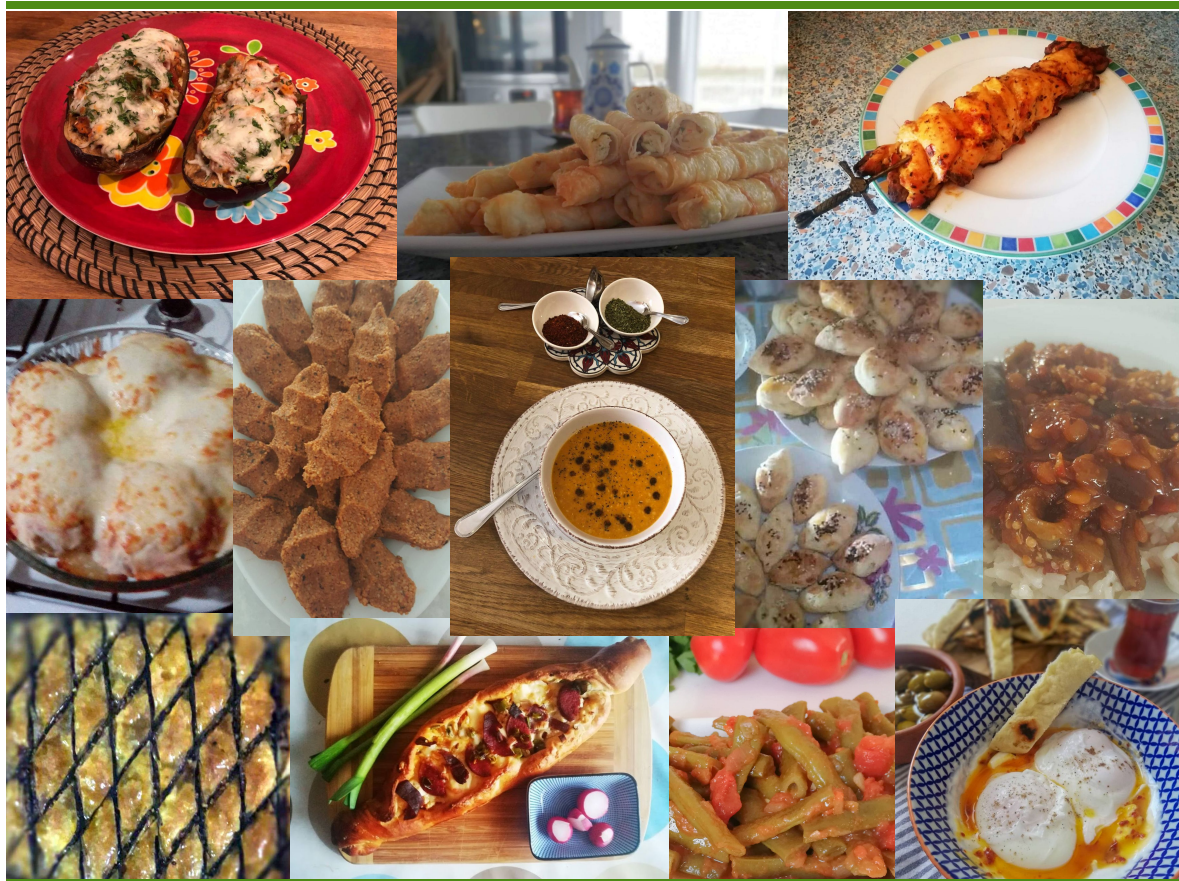

The Final Cut – Your Most Popular Recipes From Our First Year

Turkish Wives Masterchef



April 6th 2019

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Foreword



Wow, a year!!!

What can I say, it has flown by, and I would like to thank all of our amazing members for joining our fantastic group and sharing their recipes, experiences and knowledge to help this group grow into what it is today. We have achieved nearly 3k members in the 1st year and I think that is amazing and worth celebrating.

As a thank you to all, we have decided to make this ebook for our members, to share our top 12 recipes of our 1st year plus our surprise recipe which is yet to be shared in the group.

I would also like to thank my amazing admin team without whom this group wouldn't be what it is. So, thank you Christa Eker, Amber Rasz, Trudie TulinPeri Akın, Michaela Danacı and Fmb Quak.

