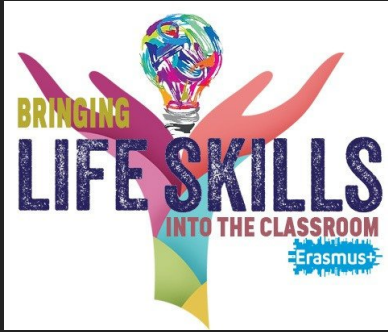


HEALTHY TRADITIONAL TURKISH DISHES

Eleven Tasty and Healthy Recipes



TURKISH RICE PILAFF

A quick and easy recipe for Turkish rice (şehriyeli pilav) which makes a tasty side serving for many Turkish dishes.



Course	Pilav (Side)
Cuisine	Turkish
Prep Time	5 minutes
Cook Time	15 minutes
Total Time	20 minutes
Servings	4
Calories	122kcal



Ingredients

- 11 cup rice we use a standard
- tea/coffee mug
- 2 tbsp (tablespoon) orzo or şehriye or vermicelli
- 1 tbsp butter
- 2 cups hot water or stock

Instructions

1. Heat your butter in a deep saucepan over a low heat.
2. Now add your şehriye (orzo) to the pan and stir around for a few minutes until you see it start to change colour.
3. As soon as you notice the orzo start to go brown, add your cup of rice and continue to stir. Remember to keep the pan over a low heat and keep stirring, otherwise your rice and orzo will burn.
4. After 3-4 minutes, add the water or stock.
5. There will be a big sizzle and the liquid will bubble up. Turn up the heat and bring the rice to the boil, fully.
6. Once the rice is boiling, give it a couple of stirs around, put a lid on the pan, leaving a small gap, and reduce the heat to medium-low.
7. Leave your rice to simmer for 8-10 minutes until the water or stock has absorbed.
8. Now remove from the heat, put the lid firmly on the pan and leave your Turkish rice to stand for 5 minutes.
9. After 5 minutes, remove the lid and fork through your rice.



HÜNKAR BEĞENDİ RECIPE - SULTAN'S DELIGHT

Hünkar Beğendi, or Sultan's Delight, is a rich, creamy dish - and if it was good enough for the sultan, it's good enough for us.



Course	Main course
Cuisine	Ottoman
Prep Time	20 minutes
Cook Time	1 hour 30 minutes
Total Time	1 hour 50 minutes
Servings	4
Calories	600kcal



Ingredients

- **For The Lamb Stew**
- .500 g lamb from the leg, chopped into cubes
- .3 medium-large tomatoes roughly chopped
- .1 large onion finely chopped
- .3 cloves garlic crushed
- .1 dessert spoonful tomato paste
- .1 dessert spoonful thyme or oregano, or a mix of both
- .1 knob butter for cooking, around 20g
- .salt & pepper for seasoning



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- .salt & pepper for seasoning



Instructions

For The Lamb Stew

- 1.Melt your butter over a medium heat in large saucepan.
- 2.Now add your lamb and stir it round until it starts to brown.
- 3.Once your lamb is browned all over, add your onion and garlic and stir.
- 4.Cook for 5 minutes or so, until your onion starts to sweat.
- 5.Now add your chopped tomatoes, tomato paste (salça) and one cup of hot water.
- 6.Stir everything together.
- 7.Add your thyme/oregano (kekik), salt & pepper and stir.
- 8.Once your stew is simmering, put a lid on the pan and turn the heat to low.
- 9.Simmer your stew for around 1 hour, until the lamb has softened and your sauce has thickened.
- 10.Remove from the heat and make your 'beğendi' puree...

