CHICKEN CASSEROLE WITH VEGETABLES
Tavuku Güveç

4 large chicken breasts, halved
6 tablespoons butter
1 medium eggplant
2 medium zucchini
3 green peppers
½ cup olive oil or salad oil
2 medium onions, coarsely sliced
1 package (10 ounce) frozen French-cut beans, defrosted
1 package (10 ounce) frozen okra, defrosted
3 medium tomatoes, fresh or canned, peeled and sliced
Salt and pepper to taste

Preheat oven to 350 degrees F.

Sauté chicken breasts in 4 tablespoons butter very lightly on both sides for about 10 minutes. Arrange in the bottom of an earthenware casserole with a lid.

Prepare vegetables as follows: Wash and cut the stem off eggplant. Then peel off a half inch wide strip of the black skin lengthwise, leaving the next half inch with the skin on. Repeat until you have a striped effect. Then cut the eggplant lengthwise into 4 equal pieces and each piece crosswise into 2 inch pieces.

Scrape and wash zucchini. Cut each lengthwise into 2 equal pieces and each piece crosswise into 2 inch pieces.

Wash peppers. Cut each into 4 equal parts. Remove seeds.

Dry all vegetables with paper towels.

Place oil in the same frying pan that you used for chicken pieces. Heat until very hot. Add eggplant and sauté a few minutes on both sides. Remove with a perforated kitchen spoon, and arrange over chicken in the casserole.

Season peppers. If necessary more oil may be used. Place a few pieces over eggplant with a few pieces of onions.

Sauté zucchini and arrange over eggplant. Again add a few peppers and onion slices.

Arrange beans over zucchini and cover with the rest of peppers and onion slices.

Last, arrange okra and place tomatoes over okra. Add salt and pepper. Dot with 2 tablespoons butter. Cover and bake until tender, about 1 hour and 15 minutes.

Serve hot with Mashed Potato Salad*.

SERVES 8 PERSONS.

CHICKEN WALNUT
Cevizli Tavuk

1 boiling chicken, about 3½ pounds
2 quarts water
1 large onion, quartered
1 carrot, scraped and cut into four
1 stalk celery, cut into four
3 sprigs parsley
Salt and white pepper to taste
2 cups shelled walnuts
3 thin slices white bread, crusts removed
1 clove garlic, crushed, optional
1 teaspoon paprika
1 tablespoon salad oil

Wash and place chicken in a saucepan with 2 quarts of water, onion, carrot, celery, parsley, salt, and pepper. Bring to a boil and skim foam off top. Cover and cook on medium heat until chicken is tender. Remove chicken from saucepan and cool. Remove skin and bones. Cut meat into thin pieces about 2 to 3 inches long. Set aside. Strain stock and save.

Put walnuts through meat grinder twice. Soak bread slices in a little chicken stock, squeeze dry. Place in a mixing bowl, add walnuts, salt, and pepper and put mixture through meat grinder again. Then add 1 cup of chicken stock a little at a time and work into a paste the consistency of mayonnaise. More stock may be added if the paste is too thick. If desired, garlic may be added. Mix chicken parts with one-fourth of the sauce. Place on a serving platter. Then spread the rest of the paste over the chicken smoothly (like a chocolate frosting spread on a cake).

In a small saucepan over a low flame, heat paprika and oil until the oil turns red. Pour this over the paste carefully, leaving the paprika powder in saucepan.

This is an interesting surprise as an appetizer served with romaine lettuce hearts or with White Pilav*.
When served with rice, place chicken in the middle of a large round platter and make a ring with rice around it.

Always serve at room temperature. Never refrigerate because the chicken stock in the walnut paste congeals and loses its creaminess when chilled.

A blender may be used instead of a meat grinder for making the walnut paste. Then the walnuts need not be ground separately. All ingredients, walnuts, bread, stock, and garlic, are placed into the blender at the same time. But care must be taken to follow blender rules. Ingredients, stock first, must be placed in the blender in small proportions and the rest gradually added as the first lump is ground to paste.

Serves 6 persons.

WALNUTS OR WATERMELONS

One summer afternoon, Nasrettin Hoca, working on his vegetable garden, stopped to rest his tired bones. The shade of his walnut trees beckoned him to a siesta. With his legs outstretched and his back resting on the trunk, he relaxed. As he did so, he caught sight of a huge watermelon outgrowing its slender stem.

"Strange are the ways of the Almighty," he mumbled to himself. "Look at this magnificent tree with only a small measly little nut and the measly watermelon plant with a magnificent ... " and he dozed away.

All of a sudden there was a thump on his bald head and he found himself on his feet. Fondling the growing lump, he viewed the delinquent walnut and thanked God for his infinite wisdom.

"Oh, Lord," he said, "if the tree had produced the watermelon as I thought it should I would have joined you sooner than you expected;" and he proceeded to gather the fallen walnuts, his mouth watering in anticipation of the chicken walnut dinner promised by his good wife.

CHICKEN STEW

Tavuk Yahni

1 medium frying or broiling chicken
12 small white onions
2 tablespoons butter
Salt, pepper, and paprika to taste

Clean and cut the chicken into serving pieces. Place in a shallow casserole. Leave the onions whole but remove the outer skins. Wash and place them between the pieces of chicken in the casserole.

Dot with butter. Add salt, pepper, and paprika and sprinkle flour on top of the chicken pieces.

Put tomatoes and ½ cup water over the chicken. Cover and cook over medium heat until the chicken is tender, about 30 minutes.

Add wine and cook for another 2 minutes.

Serve hot with Vermicelli Pilav* and watercress salad.

Serves 4 to 5 persons.

CHICKEN ZUCCHINI

Tavuklu Kabak

6 large fat zucchini, about 6 inches long
5 cups water
Salt
4 tablespoons butter
2 medium chicken breasts
6 peppercorns
1 small carrot, diced
1 can (3 ounce) sliced mushrooms, drained
1 can (8 ounce) whole tomatoes and juice
½ cup flour
2 cups milk
1 cup coarsely grated Gruyere cheese
Pepper to taste

Preheat oven to 400 degrees F. after the chicken filling has been prepared.

Scrape and wash zucchini and trim both ends. Cut through lengthwise and scrape out seeds and pulp making a ½ inch thick, canoe-shaped shell.
Place rack in a large saucepan and on it arrange shells side by side in a row. Add 3 cups water and ½ teaspoon salt. Cover and cook over medium heat until shells are tender but not soft, about 15 minutes.

Grease an oven-proof dish with 1 tablespoon butter. Take shells out carefully and arrange them side by side in the oven-proof dish with hollow sides up. Set aside.

Place chicken breasts in a saucepan. Add 2 cups of water, a pinch of salt, peppercorns, and carrot. Cover and cook over medium heat until chicken is tender, about 25 minutes. Remove chicken from saucepan. Discard bones and skin. Cut meat into thin, 1 inch long strips. Add the diced carrots and mushroom slices. Mix and set aside.

Melt the rest of the butter in a saucepan over low heat. Add flour and sauté for 2 minutes, stirring constantly. Add milk and continue to cook, stirring constantly until milk thickens, about 5 minutes. Add ⅔ cup cheese, salt, pepper, and continue to stir until cheese melts. Remove from heat.

Thoroughly mix half of the sauce with the chicken. Heap zucchini shells with this mixture. Spoon the other half of the sauce over the filled shells. Smooth tops and sprinkle the remaining cheese over the sauce, dividing it equally over each shell.

Bake zucchini until cheese turns brown, about 25 minutes. Serve as a luncheon dish.

SERVES 6 PERSONS.

STUFFED TURKEY
Hindi Dolması

1 cup rice
Salt
Young turkey about 7 pounds, with neck, liver, heart, and gizzard
1 carrot, quartered
1 onion, quartered
1 stalk celery, quartered
Few peppercorns

5 cups water
9 medium green apples
10 tablespoons butter
2 tablespoons pignolia nuts
Pepper to taste
2 tablespoons black currants
1 bunch scallions, whites only, finely chopped

Poultry

Preheat oven to 400 degrees F.

