

Öğrencilerimiz mevsimine uygun olarak ülkemizin yemeklerini tanıttılar. Web 2 araçlarını kullanarak oluşturdukları reçetelerini bir e kitapta topladılar. Ortak okulların yemek tariflerini okuyarak diğer ülkelerin mutfakları hakkında bilgi sahibi oldular.

#### Recipe of Kısır

Kısır is a traditional Turkish side dish made from fine bulgur, parsley, and tomato paste. The main ingredient, bulgur, is a cereal food generally made from parboiled durum wheat. For kısır, a finely ground bulgur, unlike the coarse bulgur used for pilafs, or sometimes couscous is used. Common additional ingredients include parsley, tomato paste, onion, garlic (in some regions), sour pomegranate juice (in southern regions of Turkey) or lemon, lettuce leaves, cucumber, and a lot of spices. It has a reddish color due to tomato paste admixture. It can be eaten cold and used as a salad or [meze](#).



#### Ingredients:

1 cup bulgur wheat, large grain  
60 ml olive oil  
1 onion, diced  
1-2 tbsp tomato paste  
1 lemon juice  
1/2 tsp salt  
1 tbsp cumin

First put the bulgur in a large bowl and pour two cups of hot water on it (it should stay like this for 5 minutes). Meanwhile in a medium sized pot, place the onion and olive oil. Cook until the onions turn light brown. Add the salt, tomato paste, lemon juice and cumin. Then wash and drain the bulgur, and mix it into the pot with a wooden spoon. Cook for about 10 minutes on medium-low heat. Afterwards, cover the lid and set aside for it to cool down.

This recipe goes well with *Ayran*. Keep refrigerated as Kısır is best served cold. Enjoy your meal

#### Broad Beans with Olive Oil

Broad beans are very high in protein and energy as in other beans and lentils.



Broad Beans braised in olive oil.

#### INGREDIENTS

- 1 teaspoon salt
- 4 tablespoons plain yogurt
- 500 grams broad beans
- 1 lemon's juice
- 1 onion finely chopped
- 2 garlic cloves chopped
- 40 grams olive oil
- 1 tablespoon flour
- 1 teaspoon sugar

#### Instructions

1. Prepare a bowl of water and add 1 lemon juice.
2. Wash the broad beans. Trim both ends with a knife. Cut into half or into three and put them immediately into the lemon water so that the cut broad beans do not get dark.
3. Chop the onion.
4. Take a pot or a pressure cooker and add the olive oil. Heat slightly.
5. Add the chopped onions. *Sauté* until translucent. Also add the sugar and salt at this stage. These will help onions cook faster.
6. Then add the garlic cloves, *sauté* for an additional 2-3 minutes.
7. Add the broad beans. Cook until they slightly change color.
8. In another small bowl add 100 *milliliters* of water 1 teaspoon flour and 1 teaspoon lemon's juice. Mix until well blended.
9. Add this mixture to the main pot. If you are using a pressure cooker water should be just enough to cover the bottom of the cooker. If you are using a normal pot double the amount of water.
10. Cook for about 30 minutes with a pot or 5 minutes with a pressure cooker. Taste, if ready, remove from heat.
11. Let cool with lid on.
12. Garnish with chopped dill
13. Add this mixture to the main pot. If you are using a pressure cooker water should be just enough to cover the bottom of the cooker. If you are using a normal pot double the amount of water.
14. Cook for about 30 minutes with a pot or 5 minutes with a pressure cooker. Taste, if ready, remove from heat.
15. Let cool with lid on.
16. Garnish with chopped dill.
17. Serve with yogurt, either plain or with minced garlic cloves. Serve chilled or at room temperature. Enjoy as a side dish.



#### Cabbage Rolls Recipe

Peel off and discard the first 3-4 layers of cabbage, then separate all the remaining leaves.

Boil in water until fully softened.

Sauté the finely chopped onion in (butter / olive oil mixture).

Add the tomato paste and paprika and stir for 5 mins. Add the rice and stir for 1-3 mins.

Add 2 cups of water, mix, red pepper flakes and salt to taste.

Cook on low heat (lid on) until all the water is absorbed.

Drain the cabbage leaves and blanch in cold water.

Discard any parts with thick hard veins.

Put some of the filling inside each leaf and roll.

Lay one cabbage leaf inside the pot you are going to cook the cabbage rolls in.

Place all the stuffed cabbage leaves on top.

In a saucepan, heat 3 tablespoons of olive oil, add the tomato paste and stir for 2 mins.

Pour this over the cabbage rolls in the pot.

Put another cabbage leaf on top.

Put enough water to submerge the cabbage rolls and cook on low heat until most of the water is absorbed.

- 1 head cabbage.
- 2 cups rice
- 1 onion.
- 1 tablespoon butter.
- 2 tablespoons olive oil.
- 2 tablespoons tomato paste.
- 2 tablespoons paprika.
- 2 teaspoons dried mint.
- 2 teaspoons red pepper flakes.
- Salt.
- Walnut.
- 3 tablespoons olive oil and 1 tablespoon tomato paste for the top.