To Make The Aubergine (Eggplant) Puree - The 'Beğendi'

- 1.Preheat your oven to 240 degrees.
- 2.Prick your aubergines with a sharp knife and place on a baking tray in the centre of the oven.
- 3.Bake the aubergines until they are soft to touch (around 15-20 minutes).
- 4.Remove from the oven and leave them to cool.
- 5.Once cooled, make a slit along the length of each aubergine.
- 6.Scrape out the pulp with a teaspoon.
- 7.Discard the skins and as many of the seeds as possible.
- 8.Chop up the pulp.
- 9.Now melt your butter in a saucepan over a medium heat.
- 10.Once melted, gradually add your flour, stirring continuously with a wooden spoon.
- 11.After you've added all your flour, your mixture will be relatively solid and now you can start to add your milk.
- 12.Add your milk a little at a time, again, stirring continuously so that the mixture remains smooth.
- 13.Keep going until you have used up all of your milk and you have a smooth, milky mixture.
- 14.Keep stirring and after a couple of minutes, you will notice the sauce start to thicken.
- 15.Once the sauce has started to thicken, add your aubergine. Keep stirring, gently.
- 16.Now add your grated cheese and keep stirring until your 'beğendi' sauce has thickened enough to make a suitable nest for your lamb.
- 17.To serve, share the beğendi sauce between your plates, making a little nest in the centre of each.
- 18.Now spoon the lamb stew into the nest and allow the sauces to run over the aubergine puree.
- 19.Sprinkle the parsley over the lamb and serve up your Sultan's Delight.

TURKISH MEATBALLS IN TOMATO SAUCE

Izmir Köfte is a classic Turkish dish made up of meatballs in tomato sauce with potatoes and green peppers. It's a dish often found in restaurants as well as at homes.



Course	Main course
Cuisine	Turkish
Prep Time	1 hour
Cook Time	1 hour 40 minutes
Total Time	2 hours 40 minutes
Servings	2
Calories	700kcal



Ingredients

- For The Köfte - Makes 8 Meatballs
- ·250 g minced beef
- ·1 egg
- ·½ small onion very finely chopped or grated
- ·1 clove garlic peeled & grated
- ·1 tbsp(tablespoon) breadcrumbs
- ·1 dessert spoon chia seeds optional
- ·1 tsp(teaspoon) mixed spices
- ·1 tsp ground cumin
- ·1 tsp chilli flakes
- ·salt & pepper to season

Ingredients

- For The Sauce
- ·400 g tinned chopped tomatoes
- ·½ small onion finely chopped or sliced
- ·1 clove garlic peeled & finely chopped
- ·1 chilli finely chopped (optional)
- ·2 tbsp olive oil
- ·2 tsp vinegar
- ·1 tsp sugar
- ·1 tsp ground cumin
- ·1 tsp thyme or oregano
- ·1 tsp chilli flakes
- ·salt & pepper to season



Ingredients

- For The Vegetables
- ·500 g potatoes peeled & cut into chunky chip shapes
- ·5 long green peppers cut into two or three pieces, we use the Turkish sivri biber - thin fingers - but one large sliced capsicum bell pepper will be enough



Instructions

For The Köfte

1. Add your minced meat to a large plate or mixing bowl
2. Beat your egg a little and add that to your meat
3. Now add the rest of your köfte ingredients
4. Mix everything together with a fork
5. Now knead the mixture for a couple of minutes with your hand
6. Divide your mixture into 8 equal portions
7. Roll each portion into a rough torpedo shape so that you have 8 köfte
8. Now place in the fridge for 30 mins to 1 hour