Lorraine Talay

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Çılbır – Poached Eggs With Yoghurt



Poached eggs with creamy garlic yoghurt and *pul biber* infused butter. Dating as far back as the 17th century, *çılıbır* is an easy, quick fix for breakfast/brunch and last minute guests.

Recipe and picture

© Christa Eker

⌚ 15 min

Note. I have intentionally not included quantities in this recipe. The beauty of this super quick Turkish breakfast recipe is that it is so easily adaptable for extra guests and for lazy breakfasts alone. I like around 4 heaped tablespoons of *süzme* (strained) yoghurt, a small garlic clove and 2 eggs per person. This doesn't need to be set in stone.

- 1 Place a generous amount of yoghurt (say 4 heaped tablespoons) of thick or strained yoghurt in each bowl and mix in 1 minced clove of garlic and a good pinch of salt (divided or a clove each, however, your tastes fancy).
- 2 Prepare your poached eggs using a method that works for you. (I crack an egg into a Turkish coffee cup. Add a good few drops of vinegar before slowly placing the eggs one by one into a boiled but no longer on the heat saucepan of water.)
- 3 In a small frying pan or saucepan melt a tablespoon of butter per person. Keeping the heat very low sprinkle in some Turkish pepper flakes (*pul biber*) / Aleppo pepper (again as little or as much as your tastebuds desire). Give it a gentle stir – enough to infuse the melted butter but preventing it from burning.
- 4 Use a slotted spoon to take the eggs from the water and allow them to drain a little. Place the cooked eggs on top of each of the yoghurts and drizzle on the melted butter. *Afiyet olsun!*

Ezogelin Çorbası – Ezogelin Soup



A Turkish *kebabçı* classic. Red lentil, rice and bulgur soup bursting with the flavors of tomato, pepper & mint. A great starter or stand-alone meal. Ezogelin soup is said to have gained its name from the beautiful bride who created it.

Recipe and picture

© Amber Rasz

Notes. Having extra spiced oil is great for garnishing individual bowls.

If a smoother texture is desired, give it a quick blitz with a stick blender.

This soup goes well with a good loaf of Turkish bread, a wedge of lemon and good company.

4–6 portions

⌚ 40 min

Ingredients. 1 medium onion (finely chopped), 1 1/2 cups red lentils, 1/2 cup large grain rice 1/4 cup coarse bulgur, 1 heaping tbsp. flour, 4 tbsp. butter (olive oil for a healthy alternative), 2 tbsp. sweet red pepper paste (or tomato paste), 8 cups beef broth, 2 tsp. salt, 1 tsp. hot *pul biber* (or sweet *pul biber* works for kids), 1 tsp. dried mint (or more if you like the minty taste, add some to the soup while cooking)

1 Put 3 tablespoons of melted butter or olive oil in a large pot. Add the onion, and fry until it becomes translucent and soft.

2 Next, add the flour and stir until bubbly. Be careful not to burn the flour, cooking out the rawness without browning it. Mix the sweet pepper or tomato paste with 2 tablespoons of water, then add to the flour. Stir/whisk until well combined. Next, slowly add the beef broth while stirring. Continue stirring the mixture over high heat until it comes to a boil. Carefully add the washed lentils, rice and bulgur to the boiling soup. Add salt, then reduce the heat and cover the pan.

3 Let the soup simmer slowly for about 20 minutes, until the rice and bulgur are very soft and the lentils have broken down. Put the remaining tablespoon of butter or olive oil in a small pan. Add the *pul biber* and mint and stir over low heat for a minute or two, not letting it scorch. Then, stir this mixture into the soup and let it simmer a few minutes more. If the soup is too thick, add more of broth. Adjust the salt and spices to your taste. *Afiyet olsun!*

Sigara Böreği – Cheese Rolls



Crispy fried pastry rolls filled with cheese and fresh herbs. Great warm or cold, these fingers foods are a great addition to the breakfast table.

