empty paste into a small bowl. Serve as a dip with fresh vegetables, such as carrots, cauliflower, cucumbers, celery, etc., cut into bite-size pieces. It also may be served with potato chips, or as open canapés on crackers or on small slices of bread.

MAKES 1 CUP PASTE

Hors d'Oeuvres

WHITE CHEESE WALNUT
Cevizli Beyaz Peynir

\[ \frac{1}{2} \text{ pound feta or white cheese} \quad \text{Dash cayenne} \\
2 \text{ tablespoons olive oil} \quad \text{Salt to taste} \\
8 \text{ tablespoons milk} \quad 1 \text{ teaspoon paprika} \\
1 \text{ cup shelled walnut meats}
\]

Soak cheese in cold water and refrigerate for 1 to 2 days to get rid of the excess salt. Drain and break into chunks.

Put 1 tablespoon oil and 3 tablespoons milk into blender container. Add one-third of cheese and one-third of walnuts, cover, and turn blender on low for a few seconds. Repeat several times. Add rest of oil, 3 tablespoons milk, half of the remaining cheese, and one-half of the remaining walnuts and again turn blender low for a few seconds. Add the remaining milk, cheese, and walnuts, the cayenne, and salt and blend to a smooth paste. To facilitate blending turn off blender occasionally and push ingredients down with a rubber spatula. Empty paste into a container with a lid. Cover and refrigerate.

At serving time empty paste into a small bowl, sprinkle with paprika. Serve as a dip with crackers, as canapés on toasted bread, or as small size sandwiches for tea parties.

MAKES 1½ CUPS PASTE.

MASHED CHICK-PEAS
Nohut Ezmesi

\[ 1 \text{ cup canned cooked chick-peas, skinned} \quad \text{Salt to taste} \\
\frac{3}{4} \text{ cup Tahin}^a \text{ oil} \quad 1 \text{ teaspoon paprika} \\
\frac{3}{4} \text{ cup lemon juice} \quad 1 \text{ tablespoon chopped parsley} \\
3 \text{ cloves garlic, crushed}
\]

Blender method: Put all ingredients, except paprika and parsley, alternately into a blender, blending a few seconds at a time until

^a Tahin oil, ground sesame seed oil, may be obtained from grocers and deli-casen shop specializing in Mediterranean foods.
all ingredients are used up. The result will be a thick, smooth paste.

*Hand method:* Put chick-peas through a sieve or food mill. Add Tahin oil and lemon juice alternately and beat into a smooth paste. Add garlic and salt and beat again until a thick smooth paste is obtained. This may be served several ways:

- Pour paste into a bowl, garnish with paprika and parsley. Serve as a dip with crackers.
- Make canapés with toasted bread cut into desired shapes, garnishing top with paprika and parsley.
- Cut celery stalks into inch long pieces and fill with paste. Sprinkle with paprika and parsley.
- Fill romaine lettuce leaves the same way as the celery.
- Make sandwiches on toasted or untoasted white bread.

*Both methods make 2 cups.*

**DAINTY FINGERS**

*Hanım Parması*

\[
\begin{array}{ll}
\frac{1}{2} \text{ pound ground beef} & 4 \text{ tablespoons bread crumbs} \\
2 \text{ medium onions, grated} & \frac{1}{2} \text{ cup chopped parsley} \\
2 \text{ eggs} & \text{Salt to taste} \\
1 \text{ tablespoon curry} & 2 \text{ cups salad oil}
\end{array}
\]

Put beef, onions, eggs, curry, bread crumbs, parsley, and salt in a bowl. Knead mixture well for 5 minutes until it makes a smooth paste. Take a small piece of the paste into your palm and roll to the shape of your little finger. Place each piece on wax paper until all the paste is used.

Heat oil in a frying pan over medium heat. Place fingers in the pan and fry until golden brown. Insert a toothpick in each finger and serve with French mustard. It is a popular hot cocktail dish.

