LEMON AND EGG SAUCE II
Terbiye

2 eggs
3 tablespoons lemon juice
1 cup clear chicken or meat stock (water may be substituted)

In a small saucepan, beat eggs until frothy. Add lemon juice and stir. Place over very low heat. Add stock slowly, stirring constantly. Continue to stir and cook until sauce is thickened, 10 to 15 minutes.

This sauce may be used over boiled fish and over meat stew, meatballs, meat dolmas. It is poured over before serving.

MAKES 1 CUP SAUCE.

ONION SAUCE
Piyaz

4 small onions
2 tablespoons salt
½ cup chopped parsley

Peel and wash the onions. 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.

Place onions in a small serving bowl. Add parsley and mix. For broiled or fried fish, bean salad, or fried calf’s liver. Use 1 or 2 tablespoons per serving.

MAKES 1 CUP SAUCE.

GREEN PEPPER SAUCE
Yeşil Biberli Salça

1 green pepper
½ cup olive or salad oil
5 tablespoons lemon juice
¼ teaspoon mustard
Salt to taste

Wash and cut pepper into two. Remove seeds. Slice on cutting board horizontally into very thin slices. Place in a bowl. Add oil, lemon juice, mustard, and salt. Mix well.

May be prepared several hours ahead of serving. Serve with salad. It may also be served with boiled potatoes and boiled zucchini.

MAKES A LITTLE OVER ½ CUP SAUCE.

TOMATO SAUCE
Tomates Salçası

5 medium ripe tomatoes or
1 can (16 ounce) whole
tomatoes and juice
3 tablespoons olive oil
1 tablespoon sugar
1 clove garlic, crushed, optional
1 bay leaf
Salt and pepper to taste
2 cups water
2 tablespoons vinegar

Place tomatoes in saucepan with oil, sugar, garlic, bay leaf, salt, and pepper. Add 1 cup water and cook over medium heat, uncovered, stirring and mashing tomatoes occasionally. Cook until tomatoes are soft, about 1 hour.

Add another cup of water and continue to cook, stirring occasionally, 30 to 40 minutes. Add vinegar. Stir and remove from heat.

Use cold on fried eggplant, boiled green beans, boiled pinto beans, and white kidney beans.

MAKES 1 CUP SAUCE.
TARATOR SAUCE
Tarator

1 cup pignolias nuts  2 cloves garlic, optional
1 cup olive oil  1 teaspoon salt
4 slices white bread with  ½ cup white vinegar
  crusts removed and soaked in water and squeezed dry

Soak pignolias nuts in cold water for 10 minutes; drain and dry on paper towel.
Place one-third of the nuts into blender. Add one-third of the oil, 2 slices of bread, cover and turn blender for several seconds.
Switch the blender on and off several times. Add half of the remaining nuts and half the remaining oil, the rest of the bread, garlic, and salt. Cover and turn blender on low for a few seconds. Turn it on and off a few times.
Last, add the remaining ingredients and vinegar. Turn blender on low until the sauce is smooth but not too thick.
Empty sauce into a container with a lid. Cover and refrigerate until ready to use.
This sauce is used frequently with boiled vegetables, such as cauliflower, boiled pinto beans, and boiled green beans. It may also be served over other vegetables and with Fried Mussels*.

WALNUT SAUCE
Ceviz Salçasi

1 ½ cups clear unseasoned chicken stock  1 clove garlic or ½ small onion, optional
2 cups walnut meats  Salt and pepper to taste
3 thin slices white bread with crusts removed and soaked in ¼ cup of the chicken stock  1 teaspoon paprika for decoration, optional

Empty yogurt into a bowl, add sugar and beat well.
Use on berries and other fresh fruit.

Sauces

Put one-quarter of the stock into blender, add one-half of the walnuts, 1 slice of bread (do not squeeze out liquid), cover and turn blender on low for a few seconds. Turn off.
Add half of the remaining stock, half of the remaining walnuts, another slice of bread; cover and turn blender on low. Turn it on and off a few times.
Last, add the remaining ingredients, garlic or onion, salt and pepper, and turn blender on and off a few times until sauce becomes a smooth paste the consistency of mayonnaise. If a lighter consistency is desired more stock may be added.
Serve on cold boiled chicken, on boiled vegetables, or on open toast for lunch. Decorate top with paprika.

MAKES 2 CUPS SAUCE.

YOGURT SAUCE I
Yoğurt Salçası

½ pint plain yogurt  ½ teaspoon salt
1 clove garlic, crushed, optional

Empty yogurt into a bowl, add salt, garlic. Beat well.
Use on fried vegetables, on some meat kebabs, and some meat dolmas.

MAKES 1 CUP SAUCE.

YOGURT SAUCE II
Yoğurt Salçası

½ pint plain yogurt  3 or 4 tablespoons confectioners' sugar

Empty yogurt into a bowl, add sugar and beat well.
Use on berries and other fresh fruit.

MAKES 1 CUP SAUCE.
ORANGE SAUCE
Portakal Salçan

6 medium oranges
12 cups water
2 cups sugar
2 tablespoons lemon juice

Peel oranges, then cut peel into thin strips, \( \frac{1}{10} \) inch wide and 1½ inches long. Bring 10 cups of water to a boil in a saucepan, add orange peel and cook for 30 minutes. Reserve 1 cup cooking water for later use, if desired. Drain.

Place sugar in a saucepan, add 2 cups of water, and dissolve over medium heat, stirring occasionally. If a stronger orange flavor is desired, use 1 cup of plain water and 1 cup of the water in which peel was first cooked. Add orange peel and cook over low heat for about 1 hour or until a light syrupy sauce is achieved. Add lemon juice and cook for another 5 minutes. Remove from heat and cool.

May be served with plain milk puddings, custards, vanilla ice cream, or orange sherbet.

MAKES 3 CUPS SAUCE.

Honey loosen one's tongue.

4. Soups

Soups are an important part of the Turkish cuisine. In the cold months, the farmers begin their day with tarhana, which is a mixture of yogurt, mashed tomatoes, and wheat flour. This is dried in the sun during the summer and stored for the winter.

The Turks divide their soups into two categories: the substantial, such as Lentil Soup, Tripe, and the Wedding Soup, which are served for lunch when the meal is a light one as they are good fortifiers on a cold day.

As the Americans reach for Alka Seltzer after imbibing too much, the Turks rely on Tripe Soup, which is supposed to settle a queasy stomach and sober up a man.

The second category, which comprises the light soups, is reserved for more formal occasions. Chicken Vermicelli, Cultured Chicken, Yogurt Beef Soup, constitute the first course of a dinner.

Turquois, the famous cold Turkish soup, deserves a special mention. During the hot summer months, it can be served for lunch or as an appetizer. In the old Turkish tradition, turquois is also served as a salad to accompany barbecued meats.
**Soups**

Chicken Vermicelli Soup  57  
Cultured Chicken Soup  57  
Fall Soup  58  
Farina Soup  58  
Hittite Soup  59  
Lentil Soup I  60  
Lentil Soup II  60  
Red Lentil Soup  61  
Cold Tomato Soup  62  
Tripe Soup  62  
Turquiose  63  
Wedding Soup  64  
Yogurt Beef Soup  65

---

**CHICKEN VERMICELLI SOUP**  
*Şehriyeli Tavuk Suyu*

2 tablespoons butter  
2 cups broken vermicelli pieces  
1/4 cup chopped parsley  
4 cups chicken broth  
1/2 lemon

Melt butter in a saucepan. Fry vermicelli over medium heat until golden brown, stirring with a wooden spoon. Add broth and cook for 15 minutes or until vermicelli is tender. Add salt and pepper. Sprinkle parsley on top and serve with a slice of lemon on the side.

