



ALİ NAZİK



AYRAN



KIŞIR

ALI NAZİK (SMOKY EGGPLANT PUREE WITH GROUND BEEF AND YOGHURT)

INGREDIENTS

Eggplant puree

- **eggplants** 2 large
- **tomatoes** 2 medium
- **green pepper**(mild) 3 big
- **lemon** juice of 1
- **garlic** 1 clove
- **tahini** 1 ½ - 2 tablespoons
- **extra-virgin olive oil** 2 tablespoons

Ground Beef

- **olive oil** 2 tablespoons
- **ground beef** 400-500g (at room temperature)
- **cumin seeds** 1 tablespoon crushed
- **paprika**(red pepper) 1 teaspoon
- **freshly ground black pepper** 1 teaspoon
- **ground nutmeg or allspice** ½ teaspoon
- **salt** 1 teaspoon

To serve

- **full-fat natural unsweetened drained yoghurt** ½ - ¾ cup
- **butter** 20g, melted (optional)
- **flat-leaf parsley, mint or coriander** (cilantro) ½ cup chopped
- **sumac** 1 teaspoon
- **tomato and cucumber** ,sliced

METHOD

Preheat oven to 230degC/445 Fahrenheit or BBQ to high.

- 1 Prick eggplants in several places with a fork or tip of a sharp knife. Place whole eggplants on an oven tray and place in the oven for 1 hour or until their skins are charred and blackened. At the same time, place the Roma tomatoes and green pepper on an oven tray and place in the oven for 45 min or their skins are charred and blackened.
 - 2 Leave eggplants, green peppers and tomatoes to cool for 5-10 minutes in the plastic bag, then peel their skins off (they should come off easily), chop the flesh and add to a food processor, along with lemon juice, garlic, tahini and extra-virgin olive oil. Blend until smooth. Season to taste with salt and pepper. Keep warm.
 - 3 Heat olive oil in a large fry pan over medium high heat. Add ground beef, spices and salt, and cook until well browned, 10 minutes. If at any time the spices are sticking to the bottom of the pan and burning, just add a couple of tablespoons of water to the pan and continue cooking.
- To serve, spoon eggplant puree into a serving bowl or platter. Dollop over yoghurt, scatter over ground beef and drizzle over melted butter. Garnish with fresh herbs, and sprinkle over sumac. Serve with warm flatbreads, cucumber and tomato.

KISIR

INGREDIENTS

- 1 package **fine bulgur**
 - **boiling water** until fine bulgur gets wet
 - 3 medium **tomatoes**
 - 1 medium **sweet onion**
 - 5 heaping tbsp. **mild red pepper paste**(it depends on people's taste)
 - 2 heaping tbsp. **tomatoes paste**
 - 3/2 cup extra virgin **olive oil**
 - 1/4 cup **lemon juice** or pomegranite sour
 - **Italian parsley**
 - 6 to 8 **green onions**
 - 1 tsp. **salt**, more or less to taste
 - 1/2 tsp. **black pepper powder**
 - 1/2 tsp. **paprika**, more or less to taste
- Prep Time:** 30 minutes
Total Time: 30 minutes

PREPARATION

- 1 Put the bulgur in a large mixing bowl. Pour the boiling water over it. The water should completely cover the bulgur by about 1/4 inch. If one cup isn't enough, add a bit more water. Cover the bowl with a lid or plastic wrap, then wrap it with a towel. Set it aside for about 15 minutes to allow the bulgur soften.
- 2 While the bulgur softens, prepare your vegetables. Begin peeling the onion and chopping onion as finely as you can. Mix the chopped onion with the pepper paste and set aside.
- 3 Continue chopping the tomato, green onions, and parsley in the same manner and put them in a separate bowl. The finer you chop them, the better your salad's texture will be.
- 4 Remove the cloth and cover from the bowl of bulgur. Wearing rubber gloves, fluff the bulgur up with your fingers. Drizzle the vegetable oil over the top and toss it through with your fingers. Next add the pepper paste mixture and work it evenly through the bulgur.
- 5 Add the chopped vegetables and spices and continue tossing with your fingers until all the ingredients are evenly dispersed. Add more salt and black pepper if needed.
- 6 You can serve your 'kısır' salad right away, or you can cover and refrigerate it for several hours before serving. Just make sure to fluff it up with your fingers again just before serving.

AYRAN (TURKISH YOGHURT DRINK)

INGREDIENTS

- 1 package plain yoghurt
- cold water
- salt

PREPARATION

- 1 mix yoghurt until it is homogenized
- 2 add water and salt, afterward always mix with mixer or blender properly until ayran mix very well and it foams.