



Erasmus+ KA2

Food and its impact on us

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Traditional cuisine in a lighter way



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Healthier version

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Procedure





SOUPS - STARTERS

1. TARHANA ÇORBASI (Soup With Dried Yoghurt)



Information About Food: Tarhana soup is a type of soup that is seen in various preparations in a wide geography such as Anatolia, the Balkans and Central Asia. Tarhana soup, which consists mainly of yoghurt, is nutritious and can be stored for a long time because it is in dry powder form.

Ingredients:

For white tarhana:

- 5-6 dry white tarhana patties
- 3 meat on the bone or 1 cup fried meat
- 1 tablespoon plain butter/butter

For red/colored tarhana:

- 7-8 tablespoons dry tarhana
- 1 teaglass beef broth (optional)
- 1 tablespoon olive oil
- 1 onion (optional)

Mutual Ingredients:

- 1 cup black-eyed beans or dried beans
- 3-4 dried paprika
- 1 tablespoon tomato paste
- 2 tomatoes
- 3-4 cloves garlic
- 1 tablespoon ground paprika

Directions:

For the white tarhana soup; soak the tarhana patties and the black-eyed beans overnight to soften. In the morning heat a large pan. Put the soaked ingredients in it and add cold water. Keep stirring until it comes to boiling. Add dried paprika, meat, tomato paste and grated tomato. If it hasn't been soaked the night before, cooking lasts much longer, about an hour. Right before taking off the heat, add minced garlic. In a separate pan melt the butter and add the ground paprika and take off the heat immediately. Pour this sauce over the soup and serve. This soup is thick and more granular than the other. For the red/colored tarhana soup, soak black-eyed peas overnight. As tarhana is already grained it melts in the cold water easily. Heat the olive oil in a large cooking pan. Add the grated onion and tomato, tomato paste, ground paprika and saute. Add the cold water, the black-eyed peas, tarhana, dried paprika and the beef broth (optional). Keep stirring and bring it to boiling. Leave to simmer for 5-10 minutes. Right before taking off the heat add minced garlic. It is ready to eat in 15-20 minutes. As the onion, tomato, and tomato paste has been added beforehand, this soup can just be cooked with black-eyed peas. Serve with flatbread/cornbread along with pickles.



2. ARABAŞI (Chicken Soup With Batter)



Information About Food: Arabaşı is a unique and traditional homemade dish that is not known by many people but still popular among those who already know it. It's a special chicken soup served with batter. The soup is mostly cooked with chicken yet also prepared with duck, goose and bird meat. Arabaşı is a local soup rich in carbohydrates and protein. This local soup is especially loved by locals and tourists. Arabaşı soup is a soup that is difficult to make and requires more labor than other soups.

Ingredients:

Soup:

- 1 whole organic farm chicken
- 3 onions
- 4-5 tablespoons tomato paste
- 2-3 tablespoons ground paprika
- 4-5 tablespoons butter
- 1 teaglass olive oil
- Bitter orange or pomegranate syrup

Batter:

- 1 cup flour (1/3 wheat flour, 2/3 corn flour)
- 5 cups water

Directions:

Boil water in a large pan. Put the chicken in and let it simmer. Chop the onions. In a separate pan saute the onions into the heated oil until golden brown. Add the flour and saute until the flour has lost its raw smell. Add the tomato paste, ground paprika and chicken broth and boil. Cut the chicken into small pieces and put them into the soup. Keep simmering until thick. Sprinkle the salt. For the batter, boil the water in a large pan. Add the flour, stirring constantly to form a thick paste. Pour the batter into a wetted tray. Set aside to cool and cut it into slices. Arabaşı soup is served in a dish with batter slices in the middle or the soup plates are inserted into the tray of batter. Optionally serve with bitter orange or pomegranate syrup on.



3. KAYA KORUĞU SALATASI (STONECROP SALAD)



Information About Food: Stonecrop, also known as genevir or seal celery is a plant that grows in the seashores, in crevices open to wind and waves and sandy environments. It is quite hard to pick this herb. It has a unique sour taste. It is eaten fresh or pickled and used in calamary sauce and salads. This local vegetable salad is a dish that is especially rich in vitamins, minerals and pulp. This local dish is especially loved by locals and tourists.