*Makes about 50 dainty fingers. Serves 20 to 25 persons.*

**HORS D’OEUVRES**

**FISH ROE MIX**

*Tarama*

\[
\begin{array}{ll}
3 \text{ tablespoons lemon juice} & 1 \text{ tablespoon tarama*} \\
3 \text{ tablespoons olive oil or} & 3 \text{ tablespoons bread crumbs} \\
\text{salad oil} & 1 \text{ sprig parsley} \\
3 \text{ tablespoons sour cream} & \\
\end{array}
\]

Put one-third of each of the ingredients into the blender, except parsley, taking care to put the liquids in first. Turn the blender on high speed for 3 or 4 seconds. Add another third of the ingredients and again turn on the blender for a few seconds. Stop and add the remaining ingredients and blend a few seconds more. You will have a paste the consistency of thick mayonnaise.

Place the paste in a bowl, garnish it with parsley, and serve it with pumpernickel bread or unsalted round crackers.

If it is a big party, the amount of the ingredients may be doubled and the paste placed in a scooped-out cabbage. This makes a very attractive combination.

*Serves 10 to 12 persons.*

**STUFFED GRAPEVINE LEAVES**

*Yalancı Döba*

\[
\begin{array}{ll}
6 \text{ cups water} & \frac{1}{4} \text{ cup chopped dill (save stems)} \\
16 \text{ ounce jar grapevine leaves} & 2 \text{ tablespoons lemon juice} \\
2 \text{ large onions, coarsely grated} & \frac{3}{4} \text{ cup olive oil} \\
1 \text{ cup rice} & 1 \text{ teaspoon sugar} \\
3 \text{ tablespoons black currants} & 1 \text{ tablespoon allspice} \\
2 \text{ tablespoons pignolia nuts} & \text{Salt to taste} \\
\frac{1}{4} \text{ cup chopped fresh mint} & 2 \text{ cups unseasoned chicken} \\
\text{leaves} & \text{broth or water} \\
\frac{1}{4} \text{ cup chopped parsley (save} & 2 \text{ lemons, cut into wedges} \\
\text{stems)} & \end{array}
\]

Place 6 cups water in a saucepan and bring to a boil. Unroll leaves and place in boiling water. Boil for 2 minutes. Carefully
take leaves out with a perforated kitchen spoon and place in a
colander to drain. Separate leaves one by one without breaking,
remove stem and place around the rim of the colander.

Put onions into a mixing bowl. Add rice, currants, nuts, mint,
parsley, dill, lemon juice, oil, sugar, allspice, and salt. Mix well.

Put parsley and dill stems at the bottom of a heavy saucepan.
Take a vine leaf into your left-hand palm, rough side up and the
stem end toward you. Place 1 teaspoon of rice mixture, a little
more if the leaf is large, on the stem end. Fold stem end over and
then fold both sides securely. Roll to end of leaf.

Arrange rolled dolmas in saucepan over dill and parsley stems
in close rows. After the first layer start a new layer until all dolmas
are rolled.

Pour over broth or water. Cover dolmas with wax paper and
place a plate over the wax paper to give weight during cooking.
Cover and cook over medium heat until rice is tender and all the
water is absorbed, about 1 hour. If necessary more broth or water
may be added.

Remove from heat and cool, covered.

Arrange dolmas on a serving platter. Decorate with lemon wedges.
Serve cold as hors d’oeuvres. Also very good as a first course.

**Mak**es 40 dolmas.

Allow 4 per person as a first course.
Allow 2 per person as hors d’oeuvres.

**Liver Petites**

**Ciger Nezasi**

<table>
<thead>
<tr>
<th>1/2 cup flour</th>
<th>Salt to taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound calf’s liver cut up</td>
<td>2 scallions, chopped</td>
</tr>
<tr>
<td>into 1/2 inch cubes</td>
<td>1/4 cup chopped parsley</td>
</tr>
<tr>
<td>1 1/2 cups olive or salad oil</td>
<td>Toothpicks</td>
</tr>
</tbody>
</table>

Spread flour on wax paper. Dredge liver cubes well.
Heat oil to boiling point in frying pan. Place half the liver cubes
in oil and fry 3 to 4 minutes, turning them constantly with a
perforated kitchen spoon. Arrange them on a serving platter. Sprin-
kle over salt, half of the scallions, and half of the parsley. Place
a toothpick in each cube and serve hot.

Repeat same process using the same oil for a second serving
with the rest of the liver cubes.

