on ready-made Phyllo pastry* dough, called yufka in Turkish, it can be prepared with every kind of filling from cheese to chicken and spinach.

The ready-made dough comes in 1 pound packages, consisting of paper-thin sheets of pastry approximately 18 inches long and 16 inches wide. In 1 pound there are about 25 sheets of pastry. However, some pastries are made very thin, so the number of sheets goes up to 50. The pastry can be kept in the refrigerator in its wax paper box for a few days. But best results are obtained when used immediately. The paper-thin sheets are very delicate and dry up easily and break, making handling very difficult. Handle with care and work quickly to avoid drying.

Boereks can be served as appetizers as well as main courses. Spinach and Cheese Boerek make a wonderful first course. Spinach Boerek may be served with yogurt sauce. Puff and Cigarette Boerek can be served with light soups such as chicken soup or bouillon. On the other hand Chicken Boerek, Meat Boerek, and Tatar Boerek make a substantial main course. In that case they can be preceded with smoked salmon or with artichokes or some other similar appetizer.

Rice—Macaroni—Boereks

RICE

Chicken Liver Pilav 203
Pilav with Calf's Brains 204
Pilav Chick-peas 204
Eggplant Pilav 205
Kebab Pilav 206
Mashed Rice 206
Mussel Pilav (see under fish dishes) 86
Pilav Pie 207
Pilav Quail 208
Sultana Pilav 208
Tomato Pilav 209
Vermicelli Pilav 209
White Pilav 210
Cracked Wheat Pilav 211

MACARONI

Macaroni à la Turca 211
Macaroni with White Cheese or Feta 212
Muffins à la Turca 213
BOEREKS

Beef Boerek  214
Cheese Boerek  215
Chicken Boerek  216
Cigarette Boerek  217
Meat Boerek  219
Mushroom Boerek  220
Puff Boerek  221
Spinach Boerek  223
Tatar Boerek  224
Water Boerek  225

CHICKEN LIVER PILAV

Iğ Pilav

1 1/2 cups long grain rice
Salt to taste
6 tablespoons butter
1/4 cup pignolia nuts
1/4 pound chicken livers, diced
1/4 cup chopped dill

2 1/2 cups chicken broth
Pepper to taste
1 bunch scallions, whites only, finely chopped

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

Melt 2 tablespoons butter in a small saucepan, add nuts, and sauté golden brown. Remove. Add livers and sauté in the same butter.

In a heavy saucepan place nuts, currants, the remaining butter, broth, salt, and pepper and bring to a boil. Add rice while the broth is still boiling. Stir once only, cover and cook on high heat without stirring for 5 minutes. Lower heat and cook until rice absorbs all the broth, about 15 minutes. Fold scallions into rice together with dill and sautéed chicken livers. Remove from heat. Take off cover, put a napkin over the pot, and replace cover. Leave for 40 minutes in a warm place. With a large spoon, gently transfer rice to a serving dish, taking care not to mash or break rice.

This is a rich dish and can be served with roast chicken, roast turkey, roast leg of lamb, or roast veal.

SERVES 8 PERSONS,
PILAV WITH CALF'S BRAINS
Beyinli Pilav

White Pilav*
Fried Calf's Brains*
Few parsley sprigs

Fill a large ring mold with hot pilav pressed down tightly so that rice stays in shape. Invert into a round serving platter. Pile fried brain pieces into the middle of the rice ring and decorate with parsley.

Serve as an appetizer or after fish or chicken as a second course.

SERVES 6 PERSONS.

EGGPLANT PILAV
Paticanli Pilav

1 cup long grain rice
1⅓ tablespoons salt
1 large eggplant
1 cup salad oil
⅛ cup olive or salad oil
2 large onions, coarsely grated
4 medium tomatoes, fresh or canned, diced
2 cups beef stock
1 teaspoon allspice
1 teaspoon sugar
2 tablespoons chopped mint leaves

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

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 eggplant lengthwise into 4 equal parts, and each of these pieces into 1½ inch pieces.

In hot oil in a medium saucepan, deep-fry eggplant pieces golden brown on all sides. Drain off excess oil, place in a bowl, and set aside.

Place 2 tablespoons of the olive oil in a saucepan with the onions. Sauté over medium heat, stirring constantly, until onions are light golden, about 10 minutes.

Place tomatoes in a medium-size heavy saucepan where the final cooking will take place. Cook over medium heat, stirring occasionally until soft and well cooked, about 20 minutes.

Add stock, the rest of the olive oil, onions, allspice, sugar, and remaining salt. Bring to a boil. Add eggplant and mint, and keep boiling. Add rice, still once, cover, and cook over high heat for 5 minutes. Turn heat to low and cook until rice absorbs all the stock, about 15 minutes.

Remove from heat, uncover, place a napkin over saucepan. Replace cover and leave for 40 minutes in a warm place.

When transferring to a serving platter, stir gently with a large spoon, taking care not to mash or break rice.

Serve cold, as an appetizer and at buffet suppers.

SERVES 8 TO 10 PERSONS.
PILAV PIE

Yufkali Pilav

2 cups long grain rice  
2 springs parsley
Salt to taste  
6 peppercorns
1 small chicken, 21/2 pounds  
12 tablespoons butter
5 cups water  
2 ounces slivered almonds
2 carrots, scraped, 1 quartered,  
Pepper to taste
1 grated coarsely  
8 sheets Phyllo pastry
2 onions, skinned, 1 quartered,  
1 grated coarsely

Preheat oven to 350 degrees F. after the rice mixture has been prepared.

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

Clean and wash chicken, place in a saucepan with 5 cups of water and cut up carrot, onion, parsley, salt, and peppercorns. Bring to a boil, cover, and cook over medium heat until chicken is tender, about 45 minutes. Remove chicken from saucepan. Cool, take off skin and remove bones. Separate meat into 2 or 3 inch long pieces. Set aside. Strain stock and save.

In a heavy saucepan sauté grated onion with 9 tablespoons of butter over medium heat for 5 minutes, stirring constantly. Add grated carrot and sauté for 5 minutes more. Add almonds and continue to sauté another 3 minutes. Add chicken pieces and cook 5 minutes, stirring occasionally. Add pepper.

Bring 3 cups of the chicken stock to a boil in a saucepan. Add the chicken mixture and bring to a boil again. Add the rice, stirring carefully not to break it. Cover and cook without stirring over high heat for 5 minutes. Turn heat to medium and cook until small holes appear on the surface of rice, but not all the broth is absorbed, about 10 minutes.

While rice is cooking, grease a 4 quart casserole with half the remaining butter. Line it with pastry sheets, covering the bottom with one end and leaving the other end hanging out over the rim of the casserole. The sheets should overlap so that the entire casserole, bottom and sides, is covered with pastry sheets.

Place half-cooked rice mixture in the casserole. Fold pastry sheets
over rice, like a package. Butter top with remaining butter. Bake until top is golden brown, about 25 to 30 minutes.

Remove from oven. Invert on a round serving platter. Cut through the crust with a sharp knife, and serve together with the rice.

Serve warm as an appetizer for formal dinners or as a luncheon course with Romaine Lettuce Salad*.

SERVES 8 TO 10 PERSONS.

PILAV QUAIL
Bildirinct Pilav

6 quail
Salt and pepper to taste
3 tablespoons butter, if necessary

Preheat broiler or have charcoal fire ready.

Split quail down back. Carefully remove breast bones and backbone. Flatten birds by pounding with a mallet.

Rub with salt and pepper.

