

TURKISH CUISINE

KOFTE - TURKISH MEATBALLS

Prep Time: 40 mins

Serves 4-5 people

Ingredients:

2 lbs ground beef

2 medium onions/1 large onion

7 slices (preferably stale) bread

Salt

Pepper

Directions:

Use a food processor to thoroughly chop the onions. The onions are supposed to be almost in liquid form.

Crumble the bread until it looks granulated.

Put the onions, the ground beef, the granulated bread in a large mixing bowl and process the mixture.

Add salt and pepper.

This is the most important part, as you're processing the mix, pick it up and throw it in the bowl. (You can also use the counter.)

Repeat until the mix looks homogenous.

Roll into small balls.

Put vegetable oil in a saucepan and cook (or grill) the meatballs.

(You can also cook them in the oven)

PILAV - RICE

Prep Time: 20 mins

Cook time: 10 mins

Serves 5-6 people

Ingredients:

2 glasses of rice

3 glasses of water

Chicken bouillon

2-3 tablespoons of butter

Salt

Directions:

Pour two glasses of rice in a mixing bowl.

Boil water and pour it over the rice. The amount of water isn't important; it should simply cover all the rice.

Let the rice sit for at least twenty minutes. The more it sits the better.

Put three glasses of water in a large but shallow pot. Put the bouillon in the water.

Let the water boil and the bouillon dissolve completely.

Use a strainer to filter the rice and rinse.

When the water with the bouillon boils, pour the rice in the pot.

Let the rice soak up the water.

As the rice is soaking up the water, put the butter in a separate saucepan and melt.

Wait until bubbles are visible over the rice.

Make sure the melted butter turns golden brown.

Pour the butter over the rice.

Put a paper towel over the rice and take the pot off the stove.

Ready to serve in 15 mins.

KISIR – TURKISH BULGUR SALAD

Pre-preparation time: one night

Prep time: 10 minutes

Ingredients:

1 glass of fine bulgur

Pickled red beet

Green onion

Parsley

Dill

Salt

Pepper

One lemon

Olive oil

Dib Roman Sauce

Directions:

Pour the juice of the pickled red beet in a container and separate the pieces of red beet.

Pour the bulgur over the juice and mix thoroughly. Let the bulgur sit in the juice for one night.

Next day, grate the pieces of red beet that you had separated and mix it with the soaked bulgur.

Chop some green onions, parsley, dill and mix it in with the bulgur.

Squeeze the lemon and put it in the container.

Add olive oil and dib roman sauce.

Ready to serve.

AYRAN

Prep time: 5 mins

Ingredients:

1 pint plain yogurt

1 pint cold water

Salt

Ice

Directions:

In a large pitcher mix the yogurt and water.

Whisk until foam builds up.

Add salt and ice.

Ready to serve.