







## **South-eastern Anatolian Cuisine**







## PREFACE



*The South-eastern Anatolia Project (GAP), stands out in the South-eastern Anatolian Region as a regional development project which promotes Turkey within the international arena as a brand and which, with its principle of sustainable development, integrates social structure with concepts of awareness, effectiveness, just development and participation.*

*Besides being known for its mega structures as masterpieces of engineering, GAP, which is Turkey's greatest and one of the top projects of the world, is also a project that is taken as an example for its universal development approach that it has adopted.*

*The heritage, significant archaeological sites, traditional villages, historically significant religious sites, legends, handicrafts, and the rich regional cuisine of the Southeastern Region, which has been a witness to the development of civilizations, are only some of the things that it will present to the travellers of the Region of modern times.*

*Gastronomy and gourmet tours are one of the key elements of tourism today. Most of the countries that are successful in the area of tourism introduce their selves by bringing their cuisine to the forefront. The rich cuisine culture of the South-eastern Region is one of the significant factors of tourism which continues to develop each day. However, unfortunately, it is not yet at the place which it deserves. For those wanting to explore new tastes, the flavour stops of the Southeast harbour a great potential. All cities in the GAP region possess the richness of being able to be introduced as a city of gastronomy.*

*The GAP Gourmet Trip and Lost Regional Tastes Recipe Competition took place on 19-21 December 2011 within the scope of the GAP Action Plan Communication and Introduction Project, which aims for GAP to be better understood by large masses. 21 contestants from GAP cities participated in the contest, which created an important opportunity for chefs, cooks and all gastronomy enthusiasts to present their own products.*

*I hope that this book, prepared with the contribution of GAP Provincial Directorates of Culture and Tourism and participants of the cooking competition, will be helpful for gourmets, food researchers, professionals of cuisine, owners of restaurants, tourism professionals and those who want to try new tastes, and I would like to extend my thanks to all those who have shown effort in the preparation of the publication.*

**Cevdet YILMAZ**  
Minister of Development



## ADIYAMAN

*Adiyaman is a city that draws attention not only with its glorious artifacts left from the Komagene Kingdom coming until today or with Mount Nemrut known as the 8<sup>th</sup> wonder of the world, but also with its rich cuisine culture.*

*Although its cuisine shows similarity with the neighbouring cities in terms of dish varieties, it has its own rich unique structure both in terms of the names of the dishes and the way they are prepared and their tastes.*

*Meat, wheat products, legumes and vegetables form the basis of Adiyaman dishes. In the Adiyaman cuisine, where almost all dishes are made with meat, the preparation of the food takes a long time. In order to add flavour, onion, garlic, sauce, red pepper flakes, parsley, dried mint and various spices are used in all dishes.*

*Dishes prepared with bulgur wheat and sümüüt (Turkish bagel/simit – fine bulgur) are quite a lot. Types of meatballs made with sümüüt holds great importance within Adiyaman Cuisine.*

## Havre

2 kg. of low-fat minced meat,  
200 gr. of sesame,  
700 gr. of onions,  
250 gr. of butter,  
Salt, red pepper flakes.



**Preparing the dough:** Unleavened wheat flour is kneaded in a washbowl until is thickened into bread dough. Using a rolling pin, the dough is rolled out on a bread board thick enough as bread and as big as the size of the iron plate.

**Preparing the stuffing:** Sesames – in a separate cooking pot - are roasted for a while in butter. Thinly diced onions are added; when the onions turn light pink the minced meat are added. When the minced meat is cooked together with the onions and sesames, it is put aside in the cooking pot. In a separate bowl, dry cottage cheese (çirtan) softened with warm water is put aside to wait.

The bread iron plate (sach) is put on the stove, butter or margarine is melted in it. The dough rolled out as big as the iron plate is laid in the iron plate and after spreading the prepared stuffing, the dry cottage cheese softened enough in water is spread over it. Then, the havre is covered with second bread dough. Opening a hole in the middle of the dough with the rolling pin allows the butter at the bottom of the iron plate to seep into the dough at the top. After the underside is baked, the other side is turned. After the havre, whose other side is also baked, is cut with a sharp knife, it is ready to be served as “Hodja’s Godsend Snack”.

**Note:** This Sacred dish has a second cooking technique to it: A second iron plate is covered over the havre that is prepared on the first iron plate; by burying it in amber coal that is heated on stove, it is made sure that its top and bottom are cooked at the same time without turning it over. Developing technological opportunities have made it possible for this snack to also be cooked in ovens.





## *Oven-Fried Tomatoes*

*1 kg. of bone-in mutton (ribs),  
3 kg. of tomatoes,  
2 bulbs of garlic,  
½ kg. of eggplant (long and thin),  
½ kg. of green peppers, salt.*

After the vegetables are washed in ample water, the tomatoes, green peppers and eggplants are chopped into different bowls. Garlic are peeled, each clove is cut in half. In a sufficiently large tinned copper tray, at the very bottom the bone-in meat cut very small is placed, on top of them a row of tomatoes are scattered, after the eggplant, green peppers and garlic are laid on the tomatoes, the remaining tomatoes are added and are pressed down. After an adequate amount of salt is added, 1 tea glass of water and 2 tablespoons of oil are splattered. The dish that is now ready for cooking is sent to the masonry oven. The oven master pushes the dish to the farthest end in the oven; in local saying, to the chair. For the first time, the master takes the dish out of the oven after an hour, mixes it with a wooden spoon and then drives it back to the same place. The dish, which is mixed again twice every half an hour, is pushed back into the oven near the fire after the last mixture and is cooked half an hour more, becoming ready to serve.

**Note:** The oven-fried tomato is a seasonal dish, it can only be prepared in the summer with tomatoes organically produced on a farm and which are products of the regional seeds unique to the city. The history of this dish goes quite a long way back and holds a significant place among the menu of main dishes of the Adıyaman locals. It can be served together with rice, but serving without rice is also common. As garniture, green raw peppers are served, whereas its drink is ayran (diluted salted yoghurt). Oven-fried tomatoes is prepared on a copper plate that is at least 50 cm. in diameter, which is unique to the local cuisine, each vegetable and ingredient has a certain sequence and is only cooked in bread ovens that are referred to as black ovens in this region. Every oven master knows how to cook this dish and its cooking time is two hours.

## *Hitap with Braised Meat<sup>1</sup>*

*400-450 gr. of braised meat,  
6 lumps of dough  
(each for one bread),  
5 medium-size onions,  
100 gr. of red pepper flakes.*



The braised meat are chopped into tiny pieces, onions are peeled and are finely sliced into rings after being washed. The braised meat and onions are kneaded with red pepper flakes and adequate amount of salt. The stuffing that is now ready is sent to the pita oven in a tray. The oven master spreads out the stuffing, without spilling it, in half of the bread dough that he rolled out as circles and flattens it out with his hands, while he covers the other half over it and presses it down with his hands. The master extends the covered hitaps by slightly stretching them with both hands and then puts them in the oven with a bread paddle. The hitaps with braised meat which are baked for approximately 15 minutes become ready for service.

**Note:** Numerous dishes exist in local Adıyaman cuisine that contain stuffing and are made from dough. These are mostly dishes of the rural area, cooked on an iron plate (sach) or are fried in oil in a pan after stuffing is prepared for the dough. However, different from other dishes, this dish, called “Hitap with Braised Meat”, is cooked in bread ovens rather than being fried on an iron plate or in a pan. Its stuffing is prepared at home and is sent to bakery ovens to be baked and prepared as a dish. Every oven master knows well how to cook this hitap.

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<sup>1</sup> In the local region, this is called “khitap” pronounced with “kh” which comes from the throat, but its equivalent in Turkish phonetics is “hitap”.

## *Adiyaman Kebab Çarşı Kebab (Şişik)*

*1 kg. of full-fat ground meat  
(minced with an armor-plated butcher knife),  
150 gr. of tail fat  
(to be minced together with ground meat),  
½ kg. of medium-sized tomatoes,  
2 bundles of parsley,  
2 medium-sized onions,  
300 gr. of long green peppers, salt.*



The meat is minced together with the tail fat on a kitchen board with an armor-plated butcher knife and turned into minced meat. Minced meat, split into 50 grams each, are threaded on round and angular kebab skewers and cooked on smokeless amber fire. Slit tomatoes and peppers as a whole are also separately threaded on skewers and are pulled onto plates after being cooked on the same fire. Onions, chopped lengthwise beforehand together with parsley, are mixed and placed besides the tomatoes and peppers ready to be served.

**Note:** Mostly, the main ingredient of all kebabs is meat. However, techniques of seasoning and cooking the meat, which vary from region to region, are different from each other. In this sense, a variety of kebab dishes exist within local Adiyaman cuisine which has unique techniques of seasoning and cooking the meat. For instance, Adiyaman kebab is also made with ground meat. But, its meat is turned into minced meat by being minced together with tail fat with an armor-plated butcher knife. No other spice or flavouring is added to the meat except for tail fat and salt. In terms of cooking, instead of flat skewers, the meat is threaded little by little on square-bladed skewers made from heavy metal and are cooked slowly over medium heat. Instead of serving salad along with Adiyaman kebab, cooked tomatoes, peppers and some kind of garniture called “herbage” consisting of onions, parsley, salt and sumac that is skilfully prepared are used.

## *Basalla*

*1 kg. of lamb cubes,  
2 glasses of fine bulgur,  
1 glass of chickpeas,  
1 medium-sized onion,  
1 egg,  
3 tablespoons of flour,  
3 tablespoons of pomegranate molasses,  
1 tablespoon of red pepper paste,  
2 tablespoons of butter,  
1 tablespoon of mint,  
1 dessert spoon of salt, black pepper, red pepper flakes,  
8 glasses of water.*



Fine bulgur soaked in a glass of water is kept waiting for 10-15 minutes. Bulgur is kneaded with flour, egg, red pepper flakes, and salt until softened. Large chunks are cut off from the softened bulgur dough, are given the shape of peanuts and are left to rest. In a cooking pot, butter, onions cut as big as backgammon dice and meat are put and are browned until the meat extracts and runs dry of its water. The chickpeas are cooked for 50 minutes over low heat together with red pepper paste, red pepper flakes, mint, black pepper, salt and 8 glasses of water. Pomegranate molasses and bulgur balls, in the shape of peanuts, are added to the boiling food. Hot water is added if the food's water decreases. The dish is served hot after being cooked for 20 more minutes.

**Note:** This dish is a type of small bulgur balls that belong to the area of Besni in Adiyaman. Many small types of dishes like this exist within Adiyaman cuisine. But, with its method of preparation, the ingredients used and its cooking technique, "Basalla" is different from the other dishes.

### *Meatballs with Pennyroyal (Yarpuz)*

*1 kg. of fine bulgur (sümiüt),  
½ kg. of meat for Turkish style steak tartar (non-fat, nerveless meat),  
½ kg. of bone-in meat, 1 shallow plate of pennyroyal,  
1.5 lt. yoghurt, 1 egg,  
2 tablespoons butter, 50 gr. red pepper flakes, 1 tablespoon red pepper paste,  
Black pepper, mint, salt, 3 glasses of water.*

The bone-in meats are seared in butter and then are left to boil after adding pepper paste and water. Fine bulgur, non-fat meat, pepper paste, red peppers, and black pepper are kneaded a little more than Turkish style steak tartar in a bowl. One egg is cracked and mixed into the kneaded mixture. By rolling the mixture in between the palms, meatballs in the size of hazelnuts are formed. These small meatballs are left aside to wait in a single line on a plate. Meanwhile, pennyroyal washed in ample water, are added to the water boiling in the cooking pot, then the meatballs are added. The meatballs are cooked for 10 minutes and then are taken aside to cool off. Yoghurt stirred from beforehand is poured over the cooled dish and then sauce made from red pepper flakes, salt, mint and a very little amount of red pepper paste seared in butter is poured over the dish, becoming ready to serve.

**Note:** This is a dish of Adıyaman cuisine of the spring season. Instead of vegetables, pennyroyal, which is a spring herb, is used and this dish takes its name from this herb.

### *Grainy Halva*

*1 bowl of starch,  
1 bowl of grape molasses,  
½ bowl of water,  
1 bowl of butter,  
100 gr. of walnut kernels.*



Starch, molasses and water are put into a cooking pot over low heat and are browned until water boils down. Butter is added to the boiled down ingredients to be absorbed little by little. Meanwhile, the halva on heat pounded with the help of the side of the pot lid becomes grainy. When the halva turns into tiny pieces, it is taken aside and decorated with walnut or pistachio kernels to be served.

### *Yarpuz Mancası (Pennyroyal Manx)*

*300 gr. of pennyroyal (pung),  
9 eggs,  
1 bundle of green onions,  
1 coffee spoon of olive oil,  
1 tablespoon of red pepper flakes,  
1 tablespoon of unripe grape juice, salt.*

Pennyroyal are chosen and chopped after being washed in ample water. Eggs are boiled, peeled and sliced. Onions are finely chopped. These are mixed in a tray, then the unripe grape juice, red pepper flakes and salt are added and the dish is served.

## *Halva with Cheese*

*2 glasses of farina,  
2 glasses of sugar,  
200 gr. of salt-free Adiyaman cheese,  
200 gr. of margarine,  
50 gr. of Besni pistachio kernels.*



Farina is added to the butter heated in a cooking pot and is browned over low heat for 10 minutes until starting to change colour. After adding water and sugar, it is mixed until its water boils down. It is cooked over low heat by adding butter in intervals. Cheese, sliced very thin (could also be grated), is added and mixed thoroughly. After resting it aside for 10 minutes, the halva is ready. It could be served warm or cold. After being put on the service plate, grinded Besni peanuts are sprinkled on top.

**Note:** Vintages form the dessert dishes of Adiyaman cuisine. It is known that molasses instead of sugar and rice flour instead of farina were used in the past in the making of “Halva with Cheese”, which is one of the precious desserts of the region.





## *Şıtkı*

*2 glasses of flour,  
300 gr. of walnut kernels,  
½ lt. of molasses,  
3 tablespoons of butter,  
4 glasses of water.*

Two glasses of flour is whisked with four glasses of water in a deep pot until it reaches a fluent pastry consistency. The iron plate (sach) is heated and is buttered so that the dough does not stick. One scoop from the prepared dough is poured over the iron plate. It is thinly spread over the plate with the help of a rolling pin or wooden spoon and is turned upside down when one side is baked. The same procedure is applied to the entire dough. The walnut kernels are crushed and put in a bowl. The breads (phyllo dough) baked on the iron plate are counted and separated into two halves. One half is spread in a tray on top of one another and sprinkled with crushed walnuts. Then the second half are laid on top of one another. The syrup formed from heating the molasses is poured and after waiting it aside for five or ten minutes, is served by cutting them in slices.

**Note:** Sugar syrup can also be poured. In this situation, one spoon of butter is melted in a pot and three glasses of sugar is added. After adding 1.5 glasses of water and boiling it until thickening into syrup, it is removed off the heat.



