

A COMPREHENSIVE REFERENCE BOOK ABOUT
TURKISH AGRICULTURAL INDUSTRIES, TURKISH CUISINE & CULTURE,
TRADITIONAL & CONTEMPORARY RECIPES WITH TURKISH INGREDIENTS

TURKISH TASTES



Türkiye





Turkish food is a widely used term usually associated with delicious ingredients, street food experiences, and positive feelings. Asked about Turkish food both consumers and professionals may think of a Mediterranean diet, a Middle Eastern cuisine, a variety of kebabs, and Turkish coffee. However, while Turkish cuisine results from the country's thousands-year-old history and is a mixture of many civilizations, it has its unique tastes and particular cooking techniques.

So, the purpose of this book is to address this ambiguity. We aim to bring clarity and give a broader perspective to both consumers and professionals who want to enjoy Turkish cuisine for its richness, and authenticity, and nutritious ingredients.

In doing so, we hope consumers will be assisted in making better food and nutritional choices while professionals will deepen their knowledge and compare similar cuisines and ingredients more accurately.

We wish everyone healthy and happy gatherings with family and friends around Turkish Tastes.

Türkiye

 **Turkish
Tastes**



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TURKISH TASTES

A Comprehensive Reference Book to Turkish Agricultural Industries, Turkish Cuisine & Culture, and Traditional & Contemporary Recipes using Turkish Ingredients

Acknowledgments

Many people contributed in many different ways to the completion of this book, and we are most grateful for their efforts. First, the Turkish Tastes project management team would like to acknowledge Jak Eskinazi (Coordinator Chairman of Aegean Exporters' Associations), Stowe Shoemaker (Dean, UNLV College of Hospitality), Katherine Jacobi (Nevada Restaurant Association), all 6 presidents of Aegean Exporters Associations in agricultural industries, Birol Celep, Bedri Girit, Davut Er, Hayrettin Uçak, Mustafa Terci, and Cahit Doğan Yağcı for their guidance and assistance given during the project.

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During the cooking phase of our work, a distinguished group of professionals made presentations and contributed to this work: Mark Sandoval (Executive Chef at UNLV College of Hospitality), Michelle Vietmeier (MSC SBC, Head of Training Programs at Nevada Restaurant Association), Dr. Murray Mackenzie, McKenzie Mayor (RD, RN), Serap Unal (Deputy Secretary General of Aegean Exporters' Associations), Ayhan Karabulut (Project Coordinator and Industry Expert at Aegean Exporters' Associations), Asst. Prof. Betül Öztürk (School of Applied Management Sciences Gastronomy and Culinary Arts), Sonia Miller (Extreme Live Productions), Kübra Çelenk (Vegas Food Project Editor-in-Chief), and Sarper Çelenk (Managing Director of Vegas Food Project). We are grateful for their valuable contributions.

In order to demonstrate the best examples of Turkish Hospitality and Gastronomy, the following contributors opened their doors to our project team: Aylin Yazıcıoğlu, Cevdet Murat of Ağam Baklava, Duygu & Taha Elakdar of Hiç Urla, Osman Serdaroğlu of Teruar, Can Ortabaş of Urla Bağ Yolu, Ozan Kumbasar of Vinolocale, İbrahim Önen of Zaitun Seafood.

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Türkiye



Turkish
Tastes

Forewords



Jak Eskinazi

**Chairman
Aegean Exporters' Associations**



Anatolia, which has been home to countless civilizations for thousands of years, and enjoys a unique biodiversity with its climate, and fertile lands has become the homeland of many food products.

These riches of ours make it easier for us to adapt to concepts such as healthy nutrition, organic product preference, and creating a sustainable economic ecosystem. As a country that exports food products to every region of the world, we believe that it is one of our most important responsibilities to share comprehensive and up-to-date information about our sectors, from the end consumer to the chefs, regardless of their size, to the professionals involved in the food product trade.

Thanks to being surrounded by the sea on three sides, we are one of the world's largest producers of Turkish Sea Bass and Turkish Sea Bream, as well as being listed in world tables with Turkish Salmon and Turkish Bluefin Tuna. Thanks to its many varieties of thousand olive trees, dating back thousands of years, and being the location of the earliest known olive oil extracting facility in history, we have quality and aromatic olives and olive oils. Again, we are the largest producer and exporter of dried fruits including sultana grapes, figs, and apricots. Known as the granary of civilizations throughout history, Anatolia is the richest region in Europe in terms of biodiversity and has hundreds of varieties of fresh and processed fruit and vegetable products, herbs and spices. With all these values and one of the most important actors of the Mediterranean diet, Türkiye offers great potential such as healthy nutrition for individuals, preparing the most delicious menus for chefs, and providing commercial benefits to professionals.

This book, prepared with the Harrah College of Hospitality at the University of Las Vegas and Nevada Restaurant Association is for the benefit of end consumers, chefs and other professionals. In it we have included up-to-date and useful information about our sectors, the products we export, and Izmir's gastronomy center, Urla, with its famous chefs and street delicacies. Considering the importance of cooking at home, which has increased in importance with the pandemic, we also included traditional Turkish Cuisine recipes and recipes that US consumers know and love.

For their valuable contributions and collaborations, I would like to thank the Dean of Harrah College of Hospitality at the University of Las Vegas, Dr. Stowe Shoemaker and all UNLV, the president of Nevada Restaurant Association, Katherine Jacobi, Chef Michelle Vietmeier, and Chef Mark Sandoval, and many more whose names I am unable to include.

Afiyet Olsun!

In Partnership with



Stowe Shoemaker, Ph.D.
Dean
Harrah College of Hospitality
University of Nevada, Las Vegas

The responsibility of all hospitality education institutions is to instill in its students a strong sense of curiosity, the need to understand the history and culture of an area, and the understanding that one must search far and wide for products and services that will enhance their guests' experiences. Students must also understand that the health and safety of their guests is of the utmost importance – not only in the accommodations they provide, but also in the foods they prepare and serve.

It is for all the above reasons that the Harrah College of Hospitality at the University of Nevada, Las Vegas is delighted to partner with the Aegean Exporters' Associations on this important cookbook. In reading and using this book, we hope the reader comes away with a sense of curiosity and an appreciation of Anatolia, a region that is known for its history, culture, and incredible food products. All the ingredients listed come from the Anatolia region in Türkiye and are available worldwide. The recipes represent the components of the Mediterranean diet, and illustrate that food can be both healthy and delicious.

I hope you enjoy this cookbook as much as we enjoyed putting it together with the Aegean Exporters' Association. I know our students will use it throughout their careers.



Katherine Jacobi
President & CEO
Nevada Restaurant Association

For decades, chefs and restaurant enthusiasts alike have flocked to Las Vegas hoping to take part in the culinary scene. This city is recognized by many to be the premier culinary destination in the world, but these accolades did not come by chance. The success of our chefs and restaurants is earned after years of mastering technique, developing an eye for innovative creations, and using the finest quality ingredients from across the globe.

We are excited to partner with the Aegean Exporters and UNLV to access the highest-quality ingredients and latest in education. Partnerships like this will provide an opportunity to showcase the use of authentic regional ingredients to our restaurant partners, chefs, and students. Proper education on the creative utilization of these high-quality ingredients in our Foundation and Prostart curriculum will benefit our industry and will result in more diverse and innovative dishes. Our association shares a commitment, along with UNLV and other community education establishments to prepare the next generation of culinary professionals and enthusiasts.





Murray Mackenzie, Ph.D.

Associate Professor in Residence, UNLV

As a former Chef, Dr. Murray Mackenzie's industry and educational expertise has taken him to several continents including Australasia, Africa, Europe, Asia and North America. His knowledge of culture and cuisine commenced as an apprentice chef, rising to an Executive Chef, before completing his Ph.D. academic qualification. Murray has lectured at world acclaimed tertiary institutes in New Zealand, Asia and the United States. Now employed at the University of Nevada, Harrah College of Hospitality, Las Vegas. Murray has continued expanding his knowledge of cultures and cuisines, such as the rich heritage and history found within Türkiye. Through structured classes, cookery demonstrations and guest chefs' students at UNLV have been able to experience the positive attributes of the Mediterranean diet.

Over the past 15 years, Murray has expanded his knowledge and skills into front of house service and wine and spirit education, also completing Wine and Spirit Education Trust and Society of Wine Educators exams. His research interests now include; Wine and Spirit Education, Food and Beverage, Food Photography and Corporate Social Responsibility in communities.



McKenzie Mayor, RDN, LD

Registered Dietitian and Chef

McKenzie Mayor is a Registered Dietitian and Chef from Las Vegas, Nevada. She fulfills these rewarding careers by working in community, foodservice, and clinical settings. She is best known for her passion for food, which has elevated through her traveling experiences around the world.

She enjoys teaching and educating others on the role food plays in the body and how it supports health. She graduated from UNLV in 2019 with a Bachelor's Degree in Nutrition Sciences and proceeded to work in the community, with a focus on food insecurity. Her primary role as a Dietitian is serving as the Coordinator of the UNLV Food Pantry. As a Chef, she caters backstage for Live Nation Events, and recently became the Sous Chef for Diversion Amusements. Among her many pursuits, she will soon begin leading healthy cooking classes through the launch of her new business, Mobile Nutrition Kitchen.



Mark Sandoval
Executive Chef, UNLV

Mark Sandoval was drawn to cooking at an early age – an interest he credits to his father. He and his father, a restaurant cook, would prepare dinners for his family three to four times a week. Mark loved the reaction his culinary creations received and spent his adolescent years cooking for friends and family as often as he could.

A native of Colorado Springs, Sandoval attended the University of Colorado and graduated with a degree in Studio Fine Art with an emphasis on photography and sculpture, a focus Sandoval says is important in cooking. “Food is visually appealing,” said Chef Sandoval. “It involves all of your senses. The ingredients are your canvas and the varying flavors and colors allow you to paint your picture.”

Upon graduation in 1995, he moved to San Francisco to pursue his love for all things culinary, where he enrolled in the California Culinary Academy. His first restaurant position came at Moose’s, a North Beach favorite where Sandoval learned to prepare seasonal American cuisine with local, small-farm ingredients, a passion that would develop Sandoval’s cooking style. It was here Sandoval would meet one of his influential mentors, Brian Whitmer, who was executive chef at the restaurant at the time. After two and a half years at Moose’s, Sandoval left to help open Jianna Restaurant.

Sandoval’s next step reunited him with his mentor, Brian Whitmer. He moved up north to work under Whitmer as sous chef and banquet chef at the award-winning restaurant, Carneros located at The Lodge at Sonoma. Here, Sandoval raised his own herbs and vegetables for the daily changing menu and eventually became executive sous chef.

After three years, one of Carneros’ frequent guests, Steve Ledson, owner of Ledson wines, approached Sandoval with an opportunity to open a restaurant on the historic Sonoma plaza. Called the Harmony

Club, the restaurant provided Sandoval with his first executive chef position and the chance to continue cooking with farm fresh ingredients to develop his menus. He would go weekly to the Farmer’s Market where he would find his inspiration for his food and wine paired menus.

In 2005, Sandoval received exciting news – his biggest inspiration, master chef Joel Robuchon, would be opening his first restaurant in the United States, at the MGM Grand in Las Vegas. Wanting to be a part of history and a chance to join the master chef’s team, Sandoval applied to work in Robuchon’s kitchen. He was flown to Las Vegas and given two hours to prepare four to five dishes in a kitchen he’s never seen or cooked in previously. His practice run was successful and he was hired as sous chef and saucier at Joel Robuchon at The Mansion.

After one year, he transferred into the MGM Grand Culinary Department where he was able to work one on one with the resorts’ high profile clientele as he cooked for private parties and VIP guests of Skyloft.

In June of 2007, he was approached by a former colleague at Joel Robuchon at The Mansion who was working for the Wolfgang Puck Fine Dining Group. Sandoval had always appreciated and followed Chef Puck’s culinary philosophy and focus on freshness and knew it would be a great fit for him. “Using only the freshest ingredients is my inspiration for creating delectable dishes,” said Chef Sandoval. “When you embrace that philosophy, you can’t go wrong.”

Sandoval joined the Wolfgang Puck Fine Dining Group in June 2007 as Executive Chef. Postrio was known for using only the freshest ingredients and producing everything in house; from pasta to sausage and pepperoni. After nearly 6 years at the helm Sandoval moved off of the strip the M Resort to oversee Anthony’s Gourmet Burgers & Brews and Marinelli’s. While working at the M Resort, Mark began teaching at UNLV as a part time instructor in the Hospitality College. His goals shifted at that point with a new direction towards education.

Sandoval said, “After 20 years in the food service industry, I really had achieved all of my culinary goals. Over the past few years, I’d been working with students at UNLVino, and I discovered that I loved teaching. When this opportunity at UNLV presented itself, it just seemed right. Of course, it helped that UNLV has the premier hospitality school in the world.” In March of 2016 Sandoval accepted the position of Executive Chef of UNLV. He is very excited to have his new home in the recently completed Hospitality Hall and enjoys creating opportunities for student to gain practical experience. He looks forward to many more great years at UNLV in the Hospitality College.

In 2019 Mark was chosen to sit on the board of directors for the Nevada Restaurant Association as well as the American Culinary Federation, “I’m very honored to sit on these boards with other industry colleagues and friends; another opportunity to give back to my community that has given me so much.”



Michelle Vietmeier, MSM, HBSC

**Nevada State ProStart Coordinator,
Nevada Restaurant Association**

Born and raised in California, Michelle Vietmeier, attended California State University, Chico where she earned a Bachelor of Arts in Liberal Studies with a minor in Business Administration. Her post college career involved positions in Retail Management, in addition to, Customer Service Rep and Account Executive in the Health and Workers' Comp industries.

Rich in culinary delights, her family traditions eventually led her pursue her passion for food and attend Le Cordon Bleu, where she graduated Summa Cum Laude and was awarded the Top Toque designation. She firmly believes that "Food brings people together and is something to be celebrated."

Michelle worked on the Las Vegas Strip at The Capital Grill, Mariposa and Neiman Marcus Café. She has held positions in both the front-of-the-house and back-of-the-house and in 2006, was recruited by a former culinary instructor to be the corporate sous chef and general manager for the Tahitian Noni Café, based in Utah. In that position, she helped to open satellite restaurants in Atlanta, GA and Munich, Germany.

Upon returning to Las Vegas, Michelle took a position as the Program Manager for ProStart with the Nevada Restaurant Association Educational Foundation. It was that position that ignited her passion for teaching and eventually opened opportunities to become adjunct faculty for both UNLV and The Art Institute of Las Vegas.

In 2007, The Art Institute of Las Vegas offered her a full-time faculty position. In this role she taught courses ranging from fundamental cooking techniques and theory to international cuisines. Earning her master's degree in Management in 2010, her course load expanded to include various management courses in both the Associate and Bachelor level programs. Eventually she was promoted the Dean of the Culinary School. After the unfortunate closing of the school, Michelle returned to the Nevada Restaurant Association where she currently holds the position as the Nevada State ProStart Coordinator.

Past accolades include, IFSEA certification as a Foodservice Executive, Bronze Medalist in the ACF Las Vegas Culinary Challenge, Finalist in the Champagne Pairing Competition (Dessert Category) sponsored by the Office of Champagne, USA, and regional participant in the San Pellegrino Almost Famous Chef Competition (recipe published in their book).