To Cook Your Izmir Köfte Dish

1. Preheat your oven to 200° Celsius.
2. Add your olive oil to an oven dish along with your onion and fresh chilli (if using).
3. Now add your chilli flakes & garlic and spread around the surface of your oven dish.
4. Place on the top shelf of your oven to heat for 15 minutes.
5. After 15 minutes, remove your oven dish from the oven and add your tin of tomatoes, vinegar, sugar, cumin, kekik (thyme or oregano - or both), salt & pepper.
6. Stir around to mix together and return to the oven.
7. Leave for around 10 minutes until the sauce starts to bubble.
8. Once the sauce is bubbling away in the oven, start to fry your köfte separately by heating your oil in a frying pan on a high heat.
9. Fry your köfte without turning too often (to avoid breaking them up) until they are brown on all sides. This takes around 5-10 minutes.
10. Once your meatballs have browned on all sides, remove your sauce from the oven and arrange them in the sauce.
11. Spoon a bit of the tomato sauce over the köfte and return the dish to the oven.
12. Meanwhile, bring a pan of water to the boil.
13. When the water is boiling, add your potatoes.
14. Boil for around 7-10 minutes so that the potatoes are just starting to soften.
15. Now remove your dish from the oven and turn the köfte.
16. Increase the oven temperature to 220 degrees Celsius.
17. Drain your potatoes and arrange them around your meatballs.
18. Return to the oven for around 10 mins until your potatoes start to bake on top.
19. After 10 minutes, add your peppers and arrange between the meatballs and potatoes.
20. Turn your oven to high for the last 15 minutes to really get everything sizzling hot.
21. Remove from the oven and leave to stand for a couple of minutes before serving.

IMAM BAYILDI RECIPE

Imam bayıldı is a classic Ottoman dish. If you're looking for a vegetarian or vegan stuffed aubergine recipe, this recipe is not going to disappoint.



Course	Main course
Cuisine	Ottoman
Prep Time	10 minutes
Cook Time	40 minutes
Total Time	50 minutes
Servings	4
Calories	360kcal

Ingredients

- 4 medium sized aubergines
- 2 large onions peeled, halved & sliced into half moons
- 2 large tomatoes or 1x400g tin tomatoes
- 1 red pepper deseeded & cut into thin strips approx 1 inch long
- 1 green pointed pepper deseeded & cut into thin strips (optional)
- 1 green chilli finely chopped (optional)
- 4 cloves garlic peeled and thinly sliced
- 1 tsp(teaspoon) tomato paste or red pepper paste
- 1 tsp paprika
- salt & pepper to season
- 1 handful parsley finely chopped, to garnish
- 1 lemon juiced, to garnish
- 3 tbsp(tablespoon) sunflower oil for frying aubergines
- 2 tbsp olive oil for cooking your filling



Instructions

1. Use a vegetable peeler to peel stripes down your aubergines.
2. Now take a sharp knife and make a cut from the top to the bottom of each aubergine without piercing through to the other side.
3. Gently heat your sunflower oil in a frying pan and add the aubergines.
4. Turn them occasionally with tongs so that they brown and soften on all sides. Be careful as they will spit and sizzle in the hot oil.
5. Once your aubergines have softened after about 15 minutes, remove them from the pan and place on a baking tray with the side where you made the cut facing upwards.
6. Leave to one side to cool.
7. In the same pan, add your olive oil and gently heat.
8. Add your sliced onions and peppers and sauté until the onions start to soften and turn translucent.
9. Now add your chopped tomatoes, garlic, paprika, salt and pepper and mix together.
10. Add a splash of water - about 50 mls - stir and leave to simmer for 5-10 minutes.
11. Preheat your oven to 180 degrees Celsius.
12. Meanwhile return to your aubergines and carefully prise them open along the cut so that you have four canoe shapes.
13. Now add your filling to each aubergine with a teaspoon - don't worry if some tumbles over the edge. It's all part of the meal.
14. Dissolve your tomato paste (salça) into approx 150 mls of water and pour it over your aubergines and into the tray.
15. Now place on the middle shelf of your oven and cook for 15-20 minutes.
16. Remove from the oven and leave until your imam bayıldı is warm or at room temperature.
17. Squeeze fresh lemon juice and sprinkle a little finely chopped parsley over the top of your imam bayıldı before serving.
18. Serve on its own or with accompaniments.



TURKISH WHITE BEAN STEW

KURU FASULYE RECIPE

Kuru fasulye is a wholesome meaty white bean stew that is very popular in Turkey both in the home and in lokantas.