Recipe and picture

© Christa Eker

12–18 rolls

⊖30 min

Ingredients. 12–18 small triangle *yufka*/filo sheets, 250 g *lor/kesik* cheese, 1 generous handful dill/parsley or other fresh herbs, 1/4 tsp. black pepper, 1/4 tsp. salt (if using salt free cheese), bowl of water for dipping, olive oil for frying

- 1 Mix cheese, herbs and seasonings in a bowl.
- 2 Place a the *yufka* triangle with the largest side nearest to you and the point away from you.
- 3 Add 1–2 teaspoons of cheese filling along the long (base) side of the triangle and using two hands fold the two edges in and the top down.
- 4 Roll away from you and dip the point into a little water to seal. Repeat for each *börek*.
- 5 Heat oil for shallow frying, fry. Serve and enjoy! *Afiyet olsun!*

Etsiz Çiğ Köfte – Meat Free Çiğ Köfte



Meat-less meatballs for lovers of all things spicy! *Çiğ köfte* – raw meatballs gets its name from the original preparation where raw mince was kneaded with spices, tomato paste, oil and fine grains of bulgur. This recipe is both vegetarian and vegan friendly.

Recipe and picture © Lorraine Talay

20 pieces

©1 hour

Notes. This is quite a spicy mix so if you are not too keen on spice don't add so much *pul biber* or *isot*.

Ingredients. 1 large grated tomato, 1 medium grated onion, 1/2 *çay* glass oil, 2 water glasses of *köfte* bulgur, 1 dessert spoon *pul biber* / chili flakes, 1 dessert spoon cumin, 1 dessert spoon mint, 1 dessert spoon thyme, 1 dessert spoon salt, 1 dessert spoon black pepper, 2 dessert spoons *isot* / roasted pepper flakes, 1 dessert spoon garlic powder, 3 dessert spoons tomato paste (can mix with pepper paste), 2 water glasses of hot water

- 1 Mix all ingredients together except for water and mix well using your hands. Add 1 glass of water and mix well.
- 2 Make into a mound and leave covered for 20 minutes for bulgur to absorb all the water.
- 3 Mix again with hands kneading adding a little of remaining water every 5 minutes. Once all water has gone make into another mound and leave covered for a further 20 mins.
- 4 Knead again and, if you feel it is too dry, add little water gradually until you feel the bulgur will not take anymore water. I added a few more spoons of water. Shape with hands.

Chicken Döner



A succulent and tasty mix of chicken cuts roasted to bring out the best of texture and flavour. Bring the spice and enjoyment of one of Turkey's much-loved street foods home! Perfect hot out of the oven and easily adaptable into a number of other recipes over the following days.

Recipe and picture

© Fmb Quak

2–3 portions

⌚ 40 min + time for marinating

Ingredients. 400 g chicken fillet (I used a mix of breast and thigh), 1 medium sized onion, 3 garlic cloves, 1 tbsp. *biber salçası*, 2 tbsp. olive oil, 2 tbsp. yoghurt, spices according to taste (I used 1 tsp. Turkish barbecue spice mix, 1 tsp. oregano, 1 tsp. dry mint, 1 tsp. salt, a bit of black pepper)

- 1 Cut chicken into thin pieces of about 10 cm length. Grate the onion and drain the excess fluid, mix it with crushed garlic and all the remaining ingredient. Mix chicken into this marinade and leave to rest in a refrigerator for at least 1 hour (I prefer to leave it overnight).
- 2 Preheat the oven to 180°C. Arrange the chicken pieces on a skewer so they are tightly packed, lay the skewer on a tray and bake for about 40 minutes, then increase heat to 200°C and bake about 5 minutes more. Serve in any way you like to eat your döner. *Afiyet olsun!*

Notes. I made this *döner* in horizontal position, you might want to experiment with vertical skewers stuck in half a potato or, if you have it, a rotisserie.

Tavuklu Karniyarık – Chicken-stuffed Eggplants



Deep purple aubergines, split, baked and filled with a flavoursome filling of chicken, peppers, tomatoes and garlic, baked and topped with a sprinkling of melted cheese. *Karniyarık*, which means split belly, is a traditional dish found in homes and *lokantas* throughout the country.