Michelle Vietmeier is a currently a Certified Hospitality Beverage Specialist, Certified ServSafe® Food Protection Manager Instructor, holds a certificate from Ace Bartending School, and is serving as the Secretary of the Board for Flavors for Life. She has been a culinary competition judge for Best Teen Chef, ProStart, FCCLA, Skills USA, Global Food Expo, Flavors for Life, and the International Pizza Expo. She has performed culinary demonstrations for Bite of Las Vegas, Clark County School District teacher professional development workshops, Henderson Leadership Council, Turkish Tastes, and on live TV for KSNV-TV.



Lucio Arancibia, CEC, AAC, MCFE

**Founder of Infoodsys,
Vice President, ACF Las Vegas Chapter**

Lucio has over 40 years of experience in the hospitality industry in all facets of food and beverage operations and has held senior positions with Mandalay Resort Group, Bally's Grand Resort, The Hermitage Hotel, the New York Hilton and Starwood (Sheraton) Hotel.

He is widely recognized as the culinary driving force who led a strong culinary team of 200 at the mega resort The Excalibur. He was also responsible for running several individual kitchens, turning out an average of 30,000 meals a day, creating menus, training new chefs and overseeing the food supply chain for the property. He was the bedrock of the food and beverage team; his grace and humility touch extended beyond the kitchens and restaurants. His work ethic, sense of responsibility and professionalism were matched by an inimitable wit, charm, and good humor.

Lucio's career focus and vast knowledge in key areas such as operation analysis, performance evaluations, training, staff development, business acumen, policies & procedures implementation, training programs including efficiencies on food safety rules, cost control, labor requirement, covering the culinary, beverage & front of the house departments.

Lucio has mastered responsibility within organizations - high-performing individuals, teams, and business cultures, influence, and responsibility to create impact. His commitment, work, and passion is the first

how-to approach for taking and teaching personal responsibility which he has shared with staff and how he chooses to experience accountability & responsibility with the understanding of moment-to-moment personal choice and not about title, tenure, or position.

These rich discoveries are changing how the staff engages, how leaders lead, how teams get built, and how trainers teach and inspire personal responsibility.

Lucio has inspired and created sustainable changes inside organizations. He's a dynamic individual that shares best practices for collaborating under competitive conditions.

His contributions have also been recognized, as he was named Las Vegas 1995 Executive Chef of the Year and invited to the White House as a guest chef.

Lucio Arancibia (CEC ACC, MCFE), has recently focused on entrepreneurship and innovation. He was the brainchild behind INFOODSYS App from creation, development to execution of a simple interface design App.

He is convinced that simplicity will improve the life of hard working Chefs of all walks of life. He is always inspired and guided by the same obsessive drive and belief that everything should be simple.



2 + pi



*Turkish Culture
& Cuisine*

Alacati, Izmir, Türkiye

Turkish Culture & Cuisine

Written by Murray Mackenzie, Ph.D.

Türkiye has an incredibly rich and diverse history and culture. The development of the Turkish culinary culture and cuisine, with its great variety of local traditions and associated customs can be linked to a wide variety of foods that originated from the lands of Asia and Anatolia some millennia ago. This long history can be traced through the kitchens of the Hittites, Seljuk, Greeks, Persians, Roman, Byzantine and Ottoman empires. With Istanbul as its capital and control of lands around the Mediterranean Basin, the Ottoman Empire was at the center of interactions between the Eastern and Western worlds for six centuries.

Türkiye strides Europe and Asia, separated by the Bosphorus seaway upon which Istanbul, the largest city is built, partly in Europe and partly in Asia as was once the capital of three great empires, the Roman, Byzantine and Ottoman. Türkiye is surrounded by seas on four sides (Black Sea to the north, the Mediterranean Sea to the south, Aegean Sea to the west, and the Sea of Marmara dividing the European and Asian land masses). With well-defined natural borders between its eight neighbors, Türkiye has been well positioned throughout the centuries as the gate way into Europe and containing abundant arable land and biological wealth much richer than any of its neighbors.

The European portion known as Thrace, 3% of the country, consists mainly of plateaus, the Asian part is known as Anatolia (or Asia Minor) consisting of a large central plateau. With altitudes ranging from sea level to mountain ranges over 5,000 metres (Mount Agri) Türkiye's diverse regions have different climates, with the weather system on the coasts contrasting with that prevailing in the interior. With a coast line covering more than 8000 klm (5000 miles) in length one would expect the harvest from the sea to be most important in regional cuisines.



In June 1941, the First Geography Congress, held in Ankara, divided Türkiye into seven regions. These geographical regions were separated by their climate, location, flora and fauna, human habitat, agricultural diversities, transportation, topography. The four coastal regions and three inner regions were named according to their proximity to the four seas surrounding Türkiye, and their positions in Anatolia.

- The Black Sea Region
- The Marmara Region
- The Aegean Region
- The Mediterranean Region
- The Central Anatolia Region
- The Eastern Anatolia Region
- The Southeastern Anatolia Region

These regions bring a diverse agricultural heritage and a multicultural inheritance. Türkiye produces 75% of the total

number of plant species found in Europe, and ranks 9th in terms of biodiversity richness with over 33% of its flora. Are you aware that cherries, apricots, almonds and figs all originated in Türkiye? Many important domestic species (e.g. wheat, chickpea, lentil, apple, pear, apricot, chestnut, and pistachio) owe their existence to wild relatives also originating in Türkiye and the cuisine varies across the country. The cuisine of Istanbul, Bursa, Izmir, and rest of the Asia Minor region inherits many elements of Ottoman court cuisine, with a lighter use of spices, a preference for rice over bulgur, koftes and a wider availability of vegetable stews (türülü), eggplant, stuffed dolmas and fish.

The cuisine of the Black Sea Region uses fish extensively, especially the Black Sea anchovy (hamsi) and includes maize dishes. The

cuisine of the southeast (e.g. Urfa, Gaziantep, Adıyaman and Adana) is famous for its variety of kebabs, mezes and dough-based desserts such as baklava, şöbiyet, kadayıf, and künefe. Western parts of Türkiye, where olive trees grow abundantly, olive oil is the major type of oil used for cooking. The cuisines of the Aegean, Marmara and Mediterranean regions are rich in vegetables, herbs, and fish. Central Anatolia has many famous specialties, such as keşkek, mantı (especially from Kayseri) and gözleme.

Did you know that Türkiye is also home to a number of ornamental flowers, most notable the tulip? The oldest known human settlement located in Çatalhöyük, overlooking the Konya Plain in south central Anatolia, a UNESCO World Heritage Site, dating back to 7,000 B.C. Interestingly, the earliest known



Cappadocia, Nevsehir, Türkiye



landscape painting was found on the wall of a Catalhöyük house, illustrating the volcanic eruption of nearby Hasandag. The Temple of Artemis at Ephesus and the Mausoleum of Halicarnassus in Bodrum, two of the Seven Ancient Wonders of the World were located in Türkiye.

Other interesting facts were that the Turks introduced coffee to Europe, the first minted coins, 7th century BC, were credited to Sardis, the capital of the ancient kingdom of Lycia, and the word “turquoise” comes from “Turk” meaning Turkish, representing the deep blue color of the Mediterranean Sea.

This diverse cultural heritage and climatic variations have given rise to the Mediterranean diet, reflective of traditions within Türkiye and the surrounding seas. The core of this diet are the everyday whole grains, dried and fresh vegetables and fruits, dried and fresh legumes, herbs, spices, nuts, interspersed with fish, seafood, dairy foods, eggs, occasional meats and sweets and of course healthy fats such as Turkish olive oil. In 2013, the Mediterranean diet was inscribed on UNESCO’s list of Intangible Cultural Heritage and Humanity. Although the Mediterranean diet has become well known in many countries, it is important to concentrated more on acknowledging the cultural rituals

and culinary tradition that make this diet important.

Some strengths of the Mediterranean diet include using few ingredients to make flavorful dishes while reducing or even eliminating food waste. Eating with an emphasis on sharing this occasion with family and friends and viewing food and diet as a social ritual have enhanced the importance of culture and cuisine.

One example of food being used socially would be street food culture throughout Türkiye. It is common to purchase and consume well known foods such as Döner, Simit, Kokoreç (informally, known as “hangover food”), Çiğ Köfte, Gözleme, and Lahmacun (one of the most popular dishes in Turkish cuisine) Türkiye’s answer to the Pizza.

Another important feature of cultural identity is the role that local markets have on Turkish. There are large, central markets in all Turkish cities, each featuring stalls with local vendors selling their family’s specialty. Many markets will also include a small cafe-bar where you can enjoy traditional Turkish coffee, another Turkish product on the UNESCO’s Intangible Cultural Heritage List, while enjoying the endless assortment of foods available.

Food names directly cognate with manti are also found in Chinese (mantou or steamed bun) and

Korean cuisine (mandu) and it is generally considered to have originated in Mongolia during the 13th century. Specialty foods are often named for places, and may refer to different styles of preparation.

Although meat-based foods such as kebabs are common in Turkish cuisine abroad, meals in Türkiye largely center around rice, vegetables, and bread. Did you know there are at least 110 different kebabs only in Türkiye, and each one has its unique taste?

Şiş Kebab: The most common variety of kebab is marinated lamb or beef cooked on a skewer called a “shish,” or written in Turkish as şiş. Vegetables are sometimes cooked along with them, wherein typical vegetables include eggplant, tomato, bell pepper, onions, pickles and mushrooms.

This cookery book will take you on a culinary journey the length and breadth of Türkiye and introduce you to foods that you may not have cooked with previously. However, my advice is to embrace what this wonderful culture and cuisine has to offer and let your taste buds enjoy the explosion of flavors with friends and most importantly family.









Dried Fruits & Nuts

Dried Fruits & Nuts



As a fertile agricultural country, Türkiye is the leading producer and exporter of the best dried figs, dried grapes and dried apricots in the world. With its quality products and the experience gained over

a century of production, Turkish Dried Fruits are now exported to over 150 countries; mainly in the EU and the US.

The Aegean Dried Fruits Exporters' Association realizes 70% of the Turkish dried fruits export.

Turkish Apricot

There are two types of dried apricot:

- Natural dried apricots are dried directly under the sunlight and have a light to dark brown color. They are not treated with Sulphur dioxide
- Sulphur dried apricots are treated with sulphur dioxide (SO₂) in order to provide a lighter coloring and a longer shelf life. The coloration is between light yellow and orange

Dried apricots are often consumed as a snack, but are also mixed with other dried fruit and nuts, as well as being an important ingredient in chocolate snacks, cakes, desserts and breakfast cereals. They are usually supplied whole but can be supplied in halves or slabs.

A large area, which spreads through Turkistan, Central Asia, and Western China, is considered to be the motherland of apricots.

Health Benefits of Apricot

The main aspect of the apricot is its richness in fiber, vitamins and minerals and therefore, it is regarded as a valuable fruit and natural medicine.

The apricot is rich in carotene, which contains vitamin A, and this vitamin is known to be a cancer fighter.

Regarding minerals, the apricot has low sodium and high potassium contents, which makes it important for diet programs.



Why Turkish Dried Apricots?

- Malatya is the major apricot-producing city in Türkiye, and is known as the “World Capital of Dried Apricots”
- Malatya Dried Apricots, are yellow with an oval shape, a 25% max. moisture content, and a high fruit flesh thickness. They have held the E.U. Protected Designation of Origin (PDO) since July 2017
- Turkish dried apricots are pitted whole, without cutting the fruit in half
- They can be supplied whole or diced
- They make a healthy snack, and are an important ingredient of cakes, and breakfast cereals
- They are high in fiber, potassium, copper, and vitamin E, and a source of iron and niacin, also known as vitamin B3

Turkish Figs

The mystic fig was a sacred symbolic fruit in the ancient Greek and Roman civilizations. The Latin name for edible fig (*F. carica*) comes from the Caria region in southwest Türkiye which was an active region both in production and trade during the 1st millennium B.C.

Dried figs of this superb variety are brownish in color, soft in texture, big in size and nutritiously rich. Being dried naturally under the sun, the fruit have low water activity levels that allow for longer storage and easy transportation under ambient conditions. The dried fig requires low energy (sun-dried) and little water (rain-fed). It can therefore be produced with a low carbon footprint. It also requires very few pesticides, and fertilizers.

Health Benefits of Fig

- Very rich in antioxidants, dietary fiber and minerals.
- Has a high sugar content composed only of monosaccharide, half being fructose and half glucose.
- Recommended as an inclusion in the diets of children and the elderly and those who are recovering from a long period of illness.
- The composition of dried figs helps to lower LDL and is therefore a preventive in heart and vein diseases.
- Its laxative properties have been well known for millennia.



- High potassium, calcium and magnesium levels despite low sodium make it a rich source of minerals.
- The calcium content of dried fig per 100 g is higher than milk so it is recommended as a

Why Turkish Dried Figs?

- The fig was a sacred, symbolic, and mystic fruit in ancient times.
- The Turkish dried fig has a particularly delicious flavor (the Sarılop variety also known as Calimyrna)
- Natural brown in color, soft in texture, big in size
- Rich in nutrients and more than forty percent of production is organic due to use of low-input

Sultanas & Raisins

Türkiye is the Motherland of Sultanas and Raisins and has become the Gene Center for these fruits. Grapes have been cultivated in Anatolia since 6000 B.C.

The ecology and soil of the Aegean region have evolved in such a way that the grapes form with very thin skins, and fleshy inside making them more enjoyable to eat as well as richer in phenolic substances. In the Early 1800's a Nursery owner named William Thompson transported the saplings of grape vines to CA, and since then they have been referred as Thompsons.

The drying methods used in Türkiye create the difference between Sultanas and Thompsons.

Health Benefits of Sultanas and Raisins

- Rich in mineral and antioxidants
- 50% glucose and 50 % fructose formation
- Quick energy
- Fe+2 source for anemia
- Protective against tooth decay
- Strengthens the immune system and protects the heart

Why Turkish Sultanas and Raisins?

- Türkiye has modern processing facilities, International Quality Assurance Systems and proximity to major markets
- Türkiye is the Motherland of the variety of grape known as the "Sultana"
- Turkish sultanas (dipped) have a lighter color than undipped sultanas known as raisins
- Have a thin skin and a sweet flavor
- Organic production is increasing
- Make a great snack and healthy ingredient in the baking industry











*Seafood, Dairy
& Animal Products*

Seafood, Dairy & Animal Products



Honey

With over 4,500,000 beehives, Türkiye is one of the most important producers of natural honey and ranks highly in production scales worldwide.

Annual production capacity is about 82,000 tons, 40,000 tons of which is flora honey and 25,000 tons is pine tree honey. The suitable climate of Türkiye ensures a high quality of honey production. Diverse sources of flora honey include sunflower, cotton, thyme, citrus, linden tree and chestnut tree. Pine honey is produced in the Aegean region and 95 % of the world's pine honey is produced in Türkiye.