Place a wire rack over charcoal fire, 3 or 4 inches above the coals, which should be hot but not flaming. Broil birds 8 to 10 minutes on each side. Turn only once. Do not overbroil. If birds are dry, baste with melted butter before broiling.

Place pilav on a platter, cover top with broiled birds, and serve with Romaine Lettuce Salad*.

SERVES 6 PERSONS.

SULTANA PILAV
Uzümli Pilav

2 cups seedless fresh white grapes

Tomato Pilav*

Wash and detach, one by one, 2 cups of grapes. Set aside.

Fill a 10x2 inch ring mold with the hot pilav, pressing down with a spoon. Invert mold into a round platter and fill center with grapes.

Serve after fish or poultry as a second course.

SERVES 6 TO 8 PERSONS.

Rice—Macaroni—Boereks

Tomato Pilav

Domatesli Pilav

1 1/2 cups long grain rice
Salt to taste
4 medium tomatoes, cubed
6 tablespoons butter

2 1/2 cups beef or chicken broth
Pepper to taste

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

Cook tomatoes in butter over medium heat in a heavy saucepan, stirring constantly until it forms a paste, about 30 minutes. Add the broth, salt, and pepper, and boil for 2 minutes. Add rice while the broth is still boiling. Stir it once only, cover and cook on high heat without stirring for 5 minutes. Turn heat low and cook until rice absorbs all the broth, about 15 minutes. Remove from heat.

Serve cover, place a napkin over the saucepan, and replace cover. Leave covered for 40 minutes in a warm place. Transfer rice gently to a serving dish with a spoon.

SERVES 6 TO 8 PERSONS.

VERMICELLI PILAV
Şehrîyeli Pilav

1 1/2 cups long grain rice
Salt to taste
3/4 cup broken vermicelli pieces
8 tablespoons butter

2 1/4 cups chicken broth
Pepper to taste
1 bunch scallions, white only, finely chopped

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

Sauté vermicelli in a saucepan with 2 tablespoons butter until light brown.
Remove vermicelli to a heavy saucepan, add broth, 6 tablespoons butter, salt, and pepper and boil for 2 minutes. Add rice to vermicelli while it is still boiling. Stir once only. Cover and cook over high heat without stirring for 5 minutes. Lower heat and cook until rice absorbs all the broth, about 10 minutes.
Fold scallions into rice and vermicelli. Remove from heat. Remove the cover, put a napkin over the saucepan, and replace cover. Leave covered for 40 minutes in a warm place. Transfer rice gently to a serving dish with a spoon.
When served with Chicken Stew* and Shepherds' Salad* it makes a good, balanced meal.

SERVES 6 TO 8 PERSONS.

WHITE PILAV
Beyaz Pilav

1½ cups long grain rice  2½ cups chicken broth
Salt to taste White pepper to taste
6 tablespoons butter

Place rice in a bowl, add 1 teaspoon salt, and cover with hot water. Stir and allow to cool. Drain and set aside.
Boil butter and broth for 2 minutes in a heavy saucepan. Add salt and pepper. Add rice while the broth is still boiling, stir once only. Cover and cook over high heat without stirring for 5 minutes. Turn heat on low and cook until rice absorbs all the broth, about 15 minutes. Remove from heat, remove cover, place a napkin over the saucepan, and replace the cover. Leave covered for 40 minutes in a warm place. Transfer rice gently to a serving dish with a spoon.

SERVES 6 TO 8 PERSONS.

Rice—Macaroni—Boereks

CRACKED WHEAT PILAV
Bulgur Pilavi

1 cup large grain bulgur1  1½ cups beef or chicken broth
5 tablespoons butter
1 large onion, coarsely grated Salt and pepper to taste
1 tablespoon tomato sauce or 1 small tomato

Wash bulgur with cold water. Drain and set aside.
Place 2 tablespoons butter in a heavy saucepan, add onion and sauté golden brown, stirring constantly, about 6 minutes. Add tomato sauce or diced tomato and cook another 5 minutes. Add broth, the rest of the butter, salt, and pepper and bring to a boil. Add bulgur, stir once, cover, and boil for 5 minutes on high heat. Then reduce heat and cook until bulgur absorbs all the broth, about 25 minutes.
Remove from heat, remove cover, place a napkin over the saucepan, and replace cover. Leave in a warm place for 40 minutes. The bulgur should be flaky and not mushy like oatmeal.
This makes an excellent side dish with all kinds of meat dishes.

SERVES 6 PERSONS.

MACARONI A LA TURCA
Kıymalı Makarna

1 medium onion, grated Salt and pepper to taste
3 tablespoons butter ½ pound bow-type macaroni
½ pound ground beef 2 quarts water
1 tablespoon tomato paste 2 cups Yogurt Sauce 1*
or 2 medium fresh tomatoes, diced

Sauté onion in a saucepan with butter over medium heat until light brown, stirring constantly for 5 minutes. Add meat, continue to

1 Bulgur is cracked wheat.
sauté and stir until meat is browned, 10 minutes. Add tomato paste and cook 5 minutes more. Add salt and pepper and keep hot over very low heat.

Cook macaroni in boiling salted water 10 to 12 minutes. Drain. Add to beef sauce in saucepan, mixing well. Reheat over medium heat.

When serving individual dishes, top each serving with 2 or 3 tablespoons of yogurt sauce.

SERVES 5 TO 6 PERSONS.

MACARONI WITH WHITE CHEESE OR FETA
Beyaz Peynirli Makarna

1 package (8 ounce) egg noodles, homemade type 1/2 pound diced feta or white cheese
4 tablespoons butter Dash paprika

Cook noodles according to directions on package. Drain and leave noodles in colander.

Melt butter in saucepan over medium heat. Add cheese and sauté for 2 minutes, stirring with a perforated kitchen spoon. Add noodles and paprika and stir carefully several times so that cheese blends with the noodles. Empty into a serving platter. This dish does not need any extra salt because the cheese has enough salt.

Serve hot as an appetizer with Tomato and Onion Salad*. Or serve after a cold vegetable appetizer.

SERVES 6 PERSONS.

Rice—Macaroni—Baereks

MUFFINS A LA TURCA
Kıymalı Pide

1 pound ground beef 1 medium onion, grated
1 green pepper, seeded and 2 medium tomatoes, cubed
chopped Salt and black pepper to taste
1 tablespoon wine vinegar 1/2 cup chopped parsley

Cook meat in frying pan with green pepper, onion, and tomatoes over medium heat for 30 minutes, stirring occasionally. Add salt, black pepper, vinegar, parsley, and dill. Mix well and cook for 5 minutes more, stirring occasionally. Remove from heat.

Cut muffins in two and toast each half on both sides. Put halves together again. Place muffins in a pan that can be brought to the table. Put pan over very low heat. Pour hot broth over muffins a little at a time, allowing each piece to soften and swell. Remove top part of each muffin with a spatula and spread the meat mixture on the bottom one. Replace top and keep warm.

Pour yogurt sauce on muffins.

Heat butter, add cayenne and paprika, pour over the yogurt and serve immediately.

ALLOW 1 MUFFIN FOR EACH PERSON.
BEEF BOEREK

Kıymalı Börek

Add to cook until gravy thickens well.

FILLING:

1 pound ground beef or lamb
4 tablespoons butter
1 large onion, grated
1 green pepper, seeded and diced
1 medium tomato, diced
1 pound Phyllo pastry sheets
12 tablespoons butter, melted
1/2 cup milk

1 cup chopped parsley
2 tablespoons pine nuts
2 tablespoons black currants
1/2 teaspoon sugar
Salt and pepper to taste
3 eggs

Preheat oven to 350 degrees F. After the filling has been prepared.

