



ON THE MOVE FOR SOCIAL INCLUSION



TURKISH RECIPES



ALİ NAZİK KEBAB



Ali Nazik Kebab is a scrumptious Turkish specialty. It is a delicious marriage of char-grilled smoked eggplant puree mixed with yoghurt and topped with tender lamb stew.

INGREDIENTS

**FOR THE EGGPLANT AND YOGHURT PUREE

4 medium purple eggplants
16 fl. oz./2 cup thick, whole milk strained yoghurt
2 cloves of garlic, crushed and finely diced
15ml/1 tbsp. olive oil
Salt and ground black pepper to taste

**FOR THE MEAT TOPPING

450gr/1 lb. small chunks of lamb
1 medium onion, finely chopped
½ tsp. red pepper paste or 2 tsp. chili flakes
1 tbsp. tomato paste
30ml/2 tbsp. olive oil
30 ml/ 2 tbsp. water

**FOR THE ROASTED VEGETABLES

3 medium tomatoes, quartered
1 green, yellow and red bell peppers, deseeded and quartered
1 onion, quartered and sliced
30 ml/ 2 tbsp. olive oil
Handful of chopped flat leaf parsley to serve

INSTRUCTIONS

Preheat the oven to 180 C/ 350 F

First prepare the eggplants. Place the eggplants or aubergines directly over the burner on medium heat and roast for about 15 - 20 minutes, turning occasionally.

Use metal tongs to turn the eggplants around so that all sides would cook evenly and the skin is nicely chargrilled. Cook until the skin is burnt and the flesh is soft.

Remove the cooked eggplants to a colander to allow them to cool. Once cool, peel and discard their burnt skin and leave them in the colander to drain its bitter juices.

Chop the flesh of the eggplant and mix in the chopped garlic, season with salt and ground black pepper. Combine well, cover and set aside until the lamb stew is ready.

To roast the vegetables, spread the quartered and sliced onions, tomatoes and peppers in a tray and stir in 2 tbsp. olive oil. Season with salt and ground black pepper and combine well. Roast at the preheated oven (180 C/ 350 F) for 30 – 35 minutes.

For the lamb stew, cut the lamb into chunky, generous bite size pieces.

Pour in 2 tbsp. olive oil in a wide, heavy pan and stir in the diced onions. Sauté over medium to high heat for 3 minutes, the onions will start to soften.

Stir in the lamb pieces and sauté with the onions for 5 minutes, mixing regularly. The lamb will release its juice.

Add the red pepper paste and/or red pepper flakes (if using) and tomato paste to the pan, combine well. Check the seasoning and turn the heat to low. Stir in 2 tbsp. water, combine and cover the pan. Simmer the lamb gently for about 20 minutes, until tender.

Just before serving, pour in 1 tbsp. olive oil in a pan and gently reheat the eggplant & garlic puree until it is hot. Turn the heat off and stir the yoghurt to the eggplant pure and combine well.

TURKISH ROASTED LAMB (KUZU TANDIR)



Kuzu Tandir is the most beloved lamb dish in Turkish cuisine. The lamb is so fragrant and tender that it falls away from the bone and melts in your mouth like cotton candy.

INGREDIENTS

1 leg of lamb (drumstick and thigh portions)
1/4 cup olive oil
Juice of 1/2 lemon
1 teaspoon of salt
1/2 tsp of black pepper
4 to 5 bay leaves
2 to 3 fresh rosemary sprigs
1/2 cup hot water

INSTRUCTIONS

When you buy your leg of lamb, ask your butcher to clean off as much excess fat as possible. Then, have the leg separated into 3 pieces at the joints.

Preheat your oven to 285 F. Place the lamb in a shallow, metal oven roasting tray. In a bowl, whisk together the olive oil, lemon juice, and spices. Pour the mixture over the lamb.

Rub the mixture all over the lamb, massaging it into the meat for several minutes. Add the bay leaves and rosemary sprigs. Place the tray in the oven uncovered.

Let the lamb cook slowly at this low temperature for about 1 1/2 hours. You'll see that the meat will release its fat and juices, then reabsorb them as it cooks. After the first 30 minutes, turn the pieces of lamb over. Repeat this 2 more times during the cooking process.

When 1 and a half hours have passed and you have turned the meat 3 times, pour the 1/2 cup of hot water over the meat, then close the roasting pan completely with aluminum foil. Turn up the oven temperature to 365 F and leave the meat to roast for at least 1 hour more.

After about 1 hour, remove the pan from the oven and let it rest for 5 minutes. Remove the foil. The meat should be very tender and fall cleanly off the bones. Using 2 forks, remove all the meat from the bones and discard them. Also, remove the bay leaves and rosemary.

Your kuzu tandir is ready to serve. Serve it with piping hot Turkish rice pilaf with orzo, or with potato puree.

RED LENTIL BALLS



Tender, spicy, vegetarian meatballs made with red lentils and bulgur are a popular finger food in Turkey.

INGREDIENTS

1 cup red lentil
1/2 cup fine bulgur
1/2 cup olive oil
2 cups of water
1 medium onion, very finely chopped
1 tsp cumin
1 tbsp tomato paste
1 tbsp red pepper paste (if you cannot find red pepper paste you can use 2 tbsp tomato paste)
1 tsp salt
Juice of half or 1 lemon (depends on how you like it: sour or not so sour)
1/3 bunch parsley, finely chopped
1/2 bunch green onion, finely chopped
curly leaf lettuce

INSTRUCTIONS

Wash lentils and boil them in 2 cups of water until the water is almost gone.
Once you turn it off, add bulgur and salt.
Mix once and cover to let the bulgur expand.
Let it cool off.
Heat oil in a pan and add the onion (not the green one!) and cook until soft.
Add tomato paste and cook for another 1-2 minutes.
Add cumin and stir once you turn it off.
Add this to the lentils which should be cool by now.
Add lemon juice and half of finely chopped parsley and green onion (we're saving the rest of parsley and green onions to garnish) to the lentils.
Mix all well.
Take walnut size pieces and give them ball shape in your hands.
Keep a little bowl of water close by to wet your hand frequently during this process since the ball mixture will get stuck on your hands.
You can either place lettuce leaves on a serving plate and put balls on top as in the picture, or serve balls and lettuce leaves separately, or skip lettuce leaves completely; however, they really go well together.