Recipe and picture © Amber Rasz

4 portions

⌚60 min

Ingredients. 4 plump aubergines medium size, 1 cup olive oil, 1 medium onion (finely diced), 2 small green capsicums / bell peppers (finely diced), 500 g chicken breast (cubed), 500 g (1 tin) stewed diced tomatoes in sauce, 4 garlic cloves (minced), 1 tbsp. thyme, salt and pepper, 1 cup chopped parsley, 2 cups shredded cheese

- 1 Preheat the oven to 180°C. Prepare aubergine by cutting each one in half and set aside. Cut slits along the middle of each aubergine. Drizzle with olive oil. Place skin side down on a greased baking pan and bake for 20-30 minutes or until softened.
- 2 Add the onion to the pan and sauté in olive oil over medium heat, stirring until soft. Add the capsicum and sauté for 2 minutes. Push to the side of the pan. Add the chicken and let it brown on each side while moving the pepper mixture to avoid burning.
- 3 Once the chicken is browned, add garlic, stir everything together and sauté for a minute. Add half of the tomato and sauce to pan, use more to get a nice thick sauce (not soupy). Stir in thyme and sprinkle with salt and pepper. Stir in half of the chopped parsley.
- 4 Scoop the center out of the aubergine, leaving enough edge to hold its shape. Dice and add to the chicken mixture. Adjust the seasoning of your mixture. Now fill your aubergine with your mixture, top with shredded cheese and sprinkle with remaining parsley. Bake at 180°C until you see a bubbly golden top. Serve along side your favourite Turkish salad, crusty bread and a cold glass of *ayran* with a sprinkle of mint. *Afiyet olsun!*

Sultan Kebabı – Meat & Vegetable Parcels With Bechamel Sauce



A modern adaptation of a dish said to be a favourite of Sultan Mehmed II, chicken encased in pastry was a popular choice of the imperial kitchen. This dish uses meat and simple vegetables with tomato topped bechamel sauce is as luxurious today as it likely was in the 15th century.

Recipe © Lorraine Talay,

Picture © Michaela Danaci

4 portions

⌚ 40 min

Ingredients. Filling: 2 *yufka* sheets, 400 g beef, 1 onion, 1 water glass peas, 1 carrot, 2 medium potatoes, 2 chopped peppers, salt, pepper & oregano

Bechamel sauce: 1 dessert spoon butter, 1 dessert spoon flour, 1.5 water glasses milk, salt & pepper, grated cheese

Tomato sauce: 3 grated tomatoes, 1 dessert spoon *salça*, 1/2 *çay* glass oil, 1 tsp. sugar, salt & pepper

1 Saute the onions and peppers until onions become transparent, add the chopped meat and cook until browned. Add all other filling ingredients (except *yufka*) to the pan and 2 glasses of hot water, bring to the boil then simmer until potatoes and carrots are cooked.

2 Meanwhile make the bechamel sauce: Melt the butter and stir in the flour. Slowly mix in the milk and spices and bring to the boil until it thickens.

3 Now to make the parcels. Cut the *yufka* sheets into fours and place two pieces into a small bowl overlapping the edges. Fill in the bowl and then place the *yufka* back over the filling to make a parcel. Turn the parcel upside down onto an oven dish and repeat to make three more. Pour bechamel sauce on top of the parcels and place in oven 180°C, until golden brown.

4 Make the tomato sauce: Add all ingredients to a small saucepan and mix. Once heated through turn off. Serve the sultan's kebab on a plate with the tomato sauce. Serve and enjoy!

Muallle – Aubergine And Green Lentil Stew



A dish of tender aubergines, tomatoes and green lentils brought together in a delightful sauce of pomegranate molasses, garlic, mint & pepper flakes. *Muallle* is a vegan friendly speciality of the Hatay region not to be missed.

Recipe and picture © Lorraine Talay

4 portions

⊕ 1½–2 hrs

Ingredients. 3–4 aubergines, 1/2 water glass of green lentils, 1 medium chopped onion, 4–5 cloves of garlic, 2 chopped tomatoes, 2 tbsp. dry mint, 1 tsp. crushed *pul biber*, 1 tbsp *salça*, 2/3 *çay* glass olive oil, 1/2 *çay* glass pomegranate molasses, salt

- 1 Cut the aubergine into large chunks. Place them on a baking sheet and sprinkle with salt. Leave the for 1 hour.
- 2 Put green lentils into a pan and bring to boil with 2 glasses of water. Then simmer until lentils are soft.
- 3 Mix tomatoes, onion, garlic, mint, salt, *pul biber* and *salça* together in a bowl.
- 4 Into a large pan place half of the vegetable mix on bottom then half of the aubergines, then half of the lentils then repeat layers.
- 5 Pour the olive oil around the side and drizzle the pomegranate molasses all over. Cover with a lid and turn it down to low and simmer for 1 to 1½ hours. Serve and enjoy!