This is a light soup. It can be served for dinner even in summer. It is good for people who are ill and should eat lightly.

SERVES 6 PERSONS.

---

**CULTURED CHICKEN SOUP**  
*Teribiyeli Tavuk Suyu*

4 cups clear seasoned chicken broth (canned or instant  
chicken broth may be used)  
3 tablespoons lemon juice  
1 tablespoon finely chopped parsley  
2 eggs

Heat broth to boiling point. Lower heat. Beat eggs in a bowl with a rotary beater until frothy. Add lemon juice and beat again. Add a few spoonfuls of hot broth to eggs and continue to beat. Do this 4 or 5 times, beating each time. Remove broth from heat. Add egg mixture to broth slowly, stirring all the time.

Serve in teacups topped with parsley, and Cigarette Boereks*.

SERVES 6 PERSONS.
FALL SOUP  
*Domatesli Piring Çorbası*

\(\frac{1}{4}\) cup rice  
1 onion, grated  
2 green peppers, chopped  
4 large tomatoes or 3 tablespoons tomato paste  
4 cups beef broth  
1 tablespoon butter

Wash rice and place in a saucepan. Add onion, green peppers, cut-up tomatoes, beef broth, butter and simmer over medium heat for 45 minutes. Add milk, salt and pepper to taste and continue simmering for 20 minutes, or until rice is well cooked. Add parsley, stir, and cook for 5 minutes more. If the soup is too thick a little broth or water may be added. Serve with Toasted Bread Cubes.

**SERVES 6 PERSONS.**

TOASTED BREAD CUBES: Cut white bread into half inch cubes, place on an oven tray, and toast in hot preheated 400 degree F. oven until golden brown.

FARINA SOUP  
*Irnik Çorbası*

5 fresh or canned whole tomatoes, diced  
\(\frac{1}{4}\) cup water  
4 tablespoons butter  
\(\frac{1}{2}\) cup farina  
8 cups chicken stock  
Salt to taste  
3 eggs  
\(\frac{1}{2}\) cup milk

Place tomatoes in a small saucepan, add \(\frac{1}{4}\) cup water and cook over medium heat about 30 minutes, stirring occasionally until tomatoes are very soft. Set aside.

Place butter in a saucepan, add farina, sauté over medium heat, stirring all the time for 4 minutes. Add stock and stir. Simmer over medium heat for 20 minutes. Add salt and the cooked tomatoes. Stir and simmer for another 5 minutes.

Beat eggs well. Add milk and beat again. Beat a little of the hot soup into egg mixture. Repeat this several times. Then fold egg mixture slowly into soup, stirring constantly. Serve immediately with warmed sesame crackers.

**SERVES 8 TO 10 PERSONS.**

HITTITE SOUP  
*Domatesli Mercimek Çorbası*

1 cup red lentils  
3 cups beef broth  
1 medium onion, grated  
3 tablespoons butter  
2 tablespoons flour  
3 cups tomato juice  
Dash cayenne  
Salt and pepper to taste

Place lentils and beef broth in a saucepan. Cook until lentils are tender, about 30 minutes.

Sauté onions in butter for 3 minutes. Add flour and continue sautéing over medium heat for 5 minutes more, stirring all the time with a wooden spoon.

Add tomato juice gradually, stirring all the time until it starts bubbling. Still stirring, add the cooked lentils, cayenne, salt, and pepper. Let soup simmer for 30 minutes over low heat.

If the soup is too thick, a little broth or water may be added. Serve in individual bowls with Toasted Bread Cubes.

**SERVES 6 TO 8 PERSONS.**
LENTIL SOUP I
*Mercimek Çorbası*

2 cups dried lentils  1/4 pound beef, cut into 1/4 inch cubes
4 cups water  3 large tomatoes, chopped
1 tablespoon butter  1 tablespoon tomato paste
1 onion, grated  5 cups beef broth
1 tablespoon rice  Salt and pepper to taste
1 small carrot, grated

Wash lentils and boil in a saucepan with 4 cups of water for 15 minutes. Drain and set aside.

Place butter in a saucepan, add onions and sauté about 3 minutes. Add rice, carrot, beef, lentils, tomatoes, tomato paste, and broth. Cook over medium heat, stirring occasionally until all ingredients are cooked, about 20 to 30 minutes. Add salt and pepper and continue cooking for 3 minutes more.

SERVES 8 TO 10 PERSONS.

LENTIL SOUP II
*Mercimek Çorbası*

3 cups dried lentils  2 tablespoons butter
13 cups water  3 tablespoons flour
1 carrot, diced  2 eggs
2 large onions, grated  3 tablespoons vinegar
3 cups beef broth  1 teaspoon paprika
Salt and pepper to taste

Soak lentils in 6 cups of cold water for 2 hours. Drain.

Place lentils in a saucepan with the carrot, 1 grated onion, and 7 cups of cold water. Boil until all ingredients are done, about 30 minutes, then put through a food mill. Add hot broth, salt, and pepper, and simmer over very low heat.

Place 1 tablespoon butter in a saucepan, add the remaining grated onion, and sauté for 2 minutes over low heat, stirring constantly with a wooden spoon. Add the flour and continue cooking for 5 minutes more, stirring constantly. Add the flour mixture to the soup a little at a time, stirring constantly. Simmer 10 to 15 minutes on low heat.

Beat 2 eggs with a rotary beater. Add vinegar and beat well. Slowly add egg mixture to the soup, stirring all the time. Remove from heat and empty into a hot soup tureen.

If soup is too thick, a little broth or water may be added.

Heat 1 tablespoon butter, add paprika, stir and pour over the soup and serve.

SERVES 10 TO 12 PERSONS.

A heavy cauldron takes long to boil.

RED LENTIL SOUP
*Kırmızı Mercimek Çorbası*

2 medium onions, chopped  4 cups chicken or beef broth
4 tablespoons butter  2 tablespoons flour
1/2 pound red lentils  2 egg yolks
4 cups water  1 cup milk
Salt and red pepper to taste

Place onions in saucepan, add 2 tablespoons butter, and sauté over medium heat for 5 minutes. Add red lentils and 4 cups of water. Cook over medium heat, stirring occasionally, until lentils are tender, about 30 minutes. Add salt, red pepper, and the 4 cups of hot broth and boil for another 2 minutes. Remove from heat, strain through food mill. Return to saucepan and keep warm.

Put 2 tablespoons of butter in a saucepan, add flour and cook over medium heat, stirring constantly with a wooden spoon for 5 minutes. Remove from heat. Beat egg yolks and add to flour mixture, a little at a time, stirring constantly. Add milk the same way, a little at a time.

Now add this mixture to the lentils, again a little at a time, stirring constantly. Heat and serve with Toasted Bread Cubes*. This is a good winter soup. With salad it is a good luncheon dish.