## BATMAN

*When one says Batman, the first thing that comes to mind is stuffed lamb with sumac, Shabbat fish (a kind of freshwater fish) and bulgur pilaf with meat*

*Among the tastes unique to the Southeast, Batman has a significant place with its meat and dairy products and dishes made from dough.*

*Apart from its super-fat meat dishes, stuffed bulgur balls, fresh and stuffed dried vegetables with sumac, bumar or stuffed intestines, Şam pastries and village bread baked in tandoors unique to the region made of mud along with the widespread Turkish style steak tartar, rice pilaf enveloped in dough, lentil and yoghurt soups are the main dishes of local Batman cuisine.*

## İçli Köfte (Stuffed Bulgur Balls)

*½ kg. of flour of breadcrumbs,  
4 egg yolks,  
1 kg. of fine bulgur (düğürcük),  
300 gr. of ground meat,  
2 teaspoons of cumin,  
2 onions,  
50 gr. of walnut kernels,  
7 kinds of spices (meatball spices)  
100 gr. green peppers, 2 teaspoons black pepper, 2 tablespoons chili pepper  
flakes, 1 dessert spoon salt and bulgur.*



The egg yolk is mixed with hot water enough to become damp and is kept waiting for half an hour. Butter is fried and onions are added after ground meat is somewhat browned. Approximately 100 gr. of green peppers are added and browned well. Shortly before frying ends, the various spices are added. Walnut kernels are crushed into large pieces and also added. An hour after removing it off the heat they freeze. After frozen, balls in the size of walnuts are made, are arranged in a tray and are placed in the freezer. Dough made from breadcrumbs flour and fine bulgur is rolled out and the frozen balls are placed in the dough. The balls are lined up after the tray is slightly buttered. They are thrown in the hot oil. They are fried preventing them from touching each other. Moreover, the cooking technique of boiling them in hot water is also widespread in the region.

## Kütüik

*1 kg. of fine bulgur, 2 lt. of water.*

### **For its filling ingredient:**

*½ kg. of ground meat, 1 bundle of parsley,  
2 glasses of rice, salt, red pepper flakes,  
black pepper, a handful of coriander,  
1 tea glass of oil.*



Some amount of fine bulgur is put on a tray. Then hot water is poured on top and left to soften.

**For its stuffing:** First, ground meat and oil are fried in a pan, then rice is added, then spices are added and finally the stuffing is prepared after parsley is chopped on top. Meanwhile, fine bulgur soaked in water is kneaded well, is split into balls that fit the palm and the centre of each ball is carved out with the index finger. Putting one spoon of stuffing in each of them, the balls are closed. Later on the stuffed balls are placed in boiling water. After boiling them for 15 minutes, they are removed

from the water with a slotted spoon, are placed on the tray and left to cool off. It is served after pouring full-fat piquant sauce over them.

*Uru-Ravi  
(Bumbar or Stuffed Lamb's Large  
Intestines and Tripe)*

*1 set (lamb's large intestines and tripe),  
½ kg. of rice,  
1 large onion,  
1 spoon of tomato paste, salt, black pepper,  
200 gr. of ground meat,  
1 spoon of butter (intestine fat).*



Large intestines and tripe, cleaned from offal and thoroughly cleansed with limewater, are taken. Tripe is cut and separated into small pieces and are sewn, being turned into small pouches. Meanwhile, rice with spices and meat is prepared for its stuffing and tripe, in the form of small pouches, are stuffed. After all of them are stuffed, the parts left open are also sewn and thrown into a cooking pot. Now the turn has come to stuff the intestines. Intestines are also filled with the spicy stuffing and are placed into the pot over the tripe. The pot is heated after adding some amount of water to it. After cooking for approximately an hour, the pot is removed off heat and eaten with pleasure.

*Sour Okra*

*150 gr. of dehydrated okra,  
½ kg. of lamb,  
1 tablespoon of tomato paste,  
2 lemons,  
1 glass of oil,  
½ kg. of tomatoes,  
1 teaspoon of black pepper,  
1 onion,  
2 cloves of garlic.*



Okra is boiled and its water is drained. Onion, garlic, meat, oil and tomato paste are seared until its colour turns pink. 1.5 liters of water is added. Then, lemons as a whole are put together with okra into the pot and cooked. The lemons are taken out before serving.

### *Mixed Stuffed Dried Vegetables with Sumac*

*1 set of dehydrated eggplant and pepper (ready for stuffing),  
1.5 kg. of full-fat ground meat,  
1.5 kg. of rice,  
250 gr. large-grain bulgur,  
3 tablespoons of tomato paste,  
1 tablespoon of red pepper paste,  
4 tablespoons of oil,  
Salt, red pepper flakes, black pepper.*



The dehydrated eggplants and peppers are taken off the string they were aligned on, are waited in a pot full of boiled water for 15 minutes and are taken out after softening. After taking out the eggplants and peppers, they are put aside to wait in a tray. Then they are washed with cold water and put aside. Meanwhile, the stuffing is prepared. Rice, tomato paste, oil, red pepper paste, salt and black pepper are all mixed together with full-fat ground meat at the right thickness. Large-grain bulgur is also added to this mixture and once again mixed. The vegetables that have softened after waiting for 10 minutes are carefully stuffed with the help of a tablespoon. Attention should be paid to not stuffing them too tight and by pressing down (otherwise the rice might not cook well or could gush out from the vegetables). Therefore, the stuffing must be loose and at the right thickness for them to cook well, because if the stuffing is pressed down and put too much, since there is no air gap while boiling, the stuffed vegetables might remain hard without boiling. The stuffed vegetables are placed in a cooking pot one by one. It is recommended that the mouths of the stuffed vegetables are squeezed and cooked one on top of each other. It is said that this way, the stuffing will not spill out. Hot water is poured over the stuffed vegetables and the pot is placed on heat. Then sumac water extract is added and cooked. After the pot is removed off heat within half an hour and put aside to cool off, it is now ready to eat.

### *Şabbot (Shabbat) Fish Dish*

*Shabbat fish,  
200 gr. of flour,  
Oil to be fried.*



The Shabbat fish are cleaned and separated into pieces after skinning them. Then they are cured and each piece is coated with flour. It is left to rest for a while and then cooked by frying them in oil. This dish could also be prepared by cooking in the oven.

### *Mehir (Ayran Soup)*

*2 lt. of non-thick ayran (diluted salted yoghurt),  
200 gr. of wheat used for ashura, salt.*



A certain amount of wheat, threshed and whose bran has been removed, is boiled in a pot. A bucket of yoghurt is poured over the boiled wheat and stirred with a spoon over heat. Stirring continues until the yoghurt and wheat are boiled together. Then the pot is taken aside and left to cool off. After cooling off, it is diluted again by throwing ice in it and some amount of salt and is eaten cold.

*Gořtu – Savar  
(Bulgur Pilaf with Meat)*

*Bone-in lamb,  
Tail fat, bulgur,  
Tomato paste.*



The bone-in lamb is shredded and chopped, is fried in a pot together with tail fat in its own grease. Coarse bulgur is added to the fried and cooked meat. By stirring the meat and bulgur, a sauce made from mixing some amount of tomato paste and water, is added and the lid of the pot is closed. After cooking for 10 minutes, the pot is removed off heat, left aside to rest and then is served.

## ***DIYARBAKIR***

*Meat has great importance in Diyarbakır;  
So much that it is said  
dishes lacking meat are “deceitful dishes”...*

*Diyarbakır, known for its gigantic watermelons, is also rich in terms of food culture. Liver kebab, known as cartlak kebab, is its most well known dish.*

*Stuffed Bulgur Balls, Turkish Style Steak Tartar, Bulgur Pilaf, Lamb Ribs, Pounded Meat and Wheat (Keşkek), Wheat-Yoghurt Soup (Lebeni), and among its desserts Burma, Shredded Pastry with Pistachio Filling (Kadayıf), and Nuriye are popular. Dried fruit pulp made from grapes and sujuk, herby and braided cheese, and sumac are other foods that are common.*

*Dishes in Diyarbakır are usually very spicy and fatty. As in most regions of Anatolia, food is stored by being dehydrated.*

*Cheese and its various types from foods stored in winter, fruit pulp and molasses made from grapes, and foods consisting of meat like braised meat cubes and sujuk are among Diyarbakır’s traditional dishes.*



### *Braised Meat Cubes with Quince*

*1 kg. of boneless lamb cubes,  
2 medium-sized quinces,  
2 tablespoons of butter,  
salt.*



Lamb cubes are placed in an iron plate (sach) without being washed and are cooked until its water runs dry. Quinces are sliced in cubes without peeling them, are added to the meat and after adding salt, the food is seared by stirring it frequently. If the meat is fat-free, 2 tablespoons of butter is added. It is served on thin bread.

### *Liver Kebab*

*½ kg. of lamb livers,  
100 gr. tail,  
Red pepper flakes,  
Salt, black pepper,  
Thyme, garlic is optional.*



The livers, whose veins are removed and cleaned, are washed and placed in a colander. The sieved livers along with tail fat are cut in cubes and skewered. The skewered livers are dipped in red pepper flakes, salt, black pepper and thyme and are cooked for 5-6 minutes over blazing wood fire. The shish kebab is served together with salad, salad rocket, spicy tomato dip, sour and spicy onions, roasted peppers and pickles.



## *Diyarbakır Muffin*

*1 kg. of flour, 100 gr. of butter (plain butter, margarine, tail fat),  
100 gr. of mahlab,  
100 gr. of fennel,  
1 teaspoon of cinnamon,  
1 liter of milk (at room temperature),  
125 gr. of fresh yeast, salt, egg,  
sesame.*



Yeast is melted in milk. Flour is sifted and its centre is opened. The yeast and other ingredients are added to it and kneaded. It must turn into dough that is not too soggy. Egg yolk and sesames are applied on top of the muffin, which is given a round and flat shape, and is rested aside to be fermented. The fermented dough is decorated with a cup, spoon or fork. The fermented muffin is placed in the preheated oven at 150 degrees. It becomes a muffin that has a unique smell and is slightly hard. Since the dough is kneaded a lot, it will not go stale as fast as other pies made from fermented dough and will maintain its freshness for a long time. It is important to decorate the surface of the pie.



## *Duakh Pilav (Veiled Pilaf)*

*1 glass of almonds,  
2 glasses of rice  
(Karacadağ rice),  
4 glasses of water,  
2 tablespoons of plain butter, salt.*



**For the veil:** ½ kg. of non-fat ground meat,  
1 glass of almonds, 1 spoon of plain butter,  
black pepper, allspice, salt.

Rice is rested for an hour in warm water after salt is added, then it is washed in ample water and sieved. Butter is added to the pot that the rice will cook in and rice is browned. When rice grains start sticking to each other, the browning process has been completed. 4 glasses of boiled water is added. The pot's lid is closed; rice is cooked over low heat until its water runs out, and then is left to brew. On the other side, ground meat is browned, salt and other spices are added. Blanched almonds, after being seared in one spoon of butter until its colour starts turning pinkish, are added to the ground meat. Pilaf is placed on a service plate. The veil is spread over it. The dish is served hot.

## *Stuffed Lamb Ribs*

*1 piece of lamb ribs,  
1.5 glasses of rice,  
300 gr. of tiny chopped meat,  
100 gr. of almond kernels,  
1 tablespoon of tomato paste,  
Black pepper, allspice, salt,  
2 tablespoons of margarine,  
1 bundle of parsley, needle and thread,  
2 glasses of water.*



Ribs are separated from underneath the arm with a knife, separating the meat and bone, and are widened with the hands forming a gap. This process could also be made at a butcher's shop. The prepared meat is seasoned by being rubbed with salt, black pepper and allspice. This process is also applied to its inner side.

**Preparation of the Seasoned Rice:** Tiny chopped lamb is browned and 2 glasses of water is added on top. Salt and washed rice are added to the boiling water and is half cooked. Browned almonds, spices and parsley are mixed into the browned rice. The prepared stuffing is placed inside the ribs and sewn with a clean needle and thread. In a large pan or cooking pot filled with very little oil, all sides of the ribs are fried by turning it upside down frequently. The ribs fried completely are placed inside another deep cooking pot in which boiled water and salt are added and is cooked for 1.5-2 hours with its pot lid closed. There should be no water and grease smell in a ribs dish that is well cooked. If desired, a mixture of tomato paste and yoghurt could be spread over it and cooked in the oven once again. While serving, pilaf with sauce is made, covered with seasoned rice and meat separated from its bones that have been shredded along with almonds. (The almonds are boiled in water for about a minute and then peeled. Usually they are separated into two and are browned in butter.)

## *Kibe Mumbar (Lamb Tripe and Intestines)*

*2 bunches of mumbar (large intestines of lamb),  
1 lamb tripe (kibe),  
2 glasses of rice,  
300 gr. of meat for stuffing,  
1 onion,  
Dry mint, salt,  
Red pepper flakes,  
Large-grained salt, flour,  
Half teaspoon of citrus salt.*



**Cleaning of the Intestines:** They are washed in ample water and extra fat is removed. They are turned inside out in the water (the inner side is turned outwards). Rubbing them with lots of large-grained salt, they are washed thoroughly and turned inside out once again. Citrus salt is added to the water and rested aside.

**Cleaning of the Tripe:** Tripe (cleaned and bleached) is thoroughly washed and the extra fat, membrane and excess on it are removed. It is scrubbed with salt, flour and lemon peel. It is washed once again and kept waiting in water.

**Preparation of the Stuffing:** The chopped meat, washed rice, diced onion, salt, red pepper flakes and plentiful of dry mint are all mixed together. If the intestines have little fat, butter is added. If desired, tomato and red pepper paste could also be added. The well cleaned intestines are taken in the left palm, are pressed down inwards with the index finger of the right hand and the stuffing is filled not too tight. The ends of the stuffed intestines are joined, tied with a string, are rubbed with salt again and washed with water. Cleaned tripe is cut into 8-10 pieces as small pouches and they are sewn from the top with one side left open. The stuffing is filled from the open side and sewn. The stuffed tripe is pressed down by hand, making sure that the stuffing is distributed equally. The stuffed tripe is put in water and after cooking them for 10 minutes the stuffed intestines are added and left to cook. If desired, a pressure cooker can also be used.

## *Kulak Soup*

### ***Its Dough:***

*2 handfuls of flour,  
1 egg,  
1 teaspoon of salt,*

### ***Its Stuffing:***

*250 gr. of ground meat,  
½ lemon, black pepper,  
Butter, meat's water extract.*



Two handfuls of flour are kneaded together with one egg, salt and some amount of water. The phyllo dough, prepared from the kneaded ingredients, is rolled out with flour and cut in squares. After adding salt and black pepper, ground meat is placed in small amounts on the phyllo dough, closed as small pouches and fried in oil. It is constantly stirred so that it doesn't burn. One spoon of flour is browned in a cooking pot. 4-5 glasses of the meat's water extract are added to the constantly stirred mixture. One egg yolk is whisked with half a lemon's juice and also added. After boiling a while, it is removed off heat. Before serving, the ears, when dry, are placed on plates. Then two scoops of its water are poured on top and drank.

## *Stuffed Dry Vegetables*

*10 dehydrated peppers,  
10 dehydrated eggplants,  
300-500 gr. of chopped shredded meat for stuffing,  
2 glasses of rice,  
1 large onion,  
1 bundle of parsley,  
2 long green peppers,  
2 tablespoons of margarine,  
1 tablespoon of tomato paste,  
1 glass of sumac,  
3 medium-sized tomatoes, salt,  
Black pepper, red pepper flakes.*



Three measures of water and little salt is added to sumac and put aside. Dehydrated eggplants and peppers are thrown into boiling salty water and are boiled until softening. The boiled eggplants are waited in a colander until its water is drained.

**Preparation of the Stuffing:** Onion, long green peppers and parsley are chopped. The insides of the tomatoes are carved out and are cut into tiny pieces. Washed rice is mixed together with meat, chopped vegetables, tomato paste, salt, red pepper flakes, black pepper, butter, and half a tea glass of water extract of sumac. The boiled and drained dehydrated eggplants and peppers are stuffed not too tight. Bones or ribs can be placed at the bottom of the cooking pot. If there are not any, parsley stems are placed so that the food does not stick to the bottom of the pot. The stuffed eggplants and peppers are placed on top of each other, preventing the stuffing from spilling out. The stuffed vegetables are positioned in the pot perfectly and some kind of weight is placed, then drained water extract of sumac is added. Water must reach the surface of the stuffed vegetables. Little oil and salt are added (so that their colour are shiny). First it is cooked over furiously burning heat, then over low heat after it starts boiling, for approximately 30-35 minutes. If it has too much water, the excess water is drained. Depending on preference, the drained water can be poured over the stuffed vegetables as some kind of sauce while serving.

