



Culinary

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NATIONAL CUISINE

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CZECH CUISINE

SOUTH BOHEMIAN POTATO SOUP

300g potatoes
1 l water
salt
caraway
seed
½ bay leaf
small onion
200g fresh or 20g dried mushrooms
30 g flour
1/2 l sour cream
4 eggs
fresh dill
40 g vinegar

Cut potatoes into cubes, cover them with water and boil with caraway seed, bay leaf and onion. Add soaked dried mushrooms or fresh mushrooms or fresh mushrooms cut into small pieces, simmered separately. Mix flour and cream, add this mixture to the soup and bring to boil. Finally, break carefully one egg after the other into the simmering soup, spread egg white round yolk with fork. Eggs can be also boiled separately in water with added vinegar. Flavour with finely chopped dill.



Roast pork with dumplings and sauerkraut

1 kg pork loin
salt
4 cloves of garlic
50 g lard
100 g onion
¼ l stock or water
15 g flour

Rub the meat with garlic crushed with salt, melt lard in a roasting pan, place the meat and bones on it, add stock and roast. When the meat is tender, add rings of onion and and baste. Remove the meat, dust the gravy with flour, allow it to brown and dilute with stock. Simmer the gravy and then strain over the meat. Serve with flour or potato dumplings.

Dumplings

250 g flour
250 g farina
½ teaspoon salt
1 – 2 egg yolks
¼ l milk
5 bread rolls

Sift the flour with farina into a mixing bowl, add salt, and gradually mix in the milk and yolks. Mix well with wooden spoon; finally, add the diced rolls. (Better results are achieved by using 1 - day - old rolls.) Shape the dough into three oblong dumplings. Place the dumplings into boilings salted water and cover with a lid to keep the water on the boil. Use a wooden spoon to ease the dumplings from the pan. Boil for 20 – 30 minutes. Test one dumpling by cutting it in half. When cooked, remove the dumplings and cut them in ½ inch slices with sharp knife. Keep hot in a steamer to prevent drying.



STUFFED PEPPERS IN TOMATO SAUCE

8 large peppers
30 g butter
50 g onion
400 g minced pork and beef
salt
pepper
2 cloves of garlic
1 egg
some breadcrumbs

Cut off tops of peppers and remove seeds. Fry finely chopped onion in butter, add minced meat with salt and spices, crushed garlic and braise, add egg and some bread – crumbs. Remove from heat and when cold, divide into 8 equal parts and stuff the peppers.

Sauce

50 g butter
30 g onion
40 g flour
4 tablespoons tomato purée
salt
½ bay leaf
4 peppercorns
2 allspice
½ lemon
some sugar

Prepare light roux from butter, flour and onion and dilute gradually with water and tomato purée to a thick sauce. Add spices, simmer, strain, add salt, some lemon juice and, if desired, some sugar. Place stuffed peppers in the sauce, cover and simmer for approx. 30 minutes. Part of the meat can be replaced by rice or braised mushrooms.



TENDERLOIN WITH AROMATIC CREAM SAUCE ("CANDLE ROATS")

500g tenderloin beef (shoulder)
30g bacon
salt
80g margarine or butter
50g onion
150g root vegetables
3 peppercorns
2 corns of allspice
2 grains juniper
1 bay leaf
40g flour
¼ l stock
¼ l thick cream
1 cube of sugar
lemon juice or vinegar to taste



Bash the meat, lard it with bacon strips and rub in salt. Fry chopped onion and vegetables in margarine or butter, fry the meat on both sides. Add spices and stock and simmer or pot roast till tender. Remove meat, dust the gravy with flour, fry till brown and then dilute it carefully with stock. Put sauce through a sieve, add cream, sugar and lemon or vinegar to taste. Serve with dumplings or potato balls.

The dish is more piquant when the meat is spread with mustard. Finally, a little Madeira wine can be also added to sauce.