SERVES 8 PERSONS.
COLD TOMATO SOUP
Soğuk Domates Çorbası

1½ pint yogurt  
3 cup pure tomato juice  
1 tablespoon olive or salad oil  
2 tablespoons lemon juice

2 tablespoons vinegar  
½ tablespoon curry  
Salt to taste  
2 tablespoons chopped parsley

Whip yogurt until smooth, then add tomato juice, oil, lemon juice, vinegar, curry, and salt. Blend well. Cover bowl and refrigerate for 4 or 5 hours.

Serve in small bowls and sprinkle with chopped parsley.

This makes a good summer soup followed by grilled meat, hamburgers, or frankfurters.

SERVES 6 PERSONS.

TRIPE SOUP
İskembe Çorbası

4 pounds tripe, frozen  
5 cups water  
Salt and pepper to taste  
4 tablespoons butter  
2 tablespoons flour

2 eggs  
Juice 2 lemons  
1 teaspoon paprika  
Dash cayenne  
4 slices white bread for Toasted Bread Cubes*

FOR VINEGAR SAUCE:
6 tablespoons vinegar  
4 cloves garlic, crushed

Wash tripe thoroughly and place in saucepan. Add 5 cups of water, cover, and cook over medium heat for 3 hours, adding more water as it boils away. Remove tripe and save stock; put tripe through meat grinder or chop into small pieces. Return it to stock. Season with salt and pepper. Cook over medium heat for 2 hours more.

Melt 2 tablespoons butter in a small saucepan, add flour and cook for 3 minutes, stirring all the time with a wooden spoon.

Gradually add a little soup to the butter and flour mixture and stir well to prevent lumps. Blend this into the soup slowly. Cook 10 minutes longer, stirring all the time. If less thick soup is desired, flour and butter mixture may be omitted. Keep soup warm.

Beat eggs well with a rotary beater, add lemon juice and beat again.

Remove eggs from heat, add the lemon and egg mixture slowly so as not to curdle the eggs, stirring all the time.

Melt remaining 2 tablespoons butter until very hot. Add paprika and a dash of cayenne. Stir well.

Pour soup into a serving bowl, decorate top with the hot butter and paprika. When serving, sprinkle a few toasted bread cubes and a little vinegar sauce on each soup plate.

This is a cold weather soup, good after cocktails or late in the evening after the theater.

SERVES 10 TO 12 PERSONS.

VINEGAR SAUCE: Place vinegar in a sauceboat, add crushed garlic, and stir well.

TURQUOISE
Cacık

1 large cucumber  
1 clove garlic  
1 tablespoon vinegar  
1 pint yogurt  
2 tablespoons chopped dill

2 tablespoons chopped fresh mint or 1 tablespoon dried mint  
3 tablespoons salad or olive oil (preferably olive)

Peel cucumber, grate finely into a bowl, and sprinkle with salt. Rub a soup bowl with garlic, discard, and swish the vinegar in it to collect flavor.

Add yogurt, grated cucumber, dill, mint and oil to the garlic-vinegar bowl and stir until mixture is consistency of thick soup. If too thick add 3 tablespoons of plain water. Cover and place bowl in refrigerator.

Serve very cold in small individual bowls.

SERVES 4 TO 6 PERSONS.
WEDDING SOUP

**Diğer Çorba**

<table>
<thead>
<tr>
<th>2 pounds lamb or beef bones</th>
<th>8 tablespoons butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>with a little meat on them</td>
<td>¼ cup flour</td>
</tr>
<tr>
<td>1 onion</td>
<td>2 egg yolks</td>
</tr>
<tr>
<td>1 medium carrot</td>
<td>Juice ¼ lemon</td>
</tr>
<tr>
<td>5 cups water</td>
<td>½ tablespoon paprika</td>
</tr>
<tr>
<td>Salt to taste</td>
<td>Dash cayenne</td>
</tr>
</tbody>
</table>

Place meat and bones in a saucepan, adding the peeled onion and scraped carrot. Add 5 cups of cold water and the salt, cover and cook over medium heat until meat is tender, about 1 hour. Remove from heat, strain stock, shred the meat and add to the stock.

In a saucepan melt 6 tablespoons of the butter, add flour and stir constantly over low heat until mixture is thoroughly blended, about 6 minutes. Add the meat stock to this mixture gradually, stirring constantly. Simmer for about 10 minutes. Remove from heat, but keep warm.

Beat egg yolks with a rotary beater, add lemon juice and gradually stir 2 tablespoons of hot soup into this mixture. Then pour it into the soup gradually, stirring all the time. Melt the remaining 2 tablespoons of butter in a small saucepan, add paprika and cayenne. Garnish soup with this mixture. Serve with Toasted Bread Cubes.

This is a rich soup. Traditionally it is served at wedding meals. It makes a good first course for a more formal dinner. It also can be served as a light lunch with crackers. If soup is too thick a little broth or water may be added.

SERVES 6 TO 8 PERSONS.

THE WEDDING SOUP

On his way to preach at a mountain village Nasrettin Hoca, the Turkish sage, was lost in an unexpected snowstorm. The next morning the villagers found him half frozen under an oak tree, a mile beyond the village inn. When he came to himself he thanked the people at the inn for saving his life. "I warmed myself by watching the glow of the inn's light," he said.

Thereupon, the villagers rejoiced for saving Hoca's life and asked him for a show of true appreciation. Hoca accepted the challenge and offered to prepare a feast for them.

Next evening the elders of the village gathered at the inn. They sang and danced, praising Hoca's hospitality. Hours passed, and the guests began to cluster around the empty table. Hoca kept dashing in and out of the kitchen but returned always empty-handed. Finally, their patience exhausted, they pressed Hoca to serve them. "A festive occasion like this calls for a wedding soup. Come and see how it is being prepared," he said, smiling, and led them to the kitchen.

They saw a huge cauldron hanging from the ceiling with a tiny candle underneath.

"You don't expect this candle to cook the soup," they shouted. "Why not, if the glow of the inn's light warmed me. Why not?" remonstrated Hoca. "If the glow of the inn's light can keep a poor soul in the forest warmed up, surely, a candle can cook a cauldron of wedding soup."

YOGURT BEEF SOUP

**Yayla Çorba**

<table>
<thead>
<tr>
<th>1 pint yogurt</th>
<th>6 tablespoons butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups beef broth</td>
<td>94 cup flour</td>
</tr>
<tr>
<td>¾ teaspoon garlic, salt, optional</td>
<td>2 tablespoons dried mint leaves</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

Put yogurt, garlic salt, salt, and pepper in a mixing bowl. Add cold broth slowly, stirring to smooth consistency. Melt butter in saucepan, add flour slowly, stirring constantly over low heat for 5 minutes. Add yogurt and broth mixture gradually, stirring constantly, until it boils. Boil for 5 minutes, remove from heat, and pour into soup bowls. Garnish top with dried mint leaves.

This is a creamy soup with an unusual sourish flavor. It is a good appetizer for a formal dinner.

SERVES 6 PERSONS.
5. Eggs

Eggs are an invaluable part of Turkish cuisine and they are the ingredient of many dishes. Fish and several vegetables are first dipped in egg batter and fried.

In the past, they were served as a first course. During Ramadan, a sacred month in the Mohammedan calendar, when people fasted from sunup to sundown, eggs fried with chopped meat and onions were offered to break the fast. Hardly ever eaten at breakfast, eggs constitute the main course for lunch. When served for lunch they are accompanied by a green salad, romaine lettuce in season, with tomatoes and scallions. At formal dinners egg dishes are served as appetizers but only in winter.