Taze Fasulye – Green Beans With Tomatoes and Peppers



Vibrant green beans with onions and peppers in a tomato sauce. A firm country-wide favourite making the best of summers fresh beans.

Recipe © Michaela Danacı,
picture © Christa Eker

4–6 portions

⊕60 min

Ingredients. 1 kg green beans, 1 onion, 1 red pepper, 2 tomatoes, 1 tbsp. *salça*, garlic as much as you want, salt, pepper, chili pepper, olive oil

- 1 Fry onion and garlic with *salça* in olive oil. Add pepper and tomatoes and green beans. Leave to simmer for 5 minutes.
- 2 Add water if required for a nice sauce. Stir and leave to simmer for about 20 minutes or until beans are soft.
- 3 Add salt, pepper and chilli pepper to taste.

Pide – Turkish "Pizza"



Another street food that has stood the test of time. With references as far back as the 15th century. *Pide*, Turkish topped or stuffed flatbreads fresh out the oven makes for a delicious meal. Mince, small pieces of meat or *sucuk*, spinach and egg, tomato, pepper or simply cheese. The combinations are endless.

Recipe and picture

© Fmb Quak

3 pieces

⊕45 min + 1 hour waiting time

Ingredients. Dough: 300 g plain flour, half a block fresh yeast (21 g), 1 tsp. sugar, 1 tsp. salt, 1 glass warm water, 1–2 tbsp. olive oil

Topping: 1 tbsp. butter, 1 tsp. hot *biber salçası*, 1 garlic clove, 200 g cheese (I used a mix of *lor*, *beyaz peynir* and *kaşar*), a few slices of *sucuk*, a few slices of *pastırma*, 2 small green peppers, 1 spring onion, 1 egg

1 Prepare the dough. Mix sugar, water and crumbled yeast, wait about 10 minutes until it begins to froth. Mix flour and salt in a bowl, make a well, pour the yeast mixture and olive oil in the middle. Knead into an elastic, soft dough, that takes about 5 minutes. Cover with a cloth and leave to rise at a warm place for about 1 hour.

2 Knead once more, then roll out on a flat floured surface to a size of about a standard oven tray. Cut into three equal, longish, rectangular parts (the rest of the work is easier if you roll out on baking parchment). Set oven to 200°C.

3 In a pan, fry garlic and *salça* in a bit of olive oil. Distribute this in the middles of the dough parts, cover with crumbled and/or diced cheese, sliced *sucuk* and *pastırma* cut in small pieces. Sprinkle with peppers and spring onion which you previously have chopped. All the time you take care to leave empty edges. Roll up the lengthwise edges of the dough, make ends pointed. Brush the visible dough with a beaten egg.

4 Transfer to baking tray (which is covered by baking parchment), bake about 20 minutes until golden-brown and the cheese has melted. *Afiyet olsun!*

Notes. Essentially you can use any toppings you like, add more or other spices, and also, more traditionally, you can leave the *salça* layer out!

Poğaç – Turkish Buns



At the breakfast table, quick bites after school or for those that need a quick bite at suppertime. *Poğaç* (Poh-ah-cha), these small, soft, filled bread rolls, are the Turkish Wives Masterchef secret weapon. Knead, fill, bake and watch everyone flock to the kitchen.