Ingredients:

Brine:

- 500 gr.stonecrop
- 3-4 cloves garlic
- 3 cups vinegar
- ½ tablespoon coarse salt
- ½ tablespoon powdered essence of lemon

Dressing:

- 1 lemon
- ½ tea glass olive oil

Directions:

Take the leaves of stonecrop, wash and put into a jar. Add peeled garlic, powdered essence of lemon and coarse salt. Fill the jar with vinegar and close the lid. Keep it in a cool place for a week. It is ready to eat as salad and appetizer. When serving, take out of the vinegar. Pour olive oil and squeeze lemon. Fits well with seafood.



4. DENİZ BÖRÜLCESİ SALATASI (Sea Bean Salad)



Information About Food: Sea bean, is a plant that grows near the seashore. It grows mostly in **Gökova** in Turkey. This plant, which grows on sea shores after the water recedes in tidal areas, is salty and sour. This seasoning is boiled and made into a salad. Since this plant grows in iodine-rich soil, it is good for goiter disease caused by iodine deficiency. It is diuretic and strengthening. When consumed raw, it is necessary to use vinegar. It is also consumed with a sauce made by mixing garlic, lemon and olive oil. It is an indispensable appetizer for customers in fish restaurants. This local vegetable salad is a dish that is especially rich in vitamins, minerals and pulp.

Ingredients:

Brine:

- 500 gr. Sea bean
- 3 liters water

Dressing:

- 1 lemon
- 3-4 cloves garlic
- ½ tablespoon coarse salt

Directions:

First, wash the sea beans in plenty of water. Put water in the pot and boil the water. Add the sea beans to the boiling water. Boil the sea beans for about 10 minutes. To preserve the green color of sea beans, you can keep them in ice water for about 5 minutes. After the sea cowpeas have cooled, remove them one by one by pulling the ends. Place the peeled sea beans on a serving plate. Prepare the dressing of the salad with lemon juice and olive oil. Add the sauce to the sea beans. Grate the garlic and add it to the sea beans. Mix all ingredients thoroughly. Place the sea bean salad on a serving plate and serve.

5. KUZUGÖBEĞİ KAVURMASI (Sauteed Meadow Mushrooms)



Information About Food: Meadow mushrooms (Kuzugöbeği) also known as göbek in local language- appear with spring rains around pine groves, oak forests, burned or cut forests. They are valuable both in culinary culture and pharmaceutical industry. They are picked by local people and eaten fresh and dried. Fresh mushrooms are sold in local markets of **Ortaca, Muğla, Fethiye, Bodrum, Milas** etc. Dried mushrooms are sold to erchants. This kind is very rare and expensive. They are barbecued, fried and mostly sauteed. Every year 'meadow mushroom festival' is held in **Yeşilüzümlü region**. In this festival they even cook meadow mushroom soup. This local mushroom dish is a dish that is especially rich in vitamins, minerals and protein. This type of mushroom is also used in medical science to treat diseases and make medicine. This local Turkish mushroom is very valuable and expensive, like the world-famous **French "Périgord Black Truffle"** mushroom.

Ingredients:

- 500 gr. meadow mushroom
- 2 onions
- 1 tea glass olive oil
- 1 tablespoon ground paprika
- 3-4 sticks green garlic (optional)
- Salt
- *2-3 eggs (optional)
- *1 Lemon (optional)

Directions:

Wash the mushrooms in a plenty of water, sieve and cut roughly (mushrooms shrink when cooked). Heat the olive oil in a skillet. Put the mushrooms into the skillet and saute until they release their juice and then absorb. Add finely chopped onions and continue sauteing until onions are golden brown. Cook for 30-40 minutes. Crack eggs if you like. Before taking off the heat, sprinkle ground paprika, salt and chopped green garlic. It is served hot. For some people it's much more delicious than meat. If you like squeeze lemon.

6. TURP OTU SALATASI (Radish Herb Salad)



Information About Food: It is a vegetable salad from the **Muğla** region. This herb grows in mountains, fields and gardens. Radish is rich in vitamins, especially vitamin A, B and C. It helps to reduce gall and kidney stones and sand. One of the most striking benefits of radish juice is that it is good for cough. It is also good for shortness of breath, asthma and bronchitis. This local vegetable salad is a dish that is especially rich in vitamins, minerals and pulp. This local dish is especially loved by locals and tourists.