The Turkish hostess prides herself on owning a variety of colorful enameled skillets. Eggs are brought to the table in the skillet they are cooked in, which also prevents the breaking of the eggs.
Baked Eggs

4 large ripe tomatoes
4 teaspoons butter
4 eggs
4 tablespoons grated Parmesan cheese

Preheat oven to 400 degrees F.
Slice through top of tomatoes, but do not sever it, for it will serve as a cover. Scoop out inside and discard. Place 1 teaspoon butter into each tomato, cover with top, place tomatoes in baking dish and bake for 15 minutes.
Remove tomatoes from oven, lift cover, break 1 egg into each tomato. Top eggs with 1 tablespoon cheese and 1 teaspoon parsley, salt, and pepper. Replace cover, put back into oven and bake for 10 minutes more or until eggs are cooked. Serve immediately.

SERVES 4 PERSONS AS AN APPETIZER.

Ground Meat Eggs

1 large onion cut in half, then sliced
2 tablespoons butter
1 pound ground lamb or beef, diced

1 tablespoon chopped parsley
Salt and pepper to taste
6 eggs
1 teaspoon paprika

Place onions in a frying pan, add butter and sauté for 2 minutes, stirring constantly with a wooden spoon. Add meat and continue to sauté until meat turns brown and is crumbly, about 10 minutes.
Add tomatoes, parsley, salt, and pepper, mix well, cover and simmer for 10 minutes.

Uncover, make six spaces for the eggs by separating the meat mixture. Break 1 egg into each space. Sprinkle eggs with paprika. Cover and cook over low heat for 4 minutes and serve.

SERVES 6 PERSONS AS AN APPETIZER, OR 3 PERSONS AS A LUNCHEON DISH.

ONION EGGS
Sovanlı Yumurta

4 medium onions cut in half, then sliced
2 tablespoons butter
½ cup water

¾ teaspoon sugar
4 eggs
Salt, pepper, and allspice to taste

Place onions in a frying pan, add butter and sauté lightly over medium heat. Add the water and sugar, cover and cook until all the water is absorbed and the onions are tender.

Make four spaces for the eggs by separating onions. Break eggs into these spaces. Sprinkle salt, pepper, and allspice on top of eggs. Cover and cook until eggs are set. Serve immediately.

SERVES 4 PERSONS AS AN APPETIZER, OR 2 PERSONS AS A LUNCHEON DISH.

PASTIRMA EGGS
Pastırma Yumurta

2 onions cut in half, then sliced
3 tablespoons butter
3 tablespoons tomato juice

½ pound pastırma³, sliced thin
4 eggs
Salt and pepper to taste

Place frozen spinach in a frying pan. Add butter and onion and sauté over medium heat, stirring frequently for about 30 minutes. The spinach will defrost as it cooks. Add sugar, salt, and cheese, and blend all ingredients thoroughly.

Make four spaces for the eggs by separating the mixture. Break eggs into these spaces. Sprinkle them with pepper, cover, and cook until eggs are set. Serve immediately.

SERVES 4 PERSONS AS AN APPETIZER, OR 2 PERSONS AS A LUNCHEON DISH.

Eggs

Put onions in a frying pan. Add butter and sauté lightly over medium heat for about 5 minutes. Add tomato juice and cook for 3 minutes. Add pastırma slices, stir and cook for 2 minutes more.

Make four spaces by separating the pastırma and onion mixture. Break 1 egg into each space. Sprinkle eggs with salt and pepper. Cover and cook over medium heat for 5 minutes and serve.

SERVES 4 PERSONS AS AN APPETIZER, OR 2 PERSONS AS A LUNCHEON DISH.

SPINACH EGGS
Ispanaklı Yumurta

1 package (10 ounce) frozen chopped spinach
4 tablespoons butter or margarine
1 medium onion, grated
1 teaspoon sugar

Salt to taste
4 tablespoons grated Parmesan cheese
4 eggs
Pepper to taste

³ Pastırma, a dried meat covered with garlic paste, may be obtained from groceries and delicatessens specializing in Mediterranean foods.
SUMMER EGGS

Yaz Yumurtasi

2 medium onions cut in half, then sliced
3 tablespoons butter
3 green peppers, sliced thin
3 medium tomatoes, sliced thin

\( \frac{1}{2} \) cup chopped parsley
\( \frac{1}{2} \) cup water
Salt and pepper to taste
6 eggs
1 teaspoon paprika

Place onions in a frying pan. Add butter and sauté lightly over medium heat for about 5 minutes. Add green peppers, tomatoes, parsley, \( \frac{1}{2} \) cup water, salt, and pepper. Stir. Cook covered until peppers and tomatoes are soft and no water is left in the pan, about 30 minutes.

Remove lid, make six spaces for the eggs by separating the vegetable mixture. Break 1 egg into each space. Sprinkle eggs with paprika. Cover and cook over medium heat for 5 minutes and serve.

SERVES 6 PERSONS AS AN APPETIZER, OR 3 PERSONS AS A LUNCHEON DISH.

EGGS WITH YOGURT

Çilbir

1 clove garlic
2 cups yogurt
Salt to taste
4 eggs

\( \frac{1}{2} \) tablespoon vinegar
2 tablespoons butter
1 teaspoon paprika
Dash red pepper

Rub a bowl with garlic and discard; add yogurt and salt. (If stronger garlic flavor is desired crush garlic and mix with yogurt.) Place bowl on a hot plate and stir occasionally until yogurt is warm, not hot.

Poach eggs in water to which vinegar has been added. Pour yogurt on a hot platter, drain eggs with a perforated large kitchen spoon, and place on top of yogurt.

Heat butter in a small pan, add paprika and a dash of red pepper. Pour on top of the eggs and yogurt. Serve immediately.

SERVES 4 PERSONS AS AN APPETIZER, OR 2 PERSONS AS A LUNCHEON DISH.
6. *Fish*

Fish is a top culinary delight in Turkey. Every region prides itself on its own particular type. The Black Sea with its cold and dark waters yields the sturgeon. Underneath the towers of Trebizond fresh Turkish caviar with the Turkish brand of vodka competes with the best Russian variety. The same waters produce the “Kalkan,” a kind of turbot which fried or steamed is a delight to taste. But the Black Sea people are mostly associated with the Hamsi, the brisling, and the Turks say, “allowed the opportunity the Black Sea-ers will use the brisling even in their jam.” The people of the Aegean pride themselves on the Chipura, a pompano-like flat fish which is broiled and served with a lemon and oil sauce. Taken with raki a Chipura dinner ends inevitably with the men taking the floor to dance the “Zeybek.” The red mullet of the Aegean is the aristocrat but is offered at more official occasions. The Iskenderun coastline, the Riviera of Turkey, yields a good crop of shrimp. The shipful or two that reaches the New York market once or twice a year commands the highest prices.

Above all, Istanbul is the fish city par excellence. In the Bosporus, the cold waters of the Black Sea mix with the warm currents of the Mediterranean and provide the best varieties of both. In fact, it is the fish that determine the change of seasons in Istanbul. “The Uskumru is back,” they say, and they mean that the summer has ended. When they see myriad lights sparkling the dark waters of the Bosporus at night, they know that the fishermen have gone to meet the “lifer,” a kind of cross between bluefish and trout, and take out their topcoats for the first bite of the winter. The “Palamut,” a kind of bonito, announces the coming of the first snows, and
when its elder brother the "Torik" makes its appearance there are
piles of snow on the ground and at times ice in the Bosphorus. The
"Kalkan" is the harbinger of spring. When the "Tekir," the freckled
redhead with its shining colors, takes its place in the fish stalls,
summer with all its Ottoman glory has burst upon the Istanbullites.