DUMPLINGS

250g flour
250g farina
½ teaspoon salt
1-2 eggs yolks
¼ l milk
5 bread rolls

Sift the flour with farina into a mixing bowl, add salt, and gradually mix in the milk and yolks. Mix well with wooden spoon; finally add the diced rolls. (Berger results are achieved by using 1-day-old rolls.)

Shape the dough into three oblong dumplings. Place the dumplings into boiling salted water and cover with a lid to keep the water on the boil. Use a wooden spoon to ease the dumplings from the pan. Boil for 20-30 minutes. Test one dumpling by cutting it in half. When cooked, remove the dumplings and cut them in ½ inch slices with a steamer to prevent drying.

YEAST DUMPLINGS WITH BLUEBERRIES

5g yeast
1 teaspoon sugar
¼ l milk
250g flour
250g farina
pinch of salt
1 egg
blueberries
100g hard cottage cheese
sugar to taste
80g butter

Mix yeast with a pinch of sugar, a little lukewarm milk, thicken it with a little flour and allow to rise. Sift into bowl flour with farina and salt, add the risen yeast, egg and gradually dilute with milk. Work into supple, not too thick dough and allow to rise. Tear off pieces of dough and flatten it; put a teaspoon of blueberries in the centre and roll into ball. Dumplings must be well closed to prevent blueberry juice from escaping. Cover the dumplings with a napkin and allow them to rise for approx. 15 minutes on a board dusted with flour. Then have boiling water in a large vessel, drop the dumplings in carefully and cook them covered. After 3-4 minutes remove the lid, turn dumplings with wooden spoon and boil for another 4 minutes. Remove one dumplings to test whether in is cooked. Then remove the remainder, prick them with a fork to allow steam to escape. Sprinkle with grated cottage cheese, sugar and melted butter. You many make the dumplings without a filing, cook them and when done, sprinkle them with blueberries or spread them with heated prune butter. Instead of blueberries you can use other fruit.



GERMAN CUISINE

Pancake soup

- one bunch greens
- 500 gram boiling meat (beef)
- 500 gram soup bones (beef)
- one teaspoon salt
- one bunch parsley
- 100 gram flour
- two eggs
- 250 ml milk
- 60 gram butter

Chop greens to small pieces. Put it into cold water together with the meat, the bones and the salt. Let it simmer for 90 minutes at medium heat, until the meat is cooked. afterwards pour the stock through the sieve. Mix flour with eggs, milk and salt into a dough. Let dough sit for about 15 minutes of swelling. Melt butter and then brown eight thin pancakes in it. Chop parsley and cut the pancakes into thin stripes. Mix chopped parsley and cut pancakes in a dish and douse with the hot soup.



Beer Soup (Biersuppe)

- 1 1/2 tbsp. (heaped) flour
- 3 1/2 tbsp. Butter
- 1 liter Beer
- 1 small piece of cinnamon
- sugar to taste
- 2 egg yolks
- 1/2 c. plus 1/2 tbsp. Milk
- toasted white bread

Open the beer and let it go flat (at least two hours). Brown the flour in the butter; then add beer: Add cinnamon and sugar and bring to a boil. Whisk together the egg yolk and milk and stir into the hot (but no longer boiling) beer. Strain, and serve with toasted slices of bread.



German Flour Dumplings with Vanilla Sauce (Dampfnudeln)

While most Americans expect to eat savory foods at lunch and dinner, Germans will often bypass the savory and fill you up with noodles or dumplings that are sweetened with fruit compote and vanilla sauce. It's a good solution, really. We all like sweet things, but eating another dumpling for dessert after the main meal is just too much. Making it the main attraction cuts to the chase. These dumplings caramelize on the bottom, which gives them a nice, chewy bite with soft insides.