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

Place neck of turkey in a saucepan. Add carrot, onion, celery, peppercorns, dash of salt, and 5 cups of water. Cook over medium heat until stock is reduced to 3 cups. Strain and set aside.

Place turkey, prepared for roasting, in a large baking pan. Breast upward. Later, apples will be added to pan. Stick 1 apple into the neck cavity. Brush turkey with 4 tablespoons melted butter. Cover with aluminum foil.

Place turkey in oven and reduce heat to 325 degrees F. Add 1 cup of stock to the pan and roast for 1 hour.

Dice liver, heart, black meat of gizzard, and sauté with 2 tablespoons of butter in a small saucepan 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 salt, pepper, currants, and 1 cup of boiling stock. Stir, cover, and cook over medium heat until all stock is absorbed, about 15 minutes. Remove from heat, add scallions and sautéed liver with its butter and mix together.

After turkey has been roasted for 1 hour, remove from oven. Remove foil and stuff body cavity with as much rice mixture as you can, leaving the rest in the saucepan. Sew up opening. Place apples in pan around turkey. Continue to roast, basting every 15 minutes, for 1½ hours or until turkey is tender and golden brown. Add more stock as it evaporates.

Add ½ cup boiling stock to leftover rice in saucepan. Cover and cook until stock is absorbed, about 10 minutes. Remove from heat. Take off cover, place a napkin over the saucepan, and replace cover. Leave covered in a warm place for 40 minutes, or until serving time.

To serve, place apples around turkey, or serve them in a separate vegetable dish. The leftover cooked rice may be served in a separate dish for second helpings.

Strain juices remaining in pan and serve.

SERVES 8 PERSONS.
TURKEY WITH CHESTNUTS
Kestaneli Hindi

7 pound turkey, with neck, liver, heart, and gizzard
1 carrot, quartered
3 medium onions, quartered
1 stalk celery, quartered
Few peppercorns
Salt
7 cups water

7 tablespoons butter
1 1/2 pounds large chestnuts
1 teaspoon sugar
1/2 bunch watercress
1 tablespoon flour
Pepper to taste
1 teaspoon mixed herbs

Preheat oven to 400 degrees F.

Make a stock with neck of turkey, carrot, 1 onion, celery, peppercorns, dash of salt, and 5 cups of water. Cover saucepan and cook over medium heat until stock reduces to 4 cups. Strain and set aside.

Prepare turkey for roasting and place in a roasting pan breast side up. Fill body cavity with 2 quartered onions and the diced liver, heart, and gizzard. Brush turkey with 4 tablespoons melted butter and cover with aluminum foil.

Place turkey in oven and reduce heat to 325 degrees F. Add 1 cup of stock to pan. Roast for 1 hour, remove foil and continue to roast, basting with drippings every 15 minutes, until turkey is tender and golden brown, about 1 1/2 hours. Add more stock as it evaporates.

Slash chestnut shells without cutting the meat. Place in pan and roast in oven until they open up (a few minutes). Remove outer shells and peel off inner skins with a knife, leaving chestnuts whole.

Place chestnuts in a saucepan with 1 cup of stock, 2 cups water, 1 tablespoon butter, 1 teaspoon salt, and 1 teaspoon sugar. Cover and cook over medium heat until chestnuts are soft, but not crumbling, about 30 minutes. Remove chestnuts with a perforated kitchen spoon. Keep in a warm place until serving time.

Remove turkey when done to a serving platter. Place chestnuts around platter. Decorate with watercress.

Place 2 tablespoons butter in the pan in which turkey was roasted. Add 1 tablespoon flour and 1 or 2 cups of stock or water.

Cook over medium heat, stirring constantly until sauce boils and thickens. Add salt, pepper, and herbs. Serve separately in a sauceboat.

SERVES 8 PERSONS.

Poultry

Eat and drink with your friends but do not trade with them.

THE TURKEY

Among the household pets, birds are especially loved by the Turks. Many families take pride in their canaries.

Singing contests among the canaries are the joy of bird-fanciers. On the Aegean coast lovebirds carry on their amorous dialogue in their colorful cages swinging from almost every balcony. There are also pigeon fanciers who specialize in different types of the species. More practical-minded types raise their own chickens and ducks. In the open markets hens and cocks are sold alive.

The story is told of Nasrettin Hoca, the sage, who particularly liked turkeys. One day he was in the market for his weekly shopping. He found his way blocked by a crowd. They were watching an argument between two men about the price of a parrot.

"Twenty gold coins," insisted the owner.
"Eighteen," said the customer.
"For a small bird like that?" said Hoca.
"Yes," answered the owner. "You know what it can do? It can talk."

Next week Hoca was in the marketplace with one of his turkeys.
"Fifty gold coins," he shouted, gathering a crowd around him.
"Are you mad?" they said. "Fifty gold coins for a turkey?"
"Why not? Compared with twenty gold pieces for a parrot—this is cheap."

"But the parrot can talk. What does the turkey do?"
"Aha!" said Hoca. "The turkey thinks."
8. Meats

Kebab is a word that has figured prominently in the Turkish cuisine for more than ten centuries. Naturally, as the different recipes will prove, it has developed to include broiled, baked, and stewed versions of different kinds of cubed meat. Indeed, a distinguishing feature of Turkish cooking is the cubing of meat into small, bite-size morsels. Sliced thus, meats are broiled as in Shish Kebab, or stewed as in Steam Kebab.

Another feature of the Turkish preparation of meat is its mixture with vegetables in such a way as to allow for an interchange of flavors. For instance, the meat in Turkish Shish Kebab is always placed between a morsel of tomato and a morsel of green pepper or onion.

Lamb is the meat par excellence in Turkey. During the spring, baby lambs no older than a couple weeks are a special delight. In the countryside they are placed in a pit with smoldering charcoal at the bottom. Then the top is covered with earth and the lamb left to roast gradually in the enclosed chamber. At home and in the restaurants spring lamb chops charcoal-broiled should not be overcooked. Many of the meat dishes in this collection which require lamb in Turkey can be cooked with veal and beef in this country. However, delicate and choice pieces of these meats should be used for tenderness and juiciness.

Chopped meats constitute an important ingredient of the Turkish cuisine. For the many types of dolmas, they are indispensable. Meat for these should not be too lean. A certain amount of meat fat is necessary for succulence. Lemon and Egg Sauce, which the Turks call terbiye, enhances the flavor of these dishes. Dolmas are exotic
and at the same time constitute an excellent main course for lunch. They also add to the variety of a buffet dinner. Chilled white wine or beer can be served with the dolmas very pleasantly.

Some meat dishes are cooked with a plate on top in order to keep them in shape. Any ordinary plate can be used.

Shopping for the daily entrails in Turkey a stranger will notice a special shop where variety meats are sold. Indeed, they occupy a niche in the Turkish kitchen. There are also restaurants that specialize in variety meats. Many of the late merrymakers will be found in an Iskembeci shop in the early hours of the morning drinking a huge bowl of Tripe Soup. The same establishments also specialize in liver and brains. Liver Petites are recommended for hors d'oeuvres. The various brain dishes are excellent lunch servings. Preferably they can be served with chilled white wine or beer.
### Meats

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**BEEF WITH ONIONS**

_Sovani Yahni_

2 pounds beef, cut into 1 inch cubes  2 cloves garlic, optional
3 tablespoons butter  ½ teaspoon allspice
2 tomatoes, diced  2 tablespoons vinegar
1 pound pearl onions, only first cost removed and trimmed whole  1 cup tomato juice

Cook meat and butter in a covered saucepan over low heat for 1 hour. Shake saucepan occasionally to prevent scorching. Add tomatoes, onions, garlic, allspice, vinegar, salt, pepper, and tomato juice. Cover and continue to cook over low heat for 1 hour more or until meat is tender. This dish should not be dry but must have its own sauce. If necessary a little warm water may be added. Serve warm with boiled Brussels sprouts or noodles.

SERVES 4 TO 5 PERSONS.