Recipe © Amber Rasz,
picture © Trudie TulinPeri Akın

24 pieces

⊖50 min

Ingredients. 2 cups plain yoghurt, 3/4 cup melted butter, 1/2 tsp. salt, 1 1/2 packet bAking powder, 1/4 tsp. sugar, 2 cups flour (plus some extra to adjust texture), 1/3 cup *beyaz peynir* plus 1 tbsp. finely chopped fresh dill with a bit of fresh *süzme* yoghurt, 2 egg yolks. 2 tbsp. sesame seeds and black seeds

- 1 Prepare the filling by combining cheese and yogurt. Add about 1 tablespoon of finely chopped dill.
- 2 In a large mixing bowl, starting with about 2 cups of flour, combine all the ingredients and work them together with your hands. Keep kneading the mixture and adding flour gradually until you have a smooth firm dough. Roll into balls of desired size. Walnut size balls will make palm size *poğaç* once baked.
- 3 Take a ball of dough and press it down on a lightly floured surface to flatten it. Put a small amount of your filling in the middle. Fold the circle in half over the filling so the edges come together and very gently pinch them to close.
- 4 On a baking tray lined with grease-proof baking paper, place the *poğaç* seam side down. Your roll should be an oval that is wider and rounder in the center and narrower at the ends. Repeat this with all the rolls, making sure to leave about one inch between each roll.
- 5 Brush each *poğaç* with egg yolk. Sprinkle the seeds on top of each roll. Bake in a 175°C oven until the rolls puff up and the tops turn a golden brown. *Afiyet olsun!*

Baklava



Standard baklava with its crispy buttered layers, delicious filling and zesty syrup is a famed delight.

This simple recipe with its additions of chocolate, caramel and *pekmez* syrup with hints of cinnamon and orange, takes the decadent dessert to another level.

Recipe and picture

© Trudie TulinPeri Akın

for a 30 cm × 38 cm tin

⌚90 min

Ingredients. 1 pack of *baklavalik yufka*/filo pastry (I used 40 layers), 2 cups of chopped peanuts and walnuts, 1/2 cup of chocolate chips, 1/4 cup of caramel chips, 1 cup of melted butter, 1 tsp. of cinnamon

For the syrup: 1 1/2 cups of sugar, 1/2 tea glass of *pekmez*, 1 tsp. of cinnamon, 1/2 grated rind of one orange

1 Make the syrup first as it will need to be cool when poured over the baklava. Put all syrup ingredients in a saucepan and heat through. When boiling, turn down and simmer for 5 minutes. Turn off heat and allow to cool. I cooked it for longer to end up with a more toffee tasting syrup.

2 Brush the bottom of the baking dish or tray with butter. Lay the first sheet and brush with butter. Repeat with 9 more sheets and brush them all. Sprinkle nuts on this, the 10th layer. Sparsely sprinkle chocolate chips and then more sparsely the caramel chips. Lay another 5 layers remembering to generously butter each one. Sprinkle with the nuts, chocolate and caramel again. Another 5 well buttered layers, then another layer of nuts, chocolate and caramel. Another 5 buttered layers and another layer of nuts etc. Finish with another 10 buttered layers. Cut into rectangular or diamond shapes. (Take care here as you will need to hold the top layers from moving.) Bake in the oven at 210°C for about 45 minutes and keep your eye on the oven.

3 As soon as the baklava comes out of the oven, pour on the syrup, making sure you coat all the pieces. The baklava will absorb the syrup in about 2 hours. Wait, wait, waaaaait. Hide then from the family ☺.

Notes. I've also made this baklava by replacing the chocolate and toffee chips with a favourite nougat, chocolate caramel bar, frozen in the freezer and smashed to bits with a rolling pin. The results were wonderful and went down really well with the family. ☺

Anniversary surprise recipe

Havuçlu Lokum – Turkish Delight With Carrots



An energy giving moist Turkish delight with the perfect marriage of carrots and walnuts. Rolled in flakes of coconut, every bite of this traditional but simple treat makes an excellent 'Tastes like Turkey' gift or sweet to add to your Turkish coffee!

Recipe and picture

© Michaela Danacı

approx. 15 pieces ⊕60 min + waiting time

Ingredients. 7–8 carrots, 1 tbsp. cornflour, 1 water glass sugar, 1 packet vanilla, coconut flakes, walnuts

- 1 Peel and boil carrots. Save 1 glass of carrot water.
- 2 Blend carrots with carrot water until puree!
- 3 Return to pan and add cornflour, sugar and vanilla. Over low heat stir until thickens!
- 4 Pour into glass dish, leave to cool. Cover with clingfilm and leave overnight in fridge.
- 5 Cut into large squares. Roll into ball and cover in coconut. Add walnut on top or your choice of nut!