## *Nardan Aşı (Cooked Pomegranate Dish)*

*½ glass of fine bulgur,  
½ glass of thin, small bulgur (simindirik),  
250 gr. of meat suitable for Turkish style steak tartar,  
3-4 onions,  
1 kg. of meat cubes, oil, salt,  
Tomato paste,  
Pomegranate juice or pomegranate seeds.*



Fine bulgur and simindirik are soaked. Mixing in the meat suitable for Turkish style steak tartar, it is kneaded into dough. Balls, smaller than hazelnuts, are made. They are fried in oil. Meanwhile, while meat cubes are cooking, oil and onions are added and stirred. After adding hot water and tomato paste, it is left to boil. Pomegranate juice and seeds are also added to the fried bulgur balls. It is waited half an hour for them to cook. The dish is served hot.



## *Patlıcan (Eggplant) Meftunesi*

*1 kg. of mutton (chest),  
1 kg. of eggplant,  
6-7 tomatoes,  
6-7 cloves of garlic,  
1 spoon of flour,  
½ glass of sumac, salt.*



Meat is washed, a glass of water and meat is put in a cooking pot; when its water runs dry, diced and peeled tomatoes and largely chopped peppers are added. When the meat softens, first eggplants, peeled, waited in salty water, and diced into 2-3 cm. of pieces, are added. Water extract of sumac and water that just exceeds the vegetables are added. When the meat and vegetables are cooked, the pot is removed off heat. While serving the dish hot, crushed garlic are also put on plates upon preference and is eaten.

### **Preparation of Water Extract of Sumac:**

**Method 1:** One glass of sumac, two glasses of water, one teaspoon of salt are mixed and waited aside. One egg is whisked and added to the mixture. It is boiled over heat. Foam going above the water's surface are scooped out and thrown away. The pinkish water remaining below is used while cooking. This method is called the "method of bleaching sumac".

**Method 2:** One glass of sumac, two glasses of water, one teaspoon of salt, one tablespoon of flour are mixed. It is waited aside for around half an hour. It is filtered through a wire mesh strainer, obtaining water extract of sumac.

This dish could also be prepared by using unripe almonds, winter squash, broad beans, thistle, zucchini, apples and cucumbers instead of eggplant. Unripe grape juice is added if the dish is made with winter squash. In this type of preparation, the squash is added after meat is cooked. The dish made with apples is sour and unripe grape juice is used. For the dish with cucumbers, dehydrated or fresh cucumbers whose seeds have been removed are used.



## ***Gaziantep***

*All cooking techniques in Gaziantep cuisine have been used generously; boiled, grilled, fried, sautéed, seared, potted, fired dishes...*

*Gaziantep cuisine, rich with its traditions and local tastes, has a distinguished place among Turkey's and world cuisines for years.*

*Gaziantep cuisine, with foremost being nutritious, is the cuisine of a city that has put its signature on very delicious dishes with meats, vegetables, fruits, yoghurt, products dried for the winter used along with their cooking styles. Only the kebabs are over twenty types.*

*The only city in the world that has more than thirty types of dishes made with yoghurt and that uses fruits, garlic and onions not only in kebabs, but also as main ingredients in dishes with yoghurt and sauce, is Gaziantep.*

*All cooking techniques in Gaziantep cuisine have been used generously; such as boiled, grilled, fried, sautéed, seared, potted, fired dishes... Also, all vegetables and fruits that grow in the region have a well-deserved place within Gaziantep cuisine.*

*The main ingredients of Şiveydiz, which is one of the most popular dishes in the region, are yoghurt, spring onions and spring garlic. The meat and chickpeas added to Şiveydiz, which is prepared with these ingredients that can be easily found any season and which has high nutritional and protein value, adds flavour and turns it into a natural antibiotic.*

*One other significant feature of Gaziantep cuisine is that lamb is used as meat in dishes. The certain parts of the lamb carry importance in the prepared dish to give good results. For instance, meat balls made from the inner portion of rump is better. Kebab made from fatless and nerveless meat stretching on the lamb's backbone is tenderer. Since butchers know which portion of meat of a lamb will produce better results for which dish, they ask the customers which dish they will prepare and give meat accordingly.*

*The dishes with yoghurt of the region are not dishes where yoghurt is poured on top of the food. The feature of these dishes is that yoghurt is separately cooked and added to the food; such as Cooked Unripe Almonds, Lamb Stew with Vegetables, Cooked Garlic, Şiveydiz, Broad Beans with Yoghurt, Green Peas with Yoghurt, Cooked Meadow Saffron with Yoghurt, Cooked Apples with Yoghurt, Beans with Yoghurt, Squash with Yoghurt, Truffles with Yoghurt, Meatballs with Yoghurt, Mushrooms with Yoghurt, Potatoes with Yoghurt, Onion Stew with Yoghurt, Rounded Meat Pieces...*

### *Yuvarlama (Rounded Meat Pieces)*

*300 gr. of meat suitable for Turkish style steak tartar,  
2 glasses of rice,  
1 small onion,  
Black pepper and salt.*



**Boiling and other ingredients:** *750 gr. of boneless fatless meat (in the size of lamb chops), ½ glass of chickpeas, 1-2 tablespoons of plain butter or butter, 3 glasses of strained yoghurt, 1 egg, 1 glass of milk (used as much as needed), 1 tablespoon of dry mint.*

When the meat, to which cold water is added enough to exceed its surface, starts boiling, its foam is scooped out and is cooked after adding salt and chickpeas, soaked in water overnight. After draining the water of rice, which has been washed and waited in cold water for 15 minutes, is spread out to dry. Meat suitable for steak tartar, thinly diced onions, black pepper and salt are added to it and grinded twice through a meat grinder. For the grinded ingredients to become homogenous, it is also kneaded by hand for 5-10 minutes. Pieces of meat in the size of large walnuts are turned into thin strips in the palm filled with olive oil. Then small pieces are pinched from these strips in the size of raw chickpeas and are rounded between the palm and fingers.

The pieces in the size of chickpeas are placed in a metal strainer. The strainer is settled in a cooking pot full of two glasses of water with its lid closed. It is steamed for 15 minutes, making sure that the rounded meat pieces do not bloat and disintegrate. The steamed rounded meat pieces are added to the boiling meat and are cooked for 10-15 minutes over low heat.

Half an egg is added to the strained yoghurt. It is constantly stirred over low heat and warmed. Without waiting, it is added to the pot and cooked for a short while until as thick as soup. After checking its salt and adding black pepper, it is boiled a few more minutes.

The food is placed on a service plate. Plain butter heated together with dry mint in a pan is poured over the food.

**Note:** Some families in Gaziantep add red pepper flakes to this dish. If necessary, if the dish's water is quite thick and sour, milk could somewhat improve it. If the yoghurt is not condensed enough, adding starch or flour can bring it to the right thickness. The dish is recommended with rice pilaf or plain pilaf and green peppers, garden cress and radish.



*Yuvarlama (Rounded Meat Pieces)*

### *Pirpirin Aşı (Cooked Purslane (Pursley))*

*250 gr. of low-fat ground meat,  
1 kg. of fresh purslane (pursley),  
½ glass of green lentil  
(boiled),  
½ glass of bulgur,  
2 dry or fresh red peppers,  
1 tomato, 1 onion,  
1 bulb of dried garlic,  
1 tablespoon of tomato paste,  
1 tablespoon of red pepper paste,  
1 lemon juice or verjuice, liquid sumac extract,  
2-3 tablespoons of plain butter,  
1 tablespoon of dry mint,  
1 tablespoon of red pepper flakes,  
1 teaspoon of black pepper.*

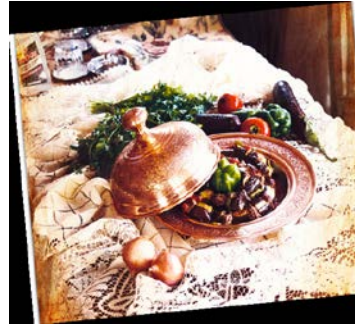


Ground meat and half a cup of water is put in a cooking pot. Meat is seared until it emits and then runs its water dry. One tablespoon of plain butter, thinly diced onions and largely cut peppers are added. An adequate amount of hot water and tomato and pepper pastes are added, then cooked for 15 minutes. Boiled lentil, bulgur, purslane and largely chopped garlic are added. When bulgur is almost thoroughly cooked, lemon juice, tomatoes cut in the size of backgammon dice and enough salt are added. It is cooked for 15 more minutes until it reaches a thick soup consistency – if lacking, hot water is added. Food is placed on a serving plate. On top, dry mint and red pepper flakes mixed in heated butter is poured. If preferred, black pepper can also be added and served.

**Note:** This dish could be prepared in several different ways. If dry peppers are used, they are cut into big pieces and added together with hot water. If desired, rice can be used instead of bulgur. Furthermore, lentil is cooked together with rice until it becomes as thick as soup. Onions are browned again. Another variety is adding the cooked rice and lentil after tomato and pepper pastes, pursley and peppers are placed in a pot. Ground meat is not used and the preparation of the dish starts with browning the onions and then being cooked through the same steps. It is eaten with pita, bread and onion.

## *Kazan (Cauldron) Kebab*

*10 dehydrated peppers,  
10 eggplants,  
300-500 gr. of chopped meat  
suitable for stuffing,  
2 glasses of rice,  
1 large onion,  
1 bundle of parsley,  
2 long and thin green peppers,  
2 tablespoons of margarine,  
2 tablespoons of tomato paste,  
1 glass of sumac,  
3 medium-sized tomatoes, salt,  
Black pepper, red pepper flakes.*



One onion, green peppers and one peeled and diced tomato are to ground meat. It is mixed after adding salt and black pepper. Eggplants are peeled as a whole. With a knife, eggplants are deepened 3-4 cm. at the top and in two places in the opposite direction at the bottom in equal intervals. The gaps are filled with meat stuffing as much as it takes and are squeezed properly. At the bottom of the cooking pot, onions cut in rings and the remaining peppers and tomatoes, peeled and largely chopped, are placed. The prepared stuffed eggplants are appropriately placed in the pot. The eggplants, plain butter and tomato paste, together with two glasses of water and salt, are cooked over low heat until the eggplants start to soften. Yoghurt is diluted with two cloves of crushed garlic, salt and a small amount of water or milk. While serving, it is poured over the cooked food as much as desired.

**Note:** While serving, pita or bread pulled to pieces by hand are placed on the plates. The cooked cauldron kebab is added. A few scoops of spoon of the food's water extract and 1-2 spoons of yoghurt with garlic are poured on top, are together with green peppers in the form of brewis. If the stems of the eggplants are fresh and plump, they are cut lengthwise from the middle. The hard portion in the middle is removed. They are placed at the bottom of the pot, together with the other vegetables, and cooked.



## Öz Soup

*1 glass of wheat (dögme),  
4-5 glasses of chicken soup,  
2 glasses of strained yoghurt,  
½ egg,  
2-3 tablespoons of olive oil,  
1 tablespoon of butter,  
½ a tea glass of green pistachio kernels,  
½ a tea glass of almond kernels,  
1 teaspoon of black pepper.*



Wheat, soaked in water overnight, is cooked until it disperses by scooping out its foam. It is turned homogenous with a hand mixer and filtered through a strainer. Chicken soup and salt are added to the wheat and cooked over low heat for about half an hour. Strained yoghurt and egg is mixed, is added to the cooked soup after it becomes warm. Little black pepper is added and boiled a few minutes. Pistachios and almonds are boiled in water for five minutes and then left to cool off. They are peeled and slightly browned in butter, then added to the soup. The heated butter is mixed with red pepper flakes, is strained and also added. Black pepper is added on top.

## Garlic Kebab

*600 gr. of medium-fat ground meat minced  
with an armor-plated butcher knife  
(whose salt has been added),  
2.5-3 kg. of spring garlic cloves or  
whole garlic (in the spring).*



The outer peel of the garlic and the stem in the middle are removed by knife. They are cleaned and washed. 4-5 garlic as a whole and minced meat, in the size of large walnuts in between the garlic, are skewered. The meat is cooked on a grill over low to medium heat by turning the skewers in the same direction frequently. The burned outer peels of the grilled food are removed. Then they are placed on an appropriate tray and half a glass of hot water is poured on top. Garlic cloves are heated and sweated for 15 minutes on a grill or oven over low heat until they become tender. The outer peels of the garlic are removed and are rolled into wraps together with meat. Red pepper flakes and black pepper is added on top and served with ayran (diluted salted yoghurt).

**Note:** Normally the common technique is slicing the garlic from the middle into two pieces and adding it to the kebab. But, when garlic is sliced this way, usually the disintegrated garlic in the sliced portion partially spill out. Garlic is cooked and sweated better as a whole.

## Onion Kebab

*750 gr. of ground meat minced  
with an armor-plated butcher knife  
(whose salt has been added),  
1 kg. of onions,  
Lemon juice of 1 small lemon,  
1 tablespoon of pomegranate syrup.*



The heads and stems of onions are deeply cut and their first peels are removed and washed. The cut head and stems, the onions and minced meat in the size of walnuts are skewered sequentially. With soaked fingers, minced meat are given a proper shape like onions. The skewers are filled with 5-6 onions and 4-5 pieces of minced meat, depending on the length of the grill. They are grilled over low to medium heat by frequently turning the skewers in the same direction, making sure that their outsides do not burn. The burned peels are removed and placed in an appropriate tray or cooking pot with a lid. Lemon juice, pomegranate syrup, and half a glass of warm water are mixed and poured on top. It is made sure that the onions become softer by sweating them over low heat on a grill or oven. After cleaning the onions from their outer peels, the onions and meat are spread in a pita bread and eaten as a wrap.

**Note:** Usually the onions are cut in half and skewered. But, if onions are grilled as a whole, their insides do not burn; this way, they sweat and soften better. According to preference, 2-3 tablespoons of pomegranate syrup can be added. Parsley salad, black pepper and red pepper flakes could be added to the wrap. It is suggested to be served with garden cress, radish and ayran (diluted salted yoghurt).



## Şiveydiz

*600 gr. of meat cubes,  
2 kg. of spring plump and thick garlic,  
2 kg. of spring plump and thick onions,  
½ glass of chickpeas soaked in water from overnight,  
2.5-3 glasses of strained yoghurt,  
1 egg,  
1 tablespoon of butter,  
1 tablespoon of dry mint,  
1 teaspoon of black pepper.*



Water is added enough to cover the surface of the meat. When it boils, the foam is scooped out; chickpeas and salt are added and cooked. The white portions of the cleaned onions and garlic are sliced 3 cm. crosswise. They are added to the cooked meat and are cooked again over low heat until tender without spoiling the shapes of the vegetables. Strained yoghurt, to which an egg is added, is constantly stirred over low heat and then added to the meat depending on its water extract as it reaches soup consistency. Its salt is checked and boiled a few more minutes. Heated butter and dry mint are poured on top. Black pepper is added.

**Note:** The plumpest and thickest of the spring onions and garlic should be chosen. Instead of onions and garlic, thin leeks can also be used. As a side dish, bulgur or rice pilaf, garden cress and radishes are recommended.

## *Fried Plums Dish*

*1.5 kg. of greengage plums,  
400 gr. of non-fat small meat cubes,  
1 onion,  
1 tablespoon of tomato paste,  
½ tablespoon of red pepper paste,  
1 bulb of spring garlic with separated cloves,  
1 tablespoon of butter,  
1 tablespoon of sugar,  
1 teaspoon of black pepper.*

Meat placed in a cooking pot with a cup of water is stirred until it emits and then drains its water extract, then it is cooked over low heat with the pot's lid closed. Butter and diced onions are added and browned for some time. Hot water enough to just exceed its surface, tomato and pepper pastes and salt are added and left to cook over low heat. Just a little while before the meat is cooked, garlic, separated into large pieces and sugar are added. It is cooked on low heat until the meats are tender. Greengages plums, separated from their seeds and cut into 2-3 pieces are added. Checking on its salt, the plums are cooked – for 10 minutes - until they somewhat tender.