Sauté meat in frying pan with butter, onions, pepper, and tomatoes over medium heat. Stir occasionally, and cook for 30 minutes. Remove from heat, add parsley, nuts, currants, sugar, salt pepper, and the eggs. Mix well.

Lay 1 sheet of pastry on a well-buttered 12 x 15 inch baking pan. Brush pastry with melted butter and sprinkle with a few drops of milk. Place second sheet on top of the first, butter and sprinkle with milk. Repeat until half of the pastry sheets have been used up. Then spread meat mixture over the entire surface. Build up the remaining half of the sheets over meat mixture, one over the other, buttering each and sprinkling with milk. Butter top generously and cut into 16 squares. Bake for 30 minutes or until boerek is golden brown.

Serve warm as an appetizer or main course for lunch.

ALLOW 1 PER PERSON FOR APPETIZER, 2 FOR MAIN COURSE.

CHEESE BOEREK

Peynirli Börek

FILLING:

1/2 pound feta or white cheese, drained
1/2 pound Cheddar cheese, drained
4 eggs
2 tablespoons butter
2 tablespoons milk
1 cup chopped parsley

Preheat oven to 350 degrees F.

Filling: Place feta and cream cheese in mixing bowl and mash with a fork. Add Cheddar, eggs, butter, milk, and parsley and mix well.

Divide pastry sheets into 3 equal parts. Lay 1 sheet on a greased 12 x 15 inch baking pan. Brush surface with melted butter. Sprinkle with a few drops of milk. Place second sheet on top of the first, butter, and sprinkle with milk. Repeat until one-third of the pastry sheets have been used up. Then spread half of the filling over the entire surface.

Build up the second third of pastry sheets in the same way. Then spread the remaining half of the filling over the entire surface. Again, build up the last third of the pastry sheets in the same way. Butter top generously and cut into 16 squares.

Bake for 30 minutes, or until golden brown.

Serve warm as an appetizer or main course for lunch.

ALLOW 1 PER PERSON FOR APPETIZER, 2 FOR MAIN COURSE.
**CHICKEN BOEREK**  
*Tavuklu Börek*

**FILLING:**
- 1 chicken (3 pounds), cut into 6 portions
- 3 tablespoons butter
- 4 large onions, cut in half lengthwise, then finely sliced
- 1 large tomato, diced
- 12 Phyllo pastry* sheets
- ½ pound butter, melted
- 2 cups clear chicken broth
- ½ cup water
- Few rosemary leaves
- Salt and pepper to taste
- 1 can (10 ounce) cooked mixed carrots and peas

Preheat oven to 350 degrees F. after the filling has been prepared.

*Filling:* In a frying pan, sauté chicken pieces in butter over high heat for 10 minutes, stirring occasionally. Add onions and continue to sauté until onions are wilted, about 10 to 14 minutes. Add tomato and ½ cup water, rosemary, salt, and pepper. Cover and cook until chicken is tender and no water is left, about 30 minutes. Allow to cool.

Take chicken pieces out and discard bones and skin. Divide chicken meat into small 2 or 3 inch long pieces. Return to pan, add carrots and peas. Mix well. Divide filling into 6 equal portions.

Lay 1 sheet of pastry on table. Brush surface with melted butter. Lay second sheet over the first. Butter surface. Place 1 portion of filling in the middle, making a 3 inch square pile. Fold just 1 side vertically over filling, butter it, then fold the other side over the first side and butter. Then fold again, horizontally from the opposite ends, making a square package 3 to 3½ inches large. Butter between folds.

Place each square on greased baking pan. When all 6 squares are finished and placed on pan, butter the tops.

Bake for 25 to 30 minutes, or until golden brown. Do not over-bake. Remove to a serving platter. Heat chicken broth and empty into a sauceboat.

Serve warm with chicken broth on the side. Makes a delicious luncheon course. Place 1 boerek on dinner plate. Pour a few spoonfuls of broth to soften crust. Serve with Tomato and Cucumber Salad*.

SERVES 6 PERSONS.

**CIGARETTE BOEREK**  
*Sigara Böreği*

**CHEESE FILLING:**
- ½ pound white or feta cheese
- 1 egg
- 1 cup chopped parsley

**MEAT FILLING:**
- ½ pound ground beef
- ½ tablespoons butter
- 1 medium onion, grated
- Salt and pepper to taste
- ½ pound Phyllo pastry* sheets
- 1 cup salad oil

Cheese filling: Break cheese into small crumbs and place in a bowl. Add the eggs and parsley. Mix well.

Meat filling: Place meat in frying pan, add butter and onion. Sauté over medium heat, stirring constantly, for 10 minutes. Remove from heat. Add parsley, salt, and pepper. Mix well.

Put the pastry sheets, which come in a block piled on top of each other like sheets of paper, on a cutting board. Cut the block cross-wise into 2 equal parts as in Figure 1. Place the two parts on top of each other, making an orderly pile. Now the cut pastry sheets are ready to use as in Figure 2.

Take 1 sheet from the pile. Place it in front of you. Place 1
tablespoon filling, cheese or meat, in a ½ inch thick strip about 4 inches long as in Figure 3. Roll a few times like a cigarette as in Figure 4. Fold both ends of pastry over filling as in Figure 5. Now roll until the end. Paste ends with water as in Figure 6. Roll all pastry sheets and place on wax paper.

Place oil in frying pan over high heat. When oil is very hot, fry cigarettes golden brown on both sides, a few minutes on each side. Do not overcook. Lower heat as necessary.

Serve hot as appetizers, or to accompany soups.

MAKES ABOUT 24 TO 26 CIGARETTES.
ALLOW 2 OR 3 PER PERSON.

Fig.1  Fig.2  Fig.3

Cutting Line  Folding Lines  Filling

Fig.4  Fig.5  Fig.6

Folded Lines

Rice—Macaroni—Boereks

MEAT BOEREK
Talaf Boregi

FILLING:
2½ pounds boneless lamb or beef, cut into ½ inch cubes
4 tablespoons butter
1 large onion, grated
1 medium tomato, diced
1 medium green pepper, seeded and diced
1 teaspoon thyme leaves
3 cups water
½ cup chopped dill
¼ cup chopped parsley
Salt and pepper to taste

1 pound Phyllo pastry* sheets
½ pound butter, melted
2 cups broth, taken from meat filling

Preheat oven to 350 degrees F, after the filling has been prepared. Filling: Put beef in a saucepan and add butter, onion, tomato, green pepper, thyme, and 2 cups water. Cover and cook over medium heat for about 1 hour. Add dill, parsley, salt, and pepper and 1 cup warm water and continue to cook covered 30 minutes more or until meat is tender. At this time there should be plenty of broth in the saucepan. Remove the broth, which should be at least 2 cups, with a large kitchen spoon to a saucepan. Bits of thyme leaves, parsley, and dill flakes may be seen in this thin meat broth. Set aside. This is the sauce to be poured over boereks at the dinner table.

Cook meat a few minutes more so that all the juices are absorbed, and remove from heat.

When cool, divide into 8 equal portions.