Ingredients:

- 1 kg Radish herb
- Salt
- 2 liter water

Dressing:

- 1 lemon
- ½ tea glass olive oil
- 3-4 cloves garlic

Directions:

Separate the stem and leaves of the radishes and wash them well. Bring the poaching water to a boil in a large pot. Throw radish herbs into boiling water and boil. Maintain the green color of the herbs during boiling. Strain the radishes and place them in another bowl filled with ice water. Thus, reduce the temperature of the product and prevent it from cooking further. Chop the boiled and cooled radish herbs. Prepare the salad dressing by mixing lemon juice, olive oil, salt and crushed garlic well in a bowl. Place the radish herbs on a serving plate and pour the sauce over it and serve. Enjoy your meal.

7. YUMURTALI TİLKİŞEN (Wild Asparagus With Eggs)



Information About Food: *Tilkimen* is a vegetable that grows spontaneously in nature in spring. The wild type of asparagus vegetable is called “tilkimen”. This wild asparagus grows in forests, fields and gardens in the **Muğla region**. Villagers collect this wild asparagus in the forest and sell it to consumers in local markets. At the season of it, asparagus can be found easily in the markets and it is either boiled or is sautéed with or without eggs. Wild asparagus is mostly consumed sautéed with eggs in the breakfast. This local dish is especially rich in **vitamins, minerals, protein and pulp**. This local dish is loved by locals and tourists in **Muğla region**.

Ingredients:

- 500 gr. Wild Asparagus
- 2 Eggs
- 1 Onion
- 1 tea glass olive oil
- 1/2 tablespoon ground paprika
- Salt

Directions:

Clean asparagus. Get rid of hard parts. Take the fresh parts and do this without a knife because it may become bitter when knife is used. If it is necessary, divide the fresh parts of asparagus into several parts but be careful not to cut into too small pieces. Wash the asparagus and then sieve. Heat the oil in a skillet. Chop onion and saute for 2-3 minutes. Add asparagus and continue sauteing until tender with its own juice. Do not stir too much but when necessary use a wooden spoon. In a separate bowl, whisk the egg and pour it onto the asparagus. Add salt and ground paprika. It will be ready in about 3-5 minutes. Dried pepper and dry cottage cheese (instead of egg) may be added. Enjoy your meal!



MAIN DISHES

8. ÇÖKERTME KEBABI (Kebab With Puree And Yoghurt)



Information About Food: This kebab is among the most popular dishes of **Bodrum**. The dish was the winner of a cooking competition in 1964. It was first introduced to **Mugla cuisine** by Ali BÜLÜÇ and his brother and now it is commonly cooked both at homes and local restaurants. Çökertme Kebab is rich in protein. This famous local dish is especially so loved by locals and tourists.

Ingredients:

- 300 gr beef
- 2 potatoes
- 200 gr condensed yoghurt
- 2-3 cloves garlic
- Olive oil
- 1-2 tablespoons butter
- Ground paprika, pepper, cumin
- Mint or thyme (optional)

Directions:

Grate potatoes. Soak in salted water for about 10-15 minutes until it releases starch. Strain grated potatoes and drain the water off. Fry the potatoes in a pan and place into a serving plate. Melt the condensed yoghurt, preferably goat milk yoghurt, into some water. Mince the garlic cloves and stir into the yoghurt. Add 1-2 tablespoons of olive oil for a better taste and color. Pour the yoghurt onto the fried potatoes. Soften the beef stakes with a beef tenderizer. Slice in fillets. Cook over high heat until seared on all sides. Take it out of the pan. Cut them into strips. Put them back to the frying pan and sauté. Add the butter. Stir in ground paprika, cumin, pepper, optionally mint or tyme. Take off the heat. Place the meat onto the potato and the yoghurt. Serve hot. It goes well with salads and seasonal herbs.



9. KEŞKEK (Wheat Stew With Meat)



Information About Food: Keşkek is a sort of ceremonial dish which is cooked in weddings, circumcision feasts, soldier's farewells, festivals, funerals and mawlid. In the weddings chefs do not open the lid without getting tip. Keşkek is a local dish that is difficult to prepare and requires a lot of effort. Keşkek is a very delicious and popular local dish of Turkish cuisine. This special dish is also served in some restaurants on certain days of the week. Keşkek is a local dish rich in carbohydrates and protein. This local dish is especially loved by locals and tourists in **Mugla** city.