Black pepper is added to the food which is rested for 5 minutes before putting it on a service plate.

**Note:** Greengage plums tender fast, therefore the pot must be removed off heat before the plums disintegrate. If desired, large minced meat and zucchini (250 gr.) can be used instead of meat cubes and a different dish – Fried Plums Dish with Zucchini – can be prepared. Bulgur pilaf, spring onions and ayran (diluted salted yoghurt) is recommended with it.

## *Beyran*

*1.5-2 kg. of bone-in lamb shoulders,  
Leg and back strap,  
5-6 pieces of lamb marrowbones,  
50 gr. of tallow (if desired),  
1.5 glasses of rice,  
6-7 cloves of garlic,  
Enough red pepper flakes,  
Enough black pepper,  
Enough lemon.*



Cold water is poured over the washed meat and bones in a cooking pot so that it goes 3-4 fingers above the surface. When it starts to boil, foam is scooped out and salt is added. It is cooked for 4-5 hours over very low heat until the meats tender; hot water is added if its water decreases while cooking. The water extract of the cooked meat is strained into another bowl. When the strained meat water cools off, the frozen fat forming on top are scooped into another bowl. Rice is boiled, washed and strained. Rice is cooked in a pot together with some of the meat water extract. Meats are separated from their bones. One dessertspoon of fat that was put in the bowl is placed on a copper plate (sahan). Two spoons of rice and pieces of meat are put on top and cooked over blazing heat. Meat water extract is added with a ladle enough that it becomes as thick as soup. One dessertspoon of red pepper flakes, crushed and diluted garlic and little black pepper are added. After it starts boiling, the pot is removed off heat and the dish is served. Depending on your taste preference, lemon is squeezed. It is eaten as it is or with a pita bread as a brewis.

**Note:** If not desired, tallow might not be used. But, it contributes a lot to its taste.

## *Kabaklama*

*600 gr. of non-fat bone-in meat,  
2 kg. of winter squash,  
½ glass of boiled chickpeas,  
1 large onion,  
1 bulb of garlic,  
3 tablespoons of butter,  
1 tablespoon of tomato paste,  
½ tablespoon of red pepper paste,  
1 lemon,  
1 tablespoon of liquid sumac extract,  
1 tablespoon of dry mint,  
½ tablespoon of red pepper flakes,  
1 teaspoon of black pepper.*

Meat and water, enough to cover the surface are placed in a cooking pot. When it starts boiling, its foam is scooped out and the chickpeas soaked in water form overnight, thinly diced onions and sufficient amount of salt are added and cooked until the meat turns tender. The tomato and pepper pastes and peeled squash, sliced in the size of large walnuts, are added. When it starts boiling, heat is lowered.

Garlic, cleaned and whose cloves are cut into several pieces, are added. When the squash are slightly tendered, lemon juice is added, its salt is checked and it continues to be cooked over low heat for 15 minutes. Heated butter and dry mint, red pepper flakes and black pepper are added and the dish is served.

**Note:** This dish could be prepared with the same technique using the local crockneck squash or summer squash. It is recommended to be served with bulgur pilaf, green peppers and ayran (diluted salted yoghurt).

*Along carrying the features of rich Turkish cuisine,  
Kilis dishes also reflect the features of  
Aleppo cuisine.*

Dishes within Kilis cuisine are separated into two categories as “daily cooked” and “cooked on special occasions”.

Meat and bulgur form the basis of the dishes. Moreover, vegetable intensive dishes appropriate to the season can also find their place on tables.

Along with carrying the features of rich Turkish cuisine, Kilis dishes also reflect the features of Aleppo cuisine. Not only full-fat and spicy dishes, but vegetable dishes with olive oil are also among the indispensables of Kilis cuisine.

Olive oil is produced from the olives of good quality cultivated in the region.

Together with the identity of the community living in Kilis, marks from its past can also be observed within Kilis cuisine.

*Kilis Fried Dish  
(Fried Minced Meat Kebab)*

*750 gr. of medium-fat ground meat,  
2 onions,  
3 tomatoes,  
2 green or red peppers,  
1 teaspoon of black pepper,  
1 dessertspoon of salt.*



Onions and peppers are thinly diced through a food processor or with an armor-plated butcher knife. Salt, black pepper, onions, and peppers are added to the ground meat that has been grinded twice through a dicer and is kneaded by hand. This is spread, 1 cm. thick, on a medium size tray with the help of a wet hand. Tomatoes cut into four pieces are placed at the sides of the tray. It is cooked in a masonry oven or at home at 250 degrees until it starts turning colour. According to preference, a bundle of parsley can be thinly chopped and added.

## Öcce

*750 gr. of spring onions or  
normal onions,  
6-7 sprigs of spring garlic or  
1 bulb of dry garlic,  
2 bundles of parsley,  
½ bundle of mint or  
2 tablespoons of dry mint,  
4 eggs,  
2 tablespoons of red pepper flakes,  
1 tablespoon of cumin,  
1 dessertspoon of coriander,  
1 glass of water,  
1.5 glasses of flour,  
1 dessertspoon of salt,  
2 glasses of olive oil for frying.*



Onions, garlic, mint and parsley are cleaned and washed. They are thinly chopped and kneaded after all the spices are added. The eggs are then cracked in it and mixed thoroughly after adding water and flour. (it must be at a fluent consistency.) A small amount of oil is put in a pan (enough to cover its surface). When the oil is heated, one tablespoon of the prepared mixture is added. With the help of the back of a spoon, it is roundly spread as big as the palm. The pan is filled this way and both sides are fried. Then they are placed on a tray on which paper is spread. This procedure continues until the entire mixture finishes. Oil is added to the pan when its amount decreases while frying.



### *Bulgur Balls with Ground Meat (Stuffed Meatballs)*

*15 tea glasses of fine bulgur,  
½ kg. of non-fat ground meat,  
1 onion,  
1 tablespoon of red pepper flakes,  
1 dessertspoon of salt,  
1 tea glass of flour.*



For its internal mixture: 1 kg. of non-fat ground meat, 3 tablespoons of oil, 3 onions, 1 tablespoon of red pepper flakes, 1 dessertspoon of black pepper, 1 dessertspoon of salt, 1 tea glass of walnut or pistachio kernels, 4 glasses of olive oil used for frying.

Ground meat is stirred and seared in 3 tablespoons of oil over low heat until it drains its water extract. Onions are thinly diced, added to the ground meat and continued to be seared until it turns a yellowish colour. Then the pot is removed off heat. It is stirred after adding salt, black pepper, red pepper flakes and grinded walnut kernels. (One sour pomegranate can be seeded and added to the internal mixture.) Fine bulgur is placed on a large tray. Thinly diced onions and salt are mixed in to the bulgur, is kneaded for about two minutes. From time to time scooping in water by handfuls, the bulgur is kneaded for 20-25 minutes until softened. Meat and red pepper flakes are also added and kneaded a little while more and is pressed on one side of the tray. (if a meat grinder is used, first the soaked bulgur and onions are grinded twice, then ground meat is added. It is easily finished after grinding it once more.) A portion of the meat/bulgur balls are taken and softened with a spoon of flour and little amount of water. (enough to make 10-12 bulgur balls.) Pieces from it in the size of eggs are taken and rounded with a wet hand. Turning it around in the palm, it is carved with the index finger (it can also be carved by putting on the minced meat end of the meat grinder.) Two dessertspoons of the prepared mixture are filled. The ends of the bulgur balls are closed by tightening them by turning them around over and over again with a wet hand and are given an egg shape. All the bulgur balls are carved and stuffed and are laid on a tray. Oiled is heated, 5-6 bulgur balls are placed in the pan and fried over high heat until it turns a pinkish colour. They are placed on a tray spread with paper towel.

**Note:** If cracks occur on the bulgur balls while frying, either its heat is too low or its oil is too less. Oil must entirely cover the surface of the bulgur balls. With this measurement, 60 bulgur balls can be prepared.

### *Müceddere (Pilaf with Lentil)*

*2 glasses of green lentil,  
2 glasses of coarse bulgur,  
1 tablespoon of red pepper flakes, 1 glass of olive oil,  
1 large onion, 1 dessertspoon of salt.*



Lentils are sorted, washed; eight glasses of water, salt and red pepper flakes are added on top. The lentils are cooked until softening. Bulgur is added. It is cooked just like rice until its water runs dry. It is taken off heat. The onion is sliced in rings.

Onions are fried in olive oil until it turns a pinkish colour. The fried onions are placed on a plate. Oil is poured over the pilaf and decorated with onions on top before serving.

### *Kübbülmüşfiyye<sup>2</sup> (Shining Meatballs)*

*3 glasses of fine bulgur,  
300 gr. of non-fat ground meat, 250 gr. of tallow (omentum),  
1 onion, 1 tea glass of walnut kernels,  
2 tablespoons of mint, 2 dessertspoons of red pepper flakes,  
1 dessertspoon of cinnamon, 1 teaspoon of black pepper,  
2 dessertspoons of salt.*



Fine bulgur is put on a tray and it is kneaded for two minutes after adding tiny diced onions, salt and red pepper flakes. It is kneaded for 20-25 minutes by scooping in handfuls of water from time to time until the bulgur softens. It is kneaded a little while more after adding meat and is pressed on one side of the tray. (if a meat grinder is used, first the soaked bulgur and onions are grinded twice, then ground meat is added. It is easily finished after grinding it once more.)

#### **Preparing of the Internal Mixture:**

Tallow is grinded from a meat grinder and turned into minced meat. Grinded walnut kernels, salt, powdered pepper, mint, cinnamon, and black pepper are added and kneaded. Separating the meat into two pieces as big as hazelnuts, they are given an oval shape as thick as 1 cm. Pieces from the meatball in the size of walnuts are taken. They are rounded with a wet hand and then carved in half a centimetre with the index finger. The prepared mixture is filled in the centre, the end is closed and is given a triangular shape. All the meatballs are given the same shape and placed on the tray. They are cooked on a grill until both sides have changed colour. While cooking, tallow melts with the effect of heat and gives the meatballs a nice flavour. It is served hot. If preferred, cooking can also be done on a Teflon pan or on a toaster. But, the desirable method is to cook it on a grill.

<sup>2</sup> The dish's name is in Arabic. Kübbül means meatball and müşfiyye means fire. All together it means meatball on fire (on grill).

### *Firik (Freekeh) Pilaf*

*2 glasses of freekeh (pounded unripe wheat),  
1 glass of bulgur,  
1 glass of chickpeas, 750 gr. of meat cubes,  
3 tablespoons of corn oil, 1 dessertspoon of salt,  
1 teaspoon of black pepper.*



Chickpeas are sorted, washed and soaked overnight in water that exceeds its surface. Chickpeas, salt, meat and six glasses of water are cooked in a pressure cooker until the meats turn tender; the cooked meats are placed on a plate. Chickpeas and six glasses of meat extract are heated again in a steel cooker. When it starts boiling, sorted and washed freekeh are added. It is cooked over low heat just like rice until its water runs dry. Meats are browned in oil a few times, their oil is filtered into the pilaf, stirred, and black pepper is sprinkled on top. The cooker is put aside for 10 minutes with its lid open. Freekeh pilaf is put on a plate and meats are placed on top. The dish is served. (freekeh pilaf could also be cooked with plain freekeh without adding bulgur.)

### *Orman (Lamb Stew with Vegetables)*

*750 gr. of non-fat meat cubes, 1 glass of chickpeas,  
2 kg. of sheep milk yoghurt, 3 tablespoons of oil,  
1 egg, 1 tablespoon of starch or flour,  
1 dessertspoon of safflower (found in all spice stores),  
1 teaspoon of black pepper, 1 dessertspoon of salt.*



4-5 hours before starting to cook, one dessertspoon of salt and three glasses of water are mixed into the yoghurt. Its water is drained by pouring it into a muslin bag. Meat is seared in oil until it turns light pink. The meat, chickpeas and 6 glasses of water are cooked in a pressure cooker until the meats and chickpeas turn tender. The strained yoghurt is poured into a steel cooker; one tablespoon of starch, one dessertspoon of salt and one egg are added, whisked thoroughly and cooked over low heat by constantly stirring. It is removed off heat when its starts boiling. 3-4 scoops of the extract of cooked chickpeas and meat are added and mixed in to the yoghurt. Then, the yoghurt is added to the cooked food. Safflower (some kind of saffron) and black pepper are sprinkled on top. It is served with rice pilaf. (This dish is a special dish particular to Ramadan Feast.)

### *Çökelek Şemseği (Pita with Dry Cottage Cheese)*

*750 gr. of dry cottage cheese, 750 gr. of spring onions or 4 onions,  
2 bundles of parsley,  
10 sprigs of fresh mint or  
2 tablespoons of dry mint,  
2 tablespoons of red pepper,  
3 eggs, 1 glass of olive oil.*



Onions are peeled and thinly diced. Parsley are cleaned, washed and chopped very thin. Mint leaves are plucked, washed and chopped thin. Olive oil is heated in a cooking pot; onions are added to it, are slightly withered in oil and then removed off heat. Parsley, mint, red pepper, egg and salt are added and last of all dry cottage cheese is put and mixed. The prepared mixture is sent to the pita bread oven and is cooked in the oven with leavened dough.

### *Sarımsak Aşı (Cooked Garlic Dish)*

*500 gr. of non-fat meat cubes, 1 kg. of spring garlic,  
2 kg. of sheep's milk yoghurt,  
1 egg, 1 tablespoon of flour,  
1 dessertspoon of salt,  
2 tablespoons of oil.*



4-5 hours before starting to cook, one tablespoon of salt and three glasses of water are mixed into the yoghurt and its water is drained by pouring it into a muslin bag (its water is drained so that the yoghurt does not curdle and its sourness goes away). Meat is browned in oil in a cooking pot.

Six glasses of water is added to the meat and are cooked in a pressure cooker until the meats turn tender. Garlic is peeled, washed and cut 3 cm. lengthwise (its leaves are not used). They are added to the cooked meat and are cooked further for 5-10 minutes. The drained yoghurt is placed in a steel cooker; one dessertspoon of salt, one tablespoon of flour and one egg is added and thoroughly mixed. It is constantly stirred over low heat and taken off after it starts boiling. A few scoops of the meat's water extract is mixed into the yoghurt and then the yoghurt is added to the meat and sprinkled with black pepper. The dish is served with bulgur or rice pilaf. (Cooked garlic dish can also be prepared with ½ kg. of onions and ½ kg. of garlic if preferred.)

## *Zahter (Blended Thyme) for Breakfast*

*2 kg. of split roasted chickpeas,  
750 gr. of hackberry,  
750 gr. of watermelon seeds,  
250 gr. of thyme, 1 kg. of sesames,  
200 gr. of dehydrated sour grape(unripe grape) or  
2 tablespoons of citrus salt,  
200 gr. of red pepper,  
100 gr. of cumin, salt.*



Roasted chickpeas, hackberry, thyme, watermelon seeds, and sesames are separately browned, then put aside to cool off. Dehydrated unripe grape is mixed in to the roasted chickpeas, hackberry, thyme, and watermelon seeds and is grinded through an electrical machine in the form of flour. It is then sifted. Sesames, red pepper, cumin and enough salt are added to it and stored in a cool and dry place. It is served with olive oil in the winter. (If there is no sifter, a dense-wire strainer can also be used.)