Course	Main Course
Cuisine	Turkish
Prep Time	15 minutes
Cook Time	55 minutes
Resting Time	10 minutes
Total Time	1 hour 20 minutes
Servings	4
Calories	230kcal



Ingredients:

- 800 g tinned haricot beans 400g drained
- 150 g lamb cut into small cubes
- 1 large onion peeled & finely chopped
- 1 large tomato roughly chopped
- 1 green bell pepper seeded & finely chopped – optional
- 1 tbsp(teaspoon) tomato puree
- 1 knob butter enough to cover bottom of pan
- salt & pepper to season
- 500 mls meat stock or hot water

Instructions

- 1.First of all, drain your can of beans in a colander and give them a good rinse.
- 2.In a deep saucepan, melt your butter over a medium heat and add your onions and peppers (if using).
- 3.Sweat the onions until they start to become translucent and start to soften.
- 4.Now add your meat to the pan, stir and saute for 15 minutes.
- 5.When your meat has browned and started to soften, add your tomato and stir for a few minutes until it starts to break down.
- 6.Add your tomato puree, salt and pepper and stir into the mixture.
- 7.Now turn the heat to high, pour your water or stock into the pan and stir.
- 8.Bring to the boil, cover and reduce to a simmer for 15-20 minutes until the stew is starting to thicken and the lamb has softened.
- 9.Now add your haricot beans (kuru fasulye), stir and simmer for a further 10 minutes.
- 10.Leave to rest for around 10 minutes and then serve.



SPINACH & POTATO PUFF PASTRY ROLLS

These Turkish spinach & potato puff pastry rolls are quick and easy to make and are perfect if you are entertaining. They are very moreish so make sure you save some for your guests.



Course	Meze (Side dish)
Cuisine	Ottoman
Prep Time	40 minutes
Cook Time	15 minutes
Total Time	55 minutes
Servings	14
Calories	150kcal

Ingredients

- 14 squares of puff pastry thawed
- 300 g spinach washed, stems removed & leaves roughly chopped
- 2 medium-sized potatoes peeled & cut into small cubes
- 1 onion peeled & finely chopped
- 1 dessert spoonful tomato puree
- 1 tsp (teaspoon) chilli flakes optional
- salt & pepper to taste
- olive oil for frying





Instructions

1. Add potatoes to a pan of boiling water and boil until soft.
2. Meanwhile, heat olive oil in a frying pan and add onions.
3. Sauté on a medium heat until they start to go translucent.
4. Now add spinach leaves and stir until they wilt.
5. Add a generous splash of cold water and stir in the tomato puree.
6. Add chilli flakes and salt and pepper then mix.
7. Simmer for 5 minutes or so.
8. Once potatoes are soft, drain, fork through and add to the spinach mixture.
9. Stir it all together and allow to cool.
10. Preheat oven according to instructions on puff pastry.
11. Lightly grease a baking tray.
12. Take one puff pastry square at a time and place two teaspoonfuls of mixture on the top edge of the pastry, leaving a gap of around 1cm along the top.
13. Now take the bottom edge and fold it over the filling, tucking it underneath at the other side.
14. Place each roll on your baking tray, fold side down, leaving a generous gap between each roll.
15. Lightly brush the top of each roll with beaten egg or milk.
16. Place in the centre of your oven and bake until the pastry has puffed and turned golden.



TURKISH GREEN BEANS IN OLIVE OIL

Fresh green beans cooked in olive oil and served at room temperature with a zingy twist of fresh lemon are a perfect meze or accompaniment to grilled foods.