Dairy Products

Türkiye produces 18.5 million tons of milk per year. The number of modern milk processing plants has increased in recent years. Many investments have been made in the dairy processing industry and high technological standards have been adopted in the last decade. The main dairy products are yogurt, cheese varieties, butter, pasteurized & UHT milk and ice cream. Cheese varieties have always been the major Turkish export item. In addition to traditional matured cheese varieties such as Izmir Tulum, Feta and Cheddar, internationally popular varieties such as spreadable pasteurized fresh cream cheese, Mozzarella and Kashkaval now also play an important role in Turkish foreign trade. In addition, exports of ice cream and fruit yogurts have started to gain momentum.

Turkish Poultry

The Turkish poultry sector, a corporate structure, produces over 2,090,000 tons of chicken and turkey meat, and 19 billion eggs per year, giving it a surplus to export.

Today, the majority of production is conducted by integrated companies with high technological facilities. These form an integrated chain incorporating breeding, feed production, incubation and slaughter houses. HACCP and GMP systems are practiced during production. According to FAO production statistics Türkiye occupies the 10th rank in the world with poultry and 12th in the world with egg production. The range of poultry products is diverse; whole and cuts, boneless and skinless. In addition, there are processed products such as ready meals, charcuterie and convenience products.

Fish And Fishery Products

Türkiye is surrounded by four seas, including the Mediterranean Sea, all rich in their diversity of fish species. Also inland water resources provide an additional advantage. Exported varieties include Turkish seabass, Turkish sea bream, rainbow trout and Turkish bluefin tuna. The total annual fishery production of Türkiye is over 540,000 tons, including fresh water production. Currently fish farms are mainly located in the Aegean region with aquaculture facilities completely adapted to EC norms.

Exports are fresh and chilled fish, followed by frozen fish, fish fillets, crustaceans, mollusks, octopus, baby clam, spider crab, lobster, jellyfish, squid, shrimp and cuttlefish.

The Turkish aquaculture sector continues to intensify and diversify by investing in the development of new species and modifying its systems and practices. With the target of supplying high quality eggs throughout the year and introducing new species, the Aquaculture hatcheries are equipped with advanced technology. Eggs are supplied from a variety of wild catch brood stocks using techniques that ensure a year long, genetic selection of species.

Fish go through a number of stages before reaching maturity. From eggs they hatch into tiny larvae, each one carrying a yolk-sack from which it feeds. When this is depleted the tiny fish must be capable of feeding themselves. At this stage they are known as fry and they pass through various stages of development until grown to market size.



This development period is known as the juvenile stage. One of the keys to the attractive flavor of the Turkish products is the result of the care given at this stage of development. Healthy, well-fed juveniles, result in quality of flesh that has led to a global acceptance of these products.

Manufactured feeds are also an important part of modern commercial aquaculture, providing the balanced nutrition needed by fish. The feeds, in the form of granules or pellets, provide the nutrition in a stable and concentrated form, enabling the fish to feed efficiently and grow to their full potential.

In addition, due to the high take-up rate of the feed by the fish there is no organic waste to degrade an aquatic environment. The key components of fish feed are fishmeal, fish oil, vegetable proteins, cereal grains, vitamins and minerals.

The contemporary Turkish seafood sector is giving utmost importance to hygiene and to the quality of Turkish seafood; physical, chemical, microbiological and organoleptic parameters are checked continuously. Shelf life, flesh quality and residue analyses are rigidly controlled. All components of production, packaging and processing materials, and ice used in packaging are analyzed as a part of our standard procedures. Producers within the Turkish seafood industry are obliged to conform to quality systems in compliance with EU and FDA Regulations.

Turkish Sea Bass

With its high economic and nutritional value as well as its delicious taste, seabass accounts for a major share of the seafood industry. Naturally growing in the Sea of Marmara, the Black Sea and the Aegean Sea and farmed along West and Southwest coasts, it takes its unique taste from deep seas. Grilled, baked and steamed are the most popular cooking methods.

Turkish Sea Bream

This fish is a popular choice of fish lovers and is used in cuisines worldwide. From the Aegean to the Mediterranean it grows in all Turkish seas and with its white meat and well balanced fat levels it plays the most important role in Turkish export markets.

Turkish Bluefin Tuna

The most widely known species of Tuna fish in Türkiye is Turkish Bluefin Tuna which has the highest economic value in world trade. The farming process is usually performed by fattening individual fish picked from the natural stocks. Tuna fish is the basic ingredient of traditional sushi and sashimi dishes, and therefore almost all of the tuna fish grown in Türkiye is exported to Japan.

Rainbow Trout

Rainbow Trout is a farmed fresh water species grown in the numerous water courses of Central Anatolia. With this potential, Türkiye is the biggest producer of Rainbow Trout. In particular smoked and frozen forms have a prominent share in the Western European export markets.

Turkish Salmon Trout

The fish now grown and exported as Turkish salmon trout is not a new species but the rainbow trout raised to a larger size. After a period of 12 months in fresh water farms, the fish are moved to salt water farms for a further 6 to 8 months, thus reaching table size in approximately 20 months.

While the average size of a rainbow trout is 250 – 350 grams, the average size of a Turkish salmon trout is between 2 kg – 5 kg. The flesh of the salmon trout is deep pink in color and the flavor is that of salmon.

Turkish salmon trout is grown especially in the Black Sea region. Serious trial production of this fish began about 5 years ago and since then exports as well as production have increased steadily. It is now one of the most exported fish species in Türkiye.











Olive & Olive Oil

Olive & Olive Oil

The olive has been a symbol of Mediterranean civilization throughout history and has been established in Türkiye.

The value and unique characteristics of olives and olive oil have been acknowledged for centuries and are gaining even more prominence today. Cultivation of this noble fruit is concentrated in specific regions of the world, primarily in the countries bordering the shores of the Mediterranean, where it has been a symbol of civilizations throughout history. The olive has brought peace, health and beauty to the region. It is the fascinating secret of the longevity of the Mediterranean peoples and bears delicious traditional produce that is shared by different civilizations.

The olive has long been established in Türkiye. In fact, southeast Anatolia, the crossroads of civilizations, has been home to the olive tree for 6 thousand years. It is also considered to be the gene center of the olive, acclaim that is collaborated by subspecies of olive found in a line stretching from Hatay to Kahramanmaraş and Mardin. From south-east Anatolia, this noble tree spread to west Anatolia, then fanning out to Greece, Italy, and Spain via the Aegean Islands.

Olives in Türkiye; Historic Facts

Erythrai

Near Cesme (Ildır) This ancient city was one of the leading olive oil export centres in the 6th century BC.

Urla

An olive oil press dating from the 6th century BC was discovered at this site as well as olive stores from between the 3rd and 2nd centuries BC.

Izmir

The place where Homer read his epics to friends and dined with them under the shade of olive trees in 1199 BC.

Miletus

Thales of Miletus forecast the next year's olive yields according to his meteorological studies.

Kaş-Uluburun

Remains of olive were found on board the Uluburun Bronze Age shipwreck.

Mut

A 1300-year-old olive tree still lives here.

Hatay

This place is the motherland of the olive and home to Türkiye's second oldest olive tree, the trunk of which measures 110 cm in diameter.

Ağrı

Doves carrying olive branches in their beak to Noah's Ark have been the symbol of peace since time immemorial.

The Olive is a long-lived evergreen tree. It is densely branched and has a broad canopy that can be up to 10 meters high. With age, its smooth gray trunk gradually starts to crack and become gnarled, and the canopy increases in with as the tree increases in height. It is a perennial tree and can live for approximately 2000 years. The olive tree blossoms in the spring. Fruit ripening begin in the summer months. The fruits start to change color in September through to November, first turning from green to violet and then to black as they ripen. This stage is known as *véraison*. The ripe olives are harvested from September to February.

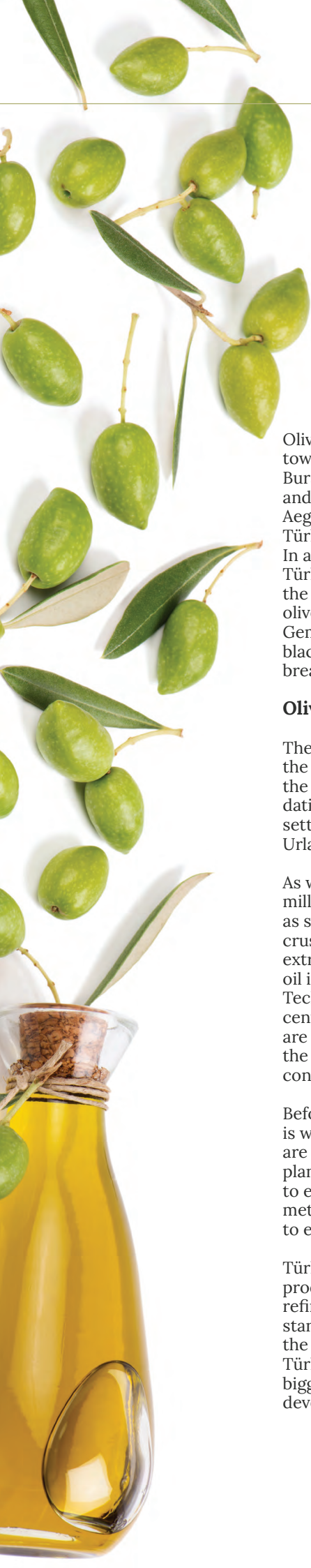
Olive harvesting methods have barely changed for thousands of years and hand picking the fruit or beating the trees with poles continue to be used. Another method is to collect the olive fruits that drop from the trees onto sheets laid down on the ground.



Unlike other fruits, olives cannot be eaten straight from the tree. Various processes have evolved over time to remove their sharp bitter taste. At first, the olives were placed in water. Later, they were sweetened by dipping them in ash, vinegar or limewater. To preserve them, they were pickled in brine flavoured with lemon, fennel, mastic, thyme, peppermint and other herbs to make them more pleasant tasting. Alternatives to brining were to store the olives in must, wine or even honeyed water.

Over the past twenty years, Türkiye has made major progress in olive cultivation and olives are a crop of major importance to the national economy of Türkiye and a nutritious foodstuff.

Like elsewhere around the Mediterranean, olive oil is a very important foodstuff in Türkiye and takes pride of place in Turkish cuisine. In the early 2000s, Türkiye had 100 million olive trees. By the 2021, new plantings increased this number to 190 million. On average, Türkiye has produced 225.000 t of olive oil and 450.000 t of table olives over the last five crop years.



Olive growing is concentrated around the towns of Aydın, İzmir, Muğla, Balıkesir, Bursa, Manisa, Çanakkale, Gaziantep and Mersin and in the regions of the Aegean, Marmara and south-east Anatolia. Türkiye has a very rich heritage of native varieties. In all there more than 90 varieties produced in Türkiye. Generally speaking Edremit (Ayvalık) is the predominant variety in the north of Türkiye's olive growing area and Memecik in the south. The Gemlik variety is largely produced and consumed as black table olives. The table olive industry is making breakthroughs at home and abroad.

Olive oil production

The first method of olive oil production was to crush the olives underfoot and then extract the oil from the mash with hot water. The oldest olive oil facility, dating back to 600 BC, can be found at the ancient settlement of Klazomenai in west Anatolia, in the Urla district near the city of İzmir.

As with harvesting little has changed over the millennia. The extraction method today is the same as six thousand years ago. The olives are merely crushed into a mash to which pressure is applied to extract the oil without any chemical processes. The oil is then separated from the fruit vegetable water. Technological developments in the early nineteenth century saw the advent of hydraulic presses, which are used nowadays alongside centrifugal systems, the most widespread of which is known as the continuous system.

Before pressing any leaves are removed and the fruit is washed in automated in machines. Then the olives are crushed in presses to extract the oil from the plant tissues. It takes approximately 10 kg of olives to extract 1 kg of early- harvest olive oil. With other methods, between 3 and 8 kg of olives are sufficient to extract 1 kg of oil.

Türkiye has made impressive advances in olive oil production. Several firms active in the extraction, refining and packaging of olive oil to world standards have taken up their rightful place in the industry and continue to pursue success. Türkiye, which is now ranked as the world's second biggest producer, intends to push forward with development and increase its share of global trade.



The Turkish Olive & Olive Oil Sector in Facts & Figures

- 190 million olive trees
- 700.000 ha olive orchards
- 500.000 t table olives/year
- 300.000 t olive oil/year
- 500.000 households employed in olive and olive oil production
- > 500 continuous-process olive oil mills
- Sufficient refineries and retail packing plants equipped with modern technologies
- State/private laboratories for quality control testing to meet international standards
- 80.000 t table olives exports/year
- 60.000 t olive oil exports/year

*Production and export figures are from high crop years



Scan to see introductory video of this industry







*Fresh & Processed
Vegetables & Fruits*

Fresh & Processed Vegetables & Fruits

With the advantages of the Mediterranean climate, fertile and irrigable lands and prolonged sun exposure in Türkiye, it is possible to produce a wide range of agricultural products.



This atmosphere also sets the grounds for the development of a processing industry of almost all kinds of fruits and vegetables. The most ideal region is the Aegean area, which in addition to the above factors, offers proximity of products and ease of transport. The majority of the population in Aegean region make their living through agricultural activities. Half of our nation's consumption is distributed from this region.

The sector has 2 subsectors. Firstly fresh fruit and vegetables, and secondly fruit and vegetable products. Approximately 70% of the exports are fruit and vegetable products, and 30% are fresh fruit and vegetables. Fruit and vegetable products include a wide range of items such as pickles, fruit juices, dried tomatoes, tomato paste, frozen fruit and vegetables, beverages and sauces. Fresh fruit and vegetables and their products include, cherries, grapes, satsumas tangerines, figs, strawberries, peaches, pomegranates, and chestnuts, all of which are associated with the Aegean region. Main export markets are to the USA, Germany, England, Holland, Italy, France, Israel, and Russia.

Aegean Fresh Fruit & Vegetable Export Figures

- Total Exports (\$ m): 1,200
- Number of Import Countries: 200
- Types of Fresh Fruits and Vegetables: 30
- Types of Processed Fruits and Vegetables: 50

Advantages of the Region

- Excellent climatic advantages which enable the region to grow and process a wide variety of products for both export and domestic consumption
- A geographical location on the doorstep of Europe plus excellent transport links to all continents

- Modern agricultural techniques, efficient traceability, good agricultural practices, organic production and biodiversity
- State-of-the-art processing plants, an abundance of good raw materials, a young labor force
- Market leaders in many products in global export markets

Sun-Dried Tomatoes

- Dried tomatoes are among the most important exports of the Aegean Region
- The long, hot Mediterranean days, are ideal for drying tomatoes during the summer months.
- Purpose-built ovens can be used to dry tomatoes virtually year-round
- Sun-dried tomatoes, preserved in Turkish Olive oil and marinated with herbs make a tasty antipasta, to be found on supermarket shelves globally
- Türkiye is the second largest exporter of dried tomatoes in the world

Pickles

- Numerous exporters
- Technologically and hygienically advanced facilities
- Exported to all corners of the world
- Many options from production to packaging

Tomato Paste Sauces & Condiments

- Excellent growing conditions enable Türkiye to produce high-quality vegetables including tomato paste
- Canned and jarred products made from fresh wholesome fruit and vegetables, and additive-free can be used in many different cuisines around the world
- Chopped tomatoes and paste are very suitable and practical household shelf items
- Türkiye ranks No 6 globally in tomato paste exports

Preserved Fruits & Vegetables

More than 50% of processed fruit and vegetable processing companies are located in the Aegean Region. Processing companies are in close proximity to growing regions of the raw materials, helping not only to reduce costs and the carbon footprint but also maximizing the quality and health properties including nutrients before being processed and preserved.