Ingredients:

- 1 kg wheatberry
- 1 kg beef, goat's meat or chicken
- Salt
- Water

Sauce:

- 2-3 tablespoons butter or olive oil
- 1-2 tablespoons ground paprika
- 1-2 dessertspoons pepper

Directions:

Soak the wheatberries overnight. Boil the water in a large pan and add the wheat into the boiling water. Cook until it melts. (You can just add the sauce on it and serve but usually cooked and boneless meat or chicken pieces are added) Add the meat into boiled wheat and start pounding with a wooden spoon (this style is called 'depme') or mix it with a blender until the wheatberries are crushed and mixed in with the chicken shreds. Once it gets smooth and creamy, it is ready. In another method, first butter and olive oil is heated then water and wheatberries and finally meat is added and cooked with other ingredients. Today prepared wheatberries can be found in groceries but in the past -as the work requires power- men used to pound the wheatberries in a mortar and cook it with a keşkek spoon that is a long and thick wooden spoon with a rectangular tip. Keşkek is served hot. In a separate pan, prepare the sauce with the butter and the spice. Pour it over before serving. If the local food is served in local authentic containers/plates, the presentation will be very successful.



10. KABAK ÇİÇEĞİ DOLMASI (Stuffed Squash Blossoms)



Information About Food: Stuffed squash blossoms is made from blossoms of squash which do not turn into vegetables. They are also known as fake blossoms. Because these blossoms wither in the sunlight, they are picked early in the morning and kept one within the other. It is rich in carbohydrate, vitamin, pulp. This local dish is especially loved by locals and tourists in **Mugla** city.

Ingredients:

- 25 squash blossoms

Stuffing:

- | | | |
|-----------------|----------------------------|--------------------------|
| ➤ cup rice | ➤ 1 tomato | ➤ Pepper |
| ➤ cup bulgur | ➤ 1 onion | ➤ Salt |
| ➤ bunch parsley | ➤ 4-5 cloves garlic | ➤ 1 tea glass olive oil |
| ➤ ½ local herb | ➤ 1 t.spoon tomato paste | ➤ 1 tea glass hot water |
| ➤ ½ bunch mint | ➤ 1 t.spoon ground paprika | *You may not use bulgur. |

Directions:

Chop the onions finely. Heat the olive oil in a pan. Put the chopped onions into the oil. Start sauteing. Add tomato paste, grated tomato, garlic and the ground paprika. Add washed and rinsed rice and bulgur and then the hot water. Take off the heat when the water is fully absorbed. Chop the parsley, mint and sıra. Add the chopped herbs, pepper and salt into the rice. Set aside to cool. Another method to prepare the stuffing: do it with rice, parsley, mint, tomato, mint, pepper, cinnamon and sugar. Prepare the squash blossoms. As the squash blossoms are very sensitive, hold it under tap open side down. Remove the excess sepals but be careful not to tear the blossoms. Do not touch the inner side as it's said to be the tastiest part. Fill the blossoms with a little spoon. Do not overfill. Fold the excess petals and cover the stuffing. Put the olive oil in a pan. Add the hot water to slightly cover the blossoms. Put a heat-proof plate on the top and press. Close the lid. Increase the heat until it comes to boiling and then lower the heat and cook for 20-25 minutes. If served along with other stuffings, yoghurt with garlic might be added.



11. DALYAN KEFAL DOLMASI (Stuffed Dalyan Grey Mullet Fish)



Information About Food: Stuffed grey mullet is a traditional dish cooked with grey mullet and rice. It is cooked both homes and restaurants. Except for grey mullets, bream may be used and it is also known as 'fish with rice'. Stuffed grey mullet is a very healthy local dish that is very rich in nutritional value. This local fish dish is a dish that is especially rich in vitamins, minerals, and protein. Dalyan grey mullet fish grows in the **Köyceğiz Lake** and **Dalyan Sea** and this type of mullet is very famous in the world. We turned the fish dish into a healthy meal by replacing the **high-carbohydrate rice** in the local stuffed mullet with **spinach** and **shrimp**.

Ingredients:

- 1kg grey mullet fillet
- 3 prawn
- 2-3 cloves garlic
- ½ bunch of spinach
- 3 spoon olive oil
- 100 gr. butter
- 1 teaspoon saffron
- 1 teaspoon pepper
- ½ tea glass lemon juice
- 1 teaspoon salt

Directions:

Clean the grey mullet fish and fillet it. Heat the olive oil in a frying pan and saute the finely chopped garlic and prawn until brown. Add chopped spinach, salt and saute in a few minutes. Place the fish on the tray and place a pot on top. Tie and combine the fish fillets with the spinach sprigs. Bake the fish in a preheated oven at 200 degrees for 15 minutes. Place the cooked stuffing on the fish fillets and wrap them in a roll. Melt the butter in a double boiler in the pan. Add saffron, lemon juice and crushed black pepper to the butter. Prepare a homogeneous fish sauce by whisking the butter. Place the fish fillets on a serving plate and pour the sauce into the empty part of the plate. Serve the fish hot.

