

A taste of...

Turkey

Cooking with Aysin Clay



Treasures of Turkey Tour 2004

Table of Contents

Adana Kababi - Piquant Kabab.....	3
Borek - Spinach in Phyllo	7
Chicken Shish	5
Dolma -Stuffed Grape Leaves.....	6
Ezo Gelin Corbasi -Red Lentil Bride Soup.....	4
Yellow Lentil Soup	8

Please join us as we celebrate the cuisine of Turkey. Turkish cooking comes from a rich culture where fresh seasonal vegetables are raised in the warm Mediterranean sun, and combined with spices from all over the world. Pierce College's own Aysin Clay shares her favorite recipes from her homeland.



Adana Kababi - Piquant Kabab

- ☑ 1 - 2 lbs. Ground Beef
- ☑ 1 lb. Ground Lamb (optional)
- ☑ 2-3 onions
- ☑ 3 cloves of garlic
- ☑ 2 to 3 tbsp. Meatball Spice (from Spice Market)
- ☑ Salt and Pepper
- ☑ Sumac
- ☑ Red Onions, thinly sliced
- ☑ Lemon juice & Olive Oil
- ☑ Garlic Oil (Combine olive oil with minced garlic.)

Put meat, onions and garlic in a meat grinder and grind. Add spices and mix well. Shape into elongated meatballs and put on fat skewers. Grill and baste with garlic oil until done. Prepare onions the day ahead and sprinkle with lemon juice and olive oil. Serve Kabab with onions and

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Ezo Gelin Corbasi - Red Lentil Bride Soup

- ☑ 1 Cup Red Lentils
- ☑ 1.5 Cups Chopped Onions
- ☑ 2 tsp. Dried Mint
- ☑ 2 tsp. Cayenne Pepper
- ☑ 2 Tbsp. Tomato Paste
- ☑ 2 Tbsp. Red Pepper Paste
- ☑ 4 tablespoons butter
- ☑ 6 cups chicken or meat stock
- ☑ 2 tablespoons flour
- ☑ 1-2 egg yolks
- ☑ 1 Cup milk
- ☑ Salt
- ☑ Croutons (optional)

Note: Red lentils do not require soaking, they cook quickly.

Wash and drain the lentils and keep them on the side until the other ingredients are ready. Sauté the onions in half of the butter until golden brown. Add the stock and bring to a boil, add the lentils and simmer on slow heat until they are very soft. Put the lentils in a strainer and separate the skin.

Melt the remaining butter in a pan, add the flour and stirring for 3 minutes or less until golden brown. While stirring constantly pour in the soft strained lentils. Simmer the soup on very low heat for 3 minutes. Whisk the egg yolks with milk and a small portion of cooled soup mixture. Add the egg mixture with salt to the soup. Turn heat on low and heat until thicken. The soup will thicken as it cools. For thinner soup, add more stock or water. Serve with croutons..



Chicken Shish

- ☑ Boneless Chicken Breasts
- ☑ White Onions
- ☑ Dried or Fresh Oregano, Thyme, and Rosemary
- ☑ Paprika
- ☑ Salt and Pepper
- ☑ Fresh Tomatoes and Peppers
- ☑ Garlic Oil (see above)
- ☑

Cut chicken and onions into chunks suitable for skewers and place in bowl. Sprinkle with seasoning. Marinate overnight in refrigerator. Cut tomatoes and peppers into chunks and alternate with marinated chicken and onions. Baste with garlic oil and grill.



Dolma - Stuffed Grape Leaves

- ☑ 1/3 cup Olive Oil
- ☑ 2 1/2 cups Finely Chopped Onions
- ☑ 1 tbsp. Salt
- ☑ 2 tbsp. Sugar
- ☑ 1 tsp Cinnamon
- ☑ 1 tsp. Allspice
- ☑ 2 1/2 cups White Rice
- ☑ 1 tbsp. Dill Weed
- ☑ 1 tbsp. Mint
- ☑ Ground Pepper to taste
- ☑ 3/4 cups Pine Nuts
- ☑ 1 large jar California Grape Leaves
- ☑ 1 -2 large Lemons
- ☑ 1/3 cups Currents or small Raisins
- ☑ 2 cups Chicken Broth
- ☑ 2 cups Water

Unfold grape leaves and rinse under cold water to remove brine. Clip off stems and drain. In large pot, sauté chopped onion in olive oil until translucent. Add rice, spices, juice of 1/2 lemon, pine nuts and currents stirring well until rice and pine nuts are slightly browned. Add 1 cup of chicken broth and 1 1/2 cups of water. Bring to a boil then cook on low until water is absorbed and rice begins to soften. Do not fully cook rice as final cooking will happen after stuffing. Cool rice mixture. Wrap rice mixture tightly in individual grape leaves and pack close together in large pan with lid. Cover with 1 cup chicken broth and add water until leaves are just covered. Place plate on top and cover with lid. Bring to a boil and cook on medium until water disappears. Remove from pot. Serve at room temperature.



Borek - Spinach in Phyllo

- ☑ 4-5 cups (1-2 lrg. bunches) of fresh spinach, with stems removed, chopped finely
- ☑ 3 tbs. Italian Parsley, chopped
- ☑ 1 lb. of crumbled Feta Cheese
- ☑ 2 eggs (one separated)
- ☑ 2/3 cup milk (skim or nonfat))
- ☑ 2 tbsp. Olive Oil
- ☑ 1 pkg. Phyllo Pastry

Brush large baking dish with olive oil or use a spray oil such as “Pam”. Combine 1 whole egg, 1 egg white, feta cheese, spinach and parsley in a bowl. Mix well. In a separate bowl, combine olive oil and milk. Place two to four sheets of phyllo crunched up in the bottom of the pan. Baste with olive oil and milk mixture. Add three additional layers of crumpled phyllo, basting each layer as you add it to the pan. Add spinach and cheese mixture. Top with remaining layers of crumpled phyllo reserving some for the final layer, basting each layer with milk/olive oil mixture.

Add any remaining milk mixture to the pan before adding top layer. Beat egg yolk slightly in a separate bowl. Add the final layer and baste with the egg yolk. Let sit for a few minutes to allow milk to saturate phyllo. Bake in 350 degree oven for approximately 30 minutes or until top is brown.. Can be made one day ahead, covered with wax paper and refrigerated.



Yellow Lentil Soup

- ☑ 1 Cup Yellow Lentils
- ☑ 1.5 Cups Chopped Onions
- ☑ 2 tsp. Dried Mint
- ☑ 2 tsp. Cayenne Pepper
- ☑ 2 Tbsp. Tomato Paste
- ☑ 2 Tbsp. Red Pepper Paste
- ☑ 4 tablespoons butter
- ☑ 6 cups chicken or meat stock
- ☑ 2 tablespoons flour
- ☑ 1-2 egg yolks
- ☑ 1 Cup milk
- ☑ Salt
- ☑ Croutons (optional)

Note: Red lentils do not require soaking, they cook quickly.

Wash and drain the lentils and keep them on the side until the other ingredients are ready. Sauté the onions in half of the butter until golden brown. Add the stock and bring to a boil, add the lentils and simmer on slow heat until they are very soft. Put the lentils in a strainer and separate the skin. Melt the remaining butter in a pan, add the flour and stirring for 3 minutes or less until golden brown. While stirring constantly pour in the soft strained lentils. Simmer the soup on very low heat for 3 minutes. Whisk the egg yolks with milk and cooled soup mixture. Add the egg mixture with salt to the soup. Turn heat on low and thick- en. The soup will thicken as it cools. For thinner soup, add more stock, or water. Serve with croutons..