Truly, the fishmongers are among the most interesting characters
and their shops rank as the most colorful in the city. The fish
are displayed in large wooden trays, three to four feet in diameter,
placed in semi-inclining positions in front of the store. They are
organized in rows of two or three trays. Depending on the size
of the shop they can be three or four trays deep. The shops have
no windows, no doors, winter and summer they are completely
exposed. In the interior, white marble slabs serve for the cutting
and cleaning of the fish. With their copious moustaches fishermen
affect virility and each has his individual expression in declaiming
loudly to the passing public the delights of his fish.

Fish in the Turkish cuisine is served broiled, steamed, fried,
baked. It is served as a main course. The Uskumru, the Palamut,
and the sturgeon are available smoked in season. The Palamut
transforms itself into Lakerda under a special treatment of semi-
salting. With an oil-lemon sauce it serves as a delightful accompany-
ment to raki. "Chiroz," a dried mackerel, beaten soft and soaked
in vinegar, garnished with dill, is cherished as an Istanbul speciality.

Only mussels have demanded special treatment. The Turks have
really applied their culinary imagination to them. And almost all
of the mussel courses appeal to the American taste.

I have often served Fried Mussels with Tarator Sauce as a first
course, provoking real gourmet appreciation. I have also discovered
that Mussel Pilav elicits considerable approval as a buffet dish.

In many cases I have substituted for some of the Turkish varieties
fish more commonly found in America. The Turkish manner of
cooking them, indeed, gives them a new flavor worth tasting. Sal-
on or flounder in casserole are two good examples. Swordfish
on Spits served as a first course adds distinction to your meals.
Striped Bass Plaki, or Mussel Plaki are equally serviceable as first
courses or at buffet dinners. Turkish Fish Balls, altogether different
from American fish balls, served hot or cold, provide variety as
appetizers at formal cocktail parties.

Baked, fried, or broiled varieties included in my recipes make
good main courses, especially for luncheons. Baked dishes should
be cooked preferably in dishes that can be brought to the table.
Although white wine is the universal prescription for fish many of the Turkish fish recipes go well with rosés and the fried variety goes well with beer.
Fish

Baked Bass 79
Striped Bass Plaki 79
Broiled Cod Fillets 80
Baked Cod Fillets 81
Fried Cod Fillets 81
Fish Balls 82
Five Fingers 83
Flounder Casserole 83
Baked Halibut with Green Pepper 84
Broiled Mackerel 84
Mackerel Papillote 85
Mussel Pilav 86
Mussel Plaki 87
Stuffed Mussels 88
Salmon Green Pepper Casserole 89
Sardines in Grapevine Leaves 89
Sole Oriental 90
Baked Swordfish 91
Swordfish on Spits 91

BAKED BASS
Levrek Firinda

2 medium onions cut in half lengthwise, then finely sliced
4 tablespoons salad or olive oil
1 clove garlic, crushed, optional
Paprika to taste
4 bass steaks, 1 inch thick
Salt to taste
4 tablespoons lemon juice
4 tablespoons tomato juice
¼ cup chopped parsley

Preheat oven to 400 degrees F.
Place onions in a frying pan with oil and sauté until golden brown. Add garlic and paprika.
Place fish steaks in greased baking dish and sprinkle with salt.
Spread onion mixture over them. Then pour lemon and tomato juices over the top. Bake for 20 to 25 minutes or until fish is cooked.
Decorate with chopped parsley and serve.

SERVES 4 PERSONS.

STRIPED BASS PLAKI
Levrek Plaki

3 medium onions cut in half lengthwise, then finely sliced
1 large carrot, sliced thin crosswise
1 stalk celery, chopped
2 parsley roots, chopped
¼ cup salad or olive oil
3 cloves garlic, chopped
2 medium potatoes, peeled and diced
½ cup water
1 medium striped bass
½ lemon, sliced
2 tablespoons tomato paste diluted with ¼ cup water
2 medium tomatoes, sliced
Salt and pepper to taste
¼ cup white wine
2 tablespoons chopped parsley

Place onions, carrots, celery, and parsley roots in a frying pan. Add oil and sauté over medium heat for about 8 minutes, stirring con-
The Art of Turkish Cooking

BROILED COD FILLETS
Morina Isgarasi

1 tablespoon oil
6 slices cod fillets, ½ inch thick
Salt and pepper to taste

About 40 bay leaves
12 small onions, peeled, cleaned and cut into halves
Lemon Sauce*

Preheat broiler.
Grease an oven pan with the oil, place each fillet on the greased pan, and sprinkle with salt and pepper. Cover fillets completely with bay leaves.
Place onion halves between fillets. Broil under the broiler until bay leaves turn black, 10 to 15 minutes. Then put pan in the oven for 5 to 10 minutes right over the broiler flame, so that the under side of the fillets are cooked. If using an electric stove, broil top side first, then turn off broiler. Set oven at 400 degrees F. and bake for 5 to 10 minutes.
Discard bay leaves. Remove fillets to a serving platter. Decorate with onions. Serve with lemon sauce.

SERVES 6 PERSONS.

BAKED COD FILLETS
Morina Firinda

2 tablespoons olive or salad oil
4 slices cod fillets, 1 inch thick
Salt and pepper to taste
5 scallions, including green tops, coarsely chopped

2 tablespoons tomato paste diluted in ½ cup water
or 2 fresh tomatoes, sliced ½ lemon, sliced thin
½ cup chopped parsley
½ cup white wine

Preheat oven to 350 degrees F.
Oil a baking dish that can be brought to the table. Place fillets in the baking dish next to each other. Sprinkle with salt and pepper and spread the scallions over them. Pour on tomato paste or place tomato slices on top of fillets.
Decorate with lemon slices. Sprinkle with parsley. Bake 30 minutes or until fish is tender. Add wine and bake 3 minutes more.
Serve hot or cold with Mashed Potato Salad*.

SERVES 4 PERSONS.

FRIED COD FILLETS
Morina Tavasi

Salt to taste
4 slices fish fillets, ½ inch thick
½ cup flour

1½ cups salad or olive oil
1 lemon, quartered

Salt fillets.
Spread flour on a piece of wax paper and coat fillets on both sides. Fry in very hot oil until golden brown, about 4 minutes on each side.
Serve hot with a tablespoon of onion sauce on top of each fillet

*The amounts called for in recipe for onion sauce can be halved to yield the smaller amount needed here for less waste.
and a piece of lemon on the side. Serve boiled or fried potatoes and Romaine Lettuce Salad* with the fillets.

SERVES 4 PERSONS.

FISH BALLS
Balık Köftesi

FOR BOILING FISH:
1 1/2 cups water
1 small onion, quartered
2 sprigs parsley
1 small carrot
2 lemon slices
1 bay leaf
Salt and 5 peppercorns
Approximately 1/4 pound mackerel or halibut or sea bass

FOR FISH BALLS:
1 cup boiled fish meat
1 slice white bread, soaked in water and squeezed dry
2 eggs
2 scallions, including green tops, chopped
2 tablespoons chopped dill
2 tablespoons chopped parsley
2 tablespoons black currants
2 tablespoons pignolia nuts
1/2 teaspoon allspice
Salt and pepper to taste
1 cup salad oil or shortening

Bring to a boil 1 1/2 cups water, with the onion, sprigs of parsley, carrot, lemon slices, bay leaf, salt, and peppercorns. Add cleaned and washed fish, cover and cook 10 to 15 minutes or until fish is tender. Remove fish from pan and cool. Then remove all bones and skin from the fish.