**SHORT RIBS IN POT**

_Kavurma_

2 pounds short ribs of beef  Salt to taste

Cut short ribs into pieces 1 inch wide and 2 inches long. Place in 2 quart saucepan. The size of the pan is of prime importance for the ribs should fill three-fourths of the saucepan, otherwise they will not cook properly. Cover and cook over medium heat until meat is juicy. Reduce heat to very low and cook covered until all the juice is absorbed and the meat is tender, about 1½ hours. This dish requires very slow cooking. When the meat is tender and all the juice absorbed, uncover, add salt, and cook another 15 minutes, stirring occasionally.

This is an easy dish to prepare and very palatable. It can be served on every occasion with numerous side dishes, but is best served with Cracked Wheat Pilav* and Shepherds' Salad*.

SERVES 4 PERSONS.

**EGGPLANT KEBAB**

_Palticani Kebab_

1½ pounds boneless, fat-free cubed lamb, veal, or beef  Salt and pepper to taste
2 medium onions, chopped  4 medium eggplants
4 tablespoons butter  2 green peppers, seeded and cut into rings
3 medium tomatoes, 2 diced, 1 sliced

In a saucepan sauté the meat and onions in 1 tablespoon butter, stirring occasionally until meat is browned, about 10 minutes. Add the diced tomatoes, salt, and pepper, cover, and cook over low heat until meat is tender.

Cut the stem off the eggplant. Then peel off a half inch wide strip of the black skin lengthwise leaving the next half inch with the skin on. Repeat until you make a striped effect. Then cut vegetable crosswise into 1 inch thick round slices. Place slices in a deep tray and salt them generously. Fill tray with cold water. Leave about 30 minutes. Squeeze out the bitter juice, wash with cold water and dry.

Place 3 tablespoons butter in a frying pan. Heat and sauté eggplant slices on both sides. Place in a shallow flat cooking pot in one layer. Spread the cooked meat on top. Garnish with green pepper rings and tomato slices.

Cover and cook over a medium heat for about 20 to 25 minutes. Serve hot with Tomato Pilav*.

SERVES 8 TO 10 PERSONS.
GARDENER'S KEBAB

Bahevan Kebab

2 pounds lamb or beef, cut into 1 inch cubes
6 tablespoons butter
2 large carrots, sliced
4 medium tomatoes, diced
1 pound pearl onions, whole
1 cup shelled green peas
Salt and red pepper to taste
1 tablespoon fresh chopped dill

Brown meat in butter. Add carrots, cover tightly, and cook over low heat until meat is dry, about 1 hour, shaking saucepan occasionally to prevent scorching. Add tomatoes, onions, peas, salt, and red pepper to taste. Cover and cook for ½ hour. Add a little water, not more than a cup, if necessary, to prevent scorching. When meat is tender, add dill, stir, and serve. May be served with egg noodles or Tomato Pilav*.

SERVES 5 TO 6 PERSONS.

KEBAB PAPILLOTE

Kağıt Kebab

1½ pounds boneless beef, veal, or lamb, cut into 1 inch cubes
3 tablespoons butter
1 large onion, grated
2 medium carrots, cut into ½ inch pieces
2 cups chopped dill or parsley
Salt and pepper to taste
2 medium tomatoes, fresh or canned, diced
2 tablespoons rosé wine
1 cup hot water
3 tablespoons margarine
2 medium potatoes, peeled and cut into ½ inch cubes
½ cup cooked peas
½ teaspoon thyme leaves

Preheat oven to 375 degrees F, after the meat has been prepared. Place meat in saucepan with 3 tablespoons butter. Sauté until light brown, about 10 minutes. Add onion, carrots, 1 cup dill, salt, and pepper. Continue to sauté 10 minutes more, stirring occasionally. Add tomatoes, wine, and sauté 5 minutes more. Add 1 cup hot water, a little at a time, cover, and cook over medium heat until meat is tender and about 8 tablespoons of juice remain in the saucepan. If necessary, a little more hot water may be added.

Remove meat and carrots with a perforated spoon into a plate, leaving juice in saucepan.

Melt margarine in a small saucepan. Add potatoes and sauté over high heat until browned and done. Add to carrots with the margarine remaining in saucepan. Add peas and the remaining dill, and then the thyme. Mix well.

Put on a table 4 pieces of 14 inch square double-fold wax paper. Divide meat into 4 portions. Place each portion in the center of a piece of wax paper. Divide vegetables into 4 portions and add to meat. Pour one-quarter of the sauce from the saucepan over each pile of meat and vegetables. Bring ends of wax paper together crosswise over the meat, making a square package. With a few tablespoons of water wet a baking pan large enough for the 4 packages. Place packages in pan, loose ends securely tucked under. Package tops with a little water. Bake packages for 20 minutes. Remove packages to a serving platter and serve hot with your favorite salad. Or place each package on dinner plate, loose end up, open paper and crush it into a ring around the meat.

SERVE 1 PACKAGE PER PERSON.

SHISH KEBAB

Şiş Kebab

2 pounds boned leg of lamb or beef, cut into 1 inch cubes
2 tablespoons olive oil
3 tablespoons lemon juice
1 large onion, grated
Salt and pepper to taste
½ tablespoon thyme leaves
6 long skewers
3 medium tomatoes, halved
2 green peppers, seeded and quartered
8 medium mushrooms, peeled
6 pearl onions, peeled

Preheat broiler or have charcoal fire ready after the meat has been marinated.

Place meat in a bowl, add olive oil, lemon juice, grated onion, salt, pepper, and thyme leaves. Mix well, cover, and refrigerate for...
STEAM KEBAB
Islim Kebabı

1 1/2 pounds lamb or beef, cut into 1 inch cubes
2 tablespoons butter
1 onion, coarsely grated
2 tomatoes, 1 diced, 1 sliced into 4 pieces
2 cups hot water
Salt and pepper to taste
2 large eggplants
2 green peppers
2 cups olive or salad oil

Preheat oven to 400 degrees F. after the meat has been cooked.

Sauté meat in butter and onion over medium heat in a saucepan, stirring occasionally until meat turns brown, 30 minutes. Add diced tomato and continue to sauté and stir occasionally for 10 minutes more. Add 2 cups hot water, salt, pepper. Cover and cook over low heat until meat is tender and just a few tablespoons juice are left, about 1 1/2 hours. If necessary more water may be added. Set aside.

Cut stems off the eggplants. Peel and cut lengthwise into 1/2 inch slices.

Cut peppers into 4 equal pieces and remove seeds. Place 1 1/2 cups of the oil into frying pan and heat to boiling point. Fry eggplant slices on both sides until golden brown. Take care that slices are well cooked and soft. Drain on absorbent paper to get rid of excess oil. After the first panful of eggplant slices is cooked add the rest of the oil.

Fry peppers in the same way in the oil used for the eggplant. Lay half the fried eggplant slices next to one another on the bottom of an 8x8 inch oven-proof dish. Place some meat cubes over each slice and spoon a little sauce over meat cubes, leaving butter in saucepan. Cover meat cubes with the remaining eggplant slices, placing each slice on top of the bottom one with meat in between. Place peppers on top and decorate each slice with a piece of tomato. Spoon remaining butter over the whole dish. Wrap dish tightly with aluminum foil.

Bake for 20 minutes. Unwrap foil and serve right away.
Serve with Tomato and Cucumber Salad*.

SERVES 6 PERSONS.

MEATS

1 1/2 pounds boneless lamb or beef, cut into 1 inch cubes
1 medium onion, grated
3 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon thyme leaves
Salt and pepper to taste
4 long skewers
2 pinches yogurt
2 cloves garlic, crushed, optional
4 medium very ripe tomatoes
4 English muffins
5 tablespoons butter
1 teaspoon paprika

Put meat in a bowl with onion, 2 tablespoons oil, lemon juice, thyme, salt, and pepper. Mix well. Cover and refrigerate for 4 to 5 hours for lamb, overnight for beef. Remove from refrigerator 2 hours before cooking.

Preheat broiler or have charcoal fire ready.

When ready to cook, divide and arrange meat on 4 oiled skewers. (Use remaining tablespoon of oil for this.) Place skewers on tray and put aside.

Pour yogurt into a bowl. Add salt and garlic and leave in a warm place.

Warm 4 individual earthenware or oven-proof shallow dishes, such as pie dishes. Keep them warm.