## *Mardin*

*Cinnamon, coriander, mahlep, ginger, allspice, sumac  
pepper and almonds are gives richness to "Mardin Cuisine" “*

*Moorland winds decorate my night and days  
Mesopotamia stretches out at the tip of my toes  
One side of my face is saffron scented Deir Al-Zafaran  
The other side is the Grand Mosque whose minaret is weaved with vine  
branches...  
The caravans of the East and West  
Open in my crib  
The swaddle of the secrets  
Of silk and life,  
Spices and death, flax and tobacco...  
I, the city of Mardin, whose body is built upon fortresses...  
I am the poem of stones and beliefs...  
I am Mardin because  
There you see this is the story of my life*

*From Refik Durbaş’s poem entitled “I, the City of Mardin” ...*

*Mardin, whose past dates back to the 4500’s before Christ and which still  
keeps the spell of all civilizations that lived there alive...*

*Mardin's culture of cuisine and cooking features should not be confused with the other cities of the Southeast. With the effect of being a host to many tribes and being a centre where caravan routes intersect, Mardin's cuisine culture is highly developed and diverse. Arabs, Assyrians, Yezidis, or Kurds... Here are all these cultures, all these rich tastes to which Mardin owes its most popular dishes.*

*Bulgur and orzo come to the forefront in the highly spiced and fatty dishes. Products of meat and milk can be seen in almost all dishes. The place of vegetables in diet is quite limited. Vegetables like peppers and eggplants that are bought from the bazaar are dehydrated and tomatoes are turned into pastes and are stored for the winter.*

*Apart from fried meat cubes, sujuk, and grape sujuk, bulgur and orzo come at the top of the foods that are prepared at home for the winter.*

*The highly spiced and fatty features of dishes belonging to the South and East Anatolia are also dominant in Mardin.*

*Cinnamon, coriander, mahlab, ginger, allspice, sumac, red pepper flakes and almonds are products that enrich "Mardin Cuisine".*

*The characteristics of various communities and different beliefs are also reflected on local cuisine. It is said that stuffed lamb ribs and sembüsek (thin pizza) are Assyrian dishes.*



### *Nergiziye*

*1 kilogram of potatoes,  
4 eggs,  
250 gr. of green onions,  
1 bundle of parsley,  
1 lemon, half a glass of olive oil,  
1 dessertspoon of salt.*

Potatoes and eggs are boiled in separate pots. Green onions and parsley are thinly chopped. The boiled potatoes and eggs are cut in cubes. Thinly diced onions and parsley are added and mixed with the potatoes and eggs and the dish is served after adding salt and lemon juice.

### *Herby (Kinnebre) Bulgur*

*½ kg. of coarse bulgur,  
½ kg. of cleaned kinnebre (herb),  
150 gr. of butter,  
1.5 lt. of water, salt.*

Butter is placed in a cooking pot and melted. Then, bulgur and enough salt are added. Just before the water of bulgur boils down, the boiled herb is also added and cooked over low heat until all the water runs dry. The dish is then served.

### ***Keşkek (Pounded Wheat) with Meat***

*½ kg. of wheat,  
250 gr. of chickpeas,  
1.5 kg. of meat,  
1 pack of margarine,  
Salt.*

Wheat, soaked in water from before, chickpeas and meat are boiled in a cooking pot. The meat is braised over low heat until is cooked. Then, salt and butter are added and left to rest aside before being served.

### ***Greengage Plums Stew (Alluciye)***

*½ kg. of full-fat lamb (meat cubes),  
½ kg. of greengage plums,  
½ kg. of green onions,  
1 bundle of parsley,  
2 squashes, salt,  
1 glass of sunflower seed oil.*

Butter is put in a cooking pot and the meat cubes are browned. Then 1 liter of water is added along with the greengage plums and squash cut in cubes. After it is cooked, chopped parsley and green peppers are added on top and the pot is removed off heat. The dish is now ready to serve.

## *Stuffed Lamb Ribs*

*2 kg. of lamb ribs,  
150 gr. of almond kernels,  
100 gr. of lamb cubes,  
1 glass of rice, salt, black pepper,  
Allspice,  
Parsley or basil,  
Tomato paste or yoghurt.*



The meat and bone of the ribs is separated like a pouch, without piercing the boned portion, and is sewn until a gap remains where only one hand could slide in. Rice is boiled in a pot until partially cooked, the almonds are boiled in water and peeled and they are seared in butter until turning a pinkish colour. After the almonds are browned, the lamb cubes are also seared with the same butter. The browned almonds and meat are placed on top of the partially cooked rice and the spices and parsley are mixed in a bowl. The inner and outer portions of the ribs are rubbed with salt, black pepper and allspice. The ribs are filled with the prepared stuffing and the remaining open gap is sewn. The top of the ribs are smeared with yoghurt. In a large cooking pot, the back of the ribs are somewhat fried. It is placed in another pot with the back part looking upwards and hot water is added so that it covers the surface. It is cooked over medium heat with steam. Depending on the tenderness of the meat, it is cooked for 3-4 hours. Checking on it from time to time, boiled water is added as its water decreases. Then tomato paste is spread on the cooked ribs and cooked for 15-20 more minutes in a preheated oven. The cooked stuffed lamb ribs are served over bulgur pilaf.

## *Irok (Fried Stuffed Bulgur Balls)*

*1 kg. of fine bulgur,  
1 kg. of non-fat minced meat grinded once,  
½ kg. of onions,  
400 gr. of meat apt for Turkish style steak tartar,  
2 eggs, crushed coriander,  
Black pepper,  
Pepper paste, dried chili pepper flakes,  
1 tablespoon of flour,  
Oil,  
Parsley.*



Bulgur is soaked in cold water and rested for a while. Meanwhile, onions are finely chopped and seared in oil until it turns a pinkish colour, then minced meat is added and cooked together. After it is cooked, little pepper paste, black pepper, little dried chili pepper flakes and salt are added and continued to be cooked for 2-3 more minutes. After adding finely chopped parsley, it is removed off heat and left to cool off. Meanwhile, salt, two eggs, crushed coriander and one tablespoon of flour is added to the soaked bulgur and is kneaded; after the dough stiffens, meat grinded through a processor into a creamy form is also added and kneaded all together. Pieces a little bigger than walnuts are taken from the dough, their insides are scooped out. One dessertspoon of minced meat, which has now cooled off, is stuffed into the carved out dough and then closed. They are given an elliptic shape using the hands. They are then fried in heated oil and served. (In some recipes, it is recommended to use boiled water. This is absolutely wrong. In some other recipes, potatoes for their outsides and walnuts for their stuffing are suggested and this is a degenerated form of cooking. In some regions, green lentil is used for the stuffing.)

*Stuffed Tripe  
(Kibe) and Stuffed  
Intestines (Bumbar)*

*2 well cleaned lamb or  
goat tripe,  
½ kg. of meat cubes,  
Tail fat,  
Dry mint, salt,  
2 glasses of rice,  
Black pepper,  
A small amount of allspice  
and chickpeas if desired,  
oil.*



Tripes are cut in the size of fists and their outsides are sewn so that they take on a pouch shape, a small gap is left so that they can be stuffed. Meanwhile, a small amount of meat cubes cut very small, tail fat cut into small cubes, rice, mint, salt and the other spices are mixed together and the stuffing is prepared. Depending on preference, chickpeas can also be added to the mixture. In that case, the chickpeas are cooked, peeled and divided into two before adding them. The prepared stuffing is filled into the tripes and the gaps that remained open are also sewn. They are placed in a pressure or steel cooker, water is added and is boiled until the tripes cook. The intestines are also filled with stuffing prepared in the same manner and are cooked. (After cleaning the stuffed tripes and intestines, it is useful to coat them with the diced onions and crushed coriander and put them aside to rest for at least 3-4 hours.)

## *Sembusek*

*Flour, salt, ground meat,  
Onions, parsley,  
Green peppers,  
Black pepper,  
Egg, yeast.*



Usually two varieties of sembusek are made in Mardin. One type is cooked at home and the other is cooked in bakery ovens.

### **The type cooked on an iron plate (sach):**

Approximately 750 gr. of onions are diced for 1 kg. of ground meat and are seared in oil until turning a pinkish colour. Then ground meat is added to the onions and continued to cook. After it is cooked, salt, black pepper and parsley are added and left aside to cool off. Meanwhile, flour, to which salt is added, is kneaded well, is thinly rolled out in the size of pancakes and the cooked ground meat is spread over one half of the dough. The other half is folded over in a semi-lunar shape and the open sides are stuck with the help of a plate. (Plate, being turned around on the open parts of the dough like a wheel, allows it to stick). We can cook this patty on an iron plate (sach) or on a Teflon pan before serving it.

### **The type cooked in ovens:**

For this, dough is prepared in the same way (yeast is added), it is waited for the dough to leaven, and a small amount of oil is added to the dough. For its stuffing, thinly diced onions, green peppers, parsley, black pepper, salt and ground meat are mixed raw. (If preferred, red pepper paste and dried chili pepper flakes can also be added). Dough is rolled out like a pancake, the prepared stuffing is spread over half of it and the other half is folded over in a semi-lunar shape and the open sides are again closed with the help of a plate. Meanwhile, an egg is cracked and separated from its white; its yolk is whisked, smeared over the patties and sent to the oven to cook.

## *Siirt*

*Siirt cuisine  
where numerous diverse cultural values  
are integrated.*

*Cultural interactions observed in Siirt, where Arabic, Turkish and Kurdish are spoken on the streets, also influence its culture of cuisine.*

*In Siirt cuisine, where traditional Middle East elements are dominant, many combinations ranging from the dry bread of the Italians to the wild plants of the French are encountered.*

*Pot dishes constitute the backbone of its cuisine. The use of tomatoes and pastes, which came to Anatolia in the 18<sup>th</sup> century, is quite common within Siirt cuisine.*



*Kitel*  
*(Siirt Bulgur Balls)*

*1 kg. of fine bulgur,  
1 glass of water,  
1 dessertspoon of salt.*



**Its stuffing:** 2 onions, ½ kg. of medium-fat ground meat, ½ a bundle of parsley, 125 gr. of margarine kept at room temperature, ½ a tea glass of rice, 1 dessertspoon of basil, salt, black pepper, red pepper flakes, enough water and salt for boiling.

First of all, bulgur, water and salt are placed in a deep bowl. The bulgur is kneaded until bulgur loses all its firmness and starts to soften. On the other side, for its stuffing, ground meat, thinly diced onions, parsley, margarine, boiled rice, basil, salt, black pepper and red pepper flakes are placed in another deep bowl and are mixed. Pieces as big as lemons are taken from the bulgur mixture, are given a round shape and their centres are carved in by thumb and are thinned. One tablespoon of the prepared stuffing with ground meat are stuffed in and closed. This process continues until all the stuffing is finished. The bulgur balls are boiled for 10 minutes in superheated salty water and are served hot.

*Pirtike*  
*(Spinach Soup)*

*½ kg. of spinach,  
1 onion,  
1 tablespoon of tomato paste,  
½ glass of oil,  
1 glass of boiled chickpeas,  
½ tea glass of rice,  
1 tea glass of whole grain sumac,  
5 glasses of water,  
1 glass of warm water,  
Salt, red pepper flakes.*



The spinach are washed and left to drain. After its water is completely drained, they are cut in large pieces. Chopped onions and tomato paste are browned in oil. Spinach, salt and black pepper are added. Then the chickpeas and rice, washed a few times, and its water are added. Whole grain sumac is left in warm water for 15 minutes and then strained. Its drained water is added and left to cook over low heat until the rice and spinach soften.

*Perive  
(Buryan Kebab)*

In order to make Buryan kebab, which is cooked in a pit oven with no water, lamb is divided into two, its leg and bones are separated. A copper cauldron is placed underneath the meat to be cooked in the pit oven. The bone-in meats separated for the kebab are put inside the cauldron. The legs of the lamb are hung on a hook and then placed inside the pit oven after the wood fire becomes ember. While cooking, a lid is closed over the pit oven and its sides are covered with mud. The bone-in meats in the cauldron are cooked with the water of the boneless meats hung above. At the end of the cooking, one third of the meats on the hook are left. Depending on preference, you can eat the kebab in different ways as fatty-nonfat or boned-boneless.

*Kiftel Leben  
(Bulgur Balls with Yoghurt)*

*1 kg. of bulgur, salt, water,  
1 bowl of yoghurt,  
2 cloves of garlic,  
Dry mint, red pepper flakes,  
Fried butter.*



We place the bulgur, salt and water in a bowl and knead them. After taking pieces in the size of hazelnuts from the dough and rounding them, we flatten them out. We boil them in boiled water. We mix the yoghurt and grated garlic and pour it over the dish. After melting the butter and red pepper flakes in a pan, we pour it over the yoghurt sauce.

*Dolma Nefşin  
(Stuffed Dry Vegetables)*

*8 dehydrated eggplants,  
8 bell peppers,  
15-20 brined vine leaves,  
½ kg. of medium-fat meat minced by hand,  
1 onion,  
½ a bundle of parsley,  
1 dessertspoon of red pepper paste,  
1 dessertspoon of tomato paste,  
1 bowl of rice, butter,  
Black pepper, salt,  
1 handful of uncrushed sumac.*



The dry vegetables are rested in boiled water until they soften, are strained and are put aside. The meat pieces are cut in cubes. The onions are chopped in the same manner. The pastes, salt, black pepper, red pepper powder and meat are mixed thoroughly. Then, rice is washed and added to the mixture and the boiled vegetables are stuffed. The vine leaves are also stuffed and a few of the ribs are arranged at the bottom of the cooking pot. The stuffed vegetables and vine leaves are placed on top. When all of them are placed, a porcelain plate is covered over the pot and boiled water is poured so much that it does not go over the plate. It is first cooked over high heat and then over low heat after it starts to boil. Right when the rice and meat are about to cook, water extract of sumac, which was soaked from beforehand, is added. It is cooked for 10 more minutes and then the heat is turned off. The dish is served after resting it aside for a while subsequent to draining the water in the pot.

### *Cokat (Stuffed Intestines) (Bumbar)*

*3 glasses of rice,  
1 bunch of large intestines,  
1 kg. of meat cubes finely chopped,  
1 medium size onions,  
Parsley,  
Black pepper, salt.*



One end of the fresh large intestines, whose tallow has been removed and which have thoroughly been cleaned and washed, is sewn. Then, the washed rice, black pepper, finely chopped meat in cubes and finely diced onions are mixed and stuffed in to the intestines. There are two important points here that attention should be paid to. The first is making sure that the intestines are not stuffed too much that they become stretched; the other is stuffing the intestines inasmuch as that the fatty portions of the intestines remain inside. When the stuffing procedure is finished, the other ends of the intestines are also sewn and then placed in a cooking pot. One tablespoon of salt is added and left to boil in water insomuch that it covers its surface. It is cooked after boiling it for approximately one and a half hours.

## *Perde Pilavı (Veiled Pilaf)*

### ***Filling Ingredients:***

*1.5 kg. of chicken, 750 gr. of rice,  
150 gr. of almond kernels,  
250 gr. of chicken liver, cinnamon,  
Butter,  
Black pepper and salt.*

### ***Outer Ingredients:***

*6 eggs,  
100 gr. of margarine,  
2 tablespoons of olive oil,  
1 coffee cup of chicken soup,  
Sufficient amount of flour, salt.*



The eggs are cracked into a bowl. Non-melted margarine, salt, olive oil and one coffee cup of chicken soup are added and mixed. Flour is gradually added to this mixture. When the dough is thick enough, it is divided into two lumps; one big and one small. The lumps are rested aside for ten minutes. The cooking pot in which the veiled rice will cook is completely greased with butter. Almonds are placed at the bottom of the pot. The big lump of dough is rolled out in 1 cm. of thickness. It is spread in the pot in such a way that it covers the sides and also hangs out of the pot.