Course	Olive Oil Dish (Side or main course)
Cuisine	Turkish
Prep Time	20 minutes
Cook Time	30 minutes
Total Time	50 minutes
Servings	6
Calories	130kcal



Ingredients:

- ½ kg green beans washed, trimmed & cut into approx 2 inch pieces
- 2 large beef tomatoes finely chopped
- 1 large onion peeled & sliced into half moons
- 1 green capsicum pepper deseeded & roughly chopped into large pieces (optional)
- 3 tbsp (tablespoon) olive oil
- 4 cloves garlic peeled & thinly sliced
- ¼ tsp (teaspoon) sugar
- salt & pepper to season
- 1 wedge lemon to garnish

Instructions

1. Add the olive oil to a large saucepan and gently heat.
2. Now add your onion and capsicum pepper.
3. Sauté for around 5 minutes until the onion and pepper start to soften.
4. Now add your green beans, salt and pepper.
5. Stir around until the beans are coated in oil and they are mixed with the pepper and onions.
6. Now add your chopped tomato, sugar and sliced garlic & stir those in, too.
7. Boil some water and add just enough hot water to cover your beans.
8. Bring it all to the boil and then reduce to a simmer and cover.
9. Simmer for 25-30 minutes until your beans have gone soft.
10. Remove from the heat and allow to cool before serving.
11. For each serving, squeeze a wedge of fresh lemon juice over the top before eating.



ÇILBIR RECIPE

(TURKISH POACHED EGGS WITH YOGHURT)

Çılbır is a Turkish poached eggs recipe that is perfect for breakfast or a light lunch.



Ingredients

- 400 g natural yoghurt
- 4 large free range eggs
- 1 clove garlic peeled & grated
- 1 tbsp(tablespoon) butter
- 2-3 tsp(teaspoon) chilli flakes
- 2 tsp dried mint or fresh chopped dill
- 1 tsp sweet paprika
- 1 splash vinegar for poaching pan
- 1 inch salt to seas

Course	Breakfast
(or brunch)	
Cuisine	Turkish
Prep Time	5 minutes
Cook Time	10 minutes
Total Time	15 minutes
Servings	2
Calories	450kcal



Instructions

1. Bring a saucepan of water with a splash of vinegar to the boil.
2. Meanwhile, mix your yoghurt with the garlic, mint, paprika and salt and divide between two plates.
3. Swirl a spoon in the centre of the yoghurt to spread it out and leave a well in the centre.
4. Crack your eggs one at a time onto a small plate, taking care not to break the yolk.
5. Stir your boiling water with a whisk so that it starts to swirl.
6. Whilst the water is swirling, carefully pour one egg into the centre of the swirl and poach for 2-3 minutes.
7. Remove the egg with a slotted spoon and place into the iced water. repeat the process for the remaining three eggs.
8. Leave the boiling water on the heat.
9. If you are having your çilbır with toasted bread, start to toast it now.
10. Meanwhile, gently heat your butter and chilli flakes over a low heat and stir until the chilli has infused and the butter is starting to bubble. Remove from the heat.
11. Now place all four poached eggs back into the simmering water for 30 seconds to reheat. The eggs can all go into the water together.
12. Remove each one carefully with a slotted spoon and drain before placing two eggs into the centre of each yoghurt well on your plates.
13. Drizzle the melted chill butter over the poached eggs and yoghurt and serve immediately with your hot, toasted bread.



MENEMEN RECIPE

TURKISH SCRAMBLED EGGS

One pan eggs, Turkish style! Menemen is healthy & filling and works as a breakfast recipe or a dish that can be eaten at any other time of day.



Course Breakfast
Cuisine Turkish
Prep Time 10 minutes
Cook Time 20 minutes

Total Time 30 minutes
Servings 2
Calories 124kcal



Ingredients:

- 4 large free range eggs
- 1 large tomato or 3-4 medium tomatoes finely chopped
- 1 medium-sized onion peeled & finely chopped
- 2 green sivri biber or 1 small green bell pepper deseeded & finely chopped
- 1 handful parsley freshly chopped
- 2 tsp hot chilli flakes optional
- 1 tsp sweet paprika
- 1 tsp ground cumin
- 1 tsp thyme or oregano
- salt & pepper to season
- 1 tbs sunflower oil for frying

Instructions

1. Add a small glug of sunflower oil to a frying pan and heat gently.
2. First of all, add your onions and sauté for a few minutes until they become translucent.
3. Now add your green pepper and stir for a few minutes until it starts to soften.
4. Now stir in your chopped tomato and add your herbs and spices and salt and pepper.
5. Simmer over a low heat until your tomato cooks down to form a thick tomato sauce.
6. Crack your eggs into the pan and stir them until they are scrambled into the mixture.
7. Remove from the heat and garnish with your parsley.
8. Serve alone or as part of a larger breakfast.