Peel, seed, and dice 2 tomatoes. Place in a small saucepan and cook over medium heat, stirring and mashing occasionally until they are cooked well. Keep warm.

SERVES 4 PERSONS.
The Art of Turkish Cooking

Broil meat preferably over charcoal, taking care to place skewers 3 inches above the coals, which should be red hot but not flaming. Broil about 5 minutes on each side, turning skewers so meat browns evenly. If cooked under the broiler, it will take a few minutes longer. While meat is cooking, quarter the remaining 2 tomatoes and broil. Place muffins under the broiler or on charcoal fire and toast both sides a few minutes.

While the meat is broiling take serving dishes out of oven. Place 1 toasted muffin, cut into 4 pieces, on each dish. Melt butter in saucepan but do not brown. Pour 1 tablespoon on each muffin. Spoon the cooked tomatoes over buttered muffins. Then pour yogurt sauce generously, filling the dish.

Stir 1 teaspoon paprika into the remaining melted butter. Heat but do not burn. Keep warm.

Take meat from skewers. Place a skewer of meat over each dish of yogurt and muffins. Decorate with broiled tomato pieces and paprika butter.

Serve at once.

This is a delicious summer dish for an informal family dinner. It is quite filling, so a light dessert, such as Melon Dolma*, should follow, or fresh fruit in season is perfect.

Serves 4 Persons.

POTTED LAMB WITH RICE
Tas Kebab

2 cups rice
Salt to taste
1 pound lamb or beef, cubed
6 tablespoons butter
2 medium tomatoes, cubed
1 medium onion, chopped
1 small green pepper, seeded and chopped
¼ teaspoon allspice
Black pepper to taste
3 cups water
2 sprigs parsley

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

Place meat in a saucepan, add 1 tablespoon butter, tomatoes, onion, green pepper, allspice, salt, and black pepper to taste. Add 3 cups of water. Cover and cook over a medium heat until meat is tender, about 1 hour.

Meats

Strain meat and save broth. Place meat in middle of a large saucepan with plenty of space around it. Cover meat with a metal bowl, placing a heavy object on top of the bowl to prevent displacement.

Bring to boil 2 cups of broth, adding water if necessary to make 2 cups, with 4 tablespoons of butter. Pour into the saucepan with the meat.

Pour rice into the boiling broth. Stir, cover saucepan, and cook on medium heat for 5 minutes. Then turn heat on low and cook until rice absorbs all the broth, about 15 minutes. Remove from heat. Take off cover, place a napkin over the saucepan and replace cover. Leave covered for 40 minutes in a warm place. When ready to transfer to a serving dish, remove the metal bowl carefully. Stir rice with a wooden spoon gently, taking care not to break it, keeping meat in the middle. Place a round serving dish on the saucepan and invert. The meat should be in the middle of the dish and the rice around it. Decorate with parsley and serve.

Serves 6 Persons.

CULTURED MEATBALLS

Terbıyeli Köfte

1 pound ground beef
1 onion, grated
3 tablespoons rice
Salt and pepper to taste
2 tablespoons flour

3 cups water
2 eggs
Juice ½ lemon
1 tablespoon dry crushed mint leaves

Place meat in a bowl, add onion, rice, salt, and pepper. Knead mixture well. Form round, half-dollar size meatballs and place on wax paper.

In a saucepan mix flour with 3 cups of water. Cook over slow heat, stirring constantly. When flour mixture starts bubbling, add meatballs one by one and continue cooking over medium heat for 45 minutes uncovered, or until the meatballs are done. Remove from heat.

Break eggs into a bowl, beat well with an eggbeater; add lemon juice and beat 1 minute more. Gradually add a few tablespoons of the hot meatball sauce to the egg mixture and continue to beat. Then
pour egg mixture over the meatballs. Transfer to a deep serving dish, sprinkle mint leaves on top and serve.
This is an informal lunch dish. Serve with asparagus. It can also be served on toast.

SERVES 4 PERSONS.

**LADY MEATBALLS**
*Kadin Budu*

| ¼ cup rice | ¼ cup chopped dill |
| 2 cups water | Salt and pepper to taste |
| 1 pound lean beef, ground | ½ cup flour |
| 1 large onion, grated | 3 eggs, beaten |
| ½ cup grated Parmesan cheese | ½ cup shortening |
| ¼ cup chopped parsley | *Sauce II* |

Boil rice with 2 cups of water over medium heat until tender. Remove from heat, drain well. Place meat in a bowl, add rice, onions, cheese, parsley, dill, salt, and pepper. Knead mixture for 5 minutes. Form into egg-shaped ovals and roll in flour.
Dip the balls into the eggs, which have been beaten until frothy. Fry on both sides in hot shortening.
Makes about 12 large meatballs.
This is a dish which agrees with almost every palate. Pour sauce over and serve with asparagus or broccoli.

SERVES 6 PERSONS.

**FRIED MEATBALLS**
*Kuru Köfte*

| 1 pound lean beef, ground twice | 2 eggs |
| 1 large onion, grated | 2 tablespoons chopped parsley |
| 2 slices stale white bread, soaked in water and squeezed dry | Salt and black pepper to taste |
| 1 tablespoon flour | 2 tablespoons butter |

Prepare and sauté meatballs as for Fried Meatballs*, but the meatballs should be larger and either round or egg-shaped.
Strain butter in which the meatballs were sautéed into a saucepan, add tomatoes, green peppers, sugar, oil, salt, black pepper, and 1 cup of water. Cook over medium heat for 20 minutes.
Place meatballs in a shallow saucepan. Pour over the tomato sauce, cook over medium heat for 15 minutes.
Serve hot with fried potatoes and mixed pickles.

MAKES ABOUT 8 TO 10 MEATBALLS.
SERVES 4 TO 5 PERSONS.

**MEATBALLS IN TOMATO SAUCE**
*Izmir Köftesi*

| 1 pound lean beef, ground twice | 1 tablespoon flour |
| 1 large onion, grated | 2 tablespoons butter |
| 2 slices stale white bread, soaked in water and squeezed dry | 3 medium tomatoes, cubed, or ¼ cup tomato paste |
| 2 eggs | 2 green peppers, seeded and diced |
| Salt and pepper to taste | ½ tablespoon sugar |
| 2 tablespoons chopped parsley | ½ tablespoon oil |
| 1 cup water |

Combine meat, onion, bread, eggs, parsley, salt, and pepper in a bowl. Knead well for 10 minutes. Wet palms with warm water and shape meat into round rolls about 3 inches long, like thick fingers. Roll in flour. Heat butter in frying pan over medium heat and brown meatballs evenly on both sides.
Serve hot with French fried potatoes and Shepherds' Salad*.

SERVES 6 TO 8 PERSONS.
SHISH MEATBALLS
Şiş Köfte

1 large onion, grated
2 tablespoons salt
2 pounds lamb or beef, ground twice
2 eggs
Pepper to taste
1 tablespoon salad or olive oil
8 small skewers

Preheat broiler or have charcoal fire ready.

Place onion and 2 tablespoons salt in a bowl. Let stand 15 minutes.
Place meat in a bowl and squeeze onion juice through cheesecloth into the bowl. Add eggs and pepper and knead well. Shape into 8 sausages, 1 inch in diameter and 4 inches long. Oil surface of each. Oil skewers and put them through the meatballs. Broil, preferably over charcoal, taking care to place skewers 3 inches above coals, which should be red hot but not flaming. Broil about 5 minutes on each side until meatballs are evenly browned.

May be served on skewers with chilled tomato juice and corn on the cob.

Another way of serving: Toast 4 slices of white bread and put 1 slice on each serving plate. Remove meatballs from skewers and place 2 on each piece of toast. Pour yogurt sauce on top. Put butter and paprika in a small pan and heat until very hot but do not allow to burn. Pour over yogurt and serve immediately.

SERVES 4 PERSONS.

TURKISH MEAT LOAF
Sucuklu Köfte

1½ pounds ground meat, half beef and half veal
1 egg
2 thin slices white bread, soaked in water and squeezed dry
1 onion, grated
1 tablespoon salad or olive oil
2 cloves garlic, crushed
1 teaspoon allspice
1 tablespoon ground caraway seed
2 tablespoons chopped dill
Salt and pepper to taste
½ cup water

Preheat oven to 350 degrees F.