MENGEN PILAF



Authentic Turkish pilaf (rice) from the hometown of the most famous Turkish chefs.

INGREDIENTS

2 cup baldo rice
250 g of lamb
1 piece of onion
2 tomatoes
300 g of mushrooms
Salt
1 cup of chopped walnut
½ bunch of dill
2 tsp thyme
3 cups of broth
2 tbsp butter

INSTRUCTIONS

Let it rest for 15 minutes in hot salted water by extracting the rice.

Wash and drain water until starch flows.

Melt the butter in a rice pot and cook the lamb until the juice is removed.

If the meats are not softened, add some hot water to cook some more until the meat is dehydrated.

Chop the onions and mushrooms finely and add to the pot.

Peel the tomatoes, cut into cubes. Add the tomatoes when the mushrooms are dehydrated.

Add rice, roast a little.

Add the hot broth, salt, pepper and thyme.

Cook over low heat (about 15 minutes).

Place a paper towel in the mouth of the pan for 10 minutes.

Garnish with finely chopped dill and chopped walnuts

KAZANDIBI DESSERT



'Kazandibi' is a Turkish classic: a thick, milky pudding with a golden-brown coating of caramelized sugar on the outside.

INGREDIENTS

1 litre of milk
65 grams of rice flour
55 grams of corn starch
220 grams of sugar
5 drops of vanilla
3 tbsp powdered sugar
1 tbsp butter to grease
3 grains of mastic
1 tbsp cinnamon to garnish

INSTRUCTIONS

Crush the mastic with a bit of sugar in a mortar and pestle until finely ground.

Combine the starch and the flour in a pot. Add about a glass of the milk and mix well until dissolved. Make sure no lumps remain.

Add the remaining milk, ground mastic and the sugar to the pot, again mix well.

Start cooking over small-medium heat, while continuously mixing. When you start obtaining a pudding like texture and bubbles start coming up close the heat. Add the vanilla.

If possible, pour the mixture into a mixer and constantly mix the mixture at lowest possible speed. If not set aside with lid covered.

Grease your pan/Pyrex dish with butter.

Sprinkle with powder sugar all around evenly. Add on top about a cup of the pudding mixture. Start caramelizing over medium heat on the stove. Moving your pan/dish around will help this happen evenly. The bottom will soon caramelize and turn brownish, be patient. When you decide it is browned enough remove from the stove.

Slowly pour the remaining pudding on top don't damage the burned bottom. Let cool for about five minutes then prepare another tray with water and place the pan/dish into it so that later serving will be easier. Keep in the water tray for about 10 minutes then fridge it until serving.

To serve, use a knife to cut the pudding to rectangulars. Use a spatula to take each piece out. You can either serve up-side down or make it round again with up-side down.

Sprinkle some cinnamon. Enjoy.

SHREDDED WHEAT PUDDING



More than a creamy shredded wheat pudding...

INGREDIENTS

½ lb shredded dough (Kadaifi)
5-6 tbsp sugar
4-5 tbsp butter
1 ½ cups walnuts/pecans, largely crushed
½ lb whipped cream
****FOR THE MILK PUDDING (MUHALLEBi)**
1 lt milk (5 cups)
1-1½ cup sugar
4-5 tbsp flour
125 gr butter/margarine (1 stick)
1 tsp vanilla extract/1 package ground vanilla or mastic/mastic gum

INSTRUCTIONS

Leave the shredded dough (kadaifi) in the freezer for about 1-2 hours prior to use.

Then, take it out and crack it into small pieces.

Take it to a pot and add butter and sugar.

Cook stirring constantly over medium heat until it gets pinkish.

Stir in walnuts/pecans and turn the heat off. Let it cool.

In a pot, sautee margarine/butter and flour over medium heat for about 2-3 minutes.

Then stir in milk and sugar and stir continuously. If you'll use mastic gum, add it.

Then stir till the pudding becomes thick, turn heat low and cook for 3-4 minutes.

If you'll use vanilla instead of mastic gum, then add vanilla, stir and turn the heat off. Let the milk pudding cool and add whipped cream.

Mix with a mixer until it gets smooth.

Take the half of the shredded dough mixture over a rectangular big Pyrex dish and spread the milk pudding over.

Finally spread the remaining milk pudding mixture over.

Cut in square slices and serve.

MILKY SEMOLINA DESSERT



**A luxurious comfort food any time of the year...
Milky, rich, sweet, smooth.
A cold dessert in summer or warm comfort food ...**

INGREDIENTS

2 cups of semolina
1 ½ cup sugar
4 cups of boiling water/milk
125 gr (1 stick) butter/margarine
50 gr pine nut
1 tsp vanilla extract / 1 package vanilla
2 tbsp oil

INSTRUCTIONS

Place semolina and butter/margarine in a pot and sauté over medium heat. They will turn to light brown.
Then, turn the heat off.
Stir in boiling water/milk and close the lid.
Set aside for 10 minutes, so that semolina will absorb the water.
Stir in sugar and vanilla, close the lid and leave for 5 minutes.
In a small pan, sauté pine nuts with oil until they turn to golden brown.
Stir in semolina.
Let the Semolina Halvah cool and serve with cinnamon on top if desired.