**Makes about 40 cubes.**
Serves 12 to 14 persons.

**The Recipe**

Nasrettin Hoca had become very fond of the liver pettites his
friend the city councilman offered him on several occasions for
lunch. Finally, he asked him for the recipe. The councilman
brought it to him the next day, carefully described and written
up by his wife. Hoca placed it in his pocket and walked to the
butcher shop. He bought a pound of calf’s liver and had it diced
as described. As he came out the dogs that lingered around the
shop grabbed the package and ran away.

Unperturbed, Hoca shouted after them, “I wouldn’t bother if I
were you. It will be of no use. I have the recipe here in my
pocket.”

**Fried Mussels I**

**Midye Tavasi**

<table>
<thead>
<tr>
<th>20 mussels</th>
<th>1 1/2 cups salad oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup flour</td>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1 cup tomato juice</td>
<td>1 cup Tarator Sauce*</td>
</tr>
<tr>
<td>1 can beer</td>
<td>Toothpicks</td>
</tr>
<tr>
<td>2 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>a fork</td>
<td></td>
</tr>
</tbody>
</table>

Open mussel shells by inserting a knife along the flat side and
running it along to the other side. Cut off beard. Remove meat.
Discard shells. Wash and dry mussels. Flour each one separately.
Dip first into the tomato juice, then into beer, and last into the
beaten eggs. Fry in hot oil until golden brown on all sides. Sprinkle
with salt and pepper. Insert a toothpick into each mussel and serve
immediately with a bowl of tarator sauce. Place a little sauce on each mussel before eating.

**FRIED MUSSELS II**

*Midye Tavan*

- 20 mussels
- 1/2 cup flour
- 2 eggs, lightly beaten with a fork

Flour each mussel, dip into beaten eggs, and fry in hot oil until golden brown on all sides. Sprinkle with salt and pepper and serve with tarator sauce.

**PUMPKIN CHIPS**

*Bal Kabağı Kızartması*

- 8 tablespoons flour
- 1 cup water
- Salt and pepper to taste
- 1 pound pumpkin
- 1 cup salad oil
- Yogurt Sauce I*, optional

Beat together the flour, water, salt, and pepper until smooth. Peel pumpkin and slice into paper-thin chips. Dip into batter and fry in hot oil. Place each chip into a serving dish making a nice pile. Sprinkle salt on top of each layer. These may be served hot or cold, plain or with yogurt sauce.

Place yogurt sauce in a small bowl. Serve with chips as a dip.

**Salads**

Salads, fresh or cooked, are an important aspect of Turkish cuisine. During the hot, dry summer months they provide a cool, light lunch and at night they serve as refreshing side dishes to the main course.

The most prized and best green is undoubtedly the Turkish *marul* or romaine lettuce, which, unfortunately, has a short season. The romaine grows to very large proportions in Turkey, yet it is tender, sweet with a delicate taste. The heart can be eaten as is with a little salt added. In the old days in Istanbul there were numerous truck gardens which only grew romaine and people from all over the city went there to buy their supply fresh from the source.

Turkey abounds in a variety of greens, watercress, dandelion and mustard greens, many of which are available in the Italian markets in America. The Turkish salad is generally a mixture of these greens and can be varied to suit individual taste.

The dressing is almost always olive oil, lemon or vinegar or both with a dash of wine added if so desired. The Turks are particular when it comes to salad dressing. There is a saying in Turkish that a stingy person pours the oil, a generous one the vinegar, and a crazy one beats the dressing vigorously until well blended. It is then poured over the greens before serving. Often thin slices of green pepper are left to soak in the oil for 24 hours for a delicate flavoring. For those who like garlic chopped garlic can be marinated in the oil for a few hours. Neither the pepper slices nor the garlic is removed before the dressing is used.

The fresh salads are served in small separate dishes along with

**Makes 20 Pieces.**

**Serves 10 Persons.**

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*Who drinks on credit gets doubly drunk.*
the main course. The cooked salads provide the hostess with an
opportunity to exercise her imagination. Piyaz, Fava, and cauliflower
can be garnished according to individual taste; green and black
olives, hard-boiled eggs, radishes, scallions, tomatoes, cucumbers,
parsley, green or red peppers are the ingredients of the artist cook.
At a picnic lunch they often decorate the table as effectively as
flowers.