Ready To Eat Meals

Ready-to-eat food items are produced in the most hygienic conditions and using only the best quality raw materials. Traditional methods and special care is taken to replicate home-made taste and the flavors for which Türkiye is known globally.

- Stuffed Vine Leaves
- Stuffed Cabbage Leaves
- Red Kidney Beans
- Stuffed Peppers
- Stuffed Eggplant
- Hummus

Frozen Fruits & Vegetables

Frozen within hours of harvesting, Turkish fruits and vegetables are renowned worldwide for their quality and freshness, making them a year-round favorite globally.



- Frozen Tomatoes
- Frozen Peppers
- Frozen Potatoes
- Frozen Spinach
- Frozen Corn
- Frozen Onions
- Frozen Mixed Vegetables
- Frozen Strawberries
- Frozen Cherries and Sour Cherries
- Frozen Raspberries
- Frozen Figs
- Frozen Pomegranate Arils

Fruit Juices & Other Beverages

- Apple Juice
- Orange Juice
- Lemon Juice
- Mixed Fruit Juices
- Spring Water
- Mineral Water
- Wine
- Beer

- As one of the largest growers of apples and citrus fruits, Türkiye is an important global supplier of fruit juice
- High quality and a wide choice of varieties make Turkish fruit juices a preferred choice in international markets
- Recent investments in technology and infrastructure, plus the unique quality taste have catapulted Turkish wines and beers onto international markets

Infused Dried Fruits

Grown in Türkiye premium grade fruits are carefully sourced and processed using advanced an osmotic dehydration technique.

Selection:

- Blackcurrants
- Wild blueberries
- Orange segments
- Quince dices
- Sour cherries
- Strawberries



Scan to see introductory video of this industry











*Cereals, Pulses
& Oil Seeds*

Cereals, Pulses & Oil Seeds

Türkiye is considered one of the leading countries in the world in agriculture and related industries with rising exports in many kinds of agricultural products, placing the country among the world's largest producers.



Türkiye is a major source of numerous precious raw ingredients and tastes coming from the 7 culturally unique regions across its fertile land. It is considered one of the leading countries in the world in agriculture and related industries with rising exports in many types of agricultural products, placing the country among the world's largest producers.

Agriculture in Türkiye is practiced using modern techniques and cutting-edge technology. We are constantly seeking to ensure sustainable production, viability, competitiveness, and economic development in rural areas. Therefore, Türkiye pays

attention to the continuous efforts to enhance research and development, and to transfer know-how to the sector. Türkiye has a profound understanding of the significance of sustainable agriculture and food systems and environmental sustainability, which requires taking measures against ecosystem degradation. An integral part of this is to protect the diverse genetic resources globally and locally. Türkiye is blessed with rich biodiversity providing substantial benefits in agriculture and food systems.

In the cereals, pulses, and oil seeds sector of the industry, the main export products are milled grain products (wheat flour, starch, semolina), confectionery products, pasta, vegetable oils (sunflower oil, margarine), oil seeds (sunflower seed, cotton seed), cereals, pulses (chickpeas, beans, lentils) and yeast.

Wheat

The most-planted cereal species in Türkiye is wheat. In fact it Türkiye is known as one of the centers of origin and genetic diversity for wild wheat, and species related to wheat.

Besides its significant economic importance, wheat has social and cultural as well as historical value. The history of wheat in Türkiye dates back to at least 10,000 years, when it first entered the life of human beings. Wheat has been a driving force in the formation and development of cultures: it represents fertility, it is sacred, and it is considered to be a commodity that should never be wasted. Today, in Türkiye three out of every four farmers grow wheat. Local varieties of wheat often have different tastes and production methods also vary from one area to another. Among bread types, the somun is presently the most common but bazlama, tandoori, saç, fetir, and top are also popular in different regions. Potato flour, chickpea flour, and other ingredients can also be added to breads depending on the customs of specific regions. Anatolian wheat culture is not limited to bread alone, but also includes yufka, kadayıf, bulgur, erişte, kuskus, makarna, and keşkek as popular products.

Bulgur

Bulgur is made by boiling and pounding hard (durum) wheat. It plays an important role in Turkish cuisine. It has a high nutritional value and it is also considered an ideal grain for a vegetarian diet. A popular soup, the traditional Anatolian winter soup tarhana or sourdough soup, although varying from one region to another in Türkiye, usually consists of a combination of cracked wheat (or flour), yogurt, and vegetables. The bulgur or flour is kneaded, proofed, and fermented, and then it is dried and ground into a "meal". Portions of the meal are rehydrated by adding water or milk, vegetables, and spices and boiled for serving as a soup.

Barley

Barley is the second most important cereal crop in Türkiye, grown mainly for animal feed, although around 160,000 tons of the production is used in the malting industry. There are nine species and four subspecies of barley in Türkiye.

Pulses

Pulses are the edible seeds of plants in the legume family. Dried peas, chickpeas, dried beans, lentils, and cowpeas are all types of pulses, with lentils and

chickpeas being the most popular in Türkiye. Pulses, especially lentils, are commonly used in traditional Turkish dishes.

Chickpeas and lentils make up the largest part of the total Turkish pulses production. Chickpeas can be planted in almost all of Anatolia. Türkiye has been producing legumes for many centuries. Pulses are of rich nutritional value and are consumed as part of a balanced diet, providing the right amount of energy.

Pasta

Türkiye continues to strengthen its position in the world pasta market. The pasta sector, which has renewed itself to a great extent in the last 10 years, uses the latest technology in production. This sector is leading the competition from other countries in terms of quality and price. Located in the Mesopotamia region, which is the main production area of durum wheat, Türkiye is increasing its capacity in the pasta industry every day.

Türkiye also stands in a high position in the flour, pasta, and bulgur sectors regarding world standings. It is the world leader in flour and bulgur production and export, and third in pasta production. It ranks second only to Italy in pasta exports. One hurdle, however, in Türkiye's

aim to be the largest pasta exporter in the world is the quota imposed by the European Union.

Vegetable Oils

Throughout the world and in Türkiye too the oilseeds, vegetable oils, and related products sector has gained great momentum in the last twenty-five years. Sunflower oil is one of the most important plant oils in the world as well as in Türkiye, which boasts the largest plantations of this crop.

Oil Seeds

The main oil seeds produced in our country are sunflower seeds, cotton seeds, and poppy seeds. Seeds are carefully sifted and exported from Türkiye with 99.9% purity. Poppy seeds, which are an essential product of Türkiye, are rich in oil, carbohydrates, calcium, and protein.

Confectionery

Türkiye has the advantage of being self-sufficient in sugar which is one of the main ingredients of confectionary. In addition, it is also in a very

advantageous position with its dominance in the world production of dried fruits (dried apricots, raisins, and figs) and edible nuts (hazelnuts, pistachios).

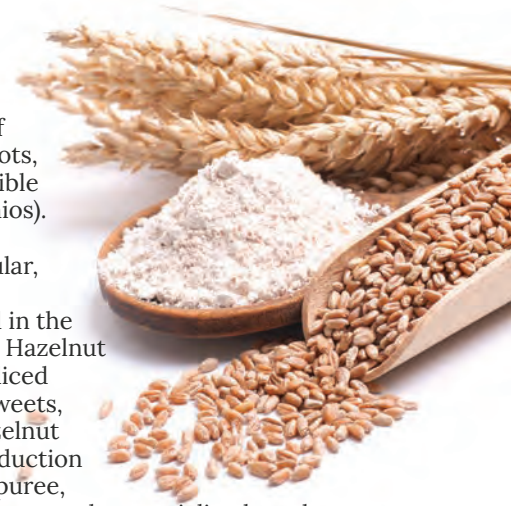
The hazelnut, in particular, is now one of the basic ingredients widely used in the confectionery industry. Hazelnut flour and roasted and sliced hazelnuts are used in sweets, cakes, and biscuits. Hazelnut paste is used in the production of chocolate. Hazelnut puree, halva, and hazelnut cream are also specialized products supplied for direct consumption.

Turkish pistachios are also in high demand. They are used in the production of Turkish delight, halva, and chocolate. As well as being a popular eating nut.

Turkish sultanas (raisins) are used in the production of cakes, biscuits, and confectionery products. Türkiye is not only in an advantageous situation with respect to the ingredients used in the confectionery sector but also provides good opportunities for its confectionery producers and exporters. Its increasing potential in the overall size of the market is aided by an increasing young population, proximity to import markets, and a strong potential for growth in tourism.

Changing lifestyles and increasing health consciousness among consumers are notable trends affecting the sector. Consumers are demanding more innovative products. Therefore, new products are introduced regularly to the Turkish confectionery market.

Quality is one issue to which Turkish exporters give priority. As a result of integration with the European Union (the EU), Turkish food laws have already been harmonized with the relevant EU directives, ensuring that all consumers have access to safe products. In addition, Türkiye is actively taking part in the Food and Agriculture Organization / World Health Organization Codex Alimentarius Commission in the establishment of international standards. Many firms have Global Food Safety Certificates and quality systems and Türkiye is trying to satisfy any further demands of their customers.







Herbs & Spices

Herbs & Spices

Anatolia, located on the historical spice road, has been an area of attraction since ancient times with its climate, fertile soils, variety of plants, and the beauty offered by nature.

Türkiye is home to 12,000 plant varieties and has incredible potential for growing and exporting aromatic herbs and spices. Due to the climatic and ecological conditions, many herbs and spices are either cultivated or collected from natural sources, allowing access to approximately 3,500 varieties of endemic medicinal and aromatic plants.

Today Türkiye is a leader in the field of dried oregano and laurel (bay) leaves which it exports to almost all countries in the world. Lying at the crossroads of civilizations, Türkiye has, for centuries, been a hub for trading spices. The Spice Bazaar in Istanbul has always functioned as one of the most famous spice centers in the world.

Türkiye houses some of the World's most advanced herb and spice processing operations, and it excels in traceable sourcing, and bringing products to a finished state, ready for direct consumption.

Turkish spices enhance the value of meals, enrich every table, simplify life, offer sustainable, traceable products and add a unique kick to every meal.

Food cultures vary radically from country to country but all have one thing in common, adding herbs and spices to food makes it all the more delicious! Turkish spices and herbs are used in cuisines to add flavor to food, provide aromatic finishes, and complement dishes.

Fields of Usage

- Some spices bring the flavor of the dish to the fore, while others balance the flavors.
- Herbs are typically used in stews, roasts, casseroles, soups with relatively long cooking time, marinades, and for pickling.
- Some herbs are primarily used as a flavoring to enhance the taste of pork, lamb, beef, and sausages.
- Dried Herbs and seeds can also be used to make various herbal teas, which have a diverse range of health benefits

Our Products

Dried oregano, laurel leaves, dried mint, rosemary, fennel, cumin, sumac, pepper, sage and aniseed are among the most popular.

Dried oregano

Grown in Mediterranean and Aegean Regions of Türkiye, oregano is one of the most popular aromatic plants.

Oregano derived its name from the Greek, meaning "Joy of the mountain". Available in graded leaf sizes or in ground form, with a strong aromatic flavor, Oregano is a most versatile and commonly used herb.

Türkiye meets 80 percent of the world's production of oregano, which is one of the most demanded medicinal and aromatic products.



Oregano adds flavor to a diverse range of products, from sauces to marinades and spice blends, and of course, adds the classical taste to Pizza Worldwide!

Medicinally, bay leaves have always been used as an antiseptic and antioxidant. With their anti-inflammatory and antibacterial properties, they may help to prevent cell damage, degenerative arthritis, and the aging process in general.


Laurel leaves

Türkiye is 1st exporter of oregano and laurel leaves in the world. Oregano and laurel leaves exports are mostly from Aegean Region in the world.

Medicinally, leaves have been used as an antiseptic and antioxidant. Almost all have anti-inflammatory and antioxidant properties and possess antibacterial activity. Leaves have been used to treat many different ailments and serve as powerful antioxidants. They may help to prevent cell damage caused by free radicals, which are likely involved in inflammation, degenerative arthritis, and the aging process in general.



Rosemary




Rosemary is native to the Mediterranean region. The leaf of this bush has a pleasant smell and is perpetually green. The small thin spiny leaves are used both fresh and dried.

Rosemary is popular for its medicinal uses but is now more commonly known as a seasoning used in cooking. It has a tea-like aroma and a bittersweet clean fresh flavor.

It is used as a tea and condiment in the food sector and it has many health benefits. It is known to reduce stress and create relaxation. It is also rich in antioxidants, vitamins, and minerals.

Rosemary, as a prominent culinary herb, adds taste to grills, marinades, and seasoning. It is also popular in the Mediterranean area for the bittersweet taste that it adds to salads.

Sage



The fuzzy silvery gray leaves of the sage plant have a characteristic aroma and distinctive flavor. It is widely used in the food and cosmetics sector.

As a culinary herb, sage has proven to be as popular as oregano to flavor meat and poultry dishes, as well as salads, pickles, and cheese.

There are two main varieties of sage used in the herb industry. *Salvia Officinalis*, also known as Albanian Sage, is the type preferred in North America, adding a distinctive taste to breakfast sausage.

Aniseed

Growing in the Mediterranean and Aegean Regions in Türkiye, the seeds of the aniseed plant are used to obtain aniseed spice. It has a licorice-like taste, a characteristic aroma, and a high level of oil essence. It is used in food industries and has been used for medicinal purposes throughout history, especially as a digestive aid.

Anise (the essence) is heavily used in the liquor industry, dairy manufacturing, meat industry and as a prime ingredient for breath fresheners.

Cumin

Cumin is a flowering plant that has been grown as a spice since ancient times.

Flourishing in Central Anatolia and Southeast Anatolian Regions in Türkiye, cumin is an annual plant blossoming in white-pink flowers in the summer months.

It has a sharp and bitter taste and is widely used in the food sector.

Cumin is the main ingredient of almost all meat blends, marinades, and seasonings. With its sharp and distinctive taste, cumin is one of the world's most demanded spices.

Türkiye offers ground cumin, 99.5% (bottle grade) and 99.8% (dairy and direct applications) optical and Infra-Red selected cumin for high and industrial applications and dairy.

Fennel

Growing in the Western Mediterranean areas of Türkiye, this plant gives small, greenish-brown, and fine-scented fruits which are used in food, beverages, and medical industries.

Its sweet, licorice-like flavor is well-suited for marinades and spice rubs used for chicken, fish, pork or lamb, sausage dishes, and baked goods. It enhances the flavor of both sweet and savory dishes.

With its soothing taste, fennel is also heavily used by the tea industry and in baby food manufacture where it helps digestion in the early stages of a baby's life.

Mint

With its intense essence and refreshing flavor, mint, essential to the Turkish cuisine, is a popular herb used in salads, appetizers, cold juices, stuffed vegetables (dolma), and yogurt dishes. Mint is also good for stomach ailments and helps maintain a healthy respiratory tract.

