

# Erasmus+ KA2

## Food and its impact on us

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# Traditional cuisine in a lighter way



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# Starters

## 1. 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.

### Ingredients:

#### Soup:

1 whole organic farm  
chicken 3 onions  
4-5 tablespoons tomatoe 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  
**Healthier Version: No butter is used.**

### Procedure:

Boil water in a large pan. Put the chicken in and let it simmer. Chop the onions. In a seperate 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.

## 2. 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 resaurants.

### 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)

**Healthier Version: Potatoes are baked instead of fried .**

### Procedure:

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.

### 3. 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 mawlıds. 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.

#### 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

**Healthier Version: No meat or butter is used.**

#### Procedure:

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.

#### 4. 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.

##### Ingredients:

25 squash blossoms

##### Stuffing:

cup rice  
cup bulgur  
bunch parsley  
½ local herb  
½ bunch mint

1 tomato  
1 onion  
4-5 cloves garlic  
1 t.spoon tomato paste  
1 t.spoon ground paprika

Pepper  
Salt  
1 tea glass olive oil  
1 tea glass hot water  
\*You may not use bulgur.

##### Procedure:

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.

## 5. KUZUGÖBEĞİ KAVURMASI (Sauteed Meadow Mushrooms)



**Information About Food:** Meadow mushrooms 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. That's why the cost of this mushroom dish is so expensive.

### 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)

### Procedure:

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. 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

1 onion (optional)

#### Mutual Ingedients:

- 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

#### For red/colored tarhana:

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

**Healthier Version:**No butter is used.

### Procedure:

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 tomatopaste has been added beforehand, this soup can just be cooked with black-eyed peas. Serve with flatbread or cornbread along with pickles.



## 7. KEFAL DOLMASI (Stuffed 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, fats, carbonhydrate and protein.

### Ingredients:

- 1kg grey mullet
- 2 cups rice
- 1 Onion
- A bunch of parsley
- Dill, mint
- 1 teaspoon pepper
- Olive oil
- Salt
- Water
- 1 Lemon (optional)
- 3-4 bay leaves (optional)

### Procedure:

Soak the rice of the stuffing for an hour. Heat the oil in a frying pan and saute the finely chopped onions until brown. Add drained rice and saute. In a separate pan fry the grey mullet slightly. When the rice and fish are ready, soak a baking sheet with oil. Put the fish into it. Stuff the rice inside and on the grey mullet. Pour water in the level of the fish. Squeeze lemon (optional). Add bay leaves and place the tray in the oven. Add chopped dill, mint and parsley before baking or afterwards. Season with pepper Cook for 30 minutes. Serve hot along with seasonal salads like stonecrop or sea beans.

## 8. 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

**Healthier Version: Instead of ground beef, ground turkey is used.**

### Procedure:

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.

## 9. 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

### Procedure:

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.

## 10. 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. This local dish is especially loved by locals and tourists.

### Ingredients:

#### Brine:

500 gr. Sea bean  
3 liters water

#### Dressing:

1 lemon  
3-4 cloves garlic  
½ tablespoon coarse salt

### Procedure:

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.

## 11. LOKUM PİLAVI (MINCE MEAT WITH DOUGH)



**Information About Food:** Lokum pilavı, 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  
Persly or dill

**Healthier Version: No butter is used. Instead of minced meat, minced chicken is used.**

### Procedure:

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 generally 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.

## 12. DENİZCİ PİLAVI (Sailor's 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 coastal restaurants. Seafood rice is a healthy local dish that is very rich in nutritional value.

### Ingredients:

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

### Procedure:

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.

### 13. 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

#### Procedure:

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.

## 14. 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. 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. This local dish, which is very rich in protein, is a red meat dish that is especially loved by locals and tourists.

### 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

**Healthier Version: Instead of goat  
meat, turkey is used.**

### Procedure:

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.



## 15. 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, which is very rich in protein and carbohydrate, is a seafood dish that is especially loved by locals and tourists. Goat stew dish rice is a healthy local dish that is very rich in nutritional value.

### Ingredients:

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

**Healthier Version:** No butter is used.

### Procedure:

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.

## 16. 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, which is very rich in protein and carbohydrate, is a dish that is especially loved by locals and tourists.

### 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, chopped parsley and 1 dessertspoon dried mint

### Sauce:

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

### Procedure:

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.

## 17. 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. 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:

1-1,5 cup olive oil or 6-7  
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

**Healthier Version:** No butter is used.

### Procedure:

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

## 18. 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 restaurants and pastry as well. It is a local dessert with high 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

### Procedure:

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, chopped pistachios, currants, cinnamon and fresh pomegranate. Allow the pudding to cool and then serve.

## 19. 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 very little.

### Ingredients:

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

### Procedure:

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.

## 20. 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)

**Healthier Version: Instead of sugared water, sugar powder is used.**

### Procedure:

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.