- 1 1/2 tsp. active dry yeast (1/2 envelope)
- 4 T. sugar, divided
- 1/4 c. lukewarm water (110°F)
- 3/4 c. lukewarm milk (110°F)
- 4 T. melted butter, divided
- 1/4 tsp. salt
- 2 1/4 - 2 1/2 c. sifted all purpose flour, or more if necessary
- 1/2 c. cold milk

Dissolve yeast and 1 tablespoon sugar in the warm water. Let stand 5 minutes, or until bubbly. In a bowl, stir the milk, melted butter, 1 tablespoon sugar, and 1/4 teaspoon salt until dissolved. Add the bubbling yeast mixture and then the flour, beating until a smooth dough forms. Add flour as necessary, until the dough can be formed into a soft ball. Turn dough out onto a lightly floured board and knead for 5 minutes. Place it back in the bowl, which has been lightly greased or sprayed. Let rise in a warm place until doubled, about 45 minutes. Punch dough down, divide into 12 pieces, shape the pieces into balls. Place the balls 2 inches apart on a lightly oiled baking sheet, cover with a clean towel and let rise in a warm spot until doubled, about 45 minutes. Melt 2 tablespoons butter in a 10 inch skillet or saucepan with a tight lid. Stir in 2 tablespoons of sugar and the milk and bring to a boil. Reduce heat to low, arrange the dumplings in the saucepan and cover. Simmer for 25 minutes without peeking and then check. Keep simmering until the dumplings have absorbed all the liquid. Remove from heat but keep warm until serving. Serve warm, bottom side up, with Vanilla Sauce and tart fruit compote. If you have leftovers, place them on a plate, bottom side up and cover with a clean towel, not plastic. Eat cold or reheat in oven. Eat within 1 day for best quality.

Apfelküchle



- 125g flour
- 1 Egg
- 2 eggs white (Eiweiß)
- A bit salt
- 3 tablespoonful of sugar
- 1/2 cup of milk
- 5 big apples
- 1 tablespoonful of Rum

First you have to peel the apples and cut them into horizontal slices. Remove apple seeds. Sprinkle them with sugar and a few drops of rum. Cover apples and let them sit for about 1 hour. Mix flour, 1 egg, salt, sugar, milk to make a thick pancake dough. Mix the stiff egg snow under it. Use a fork to dip the apple discs into the dough. Bake them gold brown in hot fat. Finally, remove the superfluous oil by putting the Apfelküchen on bread and sugar them.

Black Forest Cake



(“Schwarzwälder Kirschtorte”)

Pastry

- 1 3/3 cups all-purpose flour
- 1 1/2 cups white sugar
- 2/3 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 1/2 cups (butter-) milk
- 1/2 cup shortening
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup Schwarzwälder

Kirschwasser (=cherry liquor)

Filling

- 1 cup sugar powder
- 1 pinch salt
- 1 can (0.5 liter) pitted cherries, drained
- 1 cup heavy whipping cream
- 1/2 teaspoon vanilla
- 1 tablespoon

kirschwasser (=cherry liquor)

Topping

- 1 square semisweet chocolate, or remaining crumbs

Preheat oven to 350 degrees F (175 degrees C). Line the bottoms of two 8 inch round pans with parchment paper circles (or just grease the pans). Sift together flour, cocoa, baking soda and 1 teaspoon salt. Set aside. Cream shortening and sugar until light and fluffy. Add eggs and beat well. Add vanilla. Add flour mixture, alternating with milk, beat until combined. Pour into 2 round 8 inch pans. Bake for 35 to 40 minutes, or until a toothpick inserted into the cake comes out clean. Cool completely. Remove paper (if any) from under the cakes. Cut each layer in half, horizontally, making 4 layers total (as you can see from the picture). Sprinkle layers with 1/2 cup Kirschwasser (=cherry liquor). In a separate bowl, whip the cream to stiff peaks. Beat in 1/2 teaspoon vanilla and 1 tablespoon Kirschwasser (=cherry liquor). Add sugar powder, and a pinch of salt. Beat again. Spread first layer of cake with 1/3 of the filling (use 1/2 of the filling if you have only 2 layers instead of 4). Top with 1/3 (2/3) of the cherries. Repeat with the remaining layer(s). Frost top and sides of cake. Sprinkle with chocolate curls made by using a potato peeler on semisweet baking chocolate. Or you can use the remaining crumbs to sprinkle the sides of your Black Forest Cake.