Lay 1 sheet of pastry on table. Brush surface with melted butter. Lay second sheet over the first. Butter the surface. Lay a third sheet over the second and butter again. Place 1 portion of filling in the middle, making a 3 to 3½ inch square pile. Fold first one side vertically over filling, butter it, then fold the other side over the first side, butter again. Then fold again horizontally from the op-
MUSHROOM BOEREK

Preparation of cream sauce:
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 2 tablespoons diced hard Turkish cheese, Kasar* or Cheddar

Salt and pepper to taste

Preparation of mushrooms:
- 1 pound large mushrooms
- 3 tablespoons butter
- 12 sheets Phyllo pastry* sheets
- ¼ pound butter, melted
- 2 cups clear beef broth, optional

1 tablespoon onion flakes
1 tablespoon chopped dill

SERVES 8 PERSONS.

PUFF BOEREK

Preheat oven to 350 degrees F. after the filling has been prepared.

Filling: Melt 2 tablespoons butter in a saucepan. Add 2 tablespoons flour, stir. Sauté over low heat for 2 minutes. Add 1 cup milk slowly, stirring all the time. Continue stirring and cooking until mixture thickens. Add cheese and cook another 3 minutes. The cheese does not have to melt. Add salt and pepper, stir, and set in a warm place.

½ pound feta or white cheese
1 egg white
½ cup chopped parsley
1¾ cups all-purpose flour
3 tablespoons melted butter
½ cup water with 1 teaspoon salt added

SERVES 6 PERSONS.

Rice—Macaroni—Boereks

Clean whole mushrooms and slice into thick pieces. Mel: 3 tablespoons butter in a frying pan. Add onion flakes and mushrooms. Sauté over high heat for 1 minute, shaking and stirring pan. Add dill.

Add mushrooms to cream sauce and stir. Now the filling is ready. Divide filling into 6 equal portions.

Lay 1 sheet of pastry on table. Brush surface with melted butter. Lay a second sheet over the first and butter. Place 1 portion of filling in the middle making a 3 inch square pile. Fold first one side vertically over filling; butter it. Then fold the other side over the first side; butter again. Fold again horizontally from the opposite ends, making a package 3 to 3½ inches square. Butter between folds. Do the other 5 packages the same way as the first. Place all six squares on greased baking pan and butter the tops.

Bake for 25 to 30 minutes or until golden brown. Do not overbake. Remove to a serving platter. Heat beef broth and empty into a sauceboat.

Place 1 boerek on a dinner plate. Pour a few spoonfuls of broth over to soften crust. Serve warm with Tomato and Onion Salad* as a luncheon dish. Also makes a delicious appetizer.

SERVES 6 PERSONS.
yolk and 1 tablespoon melted butter into the hole. Slowly add the salted water and work into a springy dough. Knead well for 5 minutes. Shape into a ball, cover with a wet cloth, and let stand for 20 minutes.

Use kitchen table or other large wooden surface for rolling dough. Sprinkle flour on the table, place dough on it, and shape into a round roll 12 x 2 inches. Cut this into 12 equal parts. Flatten each by hand and butter each on one side only. Then stick 2 buttered sides together, making 6 pairs. Place under wet cloth and let stand for 5 minutes.

Flour and roll each buttered pair with a rolling pin into flat rounds 5 inches in diameter. Butter top of one, place next one on top of it, butter the top and place the third one on the pile. Cover with a wet cloth. Repeat the same process with the remaining 3 pairs. Let stand under the wet cloth for 5 minutes.

Take one of the triple pieces and place it on the floured surface. Roll out with rolling pin until it is 8 or 9 inches in diameter. Now change to a long, thin rolling pin about ⅛ inch in diameter and 25 inches long. An old wooden curtain rod will do. Roll up the pastry around the pin, pressing down gently and continually toward the ends of the pin. Unroll and roll from the opposite side, dusting table and dough with flour at each rolling. Roll until dough is 16 or 17 inches in diameter.

When the proper size is reached, place half teaspoonfuls of filling 2 inches away from the edge at 3 inch intervals around one half of the dough. Fold edge over 1 inch beyond filling and press down with fingers along the edge. Cut into elongated quarter moons with a demitasse saucer, pressing down so that the edges are sealed. Remove moons to a tray. Repeat again, starting from cut edge. Discard any small leftover pieces of the dough. Repeat same process until all dough is used and placed on the tray. Place wax paper over the boereks and cover with a kitchen towel.

Half an hour before serving fry boereks in very hot oil in a frying pan until they puff up and become a light golden brown on both sides. This takes 2 minutes on each side.

Serve hot as an appetizer or with light soups.

MAKES 30 TO 40 BOEREKS.
ALLOW 3 TO 4 PER PERSON.

Rice—Macaroni—Boereks

SPINACH BOEREK
Ispanaklı Börk

FILLING:
4 packages (10 ounce)
chopped frozen spinach
2 tablespoons crumbled feta or white cheese
1 large onion, grated
½ tablespoon sugar
3 tablespoons salad or olive oil
4 tablespoons milk
Salt and pepper to taste
4 tablespoons grated Parmesan cheese
1 pound Phyllo pastry* sheets
12 tablespoons butter, melted
1 pint yogurt

Preheat oven to 350 degrees F. after the filling has been prepared.
Filling: Defrost spinach, squeeze out all the juice, and set aside.
Put onion into frying pan, add oil, and sauté for 8 minutes over medium heat, stirring occasionally. Remove from heat. Add the spinach, cheeses, sugar, milk, salt, pepper, and eggs. Mix well.
Divide filling into 4 or 5 equal portions, depending on the number of pastry sheets.

Butter an 18 x 12 baking pan.

Divide pastry sheets into 4 or 5 portions. Each portion should not have more than 6 or 7 pastry sheets. Read instructions for Boereks*.

Lay 1 sheet of pastry on a smooth surface, brush surface with a little butter, but do not over-butter. Take a second sheet, lay it on top of the first, and butter it in the same manner. Do this until one-fourth or one-fifth of the pastry sheets have been used.

Then arrange 1 portion of the spinach along the longer edge of the pastry in a straight line 5 inches away from the edge. Fold the edge over the spinach and roll like strudel pastry. Place in the baking pan.

Repeat process until 4 or 5 rolls have been completed and placed in the pan. Brush the tops with butter and bake for 30 minutes, or until the boereks are golden brown.
Cut boerekas 2 or 3 inches long, making about 25 pieces. This is an excellent appetizer for large parties. It may be prepared a day in advance, kept in the refrigerator, and baked before serving. Serve with plain yogurt on the side.

SERVES 10 TO 12 PERSONS.

TATAR BOEREK
Tatar Böreği

FILLING:

<table>
<thead>
<tr>
<th>1/2 pound ground beef</th>
<th>Pepper to taste</th>
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<tbody>
<tr>
<td>1/2 cup chopped parsley</td>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1 1/4 cups all-purpose flour</td>
<td>4 tablespoons butter</td>
</tr>
<tr>
<td>1 egg</td>
<td>3 cups beef stock</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>1 teaspoon paprika</td>
</tr>
<tr>
<td>3 tablespoons water</td>
<td>2 cups Yogurt Sauce 1*</td>
</tr>
</tbody>
</table>

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

Filling: Mix meat well in a bowl with parsley, pepper, and salt. Set aside.

Sift 1 cup flour into a bowl. Make a hole in the middle. Put egg, salt, and water into the opening and work into a dough. Knead well for 3 minutes. Shape into a ball, cover with wet cloth, and let stand for 20 minutes. Use kitchen table, preferably a wooden one, for rolling dough. Use 1/4 cup flour for dusting dough. Sprinkle flour on table. Take only half of dough, keeping other half under the wet cloth. Roll with rolling pin until dough is about 7 inches in diameter. Then use a long, thin rolling pin, about 1/2 inch in diameter and 25 inches long. An old wooden curtain rod will do. Roll up the pastry around the pin, pressing down gently and continually toward the ends of the pin. Unroll and roll from the opposite side, dusting table and dough with flour at each rolling. Roll until dough is about 15 inches in diameter and about 1/8 inch thick.