Place fish in a bowl. Add bread, eggs, scallions, dill, parsley, currants, nuts, allspice, salt, and pepper. Mash with a fork, working into a smooth paste. With the paste form croquettes about 2 1/2 inches long and roll in flour.

Fry in hot fat until golden brown on all sides. Shake pan often to prevent scorching.

Serve hot or cold with Romaine Lettuce Salad*.

MAKES 10 BALLS.
SERVES 5 PERSONS AS AN APPETIZER.
MAKES 30 SMALL ROUND BALLS FOR COCKTAILS.

FIVE FINGERS
Hamsi Kızartma

1 1/2 pounds fresh brislings or whitebait
Few cups olive or salad oil
Salt to taste
1/2 cup flour
1 lemon, sliced

Wash and clean fish. Keep heads and tails on. Salt.
Dredge fish in flour spread on wax paper. Hold 5 brislings together by the tails in a fan shape. Add a little more flour to tails and wet so that tails stick together. Prepare rest the same way.
Heat oil in frying pan to boiling point. Fry each fan-shaped fish group a light golden brown 1 minute on each side.
Serve on lettuce leaves and decorate with lemon slices.
Serve hot as an appetizer.

SERVES 6 PERSONS.

FLAUNGER CASSEROLE
Dil Domateslı

1 1/2 cups ground fresh flounder
Salt to taste
1/2 cup flour
1 can (8 ounce) tomato sauce
1 tablespoon flour

Preheat oven to 350 degrees F.
Grease a shallow casserole with oil. Salt fillets. Place 1 bay leaf in the center of each fillet and fold once or twice depending on the size of the fillet. Place each finished fillet in casserole.
Sprinkle folded fillets with flour and paprika, pour tomato sauce on top, and dot with butter.
Bake for 25 minutes. Decorate with parsley and serve.

SERVES 4 PERSONS.
BAKED HALIBUT WITH GREEN PEPPER
Halibut Firunda

2 medium onions, cut in half lengthwise, then finely sliced
4 tablespoons salad or olive oil
2 large green peppers, seeded and sliced thin
1/2 cup water
Salt to taste
Black pepper to taste
4 halibut steaks 1 inch thick
1 large tomato, cut into 4 slices
4 lemon slices
1 cup chopped parsley

Preheat oven to 350 degrees F.
Place onions in a saucepan with the oil. Sauté over medium heat for 5 minutes, stirring with a wooden spoon. Add green peppers and continue to sauté for 5 minutes more, stirring occasionally. Add 1/2 cup water, cover, and cook for 10 minutes.
Salt fish and place in greased baking dish. Sprinkle with black pepper. Spread the onion and green pepper mixture over the steaks. Place 1 tomato and 1 lemon slice on each steak. Cover steaks with parsley.
Bake for 25 minutes or until cooked.

SERVES 4 PERSONS.

BROILED MACKEREL
Uskumru Isgarasi

Salt to taste
12 very small or 6 medium mackerel
1 tablespoon oil
6 to 12 bay leaves
Onion Sauce*
Lemon Sauce*

Preheat broiler.
Salt mackerel, leaving them whole.
Place fish on an oiled oven pan. Put bay leaves on the fish. Broil under the broiler until top side is done, 10 to 15 minutes. Then place pan in the oven right over the broiler flame for 5 to

Fish

10 minutes so that the underside of the fish is cooked. If using an electric stove, broil top side first, then turn off broiler. Set oven at 400 degrees F. and bake for 5 to 10 minutes.
Remove fish to a serving platter. Decorate with onion sauce and serve lemon sauce separately.

SERVES 6 PERSONS.

MACKEREL PAPILLOTE
Uskumru Kağıtta

12 very small or 6 medium mackerel
Salt to taste
10 scallions with green tops, chopped
3 tablespoons chopped parsley
3 tablespoons chopped dill
2 tablespoons salad or olive oil
6 pieces 12 inch square wax paper
Pepper to taste
2 tablespoons tomato paste diluted in 4 tablespoons water or 2 tomatoes, thinly sliced
6 thin lemon slices, cut crosswise

Preheat oven to 350 degrees F.
Cut off the heads and the tails of each mackerel. Then cut each fish into 2 fillets lengthwise. Wash, salt, and drain.
Mix scallions, parsley, and dill together in a bowl and set aside.
Oil each square of wax paper with a brush. Place 4 small fillets or 2 medium-sized ones in a row on each square of paper. Sprinkle with pepper. Place 1 tablespoon of diluted tomato paste or 2 tomato slices on the fillets. Spread the scallion mixture generously over the fillets. Place 1 lemon slice on the scallions.
Make a package by folding the ends of paper over the fish. Then roll up. Wet top of package with water.
Place packages on an oven tray and bake for 25 minutes.
Serve 1 package per person.
Very good with baked or boiled potatoes.

SERVES 6 PERSONS.
MUSSEL PILAV

Midye Pilavi

1 cup rice
1 1/2 tablespoons salt
40 medium mussels
4 medium onions, coarsely grated
3/4 cup olive or salad oil
2 tablespoons pignolia nuts
2 medium tomatoes, fresh or canned, diced
1 tablespoon sugar
2 tablespoons black currants
1 tablespoon allspice
1/4 teaspoon pepper
1/2 cups beef stock or water
1/2 cup chopped dill

Place rice in a bowl, add 1 tablespoon salt and cover with hot water. Stir and allow to cool. Drain and set aside.

Select the 12 largest mussels. Scrub surface well with a knife or metal brush. Rinse and soak in cold water. Set aside.

Open the rest of the mussel shells by inserting a knife along the flat side and running it along to the other side. Cut off beard. Remove the meat and discard shells.

Put onions in a frying pan with oil and 1/2 tablespoon salt. Sauté over medium heat, stirring constantly for 10 to 15 minutes.

Add nuts and rice and sauté, stirring constantly, for 10 minutes more.

Add tomatoes and continue to sauté, stirring constantly for 5 minutes. Add sugar, black currants, allspice, and pepper. Stir and remove from heat.

Place stock in a heavy saucepan and bring to a boil. Add the rice mixture and the opened mussels. Stir once carefully. Add the unopened mussels, placing each one into rice here and there. Cover and cook for 5 minutes on high heat, then on low for 15 minutes, or until all stock is absorbed. Add chopped dill and stir more.

Remove from heat. Take off cover, place a napkin or a fish towel over saucepan, and replace cover. Let stand for 40 minutes in a warm place.

Pile rice in a serving bowl, taking care not to break the rice. Arrange mussels in shells, which now will be open and filled with rice, around rice pile. Decorate with sprigs of dill.

Serve cold as an appetizer.

SERVES 8 PERSONS.

MUSSEL PLAKI

Midye Plakisi

40 medium mussels
3 cups water
2 medium onions, coarsely grated
1/2 cup olive or salad oil
2 medium carrots, diced
1 medium potato, diced
2 cloves garlic, diced, optional
1 tablespoon sugar
Salt to taste
1 medium tomato, diced
1 cup chopped parsley
1 tablespoon lemon juice

Open mussel shells by inserting knife along the flat side and running it along to the other side. Cut off beard. Remove meat and wash. Discard shells.