Sumac



Sumac is a spice known to be as tart and tangy as a lemon. It is used frequently in Turkish cuisine. Grown in southeast Türkiye, sumac is collected from dwarf trees and the leaves are dried and ground into powder.

Sumac is perfect for those professionals looking for an alternative sour/tart taste.

The mellow tartness of sumac adds a significantly different twist to salads, dressings, and light sauces.

Isot

Isot is a unique variety of pepper from the city of Şanlıurfa, in Türkiye. The word "Isot" stems from the words "ısı" (heat) and "ot" (herb) in Turkish. It is produced by exposing the seed and wing parts of hot red peppers to heat under a certain level of moisture. Isot is used in the food sector and exported across the globe.

Isot red pepper isn't just for your taste buds. These colorful peppers are a rich source of an anti-carcinogenic carotenoid called lycopene that is believed to work against cancer.





Nutrition & Health Benefits

Written by McKenzie Mayor, RDN, LD



DRIED FRUITS		
Food Category / Item	Nutrition Info	Turkish Preparation
<p>Dried Figs</p> <p>Dried Apricots</p> <p>Raisins</p>	<p>Dried fruits are a great source of fiber and antioxidants such as polyphenols. Both of these are important for digestive health. A diet high in fiber and antioxidants may help reduce oxidative damage, the risk of obesity, and heart disease. Fiber also helps with preventing or managing diabetes by keeping blood sugars within normal levels. Women should try aim for 21 to 26 grams of fiber a day, while men should aim for 30 to 38 grams a day.</p>	<p>There are many ways to incorporate dried fruit to Turkish food, as they can be used in both sweet and savory applications. The dried fruit can be diced and added to salads, stews, rice, baked goods, and also desserts. Dried fruit can also be rehydrated and blended into a sauce or dressing, or even prepared into a jam.</p>

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SEAFOOD		
Food Category / Item	Nutrition Info	Turkish Preparation
<p>Turkish Sea Bass</p> <p>Turkish Sea Bream</p> <p>Turkish Bluefin Tuna</p> <p>Black Sea Salmon</p>	<p>All fish are great sources of protein, have low levels of saturated fat and contain vitamin E, an important antioxidant. Fish also provide calcium (from the small, soft, edible bones in some fish) and Vitamin D to one's diet, which aid in bone and brain health. Many types of fish, especially fatty fish and some white fish are good sources of omega-3s fatty acids which support eye health and reduce risk of heart disease. To meet your omega-3 requirements, eating fatty fish at least once or twice a week is recommended. If you are a vegan, opt for omega-3 supplements made from microalgae. Fish are also low in calories, depending on the method of preparation.</p>	<p>Common ways to prepare seafood in Türkiye include: curing, baking/roasting, pan-frying, grilling, and stewing/poaching.</p>



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OLIVE & OLIVE OILS

Food Category / Item	Nutrition Info	Turkish Preparation
EVOO	<p>Extra virgin olive oil is rich in heart-healthy fats, along with vitamins E and K. Vitamin E is an essential nutrient that doubles as an antioxidant, while vitamin K plays a key role in bone health, blood clotting, heart health, and more. Extra virgin olive oil is a great source of antioxidants, which are compounds that help fight inflammation and chronic disease. In particular, research suggests that monounsaturated fatty acids could benefit heart health and may even help protect against heart disease.</p>	<p>Turkish olive oil imparts smooth, buttery-like flavor that compliments many dishes. It can be used for pan frying, marinating, sautéing, salad dressings, finishing dishes with a drizzle, or even infused with spices and herbs for enhanced taste.</p>
Black Olives		
Green Olives		

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PROCESSED VEGETABLES		
Food Category / Item	Nutrition Info	Turkish Preparation
<p>Roasted Pepper</p> <p>Roasted Eggplant</p> <p>Sundried Tomatoes</p> <p>Tomato Sauces</p> <p>Tomato Paste</p> <p>Pickles</p>	<p>Nightshade vegetables are good sources of vitamins A and C. Vitamin A is supportive to eye health among many functions, and Vitamin C helps with enhancing iron absorption, as well as may protect against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. The recommended daily amount of vitamin A is 900 micrograms (mcg) for adult men and 700 mcg for adult women. The recommended dietary allowance for Vitamin C ranges from 15-75 mg for children, 75 mg for adult women, 90 mg for adult men, and 85-120 mg for women who are pregnant or breastfeeding. Pickles are good source of vitamin K, which is an important nutrient to support blood clotting, our bones' absorption and use of calcium, and preventing a build up of calcium in the arteries. Pickles that are fermented also contain healthy bacteria, known as probiotics, which help maintain balance in the gastrointestinal system so our body can digest food properly and absorb essential nutrients.</p>	<p>Turkish cuisine utilized roasted peppers, eggplant, and tomatoes for stews, sauces, and can be blended into tasty dips. Turkish pickled vegetables often include a mixture of tomato, cucumber, bell pepper, carrot, and cabbage, flavored with garlic, herbs, and a variety of vinegars. Pickled vegetables that are fermented in a salt water brine produce healthy bacteria to support gut health and digestion.</p>



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CEREALS, PULSES, OIL SEEDS		
Food Category / Item	Nutrition Info	Turkish Preparation
Bulgur	Cereals, seeds and legumes such as bulgur, lentils, couscous and poppy seeds are all beneficial for their fiber and protein content. Protein and fiber both increase satiety, which is helpful to feeling fuller longer. When combined with whole grains, they can provide a complete protein, which is all 9 essential amino acids. Fiber supports heart health by lowering cholesterol. It aids with lowering blood sugar, which is ideal for those with diabetes. Protein is supportive to building muscles, and serves as a building block for bones and skin, allowing for growth and repair. Prominent nutrients contained in grape leaves are iron, Vitamin A, and C. All three nutrients serve as boosters for immune health, which help the body fight off disease.	Cereals, seeds, and legumes can be used in a variety of ways, including both in sweet and savory preparations. They can be enjoyed as a side for a meal, a warm or cold cereal for breakfast or desert, cooked down in soups, or even in a refreshing salad. Grape leaves are also versatile and make for a delicious appetizer, stuffed with rice, veggies, and or meat. They are deliciously prepared in salads and even added to sauces or pickle brines to lend light, tangy flavor.
Green Lentils		
Red Lentils		
Couscous		
Stuffed Grape Leaves		
Poppy Seeds		



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HERBS & SPICES

Food Category / Item	Nutrition Info	Turkish Preparation
Oregano	Spices are high in vitamins, minerals, vital antioxidants that can help strengthen the immune system, reduce inflammation, and lower the risk of cancer. Spices that originate from peppers aid in reducing blood pressure and can boost metabolism. Many derived from plant seeds, bark, and buds also possess antibacterial and antifungal properties.	Spices are used in practically all of Turkish cooking. Several are often used in each dish, to amplify the flavors and colors of foods as well as beverages.
Thyme		
Cumin		
Bay (Laurel) Leaves		
Sumac		
Crushed Red Pepper		
Aleppo Pepper		
Rosemary		

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PROTEINS	
Food Category	10-35% of Energy Intake
Seafood	Turkish Sea Bass
	Turkish Sea Bream
	Turkish Bluefin Tuna
	Black Sea Salmon
	Sardines & Anchovies
Red Meat	Lamb
	Beef
	Goat
Poultry	Chicken

PROTEIN / CARBOHYDRATE	
Food Category	
Pulses (Legumes)	Chickpeas
Wheat	Peas
Fruit	Lentils
Cereals & Seeds	Beans (Any Kind)
Seeds & Psuedocereals	Bulgur
	Couscous
	Nuts & Seeds
	Oats, Rice
	Buckwheat, Amaranth, Quinoa, etc.

CARBOHYDRATES	
Food Category	45-65% of Energy Intake
Fruits (Fresh or Dried)	Apricots
	Figs
	Raisins
	Berries
Vegetables Grains/Cereals	Eggplant
	Tomatoes
	Peppers
	Onion & Garlic
Grains/Cereals	Wheat, Barley, Rye, Rice, Oats, Pulses, & Corn

FATS	
Food Category	20-35% of Energy Intake
Plant-Derived Oils	Olive, Sunflower, Flaxseed, Coconut, etc.
Nuts, Seeds, and Butters	Walnuts, Pine Nuts, Almonds, Pistachio, Hazelnuts, etc.
Plant-Based Foods	Avocado
	Chocolate
	Soybeans
Seafood (Fish)	Fatty Fish (Salmon, Tuna, Sardines, Mackerel) & Fish with Edible Bones (Sardines, Anchovies, etc.)
Meat	Beef, Eggs
Dairy	Cheese, Milk, Cream, Butter, Yogurt

* Reference: USDA Dietary Reference Intakes

Weekly Plan



	Breakfast	Lunch	Dinner	Dessert
Monday	Creamy Bulgur Porridge with Dried Apricots, Raisins, and Toasted Nuts	Turkish Fish Sandwich With Red Onion, Sumac, Pomegranate Molasses, & Mint Dressing; Served on Ciabatta	Lentil Meatballs in a Roasted Red Pepper Tomato Sauce	Lemon and Almond Semolina Cake
Tuesday	Turkish Egg Scramble with Tomatoes and Crusty Bread	Chopped Salad with Cucumber, Tomato, Onion, Feta, Olives, Peppers and Shredded Cabbage Salad with Tahini Dressing	White Bean and Lamb Tomato Stew, Served Over Mashed Eggplant	Baked Rice Pudding with Date Caramel and Candied Chickpeas
Wednesday	Spiced Sausage and Spinach Skillet with Sunny Side Up Eggs	Lentil Soup with Whole Grain Bread	Beef Kofta in Pita, with Lemon and Sumac Yogurt	Pistachio and Date Bulgur Pudding
Thursday	Everything Bagel with Creamy Cheese Assortment, Fresh Tomato, Cucumber, Capers and Olives	Pistachio and Aleppo Pepper Crusted Salmon Served with Lemon Herb Rice	Braised Chicken Thighs with Apricot, Over Toasted Pine Nut Rice Pilaf	Saffron Quince Tart with Fresh Berry Jam Swirl
Friday	Rolled Spinach and Feta Phyllo (Borek) with Toasted Sesame Seeds	Pan Seared Turkish Sea Bass with Pomegranate Tabbouleh	Aubergine Stuffed with Rice, Seasoned Ground Beef, Topped with Marinated Chopped Olives, Artichokes, & Red Peppers	Rolled Phyllo with Spiced Chocolate Filling, Sprinkled with Toasted Hazelnuts and Orange Blossom Syrup
Saturday	Overnight Bulger with Honey, Chia, Roasted Apples Almonds and Grapes	Grape Leaf, Meat and Rice Stuffed Peppers Topped with Mint Sauce	Chicken Kebab Pita Wrap with Fresh Tomato, Cucumber, Onion and Garlic Yogurt Sauce	Honey and Rosemary Fig Cake
Sunday	Poached Eggs with Garlic Yogurt and Chili Butter, Paired with Rustic Toast	Pide (Flatbread) Topped with Melted Cheese, Herb Ground Beef and Roasted Peppers	Lamb and Beef Dumplings with Chili Oil and Whipped Feta	Rose Water Pudding with Candied Pistachios and Shredded Coconut





Recipes

Turkish Noah's Ark Pudding *Aşure*

Yield 6 servings

Ingredients

3 cups Uncooked whole grain
wheat or barley
1,5 cup Canned chickpeas
1,5 cup Canned beans
1/4 cup Rice
3 tbsp Dried currants
3 tbsp Pine nuts
8 Dried apricots, finely
chopped
8 Dried figs, finely chopped
3 cups Sugar
2 Cinnamon sticks
2 tbsp Orange zest, optional
1 tbsp Lemon zest, optional
2 tbsp Rose water, optional

Instructions

Put the barley in a large pot and add enough water to cover it.

Boil it for 10-12 minutes. Let it cool and soak for at least 12 hours.

Once it is fully soaked for half a day, then you can add beans, chickpeas, rice, dried figs, dried apricots, dried raising, and sugar. For freshness, you may add orange zest.

Make sure it contains enough water after adding all these ingredients. Then, start boiling it and keep stirring it until it thickens.

Once the mixture is thick enough and resembles pudding, pour it into bowls and allow it to cool. Cover the bowls and refrigerate for a few hours.

Traditionally, rose water can be used to give it a sweet aroma without adding sugar. And, pomegranate seeds to give it a sour aroma with a charming color. Finally, you can garnish it with cinnamon sticks for an attractive appearance.

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Turkish Figs Pudding

İncir Tatlısı

Yield 6 servings

Ingredients

9 oz Dried figs
35 fl oz Milk
1 tsp Ground cinnamon
3 oz Walnuts, chopped
6 tsp Grape molasses

Instructions

Chop the dried figs into pieces and soak them in water at room temperature for an hour. Remove the stalks from the softened figs.

Pour the milk into a pan and heat to just below boiling point.

Pour a little milk onto the soaked figs and blend to a purée.

Stir the purée back into the heated milk. Add the ground cinnamon and blend well.

Pour the purée into dessert bowls. To set the purée, cover the bowls with a towel and allow them to rest for 3-4 hours at room temperature.

Once the puddings are set, refrigerate for at least 8 hours.

Before serving garnish with walnuts, and a drizzle of grape molasses.



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Turkish Candied Pumpkin Dessert

Ayva Tatlısı

Yield 8 servings



Ingredients

2.5 lbs Pumpkin, fresh, trimmed
3 cups Sugar

Garnish

Walnuts pieces
Tahini
Turkish 'kaymak' or clotted cream

Instructions

Slice the pumpkin thinly, peel, and remove the seeds.

Chop the slices into 2-inch-wide pieces.

Layer the pumpkin pieces in a wide saucepan. Sprinkle the sugar on the top of each layer.

Leave covered for 2-3 hours or overnight. There is no need to add water while cooking, as the pumpkin will release its juice during this waiting period.

Cook the pumpkin, on medium heat, until it starts to boil. Reduce to heat and continue to cook until the pumpkin softens.

Let the cooked pumpkin cool to room temperature. Place the pumpkin pieces on serving plates.

Garnish with tahini and crushed walnuts. To soften the sweet flavor, add some clotted cream or Turkish 'kaymak' if available. Or glaze the pumpkin with its own syrup.

Alternatively, bake the pumpkin dessert in the oven.

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Stuffed Kadaifi

Kadayif

Yield 4 portions

Syrup

4 glasses Water
3 cups Sugar
3 drops Lemon juice

Kadaif

1 lb Kadaif dough
8 oz Walnuts, chopped
4 oz Dried apricots, chopped
1 oz Butter, melted

Instructions

Prepare the syrup by combining the water and sugar in a saucepan and heating gently until all the sugar has dissolved. Bring to the boil and remove from heat. Add the lemon juice and stand aside.

Take a handful of the Kadaif dough (it resembles thin strands of spaghetti). Place it on the work surface and shape by hand into a narrow rectangle about 2 in. wide and 7 in. long. Place a spoonful of apricots and walnuts at one end of the dough and roll tightly, tucking in loose strands of dough as you go, to form a small roll.

Place the roll in one corner of a baking sheet, which has been lined with baking parchment and brushed with oil.