**Preparation of the Seasoned Rice:** Chicken is boiled, is separated from its bones and fried in a pan or on a grill. Rice is soaked in salted water for 20 minutes. The almonds are boiled and peeled. The liver is cut in cubes and also boiled. Rice is seared in butter, not so much that its colour changes. It is cooked like seasoned rice. Almonds are added to it while cooking. Just before the rice is cooked, the livers are added. Black pepper and cinnamon are sprinkled on top of the cooked rice. The rice and boiled chicken are placed in layers into the pot with dough. The small lump of dough we had separated at the very beginning is rolled out with a rolling pin and placed at the very top over the rice like a cover. It is made sure that air does not get in. The top of the dough is greased. It is cooked in the oven at 180 degrees until it roasts. The dish is served by turning it upside down.

## *Irk (Bulgur Patties)*

**15-20 piece of half kilogram of fine bulgur,**

*1 glass of warm water,*

*1 onion,*

*300 gr. of medium-fat ground meat,*

*1 dessertspoon of basil,*

*Salt, black pepper,*

*Red pepper flakes.*

Place the bulgur in a deep bowl, add the warm water and rest it aside for 30 minutes. Add the grated onions, ground meat, basil, salt, black pepper and red pepper flakes. Knead them until the bulgur completely softens and all the ingredients are purified. Pick pieces in the size of walnuts and shape them by flattening them out in the palm. Fry both sides in hot oil.



*Şiše Şirten*  
*(Coarsely Ground Wheat with Ayran)*

*Coarsely ground wheat,*  
*Dehydrated ayran (diluted yoghurt),*  
*Hot oil, dry mint,*  
*Red pepper powder.*



The other name of this dish is “Şiše Şirten”, which is eaten in the winter. Wheat, whose crust is removed by grinding it in neighbourhood mortars, is turned into coarsely ground wheat by milling it. It is cooked in ample water until it becomes doughy. This coarsely ground wheat is spread over deep plates by leaving the centre open. Yoghurt, which is strained and dehydrated in the summer as lumps in sacks, is melted by rubbing it by hand in warm water in a crock called “incene” which has an uneven surface. A sufficient amount of hot oil, dry mint and red pepper powder is added to the diluted yoghurt (ayran) which is then poured in the centre of the coarsely ground wheat which was left open on the plate. The coarsely ground wheat with diluted yoghurt is consumed by starting to eat it from the sides.

*Kasabit Hanva  
(Meat Stew with Liver)*

*½ kg. of long thin green peppers,  
½ glass of oil,  
2 bay leaves,  
Salt, black pepper, red pepper flakes,  
Fine bulgur,  
Chickpeas,  
Liver.*



Dough is kneaded from the fine bulgur like kofta dough. Balls from dough, as big as chickpeas, are made. The chickpeas are boiled. Oil, onions, green peppers and tomatoes are added to a cooking pot and are browned. Then the chickpeas are added. Enough water is also added and mixed. When it starts boiling, the dough balls are put into the boiling water. After the browning process is completed, the livers are added. Then, the onions are also added to the mixture and are seared. After it is cooked, basil is sprinkled. The dish is served hot.

## *Şanlıurfa*

*Each dish of Urfa is very tasty than the other...  
Its chili pepper flakes, Turkish style steak tartar, phyllo pastry, kebab and  
the very famous traditional sıra nights...*

*City of Prophets, realm of beliefs, the oldest settlement of Mesopotamia...  
With its handicrafts, folklore, performers, ballads and cuisine, Şanlıurfa is one of the  
cities of Turkey possessing the richest cultural accumulation...*

*Şanlıurfa is a whole different place... the Holy Fish Lake, Lake Aynzeliha, the  
Suffering Cave; all of them are more meaningful and valuable than the other in the  
city referred to as holy...*

*Each dish of Urfa is very tasty than the other... Its chili pepper flakes, Turkish  
style steak tartar, phyllo pastry, kebab and the very famous traditional sıra nights...*

*The expression “Halil Ibrahim’s Dining Table” comes from Prophet Abraham  
who never sits at a dining table during any meal with no guests. This wide known  
expression is so appropriate... Even today the folks of Şanlıurfa take pleasure in  
hosting guests and preparing very rich dining tables for their guest.*

*Cuisine culture is one of our most precious cultural heritages that come from the past. What has brought Urfa cuisine to its exceptional place is the historical and cultural richness that it possesses. There are traces from every community and every culture within Urfa cuisine...*

*“Tırt” dish, which Prophet Abraham always had available on the table, along with his hospitality and his “Steak Tartar,” narrated as being thrown into fire, is a heritage that every person from Urfa keeps alive within Urfa cuisine.*

*Just as Urfa has constituted a foundation for the making of world history, it has also formed a basis for the tastes, dining table, and cuisine of humanity.*

*Varieties of meatballs and kebabs within Urfa cuisine are extensive. Spices, flour and rice are of secondary importance, followed by vegetables.*

*Apart from eating three meals a day, which is common everywhere, eating, although not always, Turkish style “Steak Tartar”, “Ground Meat”, “Şıre”, “Palıza” and fruits as a fourth meal after night prayer is unique to Urfa Cuisine.*

*Its kebabs with eggplants and tomatoes eaten in the summers bring with them oven dominant dishes formed by the trio of eggplants, tomatoes and peppers.*

*Perhaps Urfa is the centre of dishes with meat... It does not matter what season or time it is; a dish containing meat is definitely prepared for the guest.*

*The most precious dish of Urfa traditional sıra nights is Turkish style steak tartar.*

### *Acır (Ghernik) Anneziđi<sup>3</sup>*

*½ kg. of non-fat ground meat,  
2 kg. of gherkins,  
1 medium size onion,  
1 tablespoon of tomato paste,  
1 glass of oil,  
1 bowl of yoghurt with garlic,  
Enough salt and black pepper.*



The gherkins are washed, their tops are removed and they are tasted to make sure they are not bitter. Their insides are carved out so that they are thicker than stuffed squash. Oil is put in a cooking pot and heated. The gherkins are placed in the heated oil and are fried until their colours wear away. On the other side, the ground meat is first cooked with water and then seared by adding oil. Then, very thinly diced onions, salt and black pepper are added and the pot is removed off heat. The carved and fried gherkins are stuffed with the prepared ground meat and in order to make sure the meat does not spill out, the stuffed gherkins are placed in the pot with the front of one coming on the back of the other. One spoon of tomato paste is mashed in two glasses of water and is poured over the gherkins. A plate turned upside down is covered over the gherkins so that the gherkins do not move and their stuffing does not spill out. The pot is heated. When it starts to boil, its heat is reduced and is cooked over low heat. After it completely drains its water, it is left in its own oil and placed on a service plate. A different cooking technique in some homes is adding a little amount of rice to the ground meat instead of onions and cooking it without any tomato paste. Yoghurt with garlic is spread above and the dish is served with rice pilaf.

<sup>3</sup> In Urfa, gherkin is pronounced with the letter ayn in Arabic. It can also be made with small eggplants and squashes newly gathered from vegetable gardens. This dish is called nazik in Birecik and if it is made with squash, is called Şihılmaşı in regions where Arab influence exists.

## *Ağız Açık (Open Mouthed)*

*1 kg. of flour, ½ a tea glass of oil,  
1 kg. of non-fat, twice grinded ground meat,  
Grater of 2 medium sized onions,  
1 egg,  
2 tablespoons of flour,  
1 dessertspoon of salt,  
½ a lemon's juice or  
two spoons of vinegar,  
2 tablespoons of red pepper flakes,  
1 dessertspoon of mixed spice,  
2 glasses of oil, salt.*



One plate of flour is separated from the entire flour and the remaining is emptied onto a tray. Leaving the centre part open, little salt, the juice of half a lemon (or two spoons of vinegar) and some water are added and kneaded. The consistency of the kneaded dough must be a little firmer than an earlobe. Little oil is put on a small plate; dipping the hand in oil, the dough is kneaded with oil.

Ground meat is placed on another plate. Grated onions, salt, spice, red pepper flakes 1 egg and 2 tablespoons of flour are added and is thoroughly mixed. The dough is divided into lumps as big as very large walnuts, the lumps are rolled out in the size of dessert plates by using flour and water is spread on top by finger. Pieces as big as plums are taken from the ground meat and are spread over the rolled out dough lumps by hand and their sides are closed by curling them inwards. Both sides are fried with the side with ground meat going in oil first. The dish is served together with diluted yoghurt with cucumbers or salad ingredients and spices with pomegranate syrup.

### *Ağı Yumuk (Crooked Mouthed)*

*5 glasses of flour,  
½ a lemon's juice,  
1 kg. of non-fat ground meat,  
1 large onion,  
1 tea glass of crumbled walnut kernels,  
1 dessertspoon of black pepper,  
1 dessertspoon of salt,  
1 glass of oil (for 4 persons).*



Ground meat and thinly diced onions are browned for a while in oil. Salt, black pepper and crumbled walnut kernels are added. It is then left aside in a wide bowl to cool off. Dough is kneaded in the same manner as the dough of the open mouthed dish. Lumps as big as walnuts are made, they are rolled out as wide as a saucer. One dessertspoon of ground meat is placed in the middle of the dough and its mouth is pursed and closed (removing the excess part) with the help of the hand. The dough lumps are thrown into a frying pan in heated oil with first the pursed part going into the oil, then the other side is also fried and are served. The dish is served with salad ingredients and spices with pomegranate syrup.

## Çiğ Köfte (Turkish Style Steak Tartar)



*It is said that a woman from Urfa found the Turkish style steak tartar and that this is a product of subtle wit. Its past goes all the way back to the period of Prophet Abraham. According to the legend, when Nimrod gathered all the firewood in the city and prohibited lighting a fire, the community thinks of what they can do. Using the meat of an antelope struck by a hunter, his wife prepares with less mixture, the primitive form of today's Turkish style steak tartar formed of meat, bulgur and chili pepper flakes. Her husband likes it. This is how this dish, which was prepared out of necessity, starts about 4000 years ago and comes to present days by being improved.*

*400 gr. of tenderized black meat<sup>4</sup>,  
6 tea glasses of fine bulgur,  
2.5 tea glasses of red pepper flakes, 1 medium size onion,  
1 dessertspoon of salt, 1 dessertspoon of cinnamon,  
1 bundle of parsley, 5-6 green onions,  
Depending on preference; 4 spring garlic in the season,  
1 dessertspoon of tomato paste,  
½ a teaspoon of black pepper.*

The red pepper flakes are soaked beforehand in water and if possible, left to rest in the refrigerator. The meat, called çındır, which is turned into a pasty form by tenderizing it and whose sinews have been removed, along with red pepper flakes, thinly diced onions, garlic, salt, and cinnamon are all mixed thoroughly in a wide plastic bowl and half of it is put in the freezer. Bulgur is gradually mixed into the other half of the meat remaining in the bowl and is started to be kneaded with ice. When the bulgur slightly softens, the other part of the meat which was put in the freezer is also added and continued to be kneaded. If the meat holds after kneading it for 10-15 minutes<sup>5</sup>, water in small amounts are sprinkled in and the meat that was kneaded dry starts softening. When it becomes pasty, greens<sup>6</sup> (very thinly chopped parsley and green onions and spring garlic in the right season) are added, mixed thoroughly and served. This dish is eaten together with diluted salted yoghurt (ayran) and various vegetables.

<sup>4</sup> This is the name given in Urfa to non-fat meat suitable for Turkish style steak tartar.

<sup>5</sup> Holding means that the ingredients merge with each other and thicken into the right consistency. When pressing down with both hands on the kneaded meat, if it sticks to the plastic bowl and lifts it, then it is accepted as being 'held'.

<sup>6</sup> The ingredient that is added to the Turkish style steak tartar and called greens, which consists of very thinly chopped parsley, green onions and spring garlic, added in the right season. It is compared to jewellery given to the brides in Urfa and is named as hışır.



**Suggestions for the making and serving of Turkish style steak tartar:**

Steak tartar is made/eaten with an average of 25 types of ingredients: It is kneaded with ingredients consisting of meat, bulgur, onion, dry chili pepper, salt, black pepper, cinnamon, tomato paste, parsley, garlic and ice. Treats are enriched with cucumbers and tomatoes, radish, lettuce, mint, mustard, purslane, garden cress, sorrel, white cabbage, diluted salted yoghurt (ayran) and phyllo bread.

A tinned bowl made from copper that has high sides should be preferred. A wet towel is put underneath the bowl so that it does not slide around while kneading.

The person doing the kneading does not have to be strong, but he must know the technique of kneading.

The palms of the person kneading the meat should not sweat.

Bulgur made from durum wheat, which has grains having a glassy feature, should be used.

The bran in the bulgur that has grains in equal size should be removed.

Of the black meat, preferably obtained from the leg of mutton, meat tenderized with a mallet on black stone is favourable. If it cannot be tenderized on a stone, it must be grinded through a grinder and its nerves must be removed.

The meat used must be fresh; steak tartar made from meat that has been stored in the freezer will not be good. The amount of meat should approximately be 3/4<sup>th</sup> of the bulgur. The most important ingredient of the dish is chili flakes called dry isot in Urfa. For a tasty steak tartar, homemade chili pepper flakes in half the amount of the meat should be used. If black pepper is to be added, it must be in a very little amount that is not too spicy for the mouth. Cumin should definitely not be added. If the tomato paste is kneaded together with the meat, it will spoil the meat's quality. If it is to be added, a small amount should be added towards the end of the kneading. In the right season, one fresh peeled tomato should be preferred instead of paste.

If the dry pepper is too spicy, one dessertspoon of sugar can also be added. It should be kneaded with ice, but if not possible, with a small amount of water. Its green vegetables must be freshly chopped. After the kneading process is completed and the dish comes to the table, it should immediately be consumed without waiting. Lemon should not be squeezed on top while eating. Ayran (diluted salted yoghurt) should be drunk. It is the irreplaceable dish of feast tables. It is not a dish to eat by ones self; it is a dish for gatherings. It can be eaten during any meal except in the morning and it is suited to all types of food as a side dish. The period between September and April is the most suitable time for Turkish steak tartar. Staled ingredients and hot weathers ruin its taste.

## *Fried Frenk<sup>7</sup>*

*½ kg. of low-fat ground meat,  
2.5 kg. of tomatoes,  
1 large onion,  
2 pieces of fresh red peppers,  
5-6 cloves of garlic,  
1 spoon of tomato paste,  
½ glass of oil,  
1 tablespoon of red pepper flakes, salt and spice.*



Ground meat is placed in a small tray. The thinly diced onions, garlic and peppers are added to it. Dry peppers, salt, spice and tomato paste are added and mixed and its mixture is prepared. The tomatoes are split from 3-4 places with their tops turned upwards and the knife not touching their bottom portion. Pieces taken from the mixture in the size of walnuts and squeezed in the palm is stuffed into the split places and the tomatoes are laid out in a wide tray. Tomato paste soaked in half a glass of water and a little amount of salt is mixed together with oil and poured over the tomatoes. A large plate so that it covers the surface is placed and the lid is closed. After it is cooked over low heat until its water is drained and is removed off the oven, it is placed on a service plate and served together with rice or bulgur pilaf, onion and green peppers.

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<sup>7</sup> The name given to a tomato in Urfa.