Now cut dough into long strips 2 inches wide. Then cut strips into 2 1/2 inch pieces. Trim off irregular edges and discard.

Grease a 10x14 inch baking pan with 2 tablespoons butter. Form each piece into a small canoe by pressing the two ends together. When all the canoes are in the pan, fill each with a small ball of the beef mixture.

Heat stock. Ladle about 1 cup over canoes. Place pan in oven and bake 10 minutes. Again ladle a cup of stock over the canoes and bake 10 minutes more. Then ladle in the rest of stock and bake 20 minutes.

Melt 2 tablespoons butter but do not burn. Add paprika and stir. Keep hot.

Remove canoes to a large serving platter and pour over them the yogurt sauce. Decorate top with hot paprika and butter mixture. Serve hot as a luncheon course.

SERVES 4 PERSONS.

WATER BOEREK
Su Böreği

CHEESE FILLING:

| 1/4 pound feta or white cheese, soaked in water and refrigerated for 1 day and drained before using |
| 4 tablespoons milk |

MEAT FILLING:

| 1/4 pound ground beef |
| 1 medium onion, grated |
| 3 eggs |
| 5 tablespoons water |

1 cup chopped parsley
Salt and pepper to taste
1 cup extra flour or cornstarch to be used for rolling dough
8 tablespoons butter, melted

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

Cheese filling: Break cheese into small crumbs and put in a bowl. Add egg, parsley, milk, and mix well.

Meat filling: Sauté meat in frying pan with butter and onion over medium heat, stirring constantly for 10 minutes. Remove from heat and add parsley, salt, and pepper. Mix well.
Sift flour into a bowl. Add eggs and salt and enough water to make a springy dough, about 5 tablespoons. Knead dough well. Cover with a wet cloth and let stand for ½ hour.

Use a large kitchen table, preferably a wooden one, for rolling dough. Sprinkle flour on the table and place dough on it. Shape into a round roll 18 inches long and about 2 inches in diameter. Cut this into 9 equal parts. Knead each piece well and shape it into a round ball. Flour and place under wet cloth.

Flour the table again and roll out a ball with a rolling pin until dough is as large as a dinner plate. Then use a long, thin rolling pin about ½ inch in diameter and 25 inches long. An old wooden curtain rod will do. Roll up the pastry around the pin, pressing down gently and continually toward the end of the pin. Unroll and roll from the opposite side, dusting table and dough at each rolling. Roll until dough is about 12 inches in diameter. Repeat the same process with each ball of dough. Pile rolled sheets one over the other, placing wax paper in between.

Grease a round baking pan about 12 inches in diameter and 1½ inches high. Lay the largest sheet on it. Butter the top.

Place a large saucepan of water over stove to boil. Fill another large saucepan with cold water and place it near the first saucepan of boiling water.

Take one of the pastry sheets and drop it into the boiling water. Ladle water over it so that the top also is soaked. Allow it to remain 1 or 1½ minutes. Scoop sheet out gently with a large strainer and a perforated kitchen spoon. Drop sheet into the saucepan of cold water and leave 2 minutes. Scoop sheet out gently, again using a strainer and perforated spoon. Squeeze out all water carefully by hand. Then lay it over the first uncooked sheet. If a sheet breaks when you squeeze out the water, you can still use it. Brush with a little melted butter. Follow the same process with each sheet until 5 sheets are used. Then lay filling, either cheese or meat, over the entire surface.

Continue the same process over filling until all sheets are used. Butter surface. Bake until surface is golden brown and crisp and the inside layers are soft, about 1½ hours.

Invert onto a round serving platter and cut into slices.

Serve as an appetizer or as main dish for luncheon with a salad.

Serves 12 persons as appetizer,
8 to 10 as main course.

A kettle will not boil without its lid.

THE TAX RECORDS

Nasrettin Hoca lived in Akşehir, a small town in central Turkey. During his time the city was occupied by Tamerlane, who acted as a merciless conqueror. One day Nasrettin Hoca was caught in the audience as Tamerlane thundered to punish the tax collector for alleged fraud, looking at his piles of tax receipts, he shouted, “Fraud! And you expected me to swallow all these falsifications. Not I! You will swallow them. Eat them or you lose your neck.”

Then, looking at his audience, he picked Nasrettin Hoca as his new tax collector.

“In three months we meet here again,” he told him, “with your records and the money.”

On the prescribed date Nasrettin Hoca appeared before the hard conqueror with a wheelbarrow covered with a clean white cloth. He bowed and handed Tamerlane two bags of gold.

“The records,” commended Tamerlane. Hoca turned confidently to the wheelbarrow and with deliberate care removed the white cloth, revealing two rows of baked dough sheets.

“What is this?” thundered the conqueror in surprised anger.

Hoca, picking up the topmost sheet carefully, approached Tamerlane and read the inscription that had been meticulously inscribed before the dough was baked.

“Sire,” he said, “I reckoned that one of us had to swallow them. So I wanted to make it easy on whoever had to eat them.”
11. Desserts

Anyone with an adventurous palate has heard of Baklava or Kadayif. They are enjoyed in all Eastern Mediterranean countries but they are essentially of Turkish origin. They vary albeit slightly from region to region. The Turkish variety tends to be more flaky and less sweet. This pastry type dominates the Turkish dessert field in which such varieties as Harem Navels and Belle Lips match the attractiveness of their names with the pleasantness of their taste.

Baklava is not as difficult to prepare as it appears. Once you have acquired the knack of using yufka, the layers of paper-thin pastry used for baklava or boerek, the rest comes within easy reach of your competence.

The pastry types of Turkish desserts are especially recommended for buffet dinners or for afternoon or late evening coffee snacks.

The puddings, which have a special flavor of their own as distinct from those of other countries, help to end a full course dinner with a light touch.

Classifying Turkish desserts according to their heaviness, the pastry types rank on top of the list. The puddings come in the middle and the fruit desserts are the lightest.

Turkey is a fruit paradise, growing every kind distinguished by flavor, aroma, and even size and color. The Izmir figs and melons, the Sultana grapes have been coveted since the days of antiquity. Cherries have their origin in ancient Cerasus, modern Giresun. From the foot of Mt. Olympus in Bursa, the peach capital of the world, the Romans took the first kernels for their orchards in Italy.

The Turks have always enjoyed eating their fruit fresh and have never suffered from vitamin deficiencies. But Turkish cuisine has also developed a variety of cooked fruit desserts. The Creamed Apric-
The Art of Turkish Cooking

cct Bowl, the Stuffed Apricots, and the Quince Compote are recommended after a menu that includes pilav. Melon Dolma provides a cool and refreshing dessert on a hot summer evening. Rose Jam also offers many possibilities as an exotic dessert sauce.
Desserts

PUDDINGS
Milk Pudding Almonds 233
Milk Pudding Coconut 234
Milk Pudding Pistachio Nuts 234
Milk Pudding Rose Water 235
Grapefruit and Orange Pudding 236
Noah's Pudding 237
Rice Pudding 238

FLOUR CAKES AND HELVAS
Almond Rolls 239
Baklava 240
Baklava with Cream Filling 241
Belle Lips 242
Crumpets in Syrup 243
Turkish Doughnuts 244
Farina Nut Helva 245
Harem Navels 246
Lemon Dessert 247
Revani 248
Shredded Pastry Dessert 249
Sponge Cookies à la Turca 250
MILK PUDDING ALMONDS

Bademli Muhallebi

6 ounces finely ground blanched almonds
2 heaping tablespoons cornstarch
2 heaping tablespoons rice flour

\( \frac{1}{2} \) cup cold water
2 quarts milk
1 cup sugar
Dash salt
1 tablespoon almond extract

Place almonds in a bowl. Cover with boiling water and soak for \( \frac{1}{2} \) hour. Rub skins off. Dry almonds in a towel and grind with nut grinder. Set aside.