12. MUĞLA KÖFTESİ (Mugla Meatballs)



Information About Food: The only thing that makes **Muğla meatballs**, which emerged as a Yörük delicacy, different from the meatballs in other provinces are the features placed in it. Muğla Meatballs are made with only seasoning, internal fat and salt. We eat Muğla meatballs first as the taste and texture of the spices do not change. Muğla mince meat patties are among the alternatives for lunch in the local dining halls also known as grill restaurants. Muğla meatballs is a healthy local dish that is very rich in nutritional value.

Ingredients:

- 500 gr ground beef (usually from ribs or brisket)
- 150-200 gr suet (it used to be tail fat in the past)
- 1 dessertspoon salt
- Cumin
- Pepper
- Toasted/Grilled Turkish bread

Directions:

Get the butcher to mince the meat twice together with its own suet. Put the meat in a large bowl. Add salt and knead. In this recipe, the meat needs to be fatty and there shouldn't be any other ingredient except for salt. After kneading set aside for 10-15 minutes. Make walnut (maybe a bit larger) size meat patties and flatten them. Grill and serve. Patties are grilled in barbecue. Before cooking place the grill in leaning position, grease the grill with suet when it starts to heat. This procedure is applied so that patties do not stick onto the grill and burn. Then put the patties on the grill and cook both sides in medium heat. Sprinkle cumin and pepper before serving. Serve with bread pressed into patties' oil, onion salad with parsley, grilled tomato or long green peppers. Another common dish of local restaurants which is very similar to Mugla mince meat patties is 'Milas mince meat patties'. It contains less fat and 2 slices of stale white bread is added for every kilo. Served the meatballs with toasted/grilled bread.

13. LOKUM PİLAVI (Mince Meat With Dough)



Information About Food: Lokum pilavi, also known as lokum (Turkish Delight), is a homemade wedding dish which belongs to **Datça** and **Bodrum** region. It is a quite old tradition but still alive. In some places it is also part of restaurant culture. Lokum pilaf is a traditional special dish served to guests at weddings in Bodrum city. Lokum pilaf is difficult to make compared to other Turkish pilaf types. Lokum pilaf is rich in protein compared to other Turkish pilaf types due to the meat it contains. Today, Turkish delight pilaf is made and served in restaurants as well as at home. Turkish delight pilaf is a nutritious local dish rich in energy and calories. Since it is a dish made from dough, it is recommended that obese people consume less.

Ingredients:

- 1 kg flour
- 1 egg
- 1-2 tablespoon vegetable oil
- Salt
- Water
- 3-4 tablespoons butter
- 500 gr. mince meat
- Black pepper
- Chili pepper
- Parsly or dill (optional)

Directions:

Knead a stiff dough with flour, egg, water, salt and leave aside for 30-45 minutes. Make lumps and roll a phyllo out of each lump. Do not roll too thin. After that, cut the phyllo dough into 1 cm squares. Put phyllos on sheets to dry. Dust with flour in order to avoid the stickiness. They enerally dry in one day. Put the dried pilaf phyllos in boiling water. Add salt and oil. Boil by stirring occasionally. After they are cooked, washed on cold water, sieve and put on a plate. In another saucepan, melt the butter. Saute the minced meat with salt and pepper. Then add phyllos. Stir well and take off the heat. Serve hot. In old Bodrum weddings, to keep the meal hot, it is served in copper plates settled on the corner of brazier or ashy cinder. You can serve the dish with parsley or dill.

14. DENİZCİ PİLAVI (Sailor'a Rice)



Information About Food: Sailor's rice is cooked with various sea food and rice. It is said that this dish emerged when fishermen couldn't hunt enough sea food and thus gathered what they have at hand. In time, it became one of the famous dishes in restaurants. Seafood rice is a healthy local dish that is very rich in nutritional value. This local seafood dish is loved by tourists in **Bodrum** city.