POLISH CUISINE

WHITE BORSCH (FASTING)



6-8 dag – dried mushrooms
 $\frac{3}{4}$ l – water
 $\frac{3}{4}$ l - leavening of white borsch
 $\frac{1}{4}$ l – sour cream
salt, pepper

Rinse the mushrooms with cold water, then soak them in warm water. Next day boil them in the same water. To the stock pour leavening of white borsch, boil for a while, add sour cream, season with pepper and salt.

Served with potatoes season with some onion fried in butter.



BIGOS (stewed dish made of sauerkraut and/or fresh cabbage, meat, mushrooms)



1kg – fresh white cabbage
1kg – sauerkraut
0.5 – 1kg – red meat (beef or pork or venison)
0.5 kg – sausage
0.5 kg- smoked bacon
some mushrooms (fresh or dried)
some grains of black pepper
some bay leaves
some salt
0.25kg - onion
some prunes

Chop cabbage and sauerkraut, stew it till it gets soft (for 2-3 hours) together with salt, pepper, bay leaves. Chop the sausage, meat, bacon and stew it all in a separate pot. Drain the cabbage, mix it with all the meat. Add some prunes and mushrooms. Keep stewing over low heat, the longer the better. While stewing you can baste BIGOS with dry red wine.

Bigos is tastier on the second day after preparing.



VEGETABLE SALAD



0.5kg – carrot
2 parnips
a small head of celeriac
0.5 kg – potato
2 pickled cucumbers
1 can of green peas
3 eggs
an apple
an onion
half of a glass of mayonnaise
salt, pepper, parsley

Wash the vegetables and boil them in their jackets, cool and peel them. Hard – boil the eggs, cool and shell them. Peel the apple removing the inside part. Dive the vegetables, pickled cucumbers, eggs and apple. Drain the peas in a sieve. Season with salt and pepper, mix with mayonnaise. Chop parsley and sprinkle the salad with it. Decorate the salad with mayonnaise, peas, pickled cucumbers and carrot.



SILESIA POTATO DUMPLINGS



1kg cooked potatoes
25dag potato flour
2-3 eggs
Salt

Put the boiled potatoes through the dicer, cool, add flour, eggs and salt. Then knead the dough fast. Form small pellets with holes in the centre. Put into salt boiling water, reduce the heat while afloat and keep cooking for next 2-3 minutes. Served with roast or fried meat and dense sauce.



TEACAKE



1kg flour
10 dag yeast
4 eggs
2 glasses of milk
12.5 dag butter
1 glass of sugar

Crumble the yeast together with a spoon of sugar; whip the eggs with 1 glass of sugar, melt the butter in the warm milk; all ingredients mix with the flour using a wooden spoon. Cover the pastry with a cloth, wait till it rises, mix again and wait for its rising one more time. Put on the baking tin, sprinkle with some crumbling topping and bake about 50 minutes at a temperature of 180 degree Celsius



SLOVAKISH CUISINE

Bean soup

150 grams beans
40 grams bacon
20 grams flour
sour cream
vinegar or lemon
salt
1,5 litres water
0,1 liter milk
An onion

A day before cooking put beans in cold water. The next day place beans in a soup pot and cook them in salt water. You can add smoked sausages or smoked meat if you like. Make bacon roux (zafrig): Cut bacon and onion into very little pieces and fry them in a pan. Add flour and fry it till the roux gets brown. Add milk to roux and when the beans are cooked pour this mixture into soup. To finish soup add salt, sour cream and vinegar or lemon juice. We eat it with bread.