Continue to make the little rolls, laying them in neat adjacent rows on the baking sheet.

Brush them with the melted butter and bake for about 15 minutes in a hot oven (200 degrees centigrade) until golden brown.

Remove from the oven and pour the syrup over the Kadaif. Serve in portions with cream or ice cream on the side.



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White Bean Hummus

Hummus

Yield 1 serving

Ingredients

16 oz can	Cooked white beans, drained, reserve liquid (16 oz. Can)
1	Clove of garlic
2 oz	Tahini, (sesame puree)
1 tsp	Cumin, ground
1 tsp	Coriander, ground
1	Lemon, juiced
2 oz	Extra virgin olive oil
TT	Salt and pepper
1 tsp	Aleppo pepper
1 tbsp	EVOO for garnish

Instructions

Buzz the lemon juice, EVOO, garlic, and tahini in a blender until well combined.

Place the drained white beans in a food processor.

Add half of the blended mix, season with salt and pepper and mix until smooth.

Add the cumin and coriander and continue to mix.

Add the remaining blended mix and the some of the liquid from the beans if needed. The mixture should not be too thin.

Season to taste with salt and pepper. Garnish with EVOO and Aleppo pepper.

Serve with pita or toasted bread.





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Ezogelin Soup *Ezogelin Çorbasi*

Yield 4- 6 servings

Ingredients

1 tbsp Vegetable oil
 1 tbsp Butter
 1 Onion
 2 cloves Garlic
 4 tbsp Red lentils
 4 tbsp Bulgur
 2 tbsp Rice
 8 cups Hot water

Sauce

2 tbsp Vegetable oil
 1 tbsp Flour
 2 tbsp Tomato paste
 2 cups Hot water
 2 tsp Dried mint
 1 tsp Aleppo pepper
 1 tsp Black pepper
 4 tsp Salt

Instructions

Put the butter and 1 oil in the pan and heat.

Cut onion and garlic into small pieces and brown over medium heat until the onions soften.

Wash red lentils, rice, and bulgur and add to the pan. Then, mix and roast together.

Add to hot water, close the lid and cook on high heat until it boils. Reduce heat and cook for about 35 minutes, stirring from time to time, until the legumes are soft.

Heat 2 tbsp of oil in a separate pan. Add 1 tbsp of flour and stir until the smell of flour is gone.

Add 2 tbsp of tomato paste and fry for 1-2 more minutes. Add 1 cup of water and boil.

Add the mint, red pepper, and black pepper and stir into the soup.

Add the seasoning and boil for 1-2 minutes. Add hot water if needed at this stage. Adjust it according to the consistency of the soup.

Boil the soup for about 5 minutes. Serve it with fresh bread.

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Bulgur Pilaf with Lemon & Herbs

Yield 8 servings



Ingredients

2 tbsp Olive oil
 1 cup Onion, chopped
 1 clove Garlic, finely chopped
 1/4 tsp Turmeric
 1/2 tsp Ground Cumin
 2 cups Chicken Broth
 1/2 cup Bulgur (medium grain)
 1 cup Roasted Red Peppers, chopped
 2 tsp Ginger, grated
 1 tsp Kosher Salt
 1/4 cup Fresh Dill, chopped
 1/4 cup Fresh Mint, chopped
 1/4 cup Parsley, chopped
 3 tbsp Lemon Juice

Instructions

In a large saucepan, heat olive oil.

Add onions and cook until translucent.

Add garlic, turmeric and cumin and cook until fragrant, about 1 minute.

Deglaze the pan with some of the chicken broth. Add remaining broth, bulgur, roasted red pepper, ginger and salt.

Cook covered for 15 min. Leave to rest until liquid is absorbed.

Just before serving, add dill, mint, parsley, and lemon juice and toss to combine.

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Orzo Pasta Salad

Yield 4 servings

Ingredients

- 2 cups Orzo pasta, cooked and cooled
- 1/4 cup Green olives, seed removed, cut in half
- 1/4 cup Black olives, seed removed, halved
- 1/4 cup Sundried tomatoes, finely diced
- 1/4 cup Feta cheese, crumbled
- 1/4 cup Red onion, finely diced
- 1 tsp Fresh oregano, minced
- 1 tsp Fresh thyme, minced
- 1 tbsp Fresh parsley, minced
- 2 Lemons, zest and juice
- 1/2 cup EVOO
- TT Salt and pepper

Instructions

Place the pasta, olives, sundried tomatoes, and red onion in a large bowl.

Add the fresh herbs, lemon zest, and feta cheese and mix gently.

Add the lemon juice and extra virgin olive oil to desired taste.

Season to taste with salt and pepper. Serve at room temperature.



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Grain Bowl

Yield 4 servings

Ingredients

- 1/2 cup Bulgur
- 1/2 cup Quinoa
- 1/2 cup Brown Rice
- 1 cup Cherry tomatoes, halved
- 1 cup Cucumber, peeled, halved, and sliced
- 1/2 cup Green olives, roughly chopped
- 1/2 cup EVOO
- 1 tbsp Fresh parsley, minced, for garnish
- 1 cup Chickpeas, cooked, canned
- 1/4 cup Red onion, finely diced
- 1/4 cup Cauliflower, small florets
- 2 tbsp Fresh Dill
- 1 cup Yogurt, plain
- TT Onion powder, garlic powder, salt and pepper
- 1 oz Lemon juice
- TT Aleppo pepper
- TT Cumin, ground
- TT Coriander, ground
- TT Paprika, ground
- TT Sumac





Instructions

Boil the bulgur and quinoa in separate pots of water. Strain and put aside. Boil the rice in 1 cup of water to desired texture.

Prepare the cherry tomatoes, cucumbers, and the olives. Set aside. Strain and rinse canned chickpeas. Set aside. Cut cauliflower into small florets. Set aside. Peel red onion and small dice. Set aside. Chop the parsley finley. Set aside.

Place bulgur, quinoa brown rice in a large bowl. Add the cherry tomatoes, red onions, cucumbers, chickpeas, and cauliflower florets. Mix together.

Lemon Dill Dressing

Put the yogurt in a bowl. Add the lemon juice, dill, onion powder, garlic powder, salt and pepper and mix together until desired taste.

To serve season with Aleppo pepper, sumac, paprika, cumin, coriander and salt. Drizzle the EVOO over the grain and vegetable mix. Spoon the lemon dill dressing on top.

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Tomato, Bulgur & Red Pepper Soup

Yield 8 servings



Ingredients

2 tbsp EVOO
 2 Red bell pepper, stemmed, seeded, and chopped
 1 Onion, chopped
 3 cloves Garlic, minced
 1 tbsp Tomato paste
 1 tsp Dried mint
 1/2 tsp Smoked paprika
 1/8 tsp Aleppo pepper
 1/2 cup Dry white wine
 28 oz Canned, diced tomatoes
 4 cups Chicken broth
 2 cups Water
 3/4 cup Medium-grind bulgur, rinsed
 1/3 cup Fresh mint, chopped

Instructions

Heat the oil in a pan over medium heat until shimmering. Add the bell pepper, onion, 3/4 tsp salt and 1/4 tsp pepper and cook until softened and lightly brown, 6 to 8 minutes.

Stir in the garlic, tomato paste, dried mint, paprika and Aleppo pepper. Cook until fragrant. Deglaze the pan with wine and cook until liquid is reduced by half.

Add the tomatoes with their juice. Cook until tomatoes start to break apart, approximately 10 minutes.

Stir in the broth, water, and bulgur. Bring to a simmer. Reduce heat to low, cover and cook until bulgur is tender, approximately 20 min. Sprinkle with feta cheese and fresh mint before serving.

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Ratatouille

Yield 4 servings

Ingredients

1/2 cup Onion, diced
1 tbsp Garlic, chopped
2 oz Olive oil
1 cup Green bell pepper, small dice
1 cup Red bell pepper, small dice
1 cup Zucchini, small dice
1 cup Canned roasted eggplant, drained and chopped.
1/2 cup Canned, diced tomatoes
1 tbsp Basil, chiffonade
TT Salt and pepper

Instructions

Pre-heat a 10-inch sauté pan over medium heat with enough olive oil to coat the bottom of the pan. Heat until the oil shimmers.

Add the onions and cook until tender and just starting to color, about 5 minutes.

Add a pinch of the garlic and cook 1 more minute.

Add the peppers and zucchini. Cook until tender, 2 minutes. Add the eggplant and tomatoes.

Mix all ingredients together and cook until tomatoes and eggplant are heated through.

Remove from heat, add the basil and season with salt and pepper as needed.



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Menemen

Yield 4 servings



Ingredients

- 1 Yellow onion, roughly chopped
- 1 Green pepper, diced
- 3 Roma tomatoes, seeded, diced
- 4 Large eggs, beaten
- TT Aleppo pepper, ground
- TT Oregano, to garnish
- 2 tbsp EVOO
- 1 tbsp Fresh minced parsley, to garnish
- 3 tbsp Tomato paste
- TT Salt and pepper
- 1 Baguette, thick sliced

Instructions

Heat EVOO in a pan and heat. Add onions and green peppers and saute until translucent and soft. Season to taste with salt and pepper.

Add diced tomatoes and tomato paste to the pan and saute tomatoes until soft, about 2 minutes.

Add Aleppo pepper, crushed red pepper and oregano to taste. Lower heat to medium low, add eggs and mix until the eggs start to set.

Remove from heat and drizzle a little EVOO over the mixture. Top with parsley.

Serve with baguette slices.



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Sesame Seared Tuna Salad

Yield 2 Servings

Ingredients

9 oz Fresh Turkish Bluefin Tuna
1/4 cup Toasted sesame seed
1/4 cup Black sesame seed
AN Olive Oil
6 6-inch skewers

For the Salad

4 cups Mixed greens
1 oz Curled carrots
2 tbsp Roasted red bell pepper, brunoised
fried wonton strips

For the Dressing

1/2 cup Olive oil
1/4 cup Red wine vinegar
2 tbsp Lemon juice
2 cloves Garlic, minced
1 tsp Dijon mustard
1/2 tsp Salt
1/2 tsp Pepper
1/2 tsp Dried oregano

Instructions

Cut the tuna into 1-inch logs. Combine the sesame seeds and roll the tuna pieces into the mixture coating evenly on all sides.

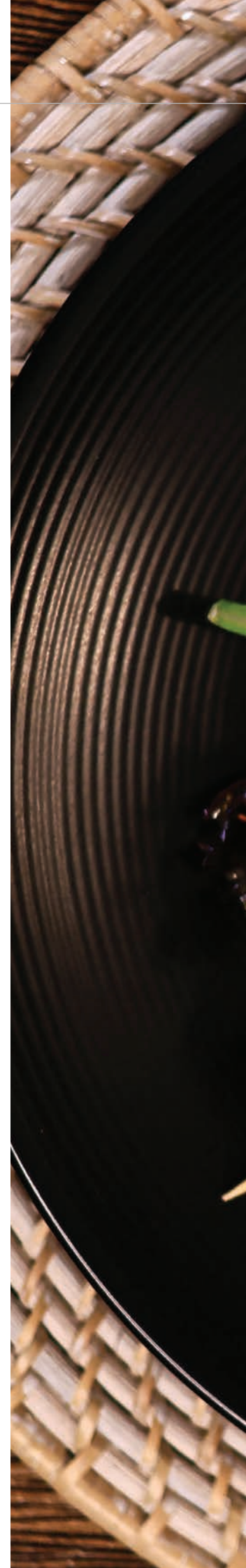
Put a small amount of olive oil in a hot pan. Add the tuna and sear on all sides. Set aside to cool, cut into 1/2-inch thick pieces and place on skewers, 3 pieces per skewer.

Combine all dressing ingredients in a blender and mix until smooth. Adjust seasoning as needed.

Place salad greens in a large bowl and drizzle with enough dressing to lightly coat the greens.

On a plate, place salad greens, topped with curled carrots, roasted red pepper and crispy wonton. Place tuna skewers ontop of salad, crossing the top of each skewer above the wonton crisps.

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Turkish Sea Bream with Grapefruit & Sumac

Yield 1 serving

Ingredients

1 Fillet of Turkish Sea Bream,
3-5 oz., skinned, and
sliced very thinly on a bias
1 Grapefruit, peeled and cut into supremes
1 tbsp Pickled red onion
1 tbsp Extra virgin olive oil
1 pinch Sumac
1 pinch Aleppo pepper
TT Salt and pepper
1 tsp Basil chiffonade

Instructions

Place the grapefruit supremes on a plate in a row.

Season sliced fish with salt, pepper, sumac, and Aleppo pepper.

Place the sliced fish on top of the supremes. Drizzle the plate with EVOO.

Garnish with the basil and pickled red onions.



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Turkish Sea Bass Piccata

Yield 4 servings



Ingredients

4 Turkish Sea Bass filets, skin removed
 AN All-purpose flour
 AN Salt
 AN Aleppo pepper
 3 tbsp EVOO

For the sauce

1 Shallot, minced
 2 cloves Garlic, thinly sliced
 1/2 cup Low-sodium chicken broth
 1 Tbsp Butter
 2 tbsp Cornichon pickles, chopped
 2 tbsp Lemon juice
 1/4 cup Flat leaf parsley, chopped

Instructions

Season the fish filets with salt and Aleppo pepper. Dredge in flour. Heat oil in saute pan and saute fish until browned and cooked through. Remove from pan.

Add shallot to pan drippings and saute until soft and fragrant, about 1 min. Add garlic and sauté an additional minute.

Add stock and simmer until reduced by half, about 4-5 minutes. Reduce heat to low, stir in butter, pickles, and lemon juice. Adjust seasoning as needed.

Serve fish with piccata sauce and parsley.
 (Note: This can be served alongside pasta or salad)

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 Vegas Chefs cook this recipe



Nicoise Salad

Yield 1 Serving

Ingredients

4 oz	Turkish Bluefin tuna steak
1	Pickled red onion
1	Egg, soft boiled
6	Baby green beans, cooked
2	Fingerling potatoes, cooked and cut in rounds
8	Cherry tomatoes, cut in half
3 oz	Poppyseed vinaigrette (see recipe)
5	Green and black olives, cut in half
1 tbsp	EVOO
TT	Salt and pepper

Poppyseed Vinaigrette Ingredients

2 oz	Champagne vinegar
6 oz	EVOO
1 tsp	Poppyseeds, lightly toasted, ground in a pestle and a mortar
1 tbsp	Whole grain mustard
TT	Salt and pepper

Instructions

Season the tuna with salt and pepper on both sides. Place a saute pan on high heat and add the EVOO.

Put the tuna in the pan when the oil is hot but not smoking. Lower the heat to medium.

Remove from the pan when both sides are golden brown, around 1 minute per side.

Place all ingredients in separate bowls and drizzle with the vinaigrette.

Slice the tuna. Arrange the ingredients on a plate in separate small piles. Lay the tuna slices in the center of the plate fanned out.

Poppyseed Vinaigrette Instructions

Place the mustard and vinegar in a bowl. Using a whisk, slowly add the EVOO. Add the poppy seeds. Season with salt and pepper.