Place meat and other ingredients except water in a bowl and knead well. Form into a meat loaf. Place in a baking pan and add ½ cup of water; bake for 45 or 50 minutes. Slice and serve with ketchup and any desired vegetable. May also be served cold.

SERVES 6 TO 8 PERSONS.

LAMB CHOPS THYME
Kuzu Pirzolası

1 medium onion
1 teaspoon salt
2 tablespoons olive oil
8 lamb chops
1 tablespoon thyme leaves
Few sprigs parsley

Preheat broiler or have charcoal fire ready.
Grate onion into a bowl and sprinkle salt over. Leave 10 minutes. Then extract onion juice by squeezing onions between palms. Add juice to olive oil.
Lay chops on wax paper. Rub olive oil and onion juice mixture on both sides of chops. Sprinkle thyme leaves generously on both sides. Cover with another piece of wax paper and leave for 2 hours. Broil, preferably, over charcoal, taking care to place chops 3
inches from the coals, which should be red hot but not flaming. Brail 5 minutes on each side. Arrange on serving platter, garnish with sprigs of parsley, and serve.

ALLOW 2 CHOPS PER PERSON.

ROAST LEG OF LAMB
Kuzu Budu Rostosu

1 leg of lamb, about 6½ pounds
1 lemon
½ tablespoon salt
1 tablespoon paprika
1 teaspoon black pepper
3 cloves garlic, optional
2 tablespoons olive oil
2 tablespoons thyme leaves
1 bunch watercress

Preheat oven to 350 degrees F. when lamb is ready.

Trim all the fat from the lamb. Squeeze juice of lemon over meat and rub in. Combine salt, paprika, and pepper and rub in. Insert cloves in several spots. Spread oil and sprinkle thyme leaves on both sides.

Place leg in baking pan and cover pan with aluminum foil. Leave at room temperature for 2 hours.

Place leg of lamb in oven and bake for 1 hour. Then remove foil and cook until surface is well browned, about 1 hour, basting occasionally with drippings in the pan. Remove from oven and slice, keeping in the shape of the leg.

Decorate with watercress. Serve with a vegetable and Chicken Liver Pilav*.

SERVES 12 PERSONS.

SPRING LAMB WITH LETTUCE LEAVES
Kapama

2 bunches scallions, using green tops, cut into 2 inch lengths
6 pound leg of young spring lamb
1 medium onion, cut into 8 pieces
½ lemon
1 medium carrot, scraped and cut into 2 inch pieces
2 tablespoons butter
Salt to taste
2 large Boston lettuce
½ tablespoon sugar
2 large romaine lettuce
1 cup water
1 bunch dill, chopped

Spread scallions, onion, and carrot pieces on the bottom of a large heavy saucepan.

Separate leaves of Boston and romaine lettuces one by one. Wash well. Place evenly over the carrots and scallions. Do not be alarmed by the bulk; lettuce diminishes as it cooks.

Have your butcher cut the leg of lamb into 3 inch chunks, with the bones. Trim all the fat from the chunks and rub with lemon. Place over lettuce leaves. Add butter, sugar, salt, and 1 cup water. Cover and cook over very low heat, until meat is tender, about 2½ to 3 hours, and about 2 cups of the juices remain at the bottom of the saucepan. Add dill and cook 5 minutes more.

Serve immediately, placing 1 piece of meat and some lettuce leaves on each plate. Pour 1 or 2 spoonfuls of juice over it. Serve with warmed French or Italian bread.

SERVES 8 PERSONS.

If skill could be acquired by watching, dogs would become butchers.

The Art of Turkish Cooking
SULTAN'S DELIGHT
Hümnar Beğendi

1 1/2 pounds lamb, beef, or veal, cut into 1 inch cubes
2 small tomatoes, diced
2 small onions, chopped
2 tablespoons butter
Salt and pepper to taste
Eggplant Purée*
1 tablespoon chopped parsley

Place meat, onions, and butter in a saucepan. Sauté over medium heat until meat turns brown, about 10 minutes, stirring occasionally.

Add tomatoes and sauté 5 minutes more. Add salt and pepper, cover, and cook over low heat until meat is tender. Add a little warm water if necessary.

Place meat in the middle of a round serving platter. Arrange eggplant purée around the meat. Decorate meat with parsley and serve hot.

SERVES 6 PERSONS.

ARTICHOKE MEAT DOLMA
Eti Enginar Dolması

1 pound lamb or beef, ground
1 large onion, grated
1/2 cup rice
1/2 cup diced canned whole tomatoes
2 tablespoons chopped parsley, save stems
2 tablespoons chopped dill, save stems
2 egg whites
Salt and pepper to taste
2 tablespoons flour
Juice 1 lemon
10 medium artichokes
4 tablespoons butter
1 cup Lemon and Egg Sauce II*

Place meat, onion, rice, tomatoes, parsley, dill, egg whites, salt, and pepper in a bowl. Mix well. Set aside.

Fill a large bowl with cold water; sprinkle with flour and lemon juice and mix well. Set aside.

Prepare artichokes by removing the outer leaves until only tender ones remain. Trim off tough upper portions of the remaining leaves, leaving about 2 inches attached to the heart of the artichoke. The heart is concealed by the choke, a fuzz which must be spooned out. Also remove the thorny pinkish inner leaves. Trim off bottom. Drop artichokes into the bowl of water with lemon juice and flour to prevent discoloration. When all artichokes are ready, shake off excess water and stuff hearts with the meat mixture. (Save 5 cups of this water.) Repeat until all artichokes are filled. Dot with 3 tablespoons butter.

Place rack at the bottom of a heavy saucepan. Place 1 tablespoon butter and dill and parsley stems on rack.

Cut out 10 pieces of 12×12 inch wax paper.

Place 1 artichoke in the middle of a sheet of paper. Gather ends together and twist. Place each wrapped artichoke, bottom down, into the saucepan over dill stems. Add 2 cups of the saved flour water. Put a plate on top to give weight during cooking. Cover and cook over medium heat until water is absorbed. Add 2 more cups of the flour water. Continue to cook. Add the last cup of flour water and cook until artichokes are tender, about 1 1/2 hours.

Unwrap artichokes while still hot and arrange on a serving platter. Pour lemon and egg sauce over.

Serve as a second course after fish or chicken, or as a main luncheon dish.

Note: If any water remains in the saucepan it can be used for making the lemon and egg sauce.

ALLOW 2 PER PERSON AS MAIN COURSE AND 1 AS SECOND COURSE.
CABBAGE MEAT DOLMA

Eili Lahana Dolmasi

1 pound ground lamb or beef Salt and cayenne to taste
1 large onion, coarsely grated 11½ cups water
¼ cup rice 3 to 3½ pounds white
1½ cups canned, whole 3 tablespoons butter
tomatoes with juice, diced 1 cup Lemon and Egg
2 tablespoons fresh chopped Sauce II*
mint leaves
½ cup chopped parsley

Place meat, onion, rice, tomatoes, mint, parsley, salt, and cayenne in a bowl. Knead well. Set aside.

On high heat bring to a boil 10 cups of water in a large saucepan and 1 teaspoon salt.

Wash cabbage. Cut around core where leaves join it by inserting a sharp knife deep enough to loosen the leaves from the core but not detach them. Place whole cabbage, core upward, into boiling water. Cover, let boil for 3 minutes. Remove cover and take out a few of the outer leaves. Tilt cabbage with the aid of a spoon and take leaves out with tongs, being careful not to break them. Cover saucepan and let boil 3 minutes more. Again take out a few leaves. Continue same process until you come to the heart of the cabbage. Pile leaves in a colander to drain and cool.

Cut leaves into palm-size sections, discarding the hard vein in the middle and the curled parts near the core. Reserve discarded leaves. Pile prepared leaf sections on a dish.

Place several layers of discarded cabbage leaves at the bottom of a heavy saucepan.

