



TURKISH  
COOKERY  
BOOK



*„Let's share our culture”*



This booklet is a part of an activity of the Comenius project

# İÇLİ KÖFTE



## THE INGREDIENTS

- 1/2 Mince meat
- 5 onions(cut into small pieces)
- 1 small spoon black pepper
- Red pepper
- 100 gr walnut
- 250 gr butter
- Salt

#### FOR ITS COVER

- ½ Mince meat
- 250 gr boiled and pounded wheat
- Salt
- 1 onion (grated)
- Tomato paste

#### FOR ITS SAUCE

- 1 Spoon butter
- 1 spoon tomato paste
- 1.5 glass water

#### HOW TO COOK

First, prepare the inner part of the içli köfte. Cook the mince meat, chopped onions with some salt and butter together for about 2 mins. Then add peppers and walnut into this mixture. Let it cook itself for some time. after it is done, let it to cool.

Secondly, let's prepare its cover. Mix all the ingredients, necessary for its cover ( mince meat, wheat, salt, onion, tomato paste.) knead it with your hands. When this finishes, divide this mixture into small parts, (as big as a hand). Then, into this small mixture, add the first mixture, and roll them together.

Thirdly, put some water in a saucepan, add butter and tomatopaste, salt in this. Let it boil. After it has boiled, put our small içli köftes(pieces) into this saucepan. After 5 mins, it is ready. Good appetite!

## ZEYTİNYAĞLI YAPRAK SARMA (ROLLED LEAF WITH OLİVE OİL)



### THE INGREDIENTS

500 Gr grapevine leaf

2 glasses of rice

4 spoons of olive oil

1 onion

1 tomato

Some parsley

Some mint

Red and black pepper

Salt

1 spoon tomato paste

1 spoon sumak or one lemon



## HOW TO COOK

First, Wash the rice and put it into boiled water. Let it there until 30 mints. Then filter it. Put it in a pot and add oil, chopped onion, chopped tomato, chopped parsley and mint, and red pepper, black pepper and salt. Mix them together.

Second, boil the leaves in a saucepan. After this, put each leaf widely on a smooth tray. Add the rice mixture in them one by one. Roll and shape them. Do this until all the leaves finish. Put these rolled leaves into a pan, add some water and sumac of one lemon into it. let it cook until 20 mins.

After 20 mins, it is ready. Good appetite.

# MANTI

## Ingredients

4 glasses of flour

2 eggs

125 gr butter

250 gr minced meat

1 parsley

1 onion

400 gr yoghurt



Garlic and red pepper

Black pepper

Tomato paste

Preparing the minced meat:

Add chopped onion, chopped parsley, salt, red and black pepper into the minced meat and mix them together until the minced meat gets its stiffness.

Preparing its sauce:

Melt the butter and add the red pepper , tomato paste and some water in it. Boil them together for 2 mins.

How to cook:

Add the eggs and salt into the flour. Add some water into the mixture. Mix them together until the mixture gets its stiffness like dough. Then using the roller press, have the dough get the shape of a sheet. It will be flat and smooth. Cut this smooth dough into small pieces. Put some minced meat into these pieces. Then cover the each piece. When you have finished with all the pieces, put them into a pot and boil them for about 10 mins. After 10 min, filter the pieces and add the sauce in it.

Manti is ready. Good appetite!