Place cornstarch and rice flour in a bowl; add half a cup of cold water, stir, and set aside.

Place milk in a saucepan, add sugar and salt and bring to a boil over medium heat. Slowly pour in the cornstarch and rice flour mixture, stirring constantly. Cook about 30 minutes, stirring constantly. Add the ground almonds and stir well. Then let simmer, stirring occasionally until mixture is the consistency of a thick pudding, about 15 minutes. Remove from heat and stir in almond extract. Then pour pudding into bowls for individual servings or into 1 large bowl. Brown surface under the broiler if desired. In that case an oven-proof dish should be used.

Cool for 2 or 3 hours.

This pudding may be prepared a day in advance and kept in the refrigerator.

Serve with your favorite cookies.

Serves 8 to 10 persons.
MILK PUDDING COCONUT
Hiadistancevizli Muhallebi

2 heaping tablespoons cornstarch
2 quarts milk
1 cup sugar
2 heaping tablespoons rice flour
4 ounces shredded coconut
Dash salt
½ cup cold water

Place cornstarch and rice flour in a bowl; add half cup of cold water, stir and set aside.
Place milk in a saucepan, add sugar and coconut, and salt and bring to a boil over medium heat. Slowly pour in the cornstarch and rice flour mixture, stirring constantly. Cook about 30 minutes, stirring constantly. Then let simmer, stirring occasionally until mixture is the consistency of a thick pudding, about 15 minutes. Remove from heat, pour into bowls for individual helpings or into 1 large bowl. Brown surface under the broiler if desired. In that case an oven-proof dish should be used. Cool for 2 or 3 hours.
This pudding may be prepared a day in advance and kept in the refrigerator. Serve with your favorite cookies.

SERVES 8 TO 10 PERSONS.

MILK PUDDING PISTACHIO NUTS
Fistikli Muhallebi

½ cup shelled pistachio nuts
2 heaping tablespoons cornstarch
2 heaping tablespoons rice flour
½ cup cold water
2 quarts milk
1 cup sugar
Dash salt
1 teaspoon vanilla extract

Place whole nuts in a saucepan, cover with water, and boil for 5 minutes. Remove from heat, pour 2 cups of cold water over them, and remove the dark skins of the nuts. Dry in a towel and grind with nut grinder. Set aside.
Place cornstarch and rice flour in a bowl, add half a cup of cold water, stir and set aside.
Place milk in a saucepan, add sugar and salt, and bring to a boil over medium heat. Slowly pour in the cornstarch and rice flour mixture, stirring constantly. Cook about 35 minutes, stirring constantly, until mixture is the consistency of a thick pudding. Add half of the pistachios and the vanilla; mix well. Remove from heat, pour into bowls for individual helpings or into 1 large bowl. Decorate top with the remaining half of the pistachio nuts.
Cool for 2 or 3 hours.
This pudding may be prepared a day in advance and kept in the refrigerator. Serve with lemon cookies.

SERVES 6 TO 8 PERSONS.

MILK PUDDING ROSE WATER
Gül Sulu Muhallebi

1 tablespoon sugar
½ teaspoon salt
3½ cups milk
2 tablespoons cornstarch
2 tablespoons Rose Water or Orange Flower Water
3 tablespoons rice flour
¾ cup cold water
1/4 cup confectioners’ sugar
2 tablespoons Rose Water
Strawberries or raspberries, if available

Add 1 tablespoon sugar and ¼ teaspoon salt to milk in a saucepan. Bring to a boil over medium heat.
Place cornstarch and rice flour in a bowl. Slowly add ¾ cup cold water, stirring constantly until smooth.
Just as the milk is almost boiling, begin pouring the flour mixture very slowly into milk while stirring constantly and vigorously. Keep stirring constantly for 30 to 40 minutes until pudding thickens and starts to bubble. Let bubble for 2 or 3 minutes, then stir again. While still cooking, test by placing a teaspoonful of the pudding on a small dish. Let it cool in the refrigerator for a few minutes. When moved
with a finger, if it does not stick to the dish, it is ready. If it sticks, test again after cooking a few minutes more.

Empty mixture into a flat round or square tray or a Pyrex dish. The height of the pudding should not be more than 1 inch.

Cool for 6 hours or overnight. Invert onto a serving dish by placing the dish over the pudding and turning it very quickly upside down. Or cut into serving portions and place on the dish. Cover with confectioners' sugar and sprinkle with rose water just before serving. Decorate with strawberries or raspberries, if available.

**SERVES 4 TO 6 PERSONS.**

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**GRAPEFRUIT AND ORANGE PUDDING**

_PORTAKAL PELETESI_

| 1 cup cold water          | 1 1/2 cups sugar              |
| 4 level tablespoons cornstarch | 1 cup diced blanched almonds   |
| 2 grapefruits             | 1 cup pomegranate seeds,       |
| 1 large orange            | optional                       |
| 2 cups orange juice       | 1 cup whipped cream            |
| 2 cups grapefruit juice   |                               |

Add 1 cup cold water to cornstarch in a bowl to soften it.

Pare grapefruits and the orange and separate them into segments. Take off white inner skins, remove the seeds, and reserve segments.

Pour orange and grapefruit juice in a saucepan with the sugar. Mix the softened cornstarch well with the water and add to the saucepan. Cook over medium heat, stirring constantly until pudding thickens and starts to bubble, about 20 minutes. Add the orange and grapefruit segments; stir carefully to avoid breaking of the segments. Cook for 2 minutes more. Remove from heat. Stir in the almonds. Pour into bowls for individual helpings or into 1 large bowl. Cool and refrigerate for 2 or 3 hours or overnight.

Decorate with pomegranate seeds and serve with whipped cream.

**SERVES 8 PERSONS.**

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**DESSERTS**

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**NOAH'S PUDDING**

_Aşire_

1/2 cup chick-peas
1/2 cup dried fava beans
1/2 cup white kidney beans
1 cup whole wheat, special for aşire*
1 tablespoon rice
1/2 cup Sultana raisins
8 quarts water
1 1/2 cups sugar
1 cup milk

1/4 cup chopped figs, optional
1/4 cup chopped dates, optional
3 tablespoons Rose Water or Orange Flower Water*
1/2 cup chopped walnuts
1/2 cup blanched almonds
1/4 cup black currants
1/2 cup pomegranate seeds, optional

Soak chick-peas, fava beans, and white kidney beans overnight. Wash wheat and rice with cold water and drain. Soak wheat and rice in a large saucepan with 5 quarts of water overnight.

Next morning cook chick-peas, fava beans, and white kidney beans in boiling water until barely tender. Drain and set aside. Soak raisins. Cook wheat and rice over low heat until the water is reduced to 2 quarts. Stir frequently to prevent scorching. Add 3 more quarts of water. Add chick-peas, fava beans, and the white beans and cook until liquid is reduced to 4 quarts. Add sugar. Continue cooking and stirring constantly until sugar melts and the pudding thickens. The pudding should not be too thick. If this happens, always add a little more water. Add milk, drained raisins, figs, and dates and cook for 15 minutes more. Remove from heat. Add rose water and stir. Pour into bowls for individual helpings or into 1 large bowl. Cool and refrigerate for 2 or 3 hours or overnight. Decorate with walnuts, almonds, currants, and pomegranates.