Potato pancakes

3 big potatoes
10 grams bacon
An egg
Salt
Marjoram
Black pepper
Caraway seeds
A small onion
1 - 2 cloves of garlic
1 tbl of flour
Fat or oil for frying

Peel potatoes and shred them with garlic in a bowl. Add flour, an egg, minced onion and season with a drop of marjoram, pepper, salt and caraway seeds. Cut bacon and roast it on a pan and add it to the mixture. Mix all ingredients together. If it is needed, add flour to make the mixture tough enough. Put oil in a pan and fry the small pancakes. We eat them with sour cabbage or sour cream.



Potato salad with vegetables and mayonnaise

400 grams potatoes
A carrot
A can of peas
A can of corn
2 sour cucumbers
2 eggs
Mayonnaise
Salt
Lemon
Black pepper

Cook coated potatoes, a carrot and eggs in salt water. When the potatoes are cooked, let all these ingredients cool down and then peel them. Cut potatoes, a carrot, eggs and sour cucumbers into very little pieces (as big as a pea) and put them into a bowl. Add peas, salt, black pepper and sprinkle with lemon. Add mayonnaise and mix it. Potato salad is very traditional meal and we eat it with fried schnitzel. We usually eat it for Christmas and Easter.



Fried schnitzel

500 g pork thigh
2 eggs
1 dl milk
Flour
Dried breadcrumbs
Black pepper
Salt

Slice meat into four pieces and beat them to flatten. Season with salt and pepper. Prepare three plates. Put flour in the first plate, in the second mix milk with eggs and in the third put breadcrumbs. Dip each piece of meat in flour than in the mixture of eggs and milk and finally in breadcrumbs. Heat the oil in a pan and when it is hot enough fry schnitzels from both sides.



“Šúlance” with poppy

500 g potatoes

100g flour

One egg

A drop of salt

150 g poppy

80 g sugar powder

80 g Butter

Cook the potatoes with hull /peel/ in salt water, than peel potatoes and grind the potatoes add an egg, a drop of salt and 100 g flour. On a moulding board we make dough. If it is needed we add milk or water to make the dough dense enough. We roll the dough. The dough has to be very thin – in a form of roll. We cut little pieces of rolls. Put water with a drop of salt in a pot. Water has to come to boil. We cook the little rolls in water. After 10 Minutes are the rolls cooked and put them into a bowl. Grind poppy. Put poppy with sugar and melted butter in the bowl. Mix all this ingredients with rolls.



Strudel

One package of “flaky dough” (Listkove cesto)
200 grams poppy seeds or nuts
500 grams apples
40grams vanilla sugar and 40grams cinnamon sugar
7 soup spoons of granulated sugar

Roll the dough flat on a lightly floured surface. Peel the apples and cut them into very little pieces. Grind the poppy seeds. Spread the apples, poppy /or nuts/filling and all sugar /vanilla, cinnamon and granulated sugar/. Sprinkle surface of strudel dough with melted butter. Roll it up into a strudel and brush its top with remaining melted butter. Bake the strudel for 30 minutes at 180°C.



Bryndzove halusky (dumplings with sheep cheese)

8 big potatoes

0,5 kg flour

1 egg

250 g bryndza (Slovak cheese from sheep) – it could be replaced by 1 package of Feta Cheese and 3/4 of a pack of cream cheese

A bit salt

100g bacon

Peel potatoes and shred them in a bowl. Add flour, salt and make thick dough. In a pot heat salted water. When the water starts boiling, drop by tiny spoon small pieces of the dough into it. Dumplings are done when they come to the top. Pick them up with a strainer. Cut up bacon into small pieces and fry them. Finally mix dumplings, fried bacon and bryndza together. Serve the Bryndzove halusky with sour milk.