## Stuffed Has<sup>8</sup>

*4 small sized lettuces,  
250 gr. of non-fat ground meat,  
1 tablespoon of tomato paste, 1 onion,  
1 glass of oil, 4-5 cloves of garlic,  
1 bowl of yoghurt, 1 teaspoon of black pepper,  
Salt. (for 4 persons)*



Lettuces, whose outer leaves are removed, are washed very cleanly. After the oil poured into a cooking pot is completely heated, the lettuces are seared by turning them over and are taken out of the pot after softening. Ground meat and very small diced onions are put into the same pot and seared; it is mixed after adding salt and black pepper. After opening the middle of the lettuces and stuffing in the seared ground meat, the tops are tied with a thread so that the stuffing does not spill out and are placed into the pot. One teaspoon of salt is added to the tomato press squashed in two glasses of water and is poured over the food. After its water is drained, it is placed on a serving plate, yoghurt with garlic is poured on top, and the dish is eaten with plain rice pilaf.

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<sup>8</sup> The name given to lettuce in Urfa.

## *Cauldron Kebab<sup>9</sup>*

*1.5 kg. of thin and long eggplants,  
½ kg. of non-fat ground meat,  
4-5 tomatoes,  
1 large onion,  
3-4 green or red peppers,  
2 tablespoons of tomato paste,  
1 bulb of garlic,  
1 tablespoon of red pepper flakes,  
1 teaspoon of mixed spice,  
½ a tea glass of oil, salt. (for 5 persons)*



The eggplants are washed and peeled in strips; each eggplant is slit lengthwise or widthwise in 2 cm. intervals in such a manner that the eggplants remain as a whole. Ground meat, thinly diced onions, green peppers, 2 tomatoes chopped in small cubes, thinly sliced garlic, one tablespoon of red pepper flakes, spice, enough salt and one tablespoon of tomato paste are placed in a tray and are thoroughly kneaded. This mixture, squeezed in between the palm, is stuffed into the gaps opened in the eggplants that were peeled and prepared from beforehand and the eggplants are laid out in a wide pan. One tablespoon of tomato paste soaked in two glasses of water in a deep bowl is melted completely and one dessertspoon of salt and oil are added. The surface of the eggplants is covered with a plate, the lid of the pan is closed, and the dish is served after it is cooked over low heat until all its water is drained. It is eaten together with plain rice or bulgur pilaf, green peppers and onions.

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<sup>9</sup> It can also be called Frying Pan Kebab. It can also be made in the same way using dehydrated eggplants in the winter by boiling them.

## Lıklıkı Köfte (Stuffed Bulgur Balls)

10 tea glasses of bulgur suited to Turkish style steak tartar,  
750. gr of grinded black meat,  
1 large onion,  
1 dessertspoon of mixed spice,  
1 glass of red pepper flakes,  
2 dessertspoons of salt. (for 6 persons)



**For its stuffing:** 1 kg. of tallow in the form of ground meat, ½ kg. of onions, 1 dessertspoon of salt, 2 teaspoons of spice, 2 tablespoons of red pepper flakes.

**Its stuffing:** Tallow is emptied onto a tray, after boiled water is poured on top and the tallow softens, it is kneaded with both hands like Turkish steak tartar. Cold water is added so that it freezes after it is kneaded for a while. After the dirty water is emptied out, boiled water is poured on top again, it is kneaded again and then cold water is added again. This process continues until the tallow becomes snowy white and eventually the tallow turns pasty. Onions are cleaned and very thinly diced. After it browns, salt, two teaspoons of spice and two tablespoons of red pepper flakes are mixed all together and kneaded thoroughly with the tallow. Pieces as big as half a walnut are separated and rounded in an oval shape; they are placed on a tray and are frozen in the freezer.

**Its Bulgur Balls:** After 10 tea glasses of bulgur suited to Turkish style steak tartar along with one onion is cleaned, the onion is divided into four pieces and placed in a tray. Enough salt, 1 dessertspoon of spice and 1 glass of red pepper flakes are mixed together with 750 gr. of grinded black meat and is kneaded thoroughly. When the bulgur reaches the desired consistency, the onions divided into four pieces are thrown away. Pieces are taken from the mixture in the size of mandarins, are rounded between the palms and their insides are carved inwards with the index finger in an oval shape. The stuffing taken out from the freezer is filled into the carved bulgur balls, their mouths are closed and they are rounded. They are boiled in heated water containing one tablespoon of salt; it is then placed on a serving plate and are eaten hot.

<sup>10</sup> Near Birecik, it is called stuffed şırşırılı bulgur balls; its type cooked on a grill in regions that is under Arab influence is named Kûbbü'lmüşviyye. It is known that its name lıklıkı comes from the lik lik (gurgling) sound coming to the ear when the hot dish is shaken.

## Müftahi Bowl Kebab<sup>11</sup>

*1 kg. of veal (steak fillet),  
½ kg. of shallots,  
2-3 tablespoons of butter,  
3-4 onions,  
1 bundle of parsley,  
1 cup of pomegranate molasses,  
Salt, black pepper.*



The steak fillet is cleaned from its nerves and is sliced in cubes. After the top and bottom of the shallots are removed and their skins are peeled, it is mixed inside a wide bowl with meat, 2-3 tablespoons of butter, two teaspoons of black pepper and salt. It is placed inside a large copper bowl. The bowl is carefully turned upside down in a wide copper pan. In order to prevent ingredients from spilling out of the bowl while cooking, some kind of weight is placed on top of the bowl. This weight can be a stone as big as a hand or some other kind of weight. Two glasses of hot water is added to the pan. It is cooked over low heat for about two hours. What should specifically be paid attention to while cooking is to move the bowl back and forth every 10 minutes so that its bottom does not burn since there is weight on top. In specific intervals, the bowl will drain and release back all the water in the pan. If it drains too much water, a glass of water can be added. Two hours after cooking over low heat, 3-4 onions are sliced and placed into the water surrounding the bowl. It is cooked for around 10 minutes. Then, one bundle of chopped parsley and one cup of pomegranate molasses are added to the water surrounding the bowl and the pan is removed off heat. After lifting the bowl, the dish is served with pilaf.

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<sup>11</sup> The bowl kebab prepared in a special pot designed specifically for this dish by a local and old family of Urfa known with the nickname Miftahizade and whose last name is Açal.

### *Red Beet Borani<sup>12</sup> (Silver Beet with Yoghurt and Rice)*

*4 kg. of silver beets, 750 gr. of non-fat meat cubes,  
1 soup bowl of chickpeas,  
½ a soup bowl of lola (some kind of cowpeas),  
½ a glass of oil, salt,  
1 large bowl of yoghurt with garlic.  
(for 10 persons)*



**For its bulgur balls:** 8 tea glasses of fine bulgur, 300 gr. of grinded black meat, 1 tea glass of red pepper flakes, 2 dessertspoons of salt, 1 teaspoon of black pepper, 1 medium sized onion, oil for frying.

Bulgur is placed on one side of a tray, the remaining ingredients and onions, chopped into 8 equal pieces, are placed on the tray and thoroughly mixed. The bulgur is added slowly and is kneaded with the help of water. When the bulgur softens, a small piece is taken and rounded between the hands; if it is rounded without disintegrating, it means that it has reached the right consistency (it holds). The bulgur is gathered on one side of the tray and the onions in it are removed. A portion is taken from it and shaped into small squeezed pieces. The squeezed pieces are rounded in the palm in the size of chickpeas. In ample fried oil, they are fried until it takes on a darker colour.

By removing the green leaves, the stems of the silver beets are washed thoroughly, are sliced very small into cubes and are thrown into boiling water in a cooking pot. After boiling it for a while, it is poured into a strainer and its water is squeezed out and it is placed into a separate plate. The chickpeas and cowpeas are boiled in separate pots. The meat is cooked in another pot, oil is added on top and is seared together with the silver beets after stirring it for a while and then around two liters of water is added. After it starts to boil, the boiled chickpeas and cowpeas are added, salt is sprinkled, and it is cooked for approximately fifteen-twenty minutes. The borani bulgur balls are placed on a plate, hot food is poured on top with a scooper, so much that it covers the surface of the bulgur balls. After adding yoghurt with garlic, it is served with rice pilaf.

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<sup>12</sup> In Urfa, the name red beet which is given to silver beet is pronounced as pincer. In some homes, tomato paste can also be added when the meat is being seared.



## Gourd<sup>13</sup>

*1 medium sized gourd,  
½ kg. of meat cubes,  
1 glass of chickpeas,  
½ a glass of oil,  
3 tablespoons of tomato paste,  
2 dessertspoons of sugar,  
1.5 dessertspoons of citrus salt, salt,  
3-4 red peppers.*



Chickpeas soaked in water overnight are boiled in a cooking pot until they soften. When the oil put into the pot is heated, the meat cubes together with the small chopped red peppers are browned. After adding tomato paste to the meat, the browning process is continued. After the oil and paste are seared, the boiled chickpeas are added along with four glasses of water and are left to boil. Meanwhile, the skins of the gourd are peeled and its seeds are removed; the gourd chopped into cubes is added to the boiling food. When the gourd softens and cooks, salt, sugar and citrus salt are added. When it takes on a sour taste it is removed off heat and is served together with rice pilaf, flat meatballs and fresh green peppers. It is a summer dish.

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<sup>13</sup> The name given to long squash in Urfa.



## *Şırnak*

*Meat, wheat and milk are  
mainly used in Şırnak cuisine.  
The most known desserts of the region are  
kuliçe, şirani, gezu, fireydin, birinzer and kenger...*

*As in most other regions, geography and sources of living have also been effective within Şırnak cuisine. The source of living in the region predominantly being based on small cattle breeding and climate characteristics have created a cuisine in Şırnak that is dominated by pastries, meat and milk products, and poaceae.*

*In Şırnak Cuisine, located at the very east end of the Southeast Anatolian Region, dishes prepared daily and those cooked for special occasions significantly differ from each other.*

*3-5 days before Eid, kitchen preparations start and in the morning of Eid, the dishes being prepared for days are eaten for breakfast. These include rich varieties like pilaf, mixed vegetable stew, stuffed bulgur balls, stuffed vine leaves- stuffed vegetables, compote and rice pudding with saffron.*

### *Mumber (Head and Foot Soup)*

*The head, feet and offal  
of small cattle,  
Rice,  
Tomato paste,  
Parsley and spice.*



*The head is split into pieces. After thoroughly cleaning the insides and outsides of the tripe and large intestines, they are cleaned again by rubbing them in slightly boiled water. The tripe is cut into pieces and the pieces are sewn as small pouches. They are stuffed with rice mixed together with spice. They are cooked well over heat. While serving, grinded sumac is sprinkled on top.*

### *Meyre (Mehir)*

*Egg,  
Pounded wheat,  
Squash,  
Red beet leaves,  
Yoghurt.*



The diluted yoghurt (ayran) and pounded wheat are heated. The egg is whisked and added. It is waited for the mixture to boil. After chopped squash and red beet leaves are also added, the food is left to cook. The dish is served after it cools off.

## *Devin*

*Ground wheat,  
Yoghurt.*

Water is placed in a pot and heated. When the water starts boiling, diluted yoghurt (ayran) is prepared for this dish. After pouring the yoghurt in a bowl and diluting it, it is added to the boiling water and stirred for a while. When it reaches the right consistency, as the final step the ground wheat is added and is continued to be stirred. After reaching the appropriate thickness, it is removed off heat and the dish is served hot.

## *Stuffed Vegetables*

*Ground meat, onion,  
Rice,  
Tomato paste, pepper,  
Eggplant,  
Margarine, sumac.*



A sufficient amount of rice, ground meat, tomato paste and spice mixture are stuffed into the eggplants cut open from before and the bell peppers whose bottoms are cut open like a lid. It is left to cook. Just before completely cooking, sumac syrup is sprinkled. As a final stage, butter is poured on top and the dish is served after resting it aside for a little while.

### *Bırınzer*

*200 gr. of honey,  
100 gr. of rice,  
1 teaspoon of yellow colour  
(turmeric powder),  
1 liters of water.*

Washed rice is added to water boiled in a pot. It is cooked over medium heat until the rice's starch purifies with the boiling water. After scooping out the foam forming on the surface, the heat is reduced as much as possible. A small amount of the boiling water with rice in it is added into the honey which dilutes it. The diluted honey is slowly poured into the pot. The yellow colour (turmeric powder) is also diluted and added. 3 minutes later the pot is removed off heat and the dish is served either hot or cold.

This is a dessert offered to guests coming to visit mothers who have given birth.

### *Suryaz\**

*Suryaz herb,  
Onion,  
Braised meat cubes.*

The suryaz herb is chopped and washed. It is boiled in water. Then its water is drained and the herb is squeezed. Diced onions are braised in hot oil. The suryaz herb is added to it and stirred. The braised meat cubes are then added. It is mixed and the dish is served.

\*Suryaz is a type of herb that is grown in mountainous slopes of plateaus.

### *Kutlik (Stuffed Bulgur Balls)*

*1 glass of coarsely ground wheat (fine),  
2 glasses of water (for soaking),  
2 glasses of bulgur (fine),  
½ a dessertspoon of salt,  
½ a kg. of ground meat,  
2 medium sized onions,  
1 teaspoon of salt (for its stuffing),  
1 teaspoon of black pepper,  
1 tablespoon of oil,  
2 eggs.*



A glass of hot water is added to the coarsely ground wheat and bulgur which are in two separate bowls and their surfaces are covered. They are rested aside for about an hour so that they swell. The swelled coarsely ground wheat and bulgur are combined in a deep bowl suited for kneading and after adding a half dessertspoon of salt, they are thoroughly kneaded and turned into a mixture. A tablespoon of oil is placed in a pan and the ground meat is added. It is seared until the water extracted from the ground meat is drained. The chopped onions are added and seared for a while more. Before removing it off heat, a teaspoon of salt and black pepper are added and stirred. Pieces in the size a little bigger than walnuts are taken from the mixture; they are shaped by carving their middle inwards (like a glass) with the index finger and are thinned. The shaped bulgur balls are stuffed with a tablespoon of the mixture containing ground meat and are closed in an oval or round shape. The bulgur balls are thrown into water boiling in a deep pot to which salt is also added. They are placed in such a way that they gather at the bottom of the pot and are slightly stirred with a wooden spoon. After boiling for around eight minutes, the bulgur balls are removed with the help of a sieve and it is waited for their water to drain through the sieve. Two eggs are whisked in a deep bowl; the boiled bulgur balls are coated with egg and are fried without burning them too much. The dish is served hot.

## The Cities and Their Dishes Participating in the Southeast Anatolian Dishes Competition

Şanlıurfa, *Miftahi Bowl Kebab*

Story source: Atty. Lami Açıanal's mother Emine Açıanal

Batman, *Stuffed Dry Mixed Vegetables with Sumac*

Gaziantep, *Şiveydiz*

Mardin, *Braised Meat Cubes with Molasses (Kaliye Bi Dims)*

Diyarbakır, *Nardan Aşı (Cooked Pomegranate Dish)*

Source: *Diyarbakır Mutfağı (Diyarbakır Cuisine)*, Filiz Parlak. Extended 2'nd Edition, April 2004, Diyarbakır

Kilis, *Kübbülmüşviyye*

Siirt, *Veiled Pilaf*

Story source: Azizler Diyarı Siirt (Realm of Saints Siirt), Kemal Ulusoy, Journalist author Cumhur Kılıççoğlu, Cook Necip Eskifuruncu, Cook Osman Atilla

Şırnak

All dishes Şırnak Provincial Directorate of Culture and Tourism

## The Cities and Their Dishes Participating in the Southeast Anatolian Dishes Competition

### First Prize

#### Şanhurfa, Miftahi Bowl Kebab<sup>14</sup>

In the past, there was a lunch gathering called sahaniye between well known notables and families in Urfa. Those attending the sahaniye from these families (only men) during any day of the week, but usually after Friday Prayer would bring a large plate of food that were cooked in their homes and would gather in a venue and eat them. This event of eating together is referred to as Sahaniye.

Among those brining Sahaniye dishes, the Bowl Kebab of the Miftahi Family, Fried Dish of Tomatoes at the Bottom and okra on top of the Güllüzade Family, the Pubs Rice of the Hemevizade Family, and the Lamb's Ribs Dish of the Rastgeldi Family are the most well known.