Ingredients:

- 500 gr. white rice
- 1-2 octopus legs, simmered
- 4-5 shrimps, peeled and deveined
- ¼ or ½ fillet big fish
- 1 tea glass raisins
- 4 onions
- 2 bulbs green garlic
- 1-2 sticks scallions
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tea glass olive oil
- Hot water

Directions:

Soak the rice and raisins in warm water for 20-30 minutes. Put the olive oil into a pan and heat. Add finely chopped onions and saute. Add diced fish, octopus and shrimps into the pan. Continue sauteing until tender. Add sieved raisins and rice and saute for 5-6 more minutes. Add the hot water and the salt like in classic pilaf. When it comes to boiling turn down the heat. Simmer until the liquid is absorbed. Sprinkle the pepper and chopped scallions just before taking off the heat. Add a small cup of white wine if you like. Let stand for 10-15 minutes and serve.

15. OĞLAK YAHNİ (Goat Stew)



Information About Food: Goat stew is a meat dish cooked with tomato paste, onions and chickpeas. This local main dish is made by women at home on special occasions and served to guests in **Mugla** city. This local dish, which is very rich in protein, is a meat dish that is especially loved by locals and tourists. It is both made at homes and in the local restaurants. Lamb and beef may also be used instead of goat. Goat stew dish rice is a healthy local dish that is very rich in nutritional value.

Ingredients:

- 1,5 kg. goat meat with bones
- 500 gr. shallots
- 1 cup simmered chickpeas
- 2 tablespoons tomato paste
- 1 tablespoon ground paprika
- 1/2 cup olive oil
- 2-3 fresh bay leaves
- 3-5 black peppercorns
- Salt
- Water

Directions:

Cut the meat into medium dice, cook them in a pan until it releases water and absorbs it back. Add the olive oil and saute. Continue sauting with tomato paste and ground paprika. Cover with hot water. Increase heat. When it comes to boiling, lower the heat. Add shallots and then chickpeas. When stirring, be careful not to split shallots. Add some more water if needed. Before taking off the heat, add salt and boil for 4-5 minutes. Season with pepper (optional) and serve. This dish goes well with pilaf. If the local food is served in local authentic containers/plates, the presentation will be very successful.



16. AHTAPOTLU PİLAV (Octopus With Rice)



Information About Food: Rice with octopus or octopus rice is a traditional dish in the region. It may also be cooked with either bulgur or rice-bulgur mixture like spongers used to make, depending on what people have at hand. This local dish is very rich in protein and carbohydrate. Rice with octopus dish is especially loved by locals and tourists in **Muğla** region.

Ingredients:

- 1 kg octopus
- 500 gr rice
- 1 Onion
- Black pepper
- Olive oil
- Butter
- Water

Directions:

Soak the rice for about 1-2 hours. Cook the octopus well. To get the expected taste, stub and rub the octopus until it releases the white water. The octopus should also be cleaned and softened. When the octopus is cooked, cut it into pieces. Do not cut the ventouses off. Chop the onions. Saute the onions into heated olive oil and butter. Add the octopus and rice, continue sauteing. Add some octopus broth and simmer until it softened. Do not add salt. If the octopus is well-prepared (tenderized), the meal will be ready in 15-20 minutes. Serve hot. Season with pepper (optional). Goes well with season salads.



17. TAVUK DOLMASI (Stuffed Chicken)



Information About Food: Stuffed chicken is a poultry dish prepared for guests, on the new year's eve or in the weddings. In wedding ceremonies it is cooked by bride's family to be sent with the bride when she is taken from home. Especially organic farm chicken is preferred. This local main dish is made by women at home on special occasions and served to guests. This local chicken dish is very rich in protein and carbohydrate. Stuffed chicken dish is especially loved by locals and tourists in **Muğla** region.

Ingredients:

- 1 organic farm chicken

Stuffing:

- 200 gr. chicken liver. (Gizzard and heart may also be used)
- 1 cup rice
- 1 tea glass olive oil
- 1 tea glass hot water
- Pepper, cumin, salt

- Optional: 1 onion, 1 dessertspoon ground paprika,

Sauce:

- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 3-4 cloves garlic
- ½ lemon

Directions:

Clean the chicken. Open the rib cage and remove the giblets (liver, heart, gizzard). Heat the oil. Chop the liver and saute into the oil. Add the rice, the hot water and continue sauteing. When water is absorbed, take it off the heat. Sprinkle pepper, cumin, salt and stir. In an another method, stuffing is prepared with liver, rice, olive oil, raisin, pine nut and tyme. Fill the chicken with the mixture. In the meantime, fill a deep pan with water and boil. Put the chicken into the boiling water. Simmer for 1-2 minutes. (cooking takes much longer than grocery chicken). Keep the chicken broth to use in pilafs. After simmering is done, either fry the whole chicken in a pan or cover the sauce prepared with olive oil and tomato paste and then bake for 10-15 minutes. For those who like sour taste, pour lemon sauce mixed with garlic and broth.