TURKISH CUISINE

Vine Leave Wraps with Olive Oil (Zeytinyağlı Yaprak Sarması)

- Pine nuts 2 tablespoon
- Black pepper $\frac{3}{4}$ teaspoon
- Cinnamon $\frac{3}{4}$ teaspoon
- Olive oil $\frac{3}{4}$ cup
- Fresh mint 10-15 leaves
- Onion 6 big
- Dill 1 small size bunch
- Salt 3 teaspoons
- Parsley 1 small size bunch
- Water 2 $\frac{2}{3}$ cups
- Currants 2 tablespoons
- Vine leaves - 150 grams
- Rice 1 $\frac{1}{3}$ cup
- All spice $\frac{1}{2}$ teaspoon
- Sugar 2 teaspoons
- Lemon juice 2 tablespoons, Lemon 1 medium size

Servings:6

Wash the vine leaves and remove the coarse stems. Put the water and a teaspoon of salt in a pot. Bring to boil and add half of the leaves. Simmer them for 4-5 minutes, turning over once. Simmer the other half in similar fashion. Measure the cooking liquid and complete it to 2 $\frac{3}{4}$ cups and set aside.

Peel the onions, wash and chop finely, place in pot together with oil and nuts, cover and sauté for 20 minutes over low heat, stirring occasionally. Stir a few time with the lid removed so that the nuts are browned. Wash and drain the rice and add to the pot and stir a couple of times. Add the remaining salt, sugar and the 1 $\frac{3}{4}$ cups of the hot cooking liquid, stir and sprinkle with currants. Simmer it on first medium and then low heat for 10-15 minutes, until all the liquid is reduced. Wash the parsley and the dill and remove the stems and chop finely. Add them to the cooked rice together with mint, spices and the lemon juice and leave covered for 10 minutes. Place the vine leaves so that the side with veins face inside when wrapped. Place the prepared filling to one side, fold the side edges over he filling and then wrap it. Cover the bottom of a shallow saucepan with vine leaves and the removed parsley and dill stems and place the wrapped vine leaves over them.

Place a heat-proof flat plate over the leave wraps (dolmas). Heat the remaining boiling liquid and add to the pan slowly, pouring from the edge of the dolmas. Cover and simmer over low heat for 50 minutes. Transfer to a serving dish when cool, and garnish with lemon slices.



Artichokes with Broad Beans (Zeytinyağlı İç Baklalı Enginar)

- 10 artichokes
- Broad beans
- 8 cups water
- To rub the artichokes: 1 lemon, salt
- 3 medium onions
- To soak the artichokes: 8 cups water, Juice of 1 lemon, 2 tablespoons flour
- 1/4 cup lemon juice
- 3/4 cup olive oil
- 2 teaspoons salt
- 6 teaspoons sugar
- 7 teaspoons flour

Pull off the outer leaves of the artichokes. Cut off the stalks and pare. With a small sharp knife slice away the purple choke horizontally. Pare away the leaves and hard sections until the white heart is left. Remove any fine hairs left from the choke with a spoon. Rub the artichoke hearts with lemon juice mixed with a little salt so that they do not discolour.

Toss the prepared artichokes into the water mixed with lemon juice and flour. Put 8 cups of water into a large saucepan, add the artichokes, pared stalks, peeled whole onions and other ingredients (mix the flour with a little water first to prevent it going lumpy).

Cover with a round sheet of greaseproof paper (pushing it down inside the saucepan), and weight down with a plate. Cover and bring to the boil over a high heat, then cook over a gentle heat for about 45 minutes. Remove from the heat and set aside to cool without removing the saucepan lid. When cool place the artichokes on a serving dish and fill the centres with the broad beans cooked. Pour the juice in which the artichokes cooked over, and decorate with springs of dill.

NOTE Instead of broad beans you may cook button onions and diced carrots and potatoes with the artichokes, and when cooked fill each artichoke with these to serve.

Eggplant Puree With Yogurt And Ground Meat (Alinazik Kebap)

- Black pepper 1/2 teaspoon
- Salt 2 teaspoons
- Oil 2 tablespoons
- Margarine 2 tablespoons
- Green peppers 2
- Ground meat 1 4/5 cups
- Red pepper 1/2 teaspoon
- Eggplants 6 medium size
- Garlic 3 cloves
- Yogurt 4 1/2 cups

Servings:6

Place the ground meat and margarine in a saucepan and simmer on low heat with lid closed for 20-25 minutes until all the juice is reduced. Add 1 teaspoon salt and the other spices, stir. Wash and dry the eggplants, barbecue on the burner, turning frequently. Peel off the skin, cut off the stems and chop finely. Sautè the chopped eggplants in 2 tablespoons of oil for 2-3 minutes. Peel the garlic, wash and mince. Add the garlic, yogurt and the remaining salt to the eggplants and mix them thoroughly. Remove it to a serving plate and spread evenly. Pour the hot minced meat over the eggplants. Wash the green peppers, remove the stems and chop them 2-3 millimeters thick and sprinkle over the dish.