There are many varieties of the dish where meat and diced onions are placed in a bowl, where the bowl is turned upside down in a pot, and water is added and is cooked over low heat for at least three hours. The bowl kebab that the Miftahi Family has specially prepared is called the Miftahi Bowl Kebab.

2.5 kg. of yearling meat (ram lamb between 6-12 months old),  
About 1.5 kg. of onions as big as walnuts,  
2 teaspoons of black pepper and salt.

#### For its salad:

2 bundles of parsley,  
1 kg. of large onions,  
1 tea glass of pomegranate molasses.

#### For its garniture:

1 kg. of rice, 1 tea glass of Urfa butter,  
1 teaspoon of salt.

Yearling meat cut into cubes are placed in the bowl of the kebab. By peeling the dry skins of the onions, their top and bottom are cut off. Salt, black pepper, onions and meat are rubbed all together and are placed in the bowl; the bowl is turned upside down after the special pot to be cooked is covered over the bowl. Some kind of weight is placed on top of the bowl, three glasses of water is added to the pot and it is cooked over low heat for at least three hours. When the water surrounding the bowl is sucked into it, hot water is added to the pot.

**Its salad:** Onions are sliced in strips, they are softened by rubbing them with salt, their salt is washed away and the parsley is chopped, it is mixed together with

<sup>14</sup> When Urfa was surrounded by water, the keys to the rampart door were found in the hands of the Açal Family. Miftah means key.

pomegranate syrup. It is poured over the surrounding area of the pot of the cooked bowl kebab. The bowl is lifted from the pot on the dining table by the notables of the family and the dish is served.

**Its garniture:** Normal rice pilaf with butter, as known, is prepared.

## **Second Prize**

### **Batman, Stuffed Dry Mixed Vegetables with Sumac**

1 set of dehydrated mixed eggplants and bell peppers, 1.5 kg. of full-fat ground meat, 1.5 kg. of rice, 250 gr. of coarse bulgur, 3 tablespoons of tomato paste, 1 tablespoon of red pepper paste, 4 tablespoons of oil, salt, red pepper flakes, black pepper, 2 big glasses of sumac water extract.

The dehydrated eggplants and peppers are seeped in a pot full of boiled water for about 15 minutes and are taken out after they soften. After taking them out, the eggplants and peppers are left to rest in a tray. Then, they are washed with cold water and put aside. Meanwhile, preparations are made for the stuffing. Rice, tomato paste, oil, pepper paste, salt, and black pepper together with full-fat ground meat are mixed and a mixture in the right consistency is obtained. Some amount of coarse bulgur is also added to this mixture and is mixed one more time. After waiting for 10 minutes, stuffing is carefully filled into the softened eggplants and peppers with the help of a spoon. The stuffing must properly be placed in the vegetables, or else the rice might not cook or could spill over from the stuffed vegetables.

The stuffed vegetables are placed in a cooking pot. It is recommended that their mouths are squeezed shut and are cooked one on top of the other. This way, the stuffing will not scatter out. Hot water is added to the stuffed vegetables placed in the pot and the pot is heated. Later on the sumac water extract is added and waited for the food to cook. The stuffed dry eggplants and peppers cook within half an hour, the pot is removed off heat and is put aside to cool off and then the dish is served.

## **Third Prize**

### **Gaziantep, Şiveydiz**

Famous researcher/author from Gaziantep Cemil Cahit Güzelbey mentions that the name of the dish “Şiveydiz” comes from Şiveydin, which is a Turkish village, and moreover that the word Şivey is mentioned as the name of a tribe in the Oghuz Epic. The aforementioned village is the Şiveydin Village tied to the district of Oğuzeli in Gaziantep. Şiveydiz, which is a delicious dish, is also a dish that the locals have produced under the conditions of shifting from a nomadic community to permanent settlement.

2 kg. of plump spring garlic,  
2 kg. of plump spring onions, 500 gr. of non-fat lamb cubes,  
500 gr. of thick strained yoghurt, 1 egg, 200 gr. of chickpeas,

1.5 tablespoons of butter,  
1.5 tablespoons of oil, salt, dry mint,



1 teaspoon of black pepper.

Water is added so much that it covers the surface of the non-fat lamb cubes. When the water starts boiling, the foam forming on top is scooped out; the chickpeas and salt are added and cooked. The white portions of the onions and garlic that have been cleaned are sliced 3 cm. crosswise. They are added to the cooked meat. The vegetables are cooked with the meat again over low heat until they soften without being misshaped. Strained yoghurt, to which an egg is added, is heated by constantly stirring it over low heat. Then, depending on the water amount of the cooked meat – so that it reaches a soup consistency – the food is added to the yoghurt. After checking on its salt, it is boiled for a few minutes. Dry mint is added to heated oil, which no longer sizzles, which is then poured over the dish and black pepper is added.

### **Mardin, Braised Meat Cubes with Molasses (Kaliye Bi Dims)**

According to people living in Turabdin, Braised Meat Cubes with Molasses, formed from the combination of braised meat cubes and molasses which could also be consumed on their own and which used to be found in almost all homes, is a type of dish which is made in the region of Turabdin (Mardin threshold) in the winter and which is easy to prepare.

In order to satisfy their need for meat in the winter, the local community specially feeds during the summer until autumn sheep, goats or suckling veal in numbers that the family can consume and they cut these animals called dermala in November. Portions of this meat are cured with salt and are put into baskets as winter meat and are consumed in the winter by storing them in cellars. The boneless meats remaining are made into braised meat cubes, are put into ceramic bowls and are stored in cellars. Since the braised meat cubes have already been prepared, it is a dish having a high protein value that can be prepared in a short time without occupying the time of working people. Its range of offering is quite rich. It can be consumed as a watery stew by adding water and boiling it, by melting it and cracking an egg on top, or adding and mixing it into the dish.

500 gr. of braised meat cubes,  
300 gr. of Mardin grape molasses,  
50 gr. of walnut kernels, thin flat bread cooked on an iron plate (sach).

The ready braised meat is chopped smaller and heated in a pan. As it starts to melt, heated Mardin grape molasses is poured on top. It is cooked until the oil, meat and molasses blend with each other and the dish is served hot when the food reaches the right consistency.

## **Diyarbakır, Cooked Pomegranate Dish (Nardan Aşı)**

500 gr. of boneless meat cubes (lamb),  
250 gr. of non-fat ground meat or pounded meat,  
1.5 glasses of fine bulgur, 1 onion,  
Tomato paste, 1-2 tablespoons of margarine or oil,  
½ a tea glass of pomegranate syrup, 1 pomegranate, salt.

Meat cubes are boiled. The ground or pounded meat is kneaded together with bulgur and salt and pieces from it are rounded in the size of chickpeas. Pomegranate syrup is diluted with 2 glasses of water. Chopped onions are seared in oil and tomato paste is added. The boiled meat cubes, 3 glasses of meat water extract and pomegranate juice are added to the mixture, which is boiled and then is cooked after adding in the rounded meat balls. While serving, deseeded pomegranate is added on top.

## **Kilis, Grilled Meatballs (Kübbülmüşviyye)**

### **For its meatballs:**

500 gr. of black mutton,  
100 gr. of tallow, 1.5 small bowls of simit/fine bulgur,  
1 onion, 1 dessertspoon of salt,  
1 dessertspoon of red pepper powder,  
1 dessertspoon of dry mint,  
1 teaspoon of black pepper.

### **For its internal mixture:**

250 gr. of tallow, 250 gr. of walnut kernels,  
1 dessertspoon of red pepper powder,  
1 dessertspoon of dry mint,  
1 teaspoon of allspice,  
1 teaspoon of salt.

### **Preparation of the mixture:**

Tallow is washed. It is grinded through a meat grinder with its medium meshed strainer. The walnuts are chopped small. Walnuts kernels, red pepper powder, dry mint, allspice and salt are added to the tallow. It is kneaded thoroughly. Taking pieces from it in the size of hazelnuts, they are given the shape of almonds. All the tallow is prepared in this manner.

### **Preparation of the meatballs:**

Meat, fine bulgur, tallow, salt, black pepper, red pepper powder, and dry mint are placed in a large tray. They are soaked with half a glass of water. With the large meshed strainer of the meat grinder, all the ingredients are grinded three times. After kneading it by hand for a while, it is separated into pieces in the size of lemons. Each piece is carved in very thinly with the index finger. The tallow prepared from before is placed into the carved meatballs. They are closed with

their mouths flat and are given a triangular shape. All the meatballs are prepared in this way. They are placed on a tray. The prepared meatballs are cooked on a barbecue, over coal fire or on a grill with first one side changing colour and then the other. They can also be cooked on a Teflon pan.

## **Siirt, Veiled Pilaf**

Just as in almost all regions, it is also possible to observe the many changes coming from the past until today regarding diet and nutritional habit in Siirt. Different opportunities presented by modern life, communication becoming easier, food products spreading to wider markets all over the world and similar factors have also caused divergence from traditional cuisine cultures.

At the top of Siirt's dishes offered in the well known dinner meetings, feasts and various ceremonies comes the Veiled Rice. Veiled Rice is among the oldest Turkish dishes belonging to the region of Siirt. Its actual homeland is Middle Asia. Each ingredient that forms the dish entails a different message and meaning. When a mother in law offers the pilaf together with homemade phyllo to the bride who has just come home, she means to say "this home is also your home from now on, you must keep the secrets and problems of this home to yourself as if they were your own secrets and problems and you must not even let it on to your mom and dad". This way, the mother in law associates the pilaf's dough to the bride's moral commitment and protection. Similar to the grains of rice being poured over the bride's head when entering the house for the first time so that she will bring prosperity to both the house and the marriage, rice grains used in the pilaf are also symbols of wealth and prosperity. The almonds used in its filling ingredients represent yearning for a grandson and pistachios for a granddaughter, blackcurrants represent health, spicy and sweet spices represent bittersweet days. When asking brides from Siirt what black pepper represents, the answer is humorous: mother in law.

In the past, rooster meat or partridge meat were also used in this dish instead of chicken. Rooster meat represented the man as the leader of the house. But, when the issue of who the leader of the house is became disputable over time, chicken started being used in Veiled Pilaf in place of rooster meat.

Veiled Pilaf, not only having a tasteful dimension, but also carrying cultural meaning, is an important wedding dish. Looking at the ingredients of Veiled Pilaf, it could be seen that through the use of taste, wishes are indirectly made to the newlywed couple. The way of cooking of this dish for very special guests and particularly for brides is also meaningful; Veiled Pilaf is cooked in a cooking pot that is in the shape of a cone. According to Siirt traditions, motifs of a heart, arrow and bird are made on the phyllo that is spread over the pot. From among these motifs, heart represents love and happiness, arrow represents peace and brotherhood, and bird represents freedom and honesty. Another feature of the Veiled Pilaf is the partridge meat used in the dish being hunted through guileless means.

**For its internal filling;**

1 chicken or 3 partridges,  
4 glasses of rice,  
½ a packet of butter,  
100 gr. of pine nuts,  
100 gr. of almonds, 50 gr. of blackcurrant, black pepper,  
cumin, red pepper powder, cinnamon,  
5 kinds of spices.

**For its outer layer;**

3 eggs,  
1 tablespoon of yoghurt,  
1 tablespoon of oil,  
1 tablespoon of baking soda,  
100 gr. of almonds, enough flour.

By boiling the chicken or partridge meat, its skin is removed and fried in large pieces. The pilaf is prepared by browning the rice in butter. It is mixed together with spices. Flour, yoghurt, eggs and chicken broth are kneaded and turned into dough as soft as an earlobe. Phyllo is made from the dough as thin as 1 mm. The pot in which the pilaf will be prepared is completely greased with margarine and the almonds are placed after giving them a heart or similar shape. The phyllo is placed over the special pot, which is made from copper and is shaped like a cone similar to a fez, with the sides of the phyllo hanging out of the pot. It is filled by pressing down with one layer of chicken or partridge meat followed by one layer of rice. The sides hanging out are turned upwards over the filling ingredients and the small phyllo is covered on top. Putting butter on top, the dish is roasted in the over-heated oven until it becomes crimson. It is said that in the past it was cooked over ember fire. After the dish is cooked, the special pot is turned upside down, the pilaf as a single piece which is in the shape of a dome is cut from the top and the dish is served with the phyllo on the sides being given the shape of a flower.

## REFERENCES

### **Şanlıurfa**

All dishes, Tandırlıktan Gelen Lezzet “Geleneksel Urfa Yemekleri” (Taste Coming from Pit Ovens “Traditional Urfa Dishes”), Akalın, Lütfiye Şanlıurfa, 2011 – Şanlıurfa Municipality Culture and Social Affairs Directorate Publications have been utilized

### **Adıyaman**

In all dishes, Mehmet Öncü’s book entitled “Su Kabından Kristal Cam Bardağa Giden Süreçte Adıyaman Yöre Mutfağı” (Local Adıyaman Cuisine in the Period Going from a Water Pan to a Crystal Glass) has been utilized. Moreover, *Havre* Hasan Alp *Oven-Fried Tomatoes*, Nurettin Karlı *Hıtap, Meatballs with Yarpuzlu (Pennyroyal)*, Sevgi Öncü *Adıyaman Kebab/Çarşı Kebab (Şişik)*, Bilal Demir *Basalla, Halva with Cheese, Whole Grain Halva*, Ayhan Özkan *Şilki*, Zeliha Erdoğan *Yarpuz Mancası (Pennyroyal Manx)*, Gafure Balta

### **Gaziantep**

All dishes, Ragıp Güzelbey

### **Batman**

All dishes, Şehmus Kartal

### **Diyarbakır**

*Braised Meat Cubes with Quince, Liver Kebab, Stuffed Lamb Ribs, Lamb Tripe and Intestines, Stuffed Dry Vegetables*, Filiz Parlak “Meftune: Diyarbakır Mutfağı” (Meftune: Diyarbakır Cuisine) book has been utilized. *Diyarbakır Muffin*, Ali Yaşar *Veiled Pilaf, Kulak Soup, Cooked Pomegranate Dish, Patlıcan Eggplants Meftune* “Diyarbakır Mutfağı” (Diyarbakır Cuisine) Diyarbakır Promotion Culture and Solidarity Foundation (DİTAV) Publications have been utilized.

### **Kilis**

All dishes, Raife Tuncay BELGİN’s “Kilis Yemekleri” (Kilis Dishes) book has been utilized.

### **Mardin**

*Nergiziye, Herby (Kinnebre) Bulgur, Coarsely Ground Wheat with Meat, Greengage Plums Stew (Alluciye), Stuffed Lamb Ribs, Stuffed Tripe (Kibe) and Stuffed Intestines (Bumbar), Sembusek* anonymous recipes. *Fried Stuffed Bulgur Balls (Irok)*, Yetkin Kavak’s special recipe.

## **Siirt**

*Siirt Bulgur Balls (Kitel), Spinach Soup (Pirtike), Buryan Kebab (Perive)* anonymous recipes.

*Bulgur Balls with Yoghurt (Kiftel Leben)*, Oktay Usta

*Stuffed Dry Eggplants, Bell Peppers (Dolma Neşin), Stuffed Intestines (Cokat), Veiled Pilaf*, Coşkun Aral's "Annemin Yemekleri" (My Mother's Dishes) book has been utilized.

*Bulgur Balls (Irok), Coarsely Ground Wheat with Ayran (Şişe Şirten)*, Journalist/Author Cumhuriyet Kılıçcıoğlu

*Meat Stew with Liver (Kasabıt Hanva)*, Kamile Öztaş "Gastro Magazine" has been utilized.

## **Şırnak**

All dishes, Şırnak Provincial Directorate of Culture and Tourism