**SERVES 12 TO 14 PERSONS.**
RICE PUDDING
Sülaç

1 heaping tablespoon rice
1½ cups water
4 cups milk
Dash salt
1 tablespoon cornstarch

½ tablespoon rice flour
½ cup sugar
1 teaspoon cinnamon, optional

Place rice in a small saucepan. Add ½ cup water. Cook over medium heat, stirring occasionally until rice is tender and all the water is absorbed. Remove from heat.

Place milk in a saucepan, add the cooked rice and salt. Bring to a boil over medium heat.

Place cornstarch and rice flour in bowl, add ½ cup cold water, stirring constantly until smooth. Add gradually to the boiling milk and stir constantly for 10 minutes. Add sugar and continue to stir until mixture thickens, about 20 minutes. Remove from heat. Pour into 6 earthenware bowls for individual helpings or into 1 large bowl. Brown surface under the broiler if desired. In that case an oven-proof dish should be used. Cool and refrigerate for 2 or 3 hours or overnight. Remove from refrigerator 1 hour before serving.

Before serving, sprinkle cinnamon on top if desired.

SERVES 6 PERSONS.

Who is fond of cream should take the cow round with him.

DESSERTS

ALMOND ROLLS
Tulumba Tatlısı

Syrup:
3 cups sugar
2½ cups water
2 tablespoons lemon juice
4 tablespoons butter
1½ cups sugar
2 tablespoons almond extract
1½ cups flour
1 teaspoon salt
4 eggs

1½ cups vegetable shortening
4 tablespoons ground almonds
½ pint heavy cream, whipped

Syrup: Place sugar, 2½ cups water, and lemon juice in a saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 15 minutes without stirring. Remove from heat and allow to cool.

Place butter in a saucepan and melt over medium heat. Add 1½ cups sugar, less 2 tablespoons, and the almond extract and bring to a boil. Reduce heat to low. Add all the flour at once. Sprinkle salt over and continue cooking for 6 minutes, stirring constantly with a wooden spoon. Remove from heat and cool. When thoroughly cooled, add eggs, one at a time, beating each into flour mixture. Then knead well until no lumps remain, about 10 minutes.

Heat half of the oil in a frying pan over low heat until lukewarm. Fill cyklo tube or a pastry bag with the dough, using a round nozzle, preferably with a sharp tooth edge. Press into pan in 2 inch long pieces. Wait until the pieces start to swell, then increase heat to high and fry on each side to light golden. Do not crowd the frying pan. Allow enough space to take care of enlarged dough. When 1 or 2 panfuls are done add the rest of the shortening. Cool the pan after each panful is finished. Place fried pieces in cold syrup.
and leave until next painful is ready. Remove pieces from syrup to a serving platter. Allow to cool.

Sprinkle with almonds and serve with whipped cream.

MAKES ABOUT 55 TO 60 PIECES.
ALLOW 4 TO 5 PER PERSON.

BAKLAVA

SYRUP:
3 cups sugar
2 1/2 cups water
1 tablespoon lemon juice

1/2 pound sweet butter
1 cup ground walnut meats
1 pound Phyllo pastry* sheets and 1 cup ground almonds
2 cups ground walnut meats
1 pint heavy cream, whipped, optional

Preheat oven to 200 degrees F.
Melt butter and grease in 11 x 16 inch baking pan. Lay 1 sheet of pastry in the pan, then brush surface generously with melted butter. Lay a second sheet on top of the first and butter. Repeat until half of the pastry sheets have been used. Then spread walnuts evenly over the entire surface. Build up the remaining half of the pastry sheets, buttering each generously. Pour any remaining butter over the top.

Cut into diagonal strips, 2 inches wide, across the pan and cut intersecting diagonals to form diamonds.

Bake baklava for 2 1/4 hours. The pastry will keep its white color, but will be crisp.

While the pastry is baking, prepare syrup. Melt sugar in water and lemon juice in a saucepan over medium heat, stirring constantly. Bring to a boil and simmer until it forms a heavy syrup, about 20 to 25 minutes. Remove from heat and keep in a warm place.

Remove pastry from oven. Drain excess butter by tilting the pan. Brush surface of diamonds lightly with some of the drained butter to give luster to the pastry.

Desserts

Pour warm syrup over pastry a little at a time, until all syrup is absorbed. Allow to cool for several hours.
Serve with whipped cream on the side, if desired.

MAKES ABOUT 30 DIAMONDS.
ALLOW 2 PER PERSON.

BAKLAVA WITH CREAM FILLING

Muhallebili Baklava

1 pound Phyllo pastry* sheets
1/4 pound sweet butter, melted

FILLING:
3 cups milk
1/4 cup sugar
1/4 teaspoon salt
1/2 cup fine grain farina

SYRUP:
2 1/2 cups sugar
2 cups water
2 tablespoons lemon juice
12 pineapple slices, cut in two

Preheat oven to 350 degrees F. after the filling has been prepared.
Divide pastry into 2 equal parts. Lay 1 sheet on a well-buttered 11 x 16 inch baking pan. Brush surface generously with melted butter. Lay second sheet on top of first and butter. Repeat until half of the pastry sheets have been used.
Cover the unused half of pastry sheets with a kitchen cloth to prevent drying.
Prepare filling: Over medium heat bring milk, sugar, and salt to a boil in a saucepan. Add farina by sprinkling in a little at a time, stirring constantly until the mixture thickens and the farina is well cooked.

Spread the hot farina mixture evenly over the entire surface of pastry sheets. Again build up the remaining half of the pastry sheets, buttering each surface generously, on top of farina. Pour the re-
mailing butter over the top. Cut pastry sheets into 24 equal squares. Bake for 40 to 45 minutes or until light golden.

While the baklava is cooking prepare syrup: Place sugar, water, and lemon juice in a saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 15 minutes without stirring. Remove from heat and allow to cool.

Remove baklava from oven. Pour off all excess butter by tilting the pan. Cool for 10 minutes. Brush surface lightly with some of the drained butter to give luster to the pastry. Pour syrup over a little at a time, until all is absorbed. Allow to cool for several hours. Serve with pineapple slices.

ALLOW 1 TO 2 SQUARES PER PERSON.

BELLE LIPS
Dilber Dudoğlu

Syrup:
2 cups sugar
1 3/4 cups water
1 tablespoon lemon juice

7 tablespoons butter
1 1/2 cups water
1 1/2 cups flour
1 teaspoon salt

2 eggs and 1 egg yolk
1 tablespoon salad oil
1/2 cups vegetable shortening
1/2 pint heavy cream, whipped

Syrup: Place sugar, 1 3/4 cups water, and lemon juice in a saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 10 minutes without stirring. Remove from heat and allow to cool.

Place butter in a saucepan and melt over medium heat. Add 1 3/4 cups of water and bring to a boil. Reduce heat to low. Add all the flour at once, sprinkle salt over, and continue cooking for 7 minutes, stirring constantly with a wooden spoon. Remove from heat and cool. When thoroughly cooled, add 2 whole eggs and 1 egg yolk, one at a time, beating each into the flour mixture. Then knead well until no lumps remain, about 10 minutes.

Place oil in a small dish and grease fingers and palms to facilitate the handling of the dough. Take a walnut-size piece of dough and shape into a flat round piece. Fold it over to the shape of a pair of lips. Place on wax paper. Repeat until all the dough is used up.