Spicy ground veal and lamb patties from Adana (Adana Kebap)

- 3/4 lb ground lamb
- 2 pide bread
- 3/4 lb ground veal
- extra virgin olive oil, melted unsalted butter, or vegetable oil for brushing
- 2 tsp cayenne pepper, or more to taste
- 2 medium sized onions, sliced
- 2 tsp ground coriander seeds
- 1 tbsp sumac
- 2 tsp ground cumin seeds
- finely chopped fresh parsley leaves for garnish
- 2 tsp ground black pepper
- salt to taste
- 2 tbsp unsalted butter, cut into tiny pieces

1. In a large bowl, knead the lamb, veal, cayenne, coriander, cumin, pepper, salt, and butter together well, keeping your hands wet so the meat doesn't stick to them. Cover and let the mixture rest in the fridge for 1 hour.

2. Prepare the charcoal fire or preheat the gas grill on medium-low for 15 minutes. Form the meat into patties about 6 inches long and 2 inches wide. Grill until the kofte are springy to the touch, about 20 minutes, turning often.

3. Meanwhile, brush the pide bread with olive oil, melted butter, or vegetable oil, and grill or griddle for a few minutes until hot but not brittle.

4. Arrange the kofte on a serving platter or individual plates and serve with pide bread, sliced onions, a sprinkle of sumac, and chopped parsley as a garnish.



Braised Eggplant With Tomatoes (İmam Bayıldı)

- Eggplant; (about 1 lb. ea.)
- 4 tb Salt
- 2 ts Salt
- 6 md Onion; peeled, sliced 1/8
- 5 md Tomato; fresh, ripe, peeled,
- 1/2 c Olive oil
- 6 lg Garlic cloves; peeled
- 2 tb Parsley; finely chopped

With a sharp knife, cut off the stem and peel each eggplant lengthwise, leaving 4 evenly spaced 1 inch wide strips of peel intact. Slicing between the strips, cut each one in half. Cut side up, make three or four 4 inch long lengthwise slashes through the thickest part of each half, spacing the slashes about 1 inch apart. Sprinkle the eggplants with 1 tablespoon of the salt and arrange them in two or three layers in a large flat bowl or pan. Pour in enough cold water to cover them by 1 inch, weight with a heavy casserole, and let the eggplants rest at room temperature for at least 30 minutes. Meanwhile, drop the onion rings into a large colander set in a deep plate. Sprinkle the onions with 3 tablespoons of the salt, turning them about with a spoon to coat them evenly. Let stand at room temperature for at least 30 minutes, then rinse the onions under warm running water and squeeze them gently but completely dry. Place them in a bowl, add the tomatoes and the remaining 2 teaspoons of salt and toss together thoroughly. Pour 2 tablespoons of the oil into a heavy casserole large enough to hold the eggplants in one layer. Drain the eggplants, rinse them under cold water and pat dry with paper towels. Arrange the eggplants cut side up in the casserole. Force as much of the onion-tomato mixture as possible into the slashes and spread the rest on top. Place a garlic clove on each eggplant half, and sprinkle them with the remaining 6 tablespoons of oil. Pour in the cup of water and bring to a boil over high heat. Reduce the heat to low and simmer covered for 1 hour and 15 minutes, or until the eggplants are tender. Cool in the casserole to room temperature. To serve, arrange the eggplants n a large platter or individual serving plates, spoon the cooking juices around them and sprinkle with parsley.