Bring 3 cups of water to a boil in a saucepan. Add mussels and boil vigorously for 3 minutes. Drain and set mussels aside, reserving 1 cup of the drained water.

In a saucepan, sauté onions in oil over medium heat, stirring constantly for 10 minutes. Add carrots and sauté 2 minutes more. Add potatoes, garlic, sugar, salt, reserved mussel water, and tomato. Cover and cook over medium heat until vegetables are tender and almost all the water is absorbed. If vegetables do not become tender, more water may be added.

Add parsley, mussels, and lemon juice and mix well. Remove from heat and cool.

Serve cold (room temperature) as an appetizer.

SERVES 6 PERSONS.
STUFFED MUSSELS
Midye Dolması

1/2 cup rice
3 teaspoons salt
40 to 45 very large mussels
6 medium onions, coarsely grated
3/4 cup olive or salad oil
2 tablespoons pignolia nuts
2 small tomatoes, fresh or canned, diced

2 tablespoons black currants
1 teaspoon allspice
2 teaspoons sugar
Pepper to taste
1 cup beef stock or water
1 cup mussel liquid or water
2 lemons, cut into wedges
Few parsley sprigs

Place rice in a bowl, add 2 teaspoons salt, and cover with hot water. Stir, and allow to cool. Drain and set aside.

Scrub mussel shells well with a knife or metal brush. Rinse and soak in cold water. Set aside until ready to use.

Place onions into a frying pan. Add 1 teaspoon salt, oil, sauté over medium heat, stirring constantly for 15 to 20 minutes.

Add nuts and rice, sauté, stirring constantly for 10 minutes.

Add currants, allspice, sugar, pepper, 1 cup boiling stock. Stir, cover, and cook over medium heat until all stock is absorbed, about 15 minutes. Remove from heat. Stir once.

Open the mussels by inserting a knife along the flat side and running it along to the other side. Save mussel liquid. Cut off beard. Open shells until they are loosened but not separated, otherwise mussels will not close.

Fill shells lightly with rice mixture, using a small spoon. Close shells and place in a shallow saucepan in layers, arranging them close to each other. When bottom layer is full start next layer over first. When all mussels are filled, add 1 cup mussel liquid or water. Cover with wax paper. Place a plate over wax paper to give weight during cooking.

Cover saucepan and place over medium heat and cook for 30 minutes. Turn heat to low and cook 40 minutes more.

Remove from heat and cool, covered.

Wipe each mussel shell with paper towel and arrange in a serving platter. Surface of shells may be oiled to give them luster. Decorate platter with lemon wedges and parsley sprigs.

Serve cold as an appetizer, or at buffet dinners.

ALLOW 3 OR 4 PER PERSON.

SALMON GREEN PEPPER CASSEROLE
Som Firinda

2 medium onions, chopped
1 clove garlic, crushed
4 tablespoons olive or salad oil
2 large green peppers, seeded and sliced thin

1/2 cup water
Salt and pepper to taste
4 salmon steaks, 1 inch thick
4 lemon slices

Preheat oven to 350 degrees F.

Place onions and garlic in a saucepan and add oil. Sauté over medium heat for 5 minutes, stirring with a wooden spoon. Add green peppers and continue to sauté for another 5 minutes, stirring occasionally.

Add 1/2 cup water, cover, and cook for 10 minutes. Sprinkle salt and pepper over fish. Place in a greased casserole. Spread the onion and green pepper mixture on top. Decorate with lemon slices and parsley.

Bake for 25 minutes or until steaks are cooked. Serve hot.

SERVES 4 PERSONS.

SARDINES IN GRAPEVINE LEAVES
Asma Yaprağıında Balık Işgarası

8 fresh sardines or small mackerel
8 large fresh grapevine leaves
6 tablespoons olive oil
2 lemons, cut into wedges

Preheat broiler or have charcoal fire ready.

Clean and wash fish. Sprinkle with salt and set aside for 1/2 hour. Take 1 grape leaf, shiny side up, and oil surface. Place 1 fish
The Art of Turkish Cooking

horizontally near the stem and oil surface of fish. Roll like a cigarette to the end of the leaf. Tuck end of leaf under so that it will not open up. Repeat until all leaves have been rolled up. Place rolled fish on broiler tray or over charcoal rack, taking care to place fish 3 inches from the coals, which should be red hot but not flaming. Broil about 5 minutes on both sides. Decorate with lemon wedges and serve as an appetizer.

To eat, open up grape leaves and squeeze lemon over fish. Do not eat leaves. Grape leaves give fish a nice flavor.

ALLOW 2 PER PERSON.

SOLE ORIENTAL
Dil Domatesi

| 1 bunch scallions with green tops, chopped | ½ cup water |
| 2 green peppers, seeded and sliced thin | 2 pounds fillets of sole |
| 3 tablespoons salad or olive oil | Salt and pepper to taste |
| 2 fresh tomatoes, sliced thin | 1 lemon, sliced thin |
| 1 lemon, sliced thin | ½ cup chopped parsley |

Preheat oven to 350 degrees F.

Place scallions and green peppers in a saucepan. Add oil and ½ cup water, cover and cook for 10 minutes over medium heat. Wash and dry fillets. Fold them over and place in a greased casserole. Sprinkle with salt and pepper. Spread the cooked scallion mixture over the fillets. Place tomato and lemon slices over the pepper mixture.

Bake for 25 minutes or until fillets are cooked. Decorate with parsley and serve.

SERVES 4 PERSONS.

Fish

BAKED SWORDFISH
Kılıç Firinda

4 swordfish steaks, 1 inch thick
Salt and pepper to taste
4 tablespoons salad or olive oil
2 bunches scallions, with green tops, chopped

⅛ cup chopped parsley
⅛ cup chopped dill
4 tablespoons tomato juice
4 tablespoons lemon juice
6 green pitted olives, optional

Preheat oven to 350 degrees F.

Wash and place fish steaks in a greased baking dish. Sprinkle with salt and pepper and pour on oil. Mix scallions, parsley, and dill and spread on fish. Pour tomato and lemon juice on top. Decorate with green olives.

Bake for 25 minutes or until fish is cooked. Serve hot.

SERVES 4 PERSONS.

The fish that gets away is always big.

SWORDFISH ON SPITS
Kılıç Şişte

2 pounds swordfish
⅛ tablespoon paprika
4 tablespoons lemon juice
2 tablespoons olive oil or salad oil
Salt and pepper to taste
10 bay leaves
3 tomatoes
2 green peppers
2 medium onions
Lemon Sauce*

Preheat broiler or have charcoal fire ready after the fish is marinated. Skin fish, cut into 1 inch cubes, and place in a shallow container
with a cover. Mix paprika, lemon juice, oil, salt, pepper, and half the bay leaves and marinate fish with this mixture. Place in refrigerator and leave for 3 hours.

Slice tomatoes, peppers, and onions into 2 or 3 pieces, depending on their size. Place fish on spit with peppers, onions, bay leaves, and tomatoes interspersed. Make a spit for each person to be served. Broil on both sides over flameless charcoal or under broiler at a distance of 3 inches. This takes about 10 minutes.
Serve immediately with lemon sauce.