Take 1 leaf section from the prepared pile in your palm. Place 1½ to 2 tablespoonfuls of the meat mixture on the thicker end of the leaf 1½ inches away from the edge. Fold thick part over filling. Then fold sides over and roll toward the end of the leaf. Place in saucepan over layers of leaves, loose end facing downward so that ends are securely tucked under. Repeat same process with each leaf, placing dolmas close to each other in rows. When one layer is finished start next layer over the first, and so on until all the meat mixture is used.

Dot with butter. Cover top of dolmas with a layer of discarded leaves. Place a plate over to give weight during cooking. Add 1½ cups water. Cover and place saucepan over medium heat and cook 50 to 60 minutes. All the water does not have to be absorbed. If any remains use it for making the lemon and egg sauce.

Remove dolmas to serving platter. Pour hot sauce over.

Serve warm as an appetizer, or as the main course for lunch.

MAKES 30 DOLMAS.

ALLOW 3 OR 4 PER PERSON AS AN APPETIZER AND 5 OR 6 AS MAIN COURSE.

EGGPLANT MEAT DOLMA

Eili Patlican Dolmasi

1 pound ground lamb or beef 6 to 7 short narrow eggplants
1 large onion, coarsely grated 1 cup oil
¼ cup rice 3 tablespoons butter
½ cup tomato juice 1½ cups water
1 cup chopped parsley, saved stems 1 cup Lemon and Egg Sauce II*
Salt and pepper to taste

Place meat, onion, rice, tomato juice, parsley, salt, and pepper in a bowl. Knead well.

Cut off stem end of eggplants and shape into a cover to be used later. Peel off a half inch wide strip of the black skin lengthwise leaving the next half inch with the skin on. Repeat until you make a striped effect. If the stem end is too narrow, cut off ½ inch from the opposite end and start scooping the inside from there. Leave about ½ inch thick shell. Discard scooped out pulp. Heat oil to boiling in frying pan. Sauté eggplant shells on each side, about 2 minutes per side. Fill shell with meat mixture a little at a time, pushing down with the handle of a spoon. When filled replace stem and cover. Repeat until all eggplants are filled.
Meats

the meat mixture on the stem end of the leaf 1 1/2 inches away from the edge. Fold stem end over filling. Then fold sides over and roll toward the end of the leaf. Put into saucepan on dill stems, loose end downward so that it is securely tucked under. Repeat process with each leaf, placing dolmas close to each other in rows. When one layer is finished start next layer over the first, and so on, until all the meat mixture is added.

Dot with butter. Cover top layer of dolmas with wax paper. Place a plate over to give weight during cooking. Add 1 1/2 cups water. Cover saucepan and cook over medium heat for 50 to 60 minutes.

Pour sauce remaining in pan over the dolmas. Serve hot with yogurt sauce I on the side.

MAKES 40 DOLMAS.
ALLOW 4 TO 5 PER PERSON.

GREEN PEPPER MEAT DOLMA
Eli Büher Dolması

I pound ground lamb or beef Salt and pepper to taste
1 large onion, coarsely grated 7 green peppers
1/4 cup rice 3 tablespoons butter
1/2 cup tomato juice 1 1/2 cups water
1/4 cup chopped dill, save stems 1 cup Yogurt Sauce I

Place meat in a bowl with the onion, rice, tomato juice, dill, parsley, salt, and pepper and knead well.

Wash and slice almost through tops of peppers but do not sever as they will serve as covers. Remove seeds. Fill peppers with meat mixture and put tops in place.

Place a rack in the bottom of a heavy saucepan. Put dill and parsley stems over rack. Arrange peppers upright over stems.

If any filling is left, shape into balls 1 inch in diameter and place between or on peppers.

Dot with butter. Add 1 1/2 cups water, cover with wax paper, and put lid in place. Cook over medium heat until peppers are tender, about 1 hour.
Transfer peppers into a serving platter and pour over them sauce remaining in pan.

Serve hot with yogurt sauce I on the side as a luncheon dish or as a second course after fish or chicken.

ALLOW 2 PEPPERS PER PERSON FOR A MAIN COURSE,
1 PEPPER FOR A SECOND COURSE.

TOMATO MEAT DOLMA
Etli Domates Dolmasi

10 large half ripe tomatoes
1 large onion, coarsely grated
5 tablespoons butter
5 tablespoons pignolias nuts
5 cup rice
1 pound ground lamb or beef
1 cup chicken or beef broth
2 tablespoons black currants
2 tablespoons chopped parsley
2 tablespoons chopped fresh mint leaves
Salt and pepper to taste

Preheat oven to 350 degrees F.

Slice almost through the stem end of each tomato, but do not sever as it will serve as a cover. Scoop out inside with a teaspoon. Save pulp from 4 tomatoes and dice. Set aside.

Arrange scooped tomatoes lid side up in a baking dish.

Sauté onion in a frying pan with 4 tablespoons of butter over medium heat, stirring constantly, for 5 minutes. Add nuts, sauté 3 minutes more. Add rice and sauté another 3 minutes. Add meat and sauté, always stirring, for 8 minutes. Add diced tomato pulp, stir, and sauté 5 minutes.

Bring to a boil chicken or meat stock. Add to meat mixture, stir, cover, and cook over medium heat until all stock is absorbed, about 20 minutes.

Remove from heat. Add currants, parsley, mint, salt, and pepper. Mix well.

Stuff tomatoes with meat mixture, pressing down with a spoon. Adjust top and dot with the remaining butter. Bake for 50 minutes.

Serve in the baking dish.

ALLOW 1 PER PERSON AS AN APPETIZER,
2 FOR A MAIN COURSE.

MAKES A GOOD LUNCHEON DISH.

ZUCCHINI MEAT DOLMA
Etli Kabak Dolması

1 pound ground lamb or beef
1 large onion, coarsely grated
5 cup rice
5 cup tomato juice
5 cup chopped dill, save stems
5 cup chopped fresh mint leaves
Salt and pepper to taste
8 to 9 fat zucchini (about 6 inches long)
3 tablespoons butter
1½ cups water

Place meat, onion, rice, tomato juice, dill, mint, salt, and pepper in a bowl. Knead well.

Scrape and wash zucchini, cut off stem end and shape into a cover to be used later. Trim opposite end. Scoop out and discard inside leaving ¼ inch shell. If stem end is too narrow, cut off ¼ inch from opposite end and shape into a cover. Scoop from the cover end. Fill shell with a little of the meat mixture at a time, pushing down with the handle of a spoon. When full, replace stem end as cover. Repeat until all the zucchini are stuffed.

Place a rack at the bottom of a heavy saucepan. Place dill stems on rack. Arrange zucchini over dill stems.

If any filling is left, shape into 1 inch balls and place between or on zucchini.

Dot with butter, add 1½ cups water, cover with wax paper. Place a plate on top to give weight during cooking. Cover and cook over medium heat until zucchini are tender, about 1 hour. If necessary more water may be added.

Transfer to a serving platter and pour over sauce remaining in saucepan.

Serve hot as a luncheon dish with potato salad, or as a second course after fish.

SERVES 6 TO 8 PERSONS.
ARTICHOKE BURGER I
Peynirli Enginar I

½ pound ground beef
3 scallions, chopped
2 small tomatoes, diced
3 tablespoons butter
½ cup chopped dill
Salt and pepper to taste
2 tablespoons flour

6 tablespoons lemon juice
6 large artichokes
2½ cups water
½ teaspoon sugar
6 slices cheese for melting
1 teaspoon paprika

Cook ground meat, scallions, and tomatoes with 1 tablespoon butter, over medium heat, stirring constantly for the first 5 minutes, then occasionally for 10 minutes more. Add dill, salt, and pepper and stir well. Remove from heat and set aside.

Fill a large bowl with cold water. Sprinkle with flour and add 4 tablespoons lemon juice. Cleaned artichokes must be dipped into this to prevent discoloration.

Prepare artichokes by removing all of the leaves one by one. Scoop out the fuzz in the heart with a teaspoon. Cut stem flat so that the artichoke will stand up. Cut a thin layer from the bottom with a knife, smoothing the rough surface, and drop it into the bowl of water. Repeat until all artichokes are ready.