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Turkish Sea Bream en Papillote

Yield 1 Serving



Ingredients

- 1 Filet of Turkish Sea Bream
- 1/2 cup Fennel, baton cut
- 3 Baby zucchini,
cut in half lengthwise
- 3 Baby squash, cut in half
- 1/2 cup Roasted Peppers,
baton cut
- 1 Vine leaf
- 5 Green olives, cut in half,
seeds removed
- 1 tsp Sumac, ground
- 1 Thyme sprig
- 1 oz EVOO
- TT Salt and pepper

Instructions

Preheat oven to 425 degrees. Saute fennel, zucchini, and squash in a pan with a little olive oil.

Season the sea bream with sumac, salt, and pepper. Fold the parchment paper in half, lengthwise.

Place the vine leaf in the center of one half of the paper. Arrange the cooled vegetables in the center and add the olives and peppers.

Place the seasoned sea bream on top of the vegetables. Put the thyme sprig on top of the sea bream. Fold the parchment paper over the sea bream and crimp the edges starting in one corner and continue folding to seal the parchment around the fish.

Place the parchment bag on an oven sheet and bake in the oven for 12-15 minutes, until the fish is cooked through. Carefully open the pouch with a knife and fork, and serve in the paper.

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Grilled Herbed Turkish Sea Bream

Yield 4 servings

Ingredients

1 lb Filets of Turkish Sea Bream, skinless

Marinade

2 tbsp Fresh lemon juice

1/2 tsp Dried oregano

1/2 tsp Dried thyme

1/2 tsp Dried rosemary

Instructions

Combine the marinade ingredients and spread evenly over the sea bream portions.

Cover and refrigerate for 30 min.

Grill the sea bream until cooked through.

Serve with bulgur pilaf.



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Vegas Chefs cook this recipe



Stuffed Turkish Sea Bass *Balık Dolması*

Yield 1-2 servings

Ingredients

1	Turkish Sea Bass
1/2 cup	Bulgur
1 cup	Onion, finely chopped
1/4 tbsp	Butter
1/2 cup	Water
TT	Salt and black pepper
1 tbsp	Dried mint
1 tbsp	Aleppo pepper

Instructions

Clean, wash and salt the fish.

Melt the butter in a saucepan, add the finely chopped onions and sauté for 5 minutes. Add the bulgur and continue stirring.

Add the spices and water, bring to the boil. Remove from the heat and allow to rest for 10 minutes.

Preheat the oven to 180 C.

Take the fish, slit it open, and fill it with bulgur filling. Tie the fish carefully.

Place the fish on the greaseproof paper, put it in the preheated oven, and bake for 15 minutes.

Important note: It is necessary to adjust the cooking time according to the size of the fish.



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Turkish Sea Bass with Rustic Romesco Sauce

Yield 1 serving

Ingredients

1 Turkish Sea Bass filets, deboned, skin on
 1 tbsp EVOO
 TT Salt and pepper
 1/4 cup Romesco Sauce

Instructions

Season the fish filets with salt and pepper on both sides. Place a saute pan on high heat. Add the EVOO.

When the oil is hot, just before smoking, add the filet, skin side down, and lower heat to medium. Gently press the filet down with a spatula.

When the skin is crispy, turn the filet over and finish cooking, 1-2 minutes. Serve with Romesco sauce.

Romesco Sauce

1 cup Roasted red peppers, cut in batons
 1 Onion, julienne
 3 cloves Garlic, crushed
 1 tsp Toasted fennel seeds, ground in a pestle and pestle
 1 tsp Sweet paprika
 1 tsp Aleppo pepper
 1/4 cup EVOO
 1/4 cup Almonds, sliced; gently, evenly roasted until golden brown, rough chop
 TT Salt and pepper
 TT Sugar
 1 Boquet garni- leek, thyme, parsley, basil, and rosemary
 1 Cartouche

Instructions

Sweat the onions, and garlic in EVOO. Add the roasted peppers, paprika, fennel, and Aleppo pepper. Add the almonds and season lightly with salt, pepper, and sugar. Add the boquet garni. Sweat very slowly over low heat.

Cover with cartouche.



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Caponata Galette

Yield 1 serving

Ingredients

1 tbsp EVOO
 1 Yellow onion, medium diced
 1 Red Bell Pepper, roasted, medium diced
 TT Black pepper, salt
 2 cloves Garlic, minced
 1 tbsp Tomato paste
 1/2 tsp Red pepper paste
 1/4 oz Crushed tomatoes
 1/4 cup Green olives, chopped
 3 tbsp White wine vinegar
 2 tbsp Capers or pickles
 1 tbsp Honey
 1 Roasted eggplant
 1/4 cup Parsley, flat leaf, chopped

Dough

1 cup All-purpose flour
 1 tsp Sugar
 1/4 tsp Salt
 1/2 cup Butter, cold, cut into cubes
 2 tbsp Iced water

To assemble

1 Egg Yolk
 2 tbsp Heavy cream
 1/3 cup Parmigiano cheese, coarsely grated
 1/2 tsp Thyme

Instructions

Remove the dough from the refrigerator and let sit at room temperature for 30 min. Heat oven to 400F. Line a baking sheet with parchment paper.

In a small bowl, combine egg yolk and cream, and set aside.

Sprinkle a light dusting of flour on a rolling surface. Roll the dough into a round approximately 11 inches diameter. Sprinkle flour underneath as needed to prevent sticking.

Sprinkle about 3 tbsp of cheese onto the center of the dough. Add cooled caponata, leaving about 2 inches from the edge. Gently fold the dough toward the middle.

Brush the edge of the dough with the egg and cream mixture.

Sprinkle the remaining cheese and thyme over the crust and filling. Bake until edges are golden brown, approx. 18-20 min.





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Herbed Chicken Salad Crostini

Yield 24 crostinis

Ingredients

1/2 lb Chicken breast, cooked
2 Celery sticks, finely diced
2 Scallions, minced
3/4 cup Herbed mayonnaise (recipe to follow)
1 tbsp Lemon juice

Herbed Mayonnaise (Yield 1 cup)

1 cup Prepared mayonnaise
1 tsp Oregano, dried
1/2 tsp Rosemary, dried
1/2 tsp Sage, dried
1/2 tsp Cumin, ground

Instructions

Shred the chicken into bite-sized pieces and place in a bowl. Add celery and scallions.

Combine 1/4 cup of herbed mayonnaise and lemon juice with the chicken mixture. Stir until combined. Adjust seasoning as desired.

Add remaining mayo if the mixture does not hold together.

Procedure

Combine all ingredients and let stand for 1 hour before using.

Garnish

Ground Sumac

Plating

Slice 1 baguette into 1/4 inch rounds. Brush with olive oil and toast lightly.

Top each piece with a scoop of chicken salad and garnish with ground sumac and salad leaves.



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Vegas Chefs cook this recipe



Braised Artichoke Salad

Yield 4 servings



Ingredients

- 3 Braised artichokes, cut in quarters lengthwise, cold
- 1 Slice pressed yogurt
- 1 Orange, peeled and cut into supremes
- 1 tbsp Pine nuts, toasted
- 1 tsp Poppy seeds, lightly toasted
- 1 Orange, juiced
- 1 tbsp Dried apricot, small dice
- 2 tbsp EVOO
- 1 tbsp Basil, chiffonade
- TT Salt and black pepper

Instructions

Place a slice of pressed yogurt down the center of a rectangle-shaped plate.

Put the braised artichokes in a bowl and add the orange juice and EVOO. Place the artichokes on top of the yogurt.

Drizzle the plate with the remaining dressing from the bowl.

Garnish with toasted pine nuts, poppy seeds, and apricots.

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Vegas Chefs cook this recipe



Braised Leeks

Yield 3-4 servings



Ingredients

1 lb Leeks, diagonally cut
 2 Carrots, diagonal cut
 1 tbsp Rice
 2 tbsp Sugar
 1/2 cup EVOO
 1/4 cup Lemon juice
 1/4 cup Water
 1 tbsp Salt

Instructions

Peel the carrots and cut them diagonally.

Put olive oil in a saucepan, and sauté the carrots for 6-7 minutes over medium heat (the orange color of the carrot should transfer to the oil).

Clean the leeks, cut them on the diagonal and add them to the sautéed carrots, continue mixing.

Saute together for 3 minutes, then add salt, sugar, and water and lastly the rice.

Cover the leeks with a piece of baking paper. Close the lid of the pot. Cook gently until soft.

Add the lemon juice and let it rest with the lid removed. Olive oil dishes should be cooled in their own container. Serve garnished with parsley or dill.

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 Vegas Chefs cook this recipe



Spicy Feta & Roasted Red Pepper Dip

Yield 2 cups



Ingredients

8 oz Feta cheese, crumbled
1 cup Roasted Red Peppers, chopped
1/3 cup EVOO
1 tbsp Lemon juice
1/2 tsp Aleppo pepper

Instructions

Blend the feta, red peppers, olive oil, lemon juice, and Aleppo pepper in a food processor until smooth, scrape down sides as needed.

Transfer the mixture to a serving bowl and serve with vegetables or pita wedges. Serve at room temperature.



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Vegas Chefs cook this recipe



Traditional Turkish Stuffed Vine Leaves

Yaprak Sarma

Yield 10 servings



Ingredients

1 lb	Vine leaves
10 fl oz	Water
9 fl oz	Olive oil
1/2 lb	Rice
2	Tomatoes
1 tbsp	Tomato paste
2	Onion
1 tsp	Dried mint
1 tbsp	Pine nuts
1 tbsp	Currants
1 tsp	Black pepper
1 tsp	Allspice
1 tsp	Cinnamon
1/2 bunch	Dill, chopped
1/2 bunch	Parsley, chopped
1 tsp	Sugar
1 tsp	Salt

Instructions

Carefully wash the leaves, and remove the stems. Soak the leaves in boiling water for a few minutes, then wash them under running water to get rid of excess salt.

To make the filling, chop the onions in a food processor. Peel and chop the tomatoes. Then wash and drain the rice, pine nuts, and currants.

Put 4 fl oz of olive oil in a deep non-stick pan. When the oil is hot, lightly roast the pine nuts, then add the onion and sauté until transparent. Add tomatoes and tomato paste. Finally, put in the rice, add the spices, and mix them together. Pour 5 fl oz of warm water into the pot. Cook over high heat until boiling, then reduce heat and cook until the rice absorbs the water. Do not cook the rice thoroughly, as it will cook a little more with the vine leaves. When cooked, add the parsley and dill, mix, cover and leave to cool.

Arrange a few less well-shaped leaves and a few petioles in the base of a large pot. The leaves will prevent the rolls from sticking to the bottom of the pot.

Place a vine leaf on a plate or surface, shiny side down. Take a tablespoon of the filling and place it on the leaf near the stem. Fold in the sides. Then roll the leaf upward like a cigar. Repeat the process.

Arrange the rolls tightly side by side in the pan in circles. Add 5 fl oz of water and 4 fl oz of olive oil. Cover the wraps with a heavy plate.

Cook over high heat until the liquid boils, reduce the heat to medium, and simmer for about half an hour until fully cooked. Let the dolma cool. Serve cold.

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Vegas Chefs cook this recipe



Apricot-Orange Scone

Yield 2 cups



Ingredients

2 cups All-purpose flour
 3 tbsp Sugar
 1 tbsp Baking powder
 1/2 tsp Salt
 1/2 cup Dried apricots, chopped
 1 tbsp Orange zest
 5 tbsp Butter, cubed
 1 tsp Vanilla essence
 1 cup Cream

Instructions

Preheat oven to 450 F.

Combine the flour, sugar, baking powder and salt in a food processor, and pulse a few times to blend the ingredients.

Add the cold butter cubes to the flour mixture and pulse a few times until the mixture resembles coarse crumbs.

Add the dried apricots and orange zest. Pulse a couple more times. In a separate container, combine the cream and vanilla.

Slowly add the cream to the dry mixture (this can be done in a bowl, by creating a well in the middle of the dry ingredients, pouring the liquid into the well, and then mixing until the ingredients come together).

Remove the dough from the food processor and place it on the work surface. Shape into a disc about 1/2-inch thick. Sprinkle demerara sugar on top and cut into 8 even wedges.

Place on a baking sheet lined with parchment paper and bake for 16 min.

Allow to cool on a wire rack.

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 Vegas Chefs cook this recipe



Polenta with Olives & Sun-Dried Tomatoes

Yield 24 Squares



Instructions

Line an 8 ½ by 4 ½-inch loaf pan with parchment and lightly coat with vegetable oil spray.

Heat 4 tsp of oil and add ¾ of the minced garlic. Cook until fragrant. Off heat, add the rosemary, and set aside.

In a saucepan, bring the water to the boil. Reduce the heat to low and stir in the salt. Slowly whisk in the polenta. Cook until the polenta is soft and smooth, approximately 3 to 5 minutes. Off heat, stir in the garlic and rosemary mixture and 1/8 tsp of pepper.

Pour the polenta into a prepared pan, smooth the top and allow to cool to room temperature, about 2 hours. Once cooled, wrap the pan in a cloth and place it in the refrigerator until the polenta is firm.

Combine the olives, sun-dried tomatoes, vinegar, 1 tbsp of olive oil, the remaining garlic, and pepper. Set aside.

Run a small knife around the edge of the pan to release the polenta. Flip onto a cutting board and discard the parchment. Trim the ends of the polenta as needed to ensure uniform edges.

Cut the trimmed loaf in half lengthwise, then cut each strip crosswise into 6 pieces. Next, slice through each square creating ¼-inch thick squares.

Adjust the oven rack 3-inches from the broiler. Heat the baking sheet until hot. Remove from the oven, coat with vegetable oil spray and place the polenta squares evenly on the baking sheet. Bake the squares until spotty brown and crisp, 8-10 minutes.

Transfer the polenta squares to a serving dish, top each square with the olive mixture, sprinkle with basil and serve.

Ingredients

2 tbsp EVOO
 4 Garlic cloves, minced
 1/2 tsp Fresh rosemary, minced
 2 cups Water
 1/2 cup Instant Polenta
 1/4 tsp Pepper
 1/3 cup Kalamata olives, pitted, minced
 1/3 cup Sundried tomato, minced
 1/2 tsp Red wine vinegar
 1 tbsp Fresh basil minced

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 Vegas Chefs cook this recipe



Sultan's Delight *Hünkar Beğendi*

Yield 4 serving

Ingredients

1 lb Diced meat (beef or lamb)
 3 tbsp Vegetable oil
 1 Onion
 1 Pepper
 1 Tomato
 1 tbsp Tomato paste
 2 cups Water
 TT Salt and pepper

Eggplant puree

3 Eggplants
 1 cup Milk (or add more if needed)
 1 tbsp Butter
 1 tbsp Flour
 TT Salt
 1/2 lb Cheddar cheese (or Turkish Kasar or Kashkaval) cheese grated

Instructions

Roast the eggplants in the oven or on the stove. (if possible, choose those without seeds). Peel and chop the roasted eggplants.

Fry the butter and flour in a pan. Mix to a smooth consistency. Add the eggplants to the pan and mash well. Reduce heat and add the milk slowly mixing well.

Add the cheese, turn off the heat, and mix until the cheese is melted.

In a separate pan, heat the oil and add the meat. Cook until it releases its juices.

Add the finely chopped onions and peppers. When they are browned, add tomato paste and mix it in.