SERVES 4 PERSONS.

7. Poultry

If in Rome one awakes with the chime of bells, in Istanbul one rises with the chant of the cocks. Istanbul is one of the few cities in the world where some people continue to raise their own chickens. Although a rapid industrialization of poultry farming is under way, chicken continues to be scarce and still holds its supreme position as a treat in the Turkish menu. Whenever a Turkish hostess seeks to favor a guest she concentrates on a chicken dish. As in the past, in the small towns in the countryside in the evening one can still catch glimpses of small boys carrying on a copper tray a chicken freshly roasted in the village bakery. In the larger cities people have their own ovens and roast turkey stuffed with rice serves as the pièce de résistance at a formal dinner party. During the summer many prefer the Tavuklu Gülveç, or Tavuklu Beğendi to the roast. In America the Tavuklu Gülveç, Tavuk Yahni, or Chicken with Chick-peas can provide a delectable and original main dish for a buffet supper.

Among all the Turkish chicken recipes Chicken Walnut enjoys universal recognition. It appeals to every taste and it serves many purposes. Served on romaine lettuce it makes a good first course. But it is also excellent for buffet dinners and it is often used as an appetizing sandwich-filling spread for picnics and motor rides with cold beer as an appropriate chaser.

Turkey is a bird hunter’s paradise. Thousands of tourists come to shoot duck, geese, quail, partridge, pheasant. In the fall as darkness descends on the Black Sea coast the hills are illuminated by men waving flaming torches into the sky. They are there to guide the quail into their nets as they cross from the Crimea to the south and
fall exhausted on Turkish soil from their long trip over the Black Sea. They come well fed, and charcoal broiled they are a delicacy rarely forgotten once tasted.

I have not included any recipes for game birds because duck and geese and the rest are cooked the same way as everywhere. But turkey has its own rituals. Stuffed with chestnuts and roasted, it is served on New Year's Eve when Turkish families gather around the hearth to eat, drink, and dance and try their luck at the card table; they watch the break of the dawn on a New Year, in new hopes and wishes.

Incidentally, turkey is not a Turkish bird. It is native to America. The conquistadores took it to Spain from whence it traveled across Europe, when people still thought of the Western Hemisphere as the Indies. The Turks called it Hind, just as the French named it dindon attributing it to India. But to the British the East was the Ottoman Empire and the new bird was named turkey.

**Poultry**

- Chicken with Eggplant Purée  96
- Chicken with Chick-peas   96
- Chicken with Okra      97
- Spring Chicken Papillote  98
- Stuffed Roast Chicken  98
- Chicken Casserole with Vegetables  100
- Chicken Walnut  101
- Chicken Stew  103
- Chicken Zucchini  103
- Stuffed Turkey  104
- Turkey with Chestnuts  106
Poultry

Cut chicken into serving pieces. Wash and dry with paper towel. Set aside.

Skin onions whole. Melt 3 tablespoons butter in a large frying pan. Add onions and sauté, stirring constantly for 6 minutes. Remove onions to a plate, leaving butter in pan.

Sauté chicken pieces in the same pan until light brown on both sides, about 15 minutes. Remove pan with chicken from heat and set aside.

Put tomatoes, tomato juice, 1 cup water, and 3 tablespoons butter in a saucepan; cover and cook over medium heat until tomatoes are soft, about 30 minutes.

Drain and wash chick-peas under running hot water. Add to tomatoes. Add the onions; cover and simmer over low heat for 10 minutes.

Pour the whole tomato and chick-pea mixture over chicken in frying pan. Add salt, pepper, and paprika. If necessary add ½ cup more water. This dish should not be too dry. It must have its own juice as sauce.

Cover pan and cook over medium heat for 20 minutes.

Serve hot as main course with Tomato Pilav* and mixed pickles.

SERVES 6 PERSONS.

CHICKEN WITH OKRA

Bamyali Tavuk

1 medium frying or broiling chicken
3 tablespoons butter
4 large tomatoes, diced
Salt and pepper to taste
1 pound okra or 2 frozen packages (10 ounce) whole, defrosted
½ cup water
2 tablespoons lemon juice

Clean and cut chicken into serving pieces. Place in a shallow saucepan with the butter. Place tomatoes on top of chicken. Add salt and pepper, cover, and cook over medium heat for about 15 or 20 minutes.

If using fresh okra, peel the cone-shaped end without piercing the vegetable. Wash and arrange okra on top of the chicken. Add ½ cup of water, cover, and cook over medium heat for 20 minutes or
until chicken and okra are tender. Add lemon juice and cook 5 minutes more. Remove from heat, transfer to a serving dish, and serve with Tomato Pilav*.
This dish should not be too dry. If necessary a little more water can be added.

SERVES 4 TO 5 PERSONS.

SPRING CHICKEN PAPILLOTE
Piliç Kağıtta

1 young spring chicken
Salt to taste
½ lemon
3 tablespoons butter

Preheat oven to 350 degrees F.
Wash chicken and rub with salt and lemon juice.
Brush the center of a double layer of large wax paper with 1 tablespoon butter. Brush the rest of the butter on the chicken. Press the legs of the chicken close to the body and wrap it tightly in wax paper, tying it with a piece of string. Wet the outside of the package with water. Bake for 2 hours.
Remove from oven, open package, cut the chicken into portions, and serve with egg noodles.

SERVES 4 PERSONS.

STUFFED ROAST CHICKEN
Piliç Dolması

1 cup rice
Salt
1 roasting chicken about 4 pounds, with liver, heart, and gizzard
8 tablespoons butter
2 tablespoons pignola nuts
2 tablespoons black currants
Pepper to taste
1½ cups chicken stock or water
1 bunch scallions, whites only, finely chopped
½ bunch watercress

Poultry

Preheat oven to 400 degrees F. after the rice stuffing is ready.
Place rice in a bowl, add 1 tablespoon salt, and cover with hot water. Stir and allow to cool. Drain and set aside.
Prepare chicken for roasting; melt 2 tablespoons butter and brush chicken. Place in baking pan and set aside.
Dice liver, heart, and gizzard. Melt 2 tablespoons butter in a small saucepan, add diced giblets, and sauté over medium heat, stirring constantly, for 5 minutes. Set aside.
Melt 4 tablespoons butter in a heavy saucepan, add nuts and rice.
Sauté over medium heat, stirring constantly for 10 minutes. Add currants, salt, pepper, and 1 cup boiling stock. Stir. Cover and cook over medium heat until all stock is absorbed, about 15 minutes. Remove from heat. Add sautéed liver mixture with its butter; add scallions and stir.
Stuff the body cavity of the chicken with as much of the rice mixture as it will hold. Sew up the opening. Leave any leftover rice in the saucepan.
Place chicken in oven and reduce heat to 325 degrees F. Baste with drippings every 15 minutes. Roast about 1½ hours or until chicken is golden brown.
Add ½ cup boiling stock to leftover rice in saucepan. Cover and cook over medium heat until stock is absorbed, about 10 minutes. Remove from heat. Take off cover, place a napkin over the saucepan, and replace cover. Leave covered for 40 minutes, or until serving time, in a warm place.
Remove chicken to a serving platter and decorate with watercress.
Spoon out rice filling as you serve. The leftover cooked rice may be served for second portions in a separate dish.
Serve warm with boiled green vegetables.

SERVES 4 TO 5 PERSONS.