Place artichokes in a shallow saucepan, bottoms down. Add 2 tablespoons butter, 2 cups water, and sugar. Sprinkle with 2 tablespoons of lemon juice. Cover with wax paper, put on the lid, and cook over medium heat until artichokes are tender, about 30 minutes.

Remove artichokes to a baking dish, again with bottoms down. If there is any water left in the saucepan, add it; if not add ½ cup water.

Fill the hearts of the artichokes generously with the beef mixture. Place a slice of cheese on top. Sprinkle with paprika. Broil under a hot broiler until cheese melts. Serve hot.

Serve as an appetizer, for dinners or as main course for luncheons with Romaine Lettuce Salad*.

SERVES 6 PERSONS.

ARTICHOKE BURGER II
Peynirli Enginar II

1 pound lamb or beef, cut into ½ inch cubes
3 scallions, chopped
2 small tomatoes, diced
3 tablespoons butter
3½ cups water
½ cup chopped dill
Salt and pepper to taste
6 large artichokes
2 tablespoons flour
6 tablespoons lemon juice
2½ cups water
½ teaspoon sugar
6 slices cheese for melting
1 teaspoon paprika

Put meat, scallions, tomatoes, 1 tablespoon butter, and 1 cup of water in a saucepan. Cover and cook over medium heat until meat is tender. Mix in dill, salt, and pepper. The meat should be on the dry side, not watery.

SERVES 4 PERSONS.
Prepare and cook artichokes as in Artichoke Burger I*. Remove to a baking dish with bottoms down. Fill the hearts with cubed meat. Place a slice of cheese on top. Sprinkle with paprika. Add ½ cup water. Broil under a hot broiler until cheese melts. Serve hot.

Serve as an appetizer for dinners or as a main course for luncheons with Shepherds' Salad*.

SERVES 6 PERSONS.

GREEN BEAN STEW I

Kaymakı Çalı Fasulyesi

2 pounds fresh green string beans or 2 packages (10 ounce) frozen French-cut beans, defrosted

1 onion, grated

2 tablespoons butter

If fresh beans are used, remove strings from beans and wash. Then cut in two lengthwise.

In a saucepan sauté the onion with butter over medium heat for 3 minutes. Add meat and sauté 5 minutes more, stirring all the time. Add beans and place tomatoes on top of beans. If tomato paste is used, dilute with a little water before adding. Add salt and pepper and 1 cup of water. Cover and cook for about 45 minutes or until beans are tender.

Serve with egg noodles.

SERVES 4 TO 5 PERSONS.

Meats

GREEN BEAN STEW II

Etil Çalı Fasulyesi

2 pounds fresh green string beans or 2 packages (10 ounce) frozen French-cut beans, defrosted

1 onion, grated

2 tablespoons butter

Salt and pepper to taste

Prepare beans as in Green Bean Stew I*.

In a saucepan sauté the onion with butter over medium heat for 3 minutes. Add meat and sauté for 10 minutes. Add 1 cup of water, cover, and cook over medium heat for 30 minutes. Add the beans, place tomatoes on top of beans. If tomato paste is used, dilute with a little water. Add salt, pepper, and remaining cup of water. Cover and cook for about 45 minutes or until meat and beans are tender.

Serve with Macaroni with White Cheese or Feta*.

SERVES 4 TO 5 PERSONS.

YANISSARY STEW

Etil Kuru Fasulye

2 cups dried kidney beans or 2 cans (1 pound each) ready-cooked white kidney beans, drained

6½ cups water

Salt to taste

2 medium onions, chopped

5 tablespoons butter

If dried beans are used soak them overnight in cold water. Drain. Bring 5 cups of water to a boil in a saucepan. Add 1 teaspoon salt and the beans. Cook over medium heat until beans are almost cooked but not too soft, about 20 minutes.

Sauté onions in butter for 5 minutes in a saucepan. Add meat
and continue to sauté for 10 minutes more. Add tomato paste or stewed tomatoes and stir, then add 1½ cups water, salt, and pepper to taste. Cover saucepan and cook over medium heat until meat is almost tender, about 40 minutes. Add beans and more water as necessary, cover and cook over medium heat until meat and beans are tender. If cooked beans are used, add them after the meat is well cooked and cook only 10 minutes more.

Serve hot with Tomato Pilav* and Beet Salad*.

SERVES 6 TO 8 PERSONS.

CABBAGE WITH MEAT

Etli Kapusta

1 pound boneless beef, cut into 1 inch cubes
¼ pound butter
2 medium onions, diced
¼ cup tomato juice
2 cups water

¼ teaspoon cayenne
Salt to taste
½ medium cabbage, about
3 pounds
1 tablespoon sugar

Preheat oven to 350 degrees F. after the meat and cabbage have been cooked.

Put meat, butter, and onions in a saucepan. Cover and cook over medium heat, stirring occasionally, for 30 minutes.

Add tomato juice, 1 cup hot water, cayenne, and salt. Cover and cook over low heat for 40 minutes more.

Wash and cut cabbage into 4 equal pieces and cut into shreds. Add to meat along with sugar and 1 cup hot water. Cover and cook until meat and cabbage are tender and all the water is absorbed, about 1½ hours. More water may be added as necessary.

Transfer to a baking dish and bake for about 8 minutes before serving.

SERVES 6 PERSONS.

CABBAGE IN THE POT

Lahana Kapumusı

3 medium onions, chopped
¼ pound butter
1 pound ground beef
½ cup rice
1 tablespoon pignolia nuts
2 tablespoons black currants
1 teaspoon sugar
Salt and pepper to taste

4 cups water
1 tablespoon lemon juice
1 cup mixed chopped parsley, dill, and fresh or dried mint leaves
1 medium-size cabbage, as loose and straight-leaved as possible

Sauté onions lightly in a saucepan with half of the butter, add ground meat and continue to sauté, stirring constantly, until meat is browned. Add rice and pignolia nuts and continue to sauté, stirring constantly, until rice is transparent, about 10 minutes. Add currants, sugar, salt, and pepper and ¼ cup of boiling water. Cover and cook over medium heat until rice absorbs all the water. Remove from heat, add lemon juice and herbs, stir, cover and put aside.

Use a pot, preferably one you can bring to the table, such as a deep casserole, just large enough to hold the cabbage. Put 2 cups of water in the pot, add a pinch of salt, and bring to a boil. Wash the cabbage, discarding damaged outer leaves. When water boils, put in the cabbage, bottom down. Cover and cook for 10 minutes. Remove from heat and drain, leaving cabbage in the pot.

Open the leaves of the cabbage one by one, taking care not to tear them from the root and rest them over the edge of the pot. Continue opening until the heart of small leaves is reached. Remove these without disturbing the rest of the leaves. Raise the cabbage and place half of the heart leaves at the bottom of the pot as support for the cabbage. Rest cabbage on the heart leaves.

Fill the heart of the cabbage with the rice and meat mixture, pressing down gently to make room for all the mixture. Spread the other half of the heart leaves on top and fold over the larger leaves that are over the edge of the pot, cover the whole until you have a round cabbage. Spread the rest of the butter on top. Place a plate on top of the stuffed cabbage to keep the leaves in place.
Add 1 1/2 cups of hot water, cover, and cook over medium heat until the cabbage is tender, about 40 minutes.

Serve hot. Take the pot to the table, cut individual portions with a knife and serve with a spoon.

SERVES 6 PERSONS.

CHICK-PEA STEW

Eli Nohut

2 cups dried chick-peas, or 2 cans (1 pound 4 ounces) 1 pound lamb or beef, cut
16 61/2 cups water into 1 inch cubes 2 tablespoons butter
6 tablespoons tomato paste
2 medium onions, chopped
Salt to taste
Red pepper to taste

If using dried chick-peas soak overnight in cold water. Drain. Bring 5 cups of water to a boil in a saucepan. Add salt and chick-peas. Cook over medium heat until chick-peas are almost cooked but not soft, about 20 minutes. Drain.