REVANI RECIPE

ZESTY TURKISH SEMOLINA CAKE

Revani is a Turkish semolina cake, drenched in syrup & filled with zesty flavour. This is a revani recipe with yoghurt which makes for a softer, lighter sponge.



Course	Dessert	Prep Time	30 minutes
Cuisine	Ottoman	Total Time	1 hour 10 minutes
Cook Time	40 minutes		
Servings	16		
Calories	330kcal		



Ingredients

For The Revani Cake Mix

- 8 eggs separated
- 450 g strained yoghurt süzme yoğurt at room temperature
- 115 g plain flour
- 140 g fine semolina flour
- 115 g sugar
- 3 tsp(teaspoon) baking powder
- 1 lemon's zest
- 1 pinch salt for your egg whites

For The Revani Syrup

- 675 g sugar
- 600 mls water
- 4 tbsp(tablespoon) lemon juice

Instructions

For The Syrup

- 1.Add your sugar and water to a saucepan.
- 2.Bring to the boil and then simmer for 15 minutes.
- 3.Remove from the heat, stir in your lemon juice and leave to cool.

For The Revani Cake

- 1.Preheat your oven to 180 degrees celsius and lightly grease your baking dish.
- 2.Beat your egg yolks, lemon zest and sugar until a foam is formed on top.
- 3.Now fold in your semolina flour, plain flour and baking powder.
- 4.Once they are absorbed into your mixture, add your yoghurt and fold it in until it, too, is mixed in.
- 5.Now add a pinch of salt to your egg whites and beat them until you get soft white peaks.
- 6.Fold the whites into your mixture and then pour it into your greased baking dish.
- 7.Place your dish into the centre of the oven and bake for 40 minutes or until golden brown.
- 8.Once cooked, remove from the oven and slice into small squares or diamond shapes whilst still in the baking dish.
- 9.When your syrup has cooled, pour it over the revani cake and allow it to absorb.
- 10.Top your revani with pistachios or desiccated coconut and serve.



SÜTLAÇ RECIPE

RICE PUDDING, TURKISH-STYLE

This sütlac recipe will give you a thick and creamy pudding that is both comforting and delicious.



Course	Dessert
Cuisine	Ottoman
Prep Time	5 minutes
Cook Time	30 minutes
Total Time	35 minutes
Servings	4
Calories	111kcal

Ingredients

For The Pudding

- 80 g sugar
- 450 mls fresh whole milk
- 100 mls double cream
- 1 dessert spoonful cornstarch
- 1 dessert spoonful vanilla extract or 1 sachet of vanilla sugar
- 1 tsp ground cinnamon to garnish

For The Rice

- 50 g short grain rice
- 110 mls water just enough to cover



Instructions

1. Add your water and rice to a medium-sized saucepan.
2. Bring the water to the boil and then simmer until the water has been absorbed and the rice is cooked.
3. Now add the milk, leaving a splash (around 30 mls) behind.
4. Pour in the sugar and the double cream and stir together.
5. Bring the mixture to the boil.
6. Meanwhile, add the remainder of your milk to your cornstarch and stir until the cornstarch is dissolved.
7. Turn the heat down to medium and gradually pour in your cornstarch and milk mixture, stirring constantly.
8. Continue to stir your stla gently for around 15 minutes until the pudding is thick and creamy.



To Serve

1. Share your stla between 4 small, individual oven-proof bowls, dust the tops with a little cinnamon (if using) and allow to cool a little so that it sets on top.
2. Preheat your grill and place your bowls of stla under the heat until the top bubbles and darkens.
3. Allow to cool and then place in the fridge for a couple of hours.
4. Eat your stla directly from the dish.