The Turkish people prefer to serve green salads with fried fish,
poultry, or meat. Spinach, fava, and eggplant are also served as
side dishes. With roasts and baked poultry a combination of tomato
and cucumber salad is preferred. Jerusalem artichokes and zuc-
chini are acceptable as side dishes.

When green or fresh salads are served for lunch, they are sup-
plemented with white cheese. A light, cooled white wine helps to
reinforce their taste.

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**MASHED BEAN SALAD**

_Fasulye Ezmesi_

1 can (1 pound, 4 ounces)
cooked white kidney beans, drained
3 tablespoons olive or salad oil
3 tablespoons yogurt
2 tablespoons lemon juice

1 tablespoon vinegar
Salt to taste
3 hard-boiled eggs, quartered
2 scallions, chopped with green tops
1 tablespoon chopped parsley

Put beans into a bowl and mash with a potato masher. Add olive oil, yogurt, lemon juice, vinegar, and salt one at a time, and continue to mash to a smooth purée. Place in a salad bowl and refrigerate until serving time.

Before serving, decorate with eggs, scallions, and parsley.

Serve as a salad for luncheons with cold cuts or for buffet dinners.

**SERVES 4 TO 6 PERSONS.**

**BEAN SALAD**

_Piyaz_

4 tablespoons olive or salad oil
4 tablespoons lemon juice
1 tablespoon wine vinegar
Salt and black pepper to taste
1 can (1 pound, 4 ounces) cooked white kidney beans, drained

1/4 cup chopped dill
1/4 cup chopped fresh mint leaves
1 large onion, cut in half lengthwise, then finely sliced
1 tomato, sliced
1 green pepper, sliced
8 black olives
2 hard-boiled eggs, quartered

In a large salad bowl place oil, lemon juice, vinegar, salt, and pepper and blend thoroughly. Add the drained beans and mix well. Sprinkle parsley, dill, mint, and onion slices over beans. Garnish with tomato, green pepper, black olives, and quartered eggs. This is a light luncheon dish for summer. It can be served as a side dish during the summer for a garden brunch. It also can be prepared in advance and taken for picnics.

**SERVES 6 PERSONS.**

**BEET SALAD**

_Pancar Salatası_

2 bunches beets, about 10 roots
3 teaspoons sugar
1/4 teaspoon garlic powder, optional
2 scallions, finely chopped, whites only

8 cups water
2 tablespoons olive oil

Remove stems and roots from the beets. Scrape the cut ends lightly but leave skin on. Wash in cold water.

Put beets, sugar, salt in 8 cups of water in a saucepan. Bring to a boil. Cook over medium heat until beets are tender and the water is reduced to 1/2 cup. If necessary more water may be added, but it must be reduced to 1/2 cup again.

Cool beets and peel off skins. Slice very thin into a salad bowl. Put beet juice in a small bowl. Add olive oil, vinegar, lemon juice, and garlic. Mix well, pour over sliced beets, cover and refrigerate. Serve in individual serving salad bowls and garnish with scallions.

**SERVES 6 PERSONS.**
CABBAGE SALAD
Lahana Salatası

1 small white cabbage, about 1 pound
2 tablespoons salt
1/2 cup chopped parsley
Lemon Sauce
1/4 cup roasted red peppers
(can be bought)
6 black olives

Cut cabbage in two and wash. Place on cutting board and shred very fine. Put in a bowl and add salt. Mix and knead by hand for 3 or 4 minutes. Wash several times with cold water. Drain well. Place drained cabbage in a salad bowl. Add parsley, pour over the sauce, and mix. Decorate with peppers and olives.

SERVES 6 PERSONS.

CAULIFLOWER SALAD
Karnubahar Salatası

5 cups water
2 tablespoons lemon juice
1 medium cauliflower
4 radishes, finely sliced
Salt to taste
Green Pepper Sauce
2 tablespoons chopped parsley
2 hard-boiled eggs, quartered

In a saucepan bring to a boil. 5 cups of water, add the lemon juice and the salt. Then add the whole cleaned and washed cauliflower. Boil until tender, 20 to 30 minutes. Allow to cool.

Remove cauliflower to salad bowl. Arrange egg slices around it. Decorate with olives, radishes, scallions, and parsley. Pour sauce on top and serve cold as a salad.