Place onions in saucepan, add butter and sauté very lightly. Add meat and continue to sauté about 10 minutes. Stir in tomato paste and add 1 1/2 cups water, salt, and pepper. Cover saucepan and cook over medium heat until meat is almost tender, 40 minutes. Add chick-peas and more water if necessary. Cover and cook over medium heat until meat and chick-peas are tender.

Serve hot with Tomato Pilaf*.

SERVES 4 TO 5 PERSONS.

CULTURED ROOT CELERY

Terbiyeli Kerevzökülü

1 large onion, grated
3 tablespoons butter
1/2 pound beef or lamb, cut
Salt and pepper to taste
4 pounds root celery
2 cups beef broth or water,
plus 1 additional cup broth or water, if needed
2 eggs
2 tablespoons lemon juice

Place onion in a saucepan large enough for both meat and the celery. Add 1 tablespoon butter, meat, salt, and pepper. Cover and cook on medium heat, stirring occasionally for 20 to 25 minutes. Remove from heat. If meat is very tough add a little water and cook 15 minutes more.

Pare the dark outer skin from each celery root until the white part is reached. Divide each root into 4 equal parts lengthwise. Scraps off the soft pulp inside. Place pieces into a bowl of cold water to prevent discoloration.

Place 2 tablespoons butter in a second saucepan. Drain and add the celery pieces. Add 1/2 cup broth or water. Cover and cook on high heat for 10 minutes. Shake saucepan occasionally to prevent scorching. Remove from heat, uncover, and cool.

Gather meat into the center of the first saucepan. Place cooked celery pieces on top of and around the meat. Measure the remaining broth from the cooked roots and add more broth or water to make 1 1/2 cups and add this to the meat and celery roots.

Add dash of salt, cover, and cook first on high heat for 10 minutes, then on medium heat until celery roots and meat are tender, about 30 minutes. If all broth is absorbed, add 1 cup more broth or water. Remove from heat.

Remove 1/4 cup celery stock from the saucepan without rearranging the meat and the celery roots. Then transfer meat and celery roots to a serving platter by placing the platter over the saucepan and quickly inverting it. You may serve this dish in a stove-to-table saucepan, omitting the transferring step.

Beat eggs in a small saucepan, add lemon juice. Place on very
low heat, then slowly add ¾ cup stock from the cooked celery roots and meat, stirring constantly. Continue stirring until sauce is thickened, 10 to 15 minutes. Pour sauce over platter and serve immediately.

SERVES 6 PERSONS.

**EGGPLANT CASSEROLE**
*Oturma*

<table>
<thead>
<tr>
<th>2 eggplants</th>
<th>1 large onion, diced</th>
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<tr>
<td>Salt</td>
<td>1 large tomato, diced</td>
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<tr>
<td>3 tablespoons butter</td>
<td>2 cups water</td>
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<tr>
<td>1 pound beef or lamb, cut into 1 inch cubes</td>
<td>2 tablespoons chopped parsley</td>
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<td></td>
<td>Pepper to taste</td>
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Preheat oven to 350 degrees F. after the meat has been cooked.

Prepare and sauté eggplants as in Musakka Eggplant*. Place in baking dish or cooking pot as described.

Put 1 tablespoon butter in a saucepan, add meat, onion, tomatoes, and 1 cup water. Cook until meat is almost tender. Add parsley, salt, and pepper and stir.

Place cooked meat over the eggplants, add remaining 1 cup water, cover and cook over medium heat for 30 minutes, or bake covered for 40 minutes.

Serve hot with Bulgur Pilav*.

SERVES 4 TO 6 PERSONS.

**MUSAKKA EGGPLANT**
*Patlcan Musakka*

<table>
<thead>
<tr>
<th>2 eggplants</th>
<th>1 large tomato, diced</th>
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<tbody>
<tr>
<td>Salt</td>
<td>2 tablespoons chopped parsley</td>
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<tr>
<td>3 tablespoons butter</td>
<td>Pepper to taste</td>
</tr>
<tr>
<td>1 large onion, diced</td>
<td>1 cup water</td>
</tr>
<tr>
<td>½ pound ground beef</td>
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Preheat oven to 350 degrees F. after the eggplants have been sautéed.

Cut the stems off the eggplants. Then peel a half inch wide strip of the black skin lengthwise, leaving the next half inch with the skin on. Repeat until you make a striped effect.

Then cut eggplants crosswise into 1 inch thick slices. Place slices in a deep tray, salting generously. Fill tray with cold water. Leave 30 minutes. Squeeze out the bitter juice, wash with cold water and dry.

Melt 2 tablespoons butter in a frying pan and sauté the slices on both sides. Place them in a single layer in a baking dish or a small saucepan.

In the same frying pan sauté the onions for 3 minutes in an additional tablespoon of butter. Add meat and sauté another 10 minutes, stirring continually. Add tomatoes and sauté 5 minutes more. Add parsley, salt, and pepper; stir and remove from heat.

Spoon meat mixture over the eggplant slices. Add 1 cup water. Cover and cook on medium heat for 30 minutes, or bake covered for 40 minutes.

Serve hot with Tomato Pilav*.

SERVES 4 TO 6 PERSONS.
SLASHED EGGPLANT

Karn Yarik

6 medium eggplants, long and thin
½ cup salad oil
2 tablespoons butter
2 medium onions, diced
½ pound ground beef
2 medium tomatoes, 1 chopped, 1 cut into 6 slices
1 green pepper, seeded and chopped, optional
2 tablespoons chopped parsley
½ cup water
Salt and pepper to taste

Preheat oven to 350 degrees F. after the eggplants have been sautéed.

Cut the stems off the eggplants. Then peel off a half inch wide strip of the black skin lengthwise, leaving the next half inch with the skin on. Repeat until you make a striped effect. Then slash them lengthwise on one side only, starting and ending 1 inch from both ends so that the eggplants can be stuffed. Sauté eggplants very lightly on both sides in oil. Place them in a single layer in a baking dish or a shallow saucepan, slashed sides up.

Add butter to the same pan the eggplants were sautéed in and sauté onions lightly. Add meat, cook for 10 minutes, stirring constantly. Add the chopped tomato and green pepper and cook for 5 minutes more. Add parsley, salt, and pepper; stir and remove from heat.

Stuff slashed eggplants with meat mixture. Place a slice of tomato on top of each eggplant. Add ½ cup water, cover, and cook over medium heat for 30 minutes or bake covered for 40 minutes. Serve with Tomato Pilav* or egg noodles.

SERVES 6 PERSONS.

CULTURED LEeks

Terbiyeli Pirasa

1 large onion, grated
3 tablespoons butter
1 pound boneless beef or veal, cut into 1 inch cubes
1 tablespoon tomato paste
Salt and pepper to taste
2 cups broth
4 pounds leeks
2 eggs
2 tablespoons lemon juice

Place onion, 1 tablespoon butter, meat, tomato paste, salt, and pepper in a saucepan large enough for meat and leeks. Cover and cook over medium heat, stirring occasionally, 20 to 25 minutes. Remove from heat. (If meat is very tough add ½ cup broth and cook 15 minutes more.)

To prepare leeks, first cut off the roots. Then remove 2 or 3 outer skins. Cut leeks crosswise into 2 inch long pieces. Wash and drain.

Put leeks and 2 tablespoons butter in a saucepan. Cover and cook over low heat for 20 minutes, shaking saucepan every 3 or 4 minutes. Remove from heat, uncover, and cool.

Arrange meat pieces in center of saucepan in which it was cooked. Arrange leeks in an orderly fashion over and around meat. Add 1½ cups broth, salt, and pepper. Place wet wax paper over the top. Cover and cook on medium heat for 1 hour, or until leeks and meat are tender. Remove from heat. Take about 1 cup of the hot stock from saucepan without disarranging the meat and the leeks. Transfer meat and leeks to a serving platter by placing the platter over the saucepan and quickly inverting it. An easier way to serve this dish is to cook it in a stove-to-table saucepan, which does away with the transferring step.

Beat eggs in a small saucepan, add lemon juice. Place over very low heat. Add slowly, stirring constantly, 1 cup stock from the cooked leeks and meat. Continue stirring until sauce is thickened, 10 to 15 minutes. Pour over leeks and serve right away.

SERVES 6 PERSONS.