In a frying pan, heat half of the shortening over low heat until lukewarm. Place lips in the pan and wait until they start to swell. Then increase heat to high and fry on each side to light golden. Do not crowd the frying pan, allow enough space to take care of enlarged dough. When 1 or 2 panfuls are done, add the rest of the shortening. Cool the pan after each panful is finished. Place fried lips in cold syrup and leave until next panful is ready. Remove lips from syrup to a serving platter. Allow to cool.

Serve with whipped cream at formal dinners, or with coffee at bridge parties.

MAKES ABOUT 30 PIECES.
ALLOW 2 TO 3 PER PERSON.

CRUMPETS IN SYRUP
Yassı Kadaif

Syrup:
2 cups sugar
1 3/4 cups water
1 tablespoon lemon juice

8 crumpets
1 cup milk
1 cup vegetable shortening

4 eggs
1 cup ground almonds
1/2 pint heavy cream, whipped

Syrup: Place sugar, 1 3/4 cups water, and lemon juice in a shallow saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 10 minutes without stirring. Remove from heat and allow to cool.

Place crumpets on a platter and sprinkle with just enough milk to moisten. Do not use too much milk or the crumpets will crumble. Place shortening in frying pan over high heat. Keep a saucepan of boiling water next to the frying pan. While shortening is heating, break the eggs into a bowl and beat lightly—just enough to mix the whites and yolks. Dip each crumpet into the beaten eggs, coating
them thoroughly. Fry crumpets 2 minutes on each side to golden brown. Dip each fried crumpet in boiling water, remove quickly, place in cold syrup. When all 8 crumpets are done, place syrup and crumpets on low heat and cook for 12 minutes. Remove from heat and cool for an hour, covered. Remove crumpets to a serving platter, sprinkle generously with ground almonds and serve with whipped cream.

This is a very rich dessert and should be served in cold weather. Good after a fish course.

SERVES 8 PERSONS.

TURKISH DOUGHNUTS
Lokma

SYRUP:
2 cups sugar
1½ cups water
1 tablespoon lemon juice
2 cups flour
1 tablespoon butter, melted
½ teaspoon salt
¼ ounce yeast, 1 envelope
1½ cups lukewarm water
2 cups salad oil

Syrup: Place sugar, water, and lemon juice in a saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 10 minutes without stirring. Remove from heat and allow to cool.

Sift flour into a bowl. Add butter and salt. Dissolve yeast in 1½ cups lukewarm water. Stir until all lumps disappear. Add this to flour slowly, stirring constantly until mixture is smooth. Place bowl in a warm spot, such as on top of pilot light of a gas stove. Leave there until small holes appear on the surface and the mixture rises, about 20 minutes.

Bring oil to boiling point in a saucepan and reduce heat to medium low. Place a cup of cold water near saucepan. Dip a metal measuring teaspoon into the cup of water, then take ½ teaspoon of the dough mixture and drop it into the hot oil quickly. Fill saucepan, but do not crowd it as the small round balls will puff up. Cook a few seconds and with a perforated kitchen spoon remove puffed balls while they are still white in color. Repeat until all dough is used up.

Then start over and again fry the balls in the same oil until golden brown, turning them constantly with a perforated kitchen spoon so that all sides are evenly browned.

Drop one-quarter of the browned balls into syrup and leave about 10 minutes to absorb syrup. Then remove to serving platter. Repeat until all balls have been soaked in the syrup and removed to platter. Pour remaining syrup over balls and allow to cool.

If desired, sprinkle with cinnamon and serve with whipped cream.

SERVES 12 TO 14 PERSONS.

FARINA NUT HELVA
Irnik Helvasi

SYRUP:
1 cup sugar
1 cup water
1 cup milk
½ cup butter, melted
1 teaspoon ground cinnamon
1 cup large grain farina
½ cup pignolia nuts or blanched almonds
½ pint heavy cream, whipped, optional

Syrup: Place sugar in a saucepan with water and milk. Boil over medium heat, stirring constantly for 15 minutes. Remove from heat and allow to cool.

Place butter in heavy saucepan, add farina and nuts. Sauté over low heat stirring constantly with a wooden spoon until nuts turn light brown, about 30 minutes. Be very careful not to burn farina.

Pour the milk syrup gradually into hot farina, stirring until well mixed. Cover and cook over low heat until all the syrup is absorbed. Remove from heat and remove cover. Place a napkin over saucepan and replace cover. Let stand covered ½ hour in a warm place. Stir well and empty onto a serving platter making a mound. Sprinkle
the top with cinnamon. Serve warm or cold with whipped cream, if desired.

SERVES 8 TO 10 PERSONS.

HAREM NAVELS
Kadin Göbeği

SYRUP:
2 cups sugar
1¾ cups water
1 tablespoon lemon juice
7 tablespoons butter
1¾ cups water
1½ cups flour
1 teaspoon salt
2 whole eggs and 1 egg yolk

1 tablespoon oil
1½ cups vegetable shortening
¼ cup ground pistachio nuts
½ pint heavy cream, whipped

Syrup: Place sugar, water, and the lemon juice in a saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 10 minutes without stirring. Remove from heat and allow to cool.

Place butter in a saucepan and melt over medium heat. Add 1¾ cups water and bring to a boil. Reduce heat to low. Add all the flour at once, sprinkle with salt, and continue cooking for 7 minutes, stirring constantly with a wooden spoon. Remove from heat and cool. When thoroughly cooled, add 2 whole eggs and 1 egg yolk, one at a time, beating each into the flour mixture. Then knead well until no lumps remain, about 10 minutes.

Place oil in a small dish for greasing fingers and palms to facilitate the handling of the dough. Take a piece of dough the size of a walnut and shape into a round flat piece about 1½ to 2 inches in diameter. Oil finger and make a hole in the center. Place on wax paper. Repeat until all the dough is used up.

Heat half of the shortening in a frying pan over low heat until lukewarm. Place the navels in the pan and wait until they start to swell, then increase heat to high and fry on each side to light golden.

Desserts

Do not crowd the frying pan; allow enough space to take care of enlarged dough. When 1 or 2 panfuls are done, add the rest of the shortening. Cool pan after each panful is finished. Place fried navels in cold syrup and leave until next panful is ready. Remove navels from syrup to a serving platter. Allow to cool. Sprinkle with pistachio nuts and serve with whipped cream.

MAKES 30 TO 34 NAVELS.
ALLOW 2 TO 3 PER PERSON.

Who touches honey licks his fingers.

LEMON DESSERT
Limon Tatlisi

SYRUP:
2½ cups sugar
2½ cups water
6 eggs
10 tablespoons lemon juice
1 cup sifted flour
1 teaspoon baking soda

¼ teaspoon salt
2 cups frying oil
¼ cup shredded coconut
½ pint heavy cream, whipped

Syrup: Place sugar and water in saucepan. Cook over medium heat, stirring constantly until sugar is dissolved. Bring to a boil and simmer for 10 minutes without stirring. Remove from heat and allow to cool.

Break eggs into a bowl. Whip with wire whisk or electric mixer for 2 minutes. Add lemon juice and whip for 2 minutes more. Add flour, baking soda, salt, and blend well.

Heat oil in frying pan over high heat. Take a tablespoon of the mixture. Hold spoon vertically and empty into the oil. When pan is filled, reduce heat. Fry each piece until light golden on both sides. Remove from pan with a perforated spoon. Drain off excess oil and drop into cold syrup. Continue until all the mixture is used. Remove dessert pieces to a serving platter after they have absorbed