Also may be served as a luncheon dish and for cold buffet.

SERVES 6 PERSONS.

CAULIFLOWER TARATOR
Taratorlu Karnbahar

5 cups water
1 medium cauliflower
2 tablespoons lemon juice
Salt to taste

Put 5 cups of water into a saucepan with the lemon juice and salt. Bring to a boil and add the whole cauliflower, which has been washed. Boil until tender, 20 to 30 minutes.

Remove cauliflower to a serving bowl, preferably glass. Let cool, then pour tarator sauce on top and serve.

SERVES 6 PERSONS.

DANDELION GREENS
Hindiba Salatası

1 pound dandelion greens
6 cups water
1 tablespoon vinegar
1 teaspoon salt
Green Pepper Sauce
2 hard-boiled eggs, optional
6 black olives

Wash greens several times in cold water, discarding damaged outer leaves. Cut off brown part from roots. Cut in half crosswise.

Place 6 cups of water in a saucepan. Add 1 teaspoon salt. When water boils, add the greens and boil 5 to 8 minutes. Drain.

Place dandelion greens in salad bowl. Add lemon sauce and vinegar, mix gently. Garnish with black olives and quartered eggs.

SERVES 4 TO 5 PERSONS.
EGGPLANT SALAD

Pilipcan Salatası

4 large eggplants
5 tablespoons lemon juice
1/2 cup olive or salad oil
Salt to taste
1 tablespoon vinegar
g 6 black olives
1 small onion, cut in half lengthwise, then sliced
1 small green pepper, sliced and seeded
1 small tomato, sliced
1 tablespoon chopped parsley

Insert knife into eggplants about an inch deep at several places. Place them directly over a high gas flame and turn often so they will cook evenly. The skin will burn and turn black. If an electric stove is used, place the eggplant directly on the heating unit.

Put lemon juice in a bowl.

When eggplants are soft, skin them with a knife while still hot. Scrape out the seeds and drop eggplants into the lemon juice. Add oil, salt and vinegar and mash with a potato masher into a smooth paste.

Place paste on a platter. Decorate with olives, onions, green pepper, and tomato slices. Sprinkle parsley on top.

SERVES 6 PERSONS.

DRIED FAVA BEAN SALAD

Fava

1 1/2 cups shelled dry fava beans
1 large onion, quartered
2 quarts water
1 teaspoon sugar
2 tablespoons lemon juice
1 small onion, cut in half lengthwise, then sliced
1 tablespoon sour cream
1 bunch scallions chopped
2 tablespoons chopped dill
2 tablespoons chopped parsley
6 black olives
6 radishes

Soak beans overnight in cold water. Next day wash them and place in a saucepan with the onion and 2 quarts of cold water.

Salads

Cook until beans can be mashed easily, stirring occasionally to prevent scorching. Add more water if necessary. When beans are well cooked and all the water is absorbed, remove from heat, add sugar, salt, lemon juice, salad oil, and sour cream. Mash with a potato masher or put through food mill until they reach the consistency of mashed potatoes. Place in a flat serving platter, smooth the top, and allow to cool.

Garnish with scallions, dill, and parsley, and the olives and radishes. When chilled, the beans may be cut like a cake.

If desired, additional lemon and oil may be served with the salad.

SERVES 6 TO 8 PERSONS.

JERUSALEM ARTICHOKE SALAD

Yereimnas Salatası

1 pound Jerusalem artichokes
2 scallions, chopped
2 tablespoons lemon juice
4 cups water
4 large lettuce leaves

Lemon Sauce*

Pare artichokes and cut into two or three pieces, depending on the size of the artichoke. Place in cold water.

Add lemon juice to 4 cups of water in a saucepan. Bring to a boil. Add drained artichokes, cover and cook over medium heat until tender, 15 to 20 minutes. Drain them and cool.

Place whole lettuce leaves at the bottom of a salad bowl. Fill with artichokes. Decorate top with scallions and mint leaves. Pour sauce over and serve.