DESSERTS

18. EV BAKLAVASI (HOMEMADE BAKLAVA)



Information About Food: Baklava is the most important national dessert of **Ottoman** and **Turkish** Cuisine. The dessert is very difficult to make and requires great mastery. Baklava is made by women at home on important occasions such as holidays. Home-made Baklava is a traditional dessert, prepared at homes for special days like religious festivals and weddings in **Mugla** region. Nowadays, it is made in restaurants as well. Baklava is a local dessert with high energy value. Baklava dessert is a dessert that people who are obese and diabetic should consume very little.

- **Ingredients:**
- **Dough:**
- 5 cups flour
- 1 Turkish coffee cup vegetable oil
- Salt
- Water
- Starch (to roll)
- **Top:**
- 1 cup olive oil or 6 tablespoons butter
- **Stuffing:**
- 2 cups minced walnut
- 1 cup sauteed, minced sesame
- 1 cup sugar
- **Sherbet:**
- 1 kg. sugar
- 1-1,5 litre water
- 1 dessertspoon lemon juice

Directions:

Knead medium soft dough with flour, liquid oil, water and salt. Leave the dough aside for 15-20 minutes, and then make 70 lumps. Roll every lump in size of tray with starch and spread 35 of them on the tray by oiling between. On top, sprinkle sesame and walnut mashed with sugar. Do the same for the other 35. Slice the phyllos, pour heated oil/butter or both on top. This dessert can be made by sprinkling stuffing ingredients on every 2 layers, or depending on the baking place, it can be prepared with 40 or 20 phyllos. In the past baking was made on cinder by turning upside-down. Nowadays, it is baked in ovens. It is baked till the top gets color. For the sherbet, boil water and sugar until thick. Add lemon juice before turning off the heat. When you pour a drop of sherbet on your nail, if it does not leak, it has the right consistency. Pour hot sherbet onto cooled baklava. Cover up the tray and wait for sherbet sink to the bottom. Baklava can be served cold or warm.



19. AŞURE (NOAH'S PUDDING)



Information About Food: Aşure is the most important national dessert of **Ottoman** and **Turkish** Cuisine. **Muslims** make Ashura in the month of Muharram, when the Day of Ashura occurs. Traditionally, Prophet Noah made this dessert after the Great Flood. This religious dessert has an important place in the **Islamic world**. This dessert is made in large quantities to commemorate the Day of Ashura. It is offered to all people, regardless of the religion or belief system of the people living around us. Aşure is made by women at home on important occasions such as holidays. Home-made Aşure is a traditional dessert, prepared at homes for special days like religious festivals and weddings. Nowadays, it is made in pastry shops as well. It is rich in energy value.

Ingredients

For the Pudding:

- 1/2 cup dry garbanzo beans
- 1/2 cup dry white beans
- 2 cups fine bulgur
- 1/2 cup raisins
- 15 cups water
- 3 cups white sugar
- 1/4 cup dried apricots
- 1/4 cup orange peel, chopped
- 5 whole cloves

For Garnish:

- 2 tablespoons sesame seeds, toasted
- 2 tablespoons chopped walnuts
- 2 tablespoons chopped pistachio nuts
- 2 tablespoons dried currants
- 1 tablespoon ground cinnamon
- 2 table spoon pomegranate

Directions:

Place the garbanzo beans, white beans, bulgur, and raisins in separate bowls and add water to cover. Let stand overnight. The next day, combine the garbanzo beans and white beans in a saucepan with water to cover. Bring the water to a boil; reduce heat to low and simmer, covered, until the beans are tender, 1 to 1 1/2 hours. Drain the wheat and transfer it to a large saucepan. Add the 15 cups water (3 quarts plus 3 cups) and bring to a boil. Reduce the heat to low and simmer until tender, about 15 minutes, skimming and discarding any foam that appears. When the wheat has thickened, stir in the sugar and bring the mixture to a boil. Drain the cooked beans and add them to the wheat mixture. Stir in the raisins, apricots, orange peel, and cloves. Reduce the heat and simmer until the mixture thickens and the fruit is tender, about 15 minutes. Pour the pudding into individual serving bowls. Garnish with toasted sesame seeds, chopped walnuts, pistachios, currants, cinnamon and fresh pome granate. Allow the pudding to cool and then serve.



20. ÇİTİRMEK (Sesame Halva)



Information About Food: There are lots of different local names for this food: *çitirmek*, *çitirmek*, *gıvam*, *kıyam* or *sesame halva*. It is a traditional dessert (35-40 years old) made with honey and sesame in religious festivals and weddings in wintertime. Also, *çitirmek* is the main equipment of a game called 'Kapma'. The game is played in weddings. They hang the dessert on a tree in a bag. One person stays there to protect the dessert from a group who want to grab it. *Çitirmek* takes less part in today's culinary culture. Sesame halva is a local dessert of **Muğla** city. Sesame halva is traditionally made by women at home on special occasions. It is a local dessert with high energy value. *Çitirmek* is a local dessert that people who are obese and diabetic should consume little.

Ingredients:

- 500 gr. sesame
- 400-450 gr. honey
- Optionally 2 cups peanut, walnut or almond

Directions:

Clean the sesame and wash. Saute in a pan with its own oil, until its color changes. The most important thing is to stir because sesame can burn very quickly. Add honey on sauteed sesame and continue stirring. Add nut, walnut or almond (whichever you like). When sesames are almost cooked, they will hold each other, they will smell and bubble. It may take 40-45 minutes. After they are cooked, pour them in a cold tray or onto a pastry board. Press with a spoon, leave aside in cool temperature. Before it is totally cool, slice square or rectangular pieces. Serve cool with or without tea. Another version of mentioned dessert is Susam Karması which is made by grinding the sauteed sesame in mortar and mixing it with grape juice.



21. LOKMA TATLISI (YEAST FRITTERS)



Information About Food: Lokma is one of the common traditional pastries of the region. It is usually made in round shaped but around **Datça** it is formed in semi lunar shape. That one is called 'dalankita'. Lokma is generally prepared and distributed for the good of dead relatives. In the past, around **Ortaca**, there was a belief that because it must smell in the house on bairam's eve, lokma was cooked in the morning and distributed in grave visits. Nowadays, it is cooked in pastry shops and distributed at school entrances or market places on Thursdays or Fridays. Local Lokma dessert is a food that is especially loved by children. Lokma is traditionally made by women at home on special occasions. It is a local dessert with high energy value. Lokma is a local dessert that people who are obese and diabetic should consume very little.

Ingredients:

- 2 cups flour
- 1 egg
- 1 tea glass yoghurt
- Yeast
- Salt
- Water

To Fry:

- 3 cups vegetable oil

On top:

- Granulated sugar or honey (optional)

Directions:

Mix flour, egg, yoghurt, yeast, warm water and salt. Stir well and make a soft and sticky batter. Cover the bowl until it doubles in size. When the dough is puffed, heat vegetable oil in a saucepan. With the help of a spoon, put the pieces in size of a walnut in fried oil. During the process, to avoid sticking of the spoon to the dough, dip the spoon into sugared water from time to time. Lokma is traditionally served plain with sprinkled sugar or with honey beside. In time, sorbe (shorbet, sweetened fruit juice) is also added to tradition. And distributed at school entrances or market places on Thursdays or Fridays.

22. ZERDE (Zerde Dessert)



Information About Food: **Zerde** is one of the special recipes of the **Ottoman palace** and **Turkish cuisine**. We can say that Zerde dessert is a kind of rice jelly with sugar. This precious dessert, cooked on special occasions and celebrations, gets its color and taste from two special spices: Saffron and turmeric. Enjoy rewarding yourself with a palace meal by trying the real zerde recipe, flavored with the aroma of saffron brewed in rose water at your home. Zerde is a Turkish dessert that is loved by local people and tourists in the **Mugla** region. Just try it, and you will love love love!

Ingredients:

- 6 glasses of water
- 1/2 cups granulated sugar
- 2 tablespoons starch arrowroot if available
- 1 pinch of saffron
- 1 teaspoon of turmeric
- 4 tablespoons of rose water
- 2 tablespoons of currants
- 1 tablespoon of pine nuts
- 4 tablespoons of pomegranate

Directions:

Leave the saffron to steep in rose water overnight in a lidded bowl. Wash the rice thoroughly until all the starch has runoff. Take the starch-free rice with water and sugar in a pot and cook it without allowing the rice to overcook and become flaky. Dissolve the starch in 1/2 cup of water, pour over the cooked rice, and mix. Finally, add soaked currants, pine nuts, turmeric and rose watery saffron and mix. Cook on low heat for 5 minutes. Then take it in serving bowls and cool. After cooling, garnish with currants, pine nuts and fresh pomegranate.



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