SERVES 4 PERSONS.
MASHED POTATO SALAD

Patates Ezmesi

- 8 medium potatoes
- 3 tablespoons lemon juice
- 3 cups water
- Salt to taste
- ¼ cup olive oil
- 1 cup finely chopped dill
- 1 very small onion, grated
- 8 black olives

Peel, quarter, and wash potatoes and place in a saucepan. Add 3 cups of cold water. Cook over high heat until potatoes are very tender and almost all the water is absorbed. Mash with a potato masher. While still hot, add oil and blend well with the masher. Continue to mash and add, one at a time, egg yolk, onion, lemon juice, salt, and dill until a smooth but not too thick purée is obtained. Place in a serving bowl with a flat bottom. Cool, then set in refrigerator for a few hours. Decorate with olives before serving. Serve as a salad for luncheons with cold cuts or for buffet dinners.

SERVES 6 PERSONS.

POTATO A LA TURCA

Patates Salatas

- 6 medium potatoes
- 1 tablespoon chopped dill
- 4 tablespoons vinegar
- Salt and pepper to taste
- 1 teaspoon ground mustard
- Dash cayenne
- 4 tablespoons salad oil
- 2 medium onions, cut in half lengthwise, then sliced
- 2 tablespoons lemon juice
- 10 black olives

Wash potatoes and cook in boiling water until tender. Drain and skin. Cut into halves and then slice halves very thin into a salad bowl. Add vinegar, cover and set aside.

Put mustard, oil, lemon juice, parsley, dill, salt, pepper, and cayenne in a separate bowl. Mix well and add to the potatoes. Put onions in a bowl with 1 tablespoon salt and knead well with hands to remove juice. Wash away salt under cold water several times. Squeeze out water and add to the potatoes. Blend without mashing the potatoes. Garnish top of bowl with olives and serve.

SERVES 8 PERSONS.

ROMAINE LETTUCE SALAD

Marul Salatas

1 romaine lettuce
2 scallions, chopped
¼ cup chopped fresh mint leaves

Discard the damaged and coarse outer leaves of the lettuce. Separate the rest one by one. Wash well.

Shred the large green leaves and place in a salad bowl. Arrange the small heart leaves over the top in an attractive pattern. Decorate with scallions and mint leaves. Pour sauce over the greens. Serve with fish, boiled chicken, or meat dishes.

SERVES 4 TO 6 PERSONS.

SHEPHERDS' SALAD

Çoban Salatas

½ head Boston lettuce, thinly sliced
2 radishes, thinly sliced
6 slices roasted red peppers (can be bought)
3 leaves romaine lettuce, thinly sliced
6 green olives
1 green pepper, seeded and thinly sliced
2 tablespoons chopped parsley
½ cucumber, peeled and thinly sliced
2 tablespoons chopped dill
1 tomato, thinly sliced
2 tablespoons chopped fresh mint leaves
Lemon Sauce* with
1 tablespoon vinegar added

Place all ingredients except lemon sauce into a salad bowl. Add sauce and toss well.

Very good with fish dishes, especially with broiled fish.

SERVES 5 TO 6 PERSONS.
**SPINACH ROOT SALAD**

*Sipra vıne* *Salatasi*

- 2 pounds fresh spinach
- Juice 1 lemon
- 5 cups water
- Salt to taste
- ¼ cup olive or salad oil
- 2 hard-boiled eggs, chopped
- 8 black olives

Prepare spinach as in Fried Spinach*. Use only roots. (Save leaves for frying. See Vegetables as Side Dishes*.)

Drop roots into 5 cups boiling salted water. Boil for 5 minutes or until roots are almost tender but not too soft. Drain.

Place oil and lemon juice in a bowl, add salt and pepper. Beat well.

Place spinach roots in a salad bowl. Pour sauce over roots and mix. Sprinkle chopped eggs on top and garnish with olives.

SERVES 4 TO 6 PERSONS.

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**TOMATO AND CUCUMBER SALAD**

*Domates Ve Hıyar Salatasi*

- 1 large tomato, peeled and sliced
- 1 tablespoon chopped fresh dill
- 1 medium cucumber, peeled and sliced
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh dill
- Lemon Sauce* with 1 tablespoon vinegar added

Arrange tomatoes and cucumber slices on a flat serving platter. Decorate with mint and dill. Pour sauce over and serve.

Very good with fish dishes, also with *Sis Kebabi*, *Sis Köfte* and *Kuru Köfte*.

SERVES 6 PERSONS.

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**TOMATO AND ONION SALAD**

*Sovani Domates Salatasi*

- 1 large onion
- 1 tablespoon salt
- 2 large tomatoes
- 1 small can (2 ounce) rolled fillets of anchovies
- 2 tablespoons chopped mint or parsley

Peel and wash the onion. Cut lengthwise into two pieces, then place each piece flat side down on cutting board and cut into very fine slices. Place in a bowl with salt and knead well with hands. Wash with cold water several times to get rid of all the salt. Then squeeze onions in palm of hand until dry. Spread on a flat serving platter.

Wash, peel, and seed tomatoes. Cut crosswise slices ¼ inch thick. Arrange over onions in platter. Decorate with fillets of anchovies and mint or parsley.

Pour sauce over and serve with beef, chicken, mushrooms, or *Talata Boerex*, or with fish and meat dishes.

SERVES 6 PERSONS.

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**ZUCCHINI SALAD**

*Kabak Salatasi*

- 6 medium tender zucchini
- 2 scallions, chopped
- 1 teaspoon salt
- 2 tablespoons chopped dill
- 2 medium tomatoes, peeled and sliced
- 6 black olives
- Lemon Sauce*
- 3 hard-boiled eggs, quartered
- 1 green pepper, seeded and chopped

Scrape and wash zucchini. Cook in boiling salted water until tender, about 15 to 20 minutes. Cool, drain well, and cut in slices ¼ inch thick. Arrange in the middle of a large platter. Place tomato slices
around zucchini, then the egg slices over the tomatoes. Mix green pepper, scallions, and dill together and spread over zucchini. Decorate with olives. Pour sauce over and serve.

This is a summer luncheon salad good with cold cuts.

SERVES 6 PERSONS.

ZUCCHINI YOGURT SALAD

Yoğurtlu Kabak Salatası

4 medium zucchini, unpeeled. Salt to taste
1/4 cup water
1/2 cup yogurt
2 cloves garlic, crushed
1/4 teaspoon dried mint leaves or 1 teaspoon fuyu
5 chopped dill

Grate zucchini coarsely. Place in a saucepan with margarine and 1/4 cup water. Cook over medium heat, stirring occasionally, until all the water is absorbed, and the zucchini is well cooked. Remove from heat, let cool.

Add yogurt, garlic, mint or dill leaves, salt, vinegar, and oil. Mix well, then refrigerate for about an hour or until serving time.

Sprinkle paprika on top if desired.

SERVES 4 PERSONS.

3. Sauces

Unlike the Americans, who usually boil or steam their vegetables, the Turks like to cook most of theirs with tomatoes, onions, seasoning, and a little water or broth thus producing their own sauce.

The principal Turkish sauce is Terbiye (lemon and egg sauce), which is easy to make and gives a special flavor to many main dishes and soups. Tarator Sauce adds an exotic flavor to fish and vegetables. Walnut Sauce is inevitable with boiled chicken.

 Yogurt flavored with garlic is served on fried eggplant, zucchini, and carrots. It not only lightens their taste but helps in their digestion. Yogurt with powdered sugar is served with many kinds of fruits. Without sugar it can top sweets such as baba-rhum. Lighter than cream it provides a special flavor. Finally Rose Sauce and Rose Water are recommended for an unusual touch for desserts.
LEMON SAUCE

Limon Salçası

\( \frac{1}{4} \) cup salad or olive oil  
5 tablespoons lemon juice  
Salt and pepper to taste  
\( \frac{1}{2} \) cup chopped parsley

Place oil in a bowl, add lemon juice, salt, and pepper. Beat with rotary beater. Add parsley and mix well.

For all salads, baked, broiled, or boiled fish, boiled or fresh vegetables.

MAKES ABOUT \( \frac{1}{2} \) CUP SAUCE.

LEMON AND EGG SAUCE I

Terbiye

2 egg yolks  
2 tablespoons lemon juice  
2 tablespoons cold water

Place egg yolks in a bowl and beat well with a rotary beater. Add lemon juice and water and continue beating until well mixed. This is a light lemon and egg sauce. It may be used with soups, some meat stews, and other meat dishes. It is poured over before serving.

MAKES \( \frac{1}{2} \) CUP SAUCE.