Remove the seeds from the tomatoes, chop finely and stir into the mixture.

Add 2 cups of water, close the lid and cook until the meat is tender. Add seasoning.

To serve, spoon the eggplant puree onto a serving plate, top with the meat mixture, and decorate with fresh herbs.

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 Vegas Chefs cook this recipe





Beef and Bulgur Patties in Sauce

Anali Kizli

Yield 4 servings

Ingredients

For the dough

2 lbs Fine bulgur
2 tbsp Semolina
1/2 lb Lean ground beef, ground twice
TT Salt
1 ea Egg

For the filling

3 Medium onions, chopped
1/2 lb Semi-skimmed ground beef
3 tbsp Butter
TT Salt, Aleppo pepper, black pepper

For the sauce:

1 Large onion, chopped
1 tbsp Tomato paste
1 cup Boiled chickpeas
TT Salt, Aleppo pepper, black pepper

Instructions

It is useful to prepare the filling one day in advance. For this, fry the chopped onions with oil and add the minced meat.

When the minced meat absorbs its juice, add the spices allow, to cool, and refrigerate.

For the dough, wash the bulgur well and place it in a kneading bowl. Add fine ground beef, salt, and semolina, adding water in between, and knead for about 20 minutes until it reaches a rolling consistency.

Take half of the dough. Roll out small pieces and stuff them with the prepared filling to form meatballs. Use the remaining dough to make small balls. (It is the larger and smaller meatballs that give this dish its name, "Mothers and Daughters")

To make the sauce, add a little oil to a large soup pot and fry the onion. Add tomato paste, chickpeas, spices, and enough hot water to form a sauce.

When the water boils, throw in the meatballs and small dough balls. Boil for a few minutes until the meatballs are cooked.

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Baklava

Etymological Origin of the Word Baklava

Baklava is a joy for all



Many varied theories have been suggested regarding the etymology of the word Baklava. Did it originate in Turkey as many believe or are its origins founded in the Middle East, Arabia, or even as far east as Mongolia?

Priscilla Mary Işın (author of several books on cuisine), mentions that the word “bak-lava” was first voiced in the poems of Kaygusuz Abdal and also stated that “sarığıburma (gripping the turban in Turkish)” baklava was first described with the name of “karnıyarık” in an Arabic cookery book of the XIII century. In the same century, we see that in the book named “Divan-I Kebir of Rumi” baklava is mentioned as “Samsa (multi-flaked pastry with syrup) in Turkish) baklava”.

On the other hand, Charles Perry, the food editor of the Los Angeles Times in the USA, states that baklava is a Turkish sweet pastry to the core and that its origins go back to Central Asia. Perry bases his argument on the fact that the words “kat (fold in Turkish)” and “yufka (phyllo in Turkish)” are words of Turkish origin.

Indeed yufka, which is spelled as “yuga” in Anatolia, is also used in Turkish to mean thin.

Another theory is that word oklava in Turkish meaning, a long thin, rolling had become the eponym of baklava thanks to its indispensable role in baklava making.

However, Turkologist Dr. Mustafa S. Kaçalın, who is known for his study on the suffixes of -lagu and legü, suggests that just like the origin of the word “oklava” comes from the root “ok” (arrow in Turkish) the word baklava might also have come from the word “balık” (fish in Turkish) as the diamond pattern of baklava reminds us of fish scales and thus it is called “balıklava”. This word might have been shortened to “baklava”.

It is also mentioned by many Turkish people living in the city of Balaklava in the Crimea, which was under Turkish rule for many centuries, that its name had been given due to the fact that the geographical surface of the city looked like a baklava pattern.

American Altai linguist Paul Buell has the idea that this word could have originated from a mixture of the Mongolian word bakala (fold in Mongolian) and the Turkish suffix -va.

During the time of the Byzantine Empire, this sweet pastry was called “kopti” which means “has been cut”. This pastry was made by folding two thick phyllos with a pestled walnut, honey, and sesame paste layered between them.

In many locations of Anatolia “katmer” is the name of a phyllo bread made by spreading cream or butter between the layers, but in Urfa, katmer, is the name used for baklava. Katlama (folded phyllos in Turkish) which is still popular in Central Asia is made from folded phyllos.

Types of Baklava

In Turkey, where pastry desserts really matter, baklava is always in first place. Making the dough requires great mastery. Types of Baklava are distinguished one from another by the way in which the basic multi flaked pastry is folded, cut, and arranged on the baking tray and by the type of filling material used. Although some of them are called by the names that the confectionary masters have given them, such desserts as bird nest-shaped pastry with nuts in thick sorbet, sultan’s turban dessert and Turkish-style milky desserts are now classics.

Baklava with its past and present is an indispensable dessert in Turkish life.

Since the Ottoman times, many varieties of baklava have been created. Each has a descriptive name either from the shape (diamond, moon shaped, muska dessert), the form (Nightingale’s nest, lady lips, poğaça baklava, bohça baklava), the filling (rice baklava, Creamed baklava, baklava with pistachio or walnut) or are named confectionary masters who created them.

Baklavas are most commonly made using a filling of creamed walnuts or pistachios. Creamed baklava is actually made using a mixture of milk and semolina which is called as kaymak.

Scan to see introductory video of this industry









Turkish Wine

Urla Baę Yolu, Izmir, Trkiye

Turkish Wine Heritage

Written by Murray Mackenzie, Ph.D.

Wine has had an essential role in the social lives of the oldest civilizations of Anatolia.

Turkish cuisine is rich and varied, from Aegean olive oil based vegetarian dishes, the famous spicy kebabs of south-eastern Anatolia, to pastries, yogurt and bulgur dishes that reflects the changing cultural tastes and flavors from one region to the next. To accompany this long history and great variety of old and new tastes, a good wine is important.

Wine has had an essential role in the social lives of the oldest civilizations of Anatolia. The first suggestions of viticulture and viniculture established in Anatolia date back 7,000 years. Evidence has suggested that wine was important to both ancient economies and ancient cultural practices. At that time, wine was the primary beverage offered to the gods during rituals attended by royalty and high governors. Protecting viticulture and vinicultural practices, and the custom of celebrating each important vintage with a holiday, demonstrates the significant of wine in Anatolia at this time. By the 6th Century BC wine was being exported as far as France and Italy from trading and production centres in Southern Aegean region and Ainos. The southwest Mediterranean coast, and the island of Rhodes were also leading centres for the wine trade.

Although Türkiye has traditionally specialized in producing table grapes and raisins, it also has 34 kinds of wine grapes, 22 of which are valuable native varieties. With its diverse range of soils conditions and climates, this has allowed wine producers to cultivate several varieties of grapes for producing different styles of wine. Turkish wine producers also use the native grapes in combination with international European varieties. At present Türkiye's total wine exports are modest—approx \$10 million annually (compared with \$10 billion for France). Turkish wine producers have continually increased their wine production capacity and have continued to invest in modern technologies. Besides the large wine producing companies, there are also almost 300 small producers located in Central Anatolia, Marmara-Thrace and the Aegean region.

In the past, Turkish wines have been difficult to sell internationally, with names that are largely unrecognizable and difficult to pronounce.

Red Wines

Öküzgözü: Grown throughout Anatolia, high in acidity fine tannins. Strong characteristic taste and aroma, has comparisons with Pinot Noir.

Boğazkere: Found in central Anatolia, dark, thick skinned, harsh tannins and strong red grape, comparisons to Tannat.

Kalecik Karası: Produces smooth, easy to drink and fruity wines, aromas and tastes of fig, rose and strawberries. Occasionally likened to Pinot Noir

White Wines

Narince: Produced throughout Türkiye, balanced acidity, moderate alcohol citrus flavors of pears, grapefruit, and especially orange. Blends with Chardonnay, not unlike Viognier

Emir: Light-skinned dry white wine, delicate aromas, refreshing flavor, high acidity and mineral qualities suitable for producing sparkling wine, intended for early consumption

Misket: Became known as Muscat in Europe. Grown in and around Izmir, quite aromatic, lively, light, easy drinking and dry to lusciously sweet wines.

Turkish wine varieties are widely diversified and have greatly improved in quality through good vine and canopy management, modern equipment and wine making techniques. The market for wine has expanded in Türkiye as more varieties and better-quality wines become available. As a consequence of this increase in the quality of wine, many Turkish brands have been awarded gold medals in international competitions. However, despite this disservered recognition, the current export quantity of the Turkish wine sector is not at the level it deserves, considering the volume of grape production. Nevertheless, increasing production capacity and raising quality of Turkish wine through good quality control and modern wine making methods will be the tools for competing in the international markets in the near future.



URLA Wine Route

URLA, is a special place where you can roam freely in the vineyards and olive groves for exceptional products.



Imagine a laid-back, peaceful town by the crystal-clear waters of the Aegean. URLA, is a special place where you can roam freely in the vineyards and olive groves.

Famous for its wine, this land has been claimed as unique and indispensable by the Ionians, the Persians, the Romans, and finally the Turks.

In the field of viticulture for wine production, Urla is one of the premier areas in Türkiye. In the fertile soils of the region, besides internationally known grapes such as Cabernet Sauvignon, Merlot, Syrah, Chardonnay, Sangiovese, and Nero D'Avola; popular Anatolian varieties such as Boğazkere, Sultana, and the local Bornova Muscat are grown.

Among the modern-day heirs, Urlice Vineyards was the first to prove the worth of this rich heritage with its national success, and where Urla Wines reached international fame, with its state-of-the-art production facilities and its efforts in renovating antique local grape varieties such as Gaydura and Urla Karası. Likewise, USCA winery with its Foça Karası and MMG winery with its Bornova Muscat have produced their signature red and white wines, respectively, from those antique and local grape varieties. Another claim to fame from this region is Mozaik winery, which has collected international medals with the new hybrid grape varieties of the modern viticultural world.

Çakır Winery, as represented in their brand name "Somnium" which means dream, realized their goal by replanting the old vineyard sites that were lost following the exchange migration between Türkiye and Greece in 1923. Perdix is another winery that is producing wines from its 10 hectares estate in their visually acclaimed, modern winery that combines modern architectural lines with the traditional architecture of Urla. İkidenezarası in the village of Yağcılar located as the name suggests overlooking the two seas. Is hoping to bring recognition to this charming village while creating a link between its past and present.

Urla Wine Route and its associates invite you to discover the region, its natural beauty, and internationally acclaimed delicacies.



Can Ortabaş

While strolling through his arboretum named UZBAS, Can Ortabaş came across the remains of an ancient vineyard.

These ruins inspired him to perpetuate the lost tradition of the land. A decade later, a remarkable winery "Urla Şarapçılık (Urla Winery)" has emerged underlining the name of the town and re-introducing a cultural heritage that had been hiding for many centuries.

Scan to see the video of
Urla Bag Yolu experience









Gastro Izmir

Tastes from the Streets of İzmir



Ezme (Paste)

Turkish Ezme comes in three main varieties: walnut, pistachio, and almond. Ezme is an excellent dessert to accompany Turkish coffee and is one of the most sought-after desserts in İzmir's Kemeraltı Bazaar.

Ezme is made by grinding nuts finely, adding them to a prepared hot syrup, and mixing them thoroughly. The resulting paste is then rolled out between two layers of greaseproof paper to a thickness of about one cm. It is served cut into squares, or sometimes the paste is rolled into small balls.

Kazandibi

Mahmud Nedim was the first to mention the custard pudding by saying, "They scrape the milk pudding, which contains shreds of cooked chicken breasts, from the bottom of the pot with scrapers, and place them on plates neatly so that the brown side is on the top." It is a good description and the name given to the dessert is appropriate. "Kazandibi" means "bottom of the cauldron." Kazandibi is a delicacy that found its place in the palace cuisine as a caramelized version of Chicken Breast Dessert, and which has become very popular over time. It is among the irresistible desserts of Kemeraltı bazaar.

Made with a mixture of wheat starches, rice flour, and vanilla, the pudding, with the consistency of thick custard, no longer contains chicken meat. However, the addition of flaked almonds and caramelized sugar give it a unique and delicious taste.



Şambali

In the first years of the 20th century, Balkan immigrants arrived in our country bringing with them the legendary taste and recipe of the Revani Dessert, a spongy cake soaked in syrup. At the onset of the First World War, there was a severe shortage of food and people had little in their larders. İzmir residents, forced to use any ingredients they could find began to substitute hard semolina in place of the eggs and flour that were used in the Revani Dessert, giving it a hard and crunchy consistency. This became known as Şambali and soon turned into a favorite street flavor in the Kemeraltı Bazaar. When it later spread to other parts of the region it became known as İzmir Şambali.



Halva (Halva)

It is a common dessert in Türkiye and many Middle Eastern countries. There are however many varieties of halva that vary from country to country. Flour halva, tahini halva (illustrated) and semolina halva are common in Turkish cuisine. Of these three, flour and semolina halva are usually made in home while tahini halva is commercially produced. All forms of halva are made using butter or oil, sugar, and milk or cream and tahini halva may contain pistachio nuts or cocoa. According to Turkish tradition, halva was made in Ottoman houses on the occasion of births, deaths, enlisting in the military, returning from a pilgrimage, children starting school, a new home, and even during rain prayers, and is distributed among friends and neighbors

Karadut Şerbeti

One of the indispensable drinks dating from Ottoman times, Black Mulberry Sherbet, has gained a reputation as a beverage consumed especially during Ramadan. Black Mulberry Sherbet has become a popular drink because people believe it to be healthy and beneficial for various diseases. Also, it is a highly desirable drink for anyone who wants to cool off in the Kemeraltı Bazaar in the hot summer months.

It is made from fresh mulberries, a few well-crushed mulberry leaves, sugar, lemon juice, and water, strained through a sieve and served cold with fresh mint leaves.



Türk Kahvesi (Turkish Coffee)

It is thought that the coffee plant originated in Ethiopia, in the horn of Africa, and its use as a beverage was first realized in South Arabia. In the 17th century, coffee was brought to Europe by Venetian traders and spread across the continent in a short time. It first came to İstanbul during the reign of Süleyman the Magnificent and took its place in the palace kitchen as a popular soft drink.

Turkish Coffee is familiar to people around the world. In Izmir, apart from being an important finishing touch to restaurant meals, it is popularly consumed in the traditional coffee houses in Kemeraltı where people can relax on cushioned seats around low tables, enjoy their coffee and catch the eye of a hovering fortune teller.



Turşu (Pickle)

Pickling involves submerging fresh vegetables in brine containing lemon or vinegar and garlic cloves, which is an excellent way of preserving fresh produce. People have been pickling vegetables since ancient times traditionally they were stored in containers made of wood but when they became a commercial product earthen pots were generally preferred. Nowadays glass jars are of course used.

Pickles can be made from cabbage, cucumbers, tomatoes, peppers, beets, beans, and almost any variety of vegetables. In Kemeraltı the colorful displays in the small pickle stores are so attractive that everyone is tempted to stop and buy or take a picture. In addition, street pickle sellers tempt people with a pickle snack; usually a pickled gherkin in a glass of pickle juice.

Börek

Börek, which has its origin in the Turkish word burmek is a generic name for a wide variety of savory pastries, all created using rolled-out layers of dough made from flour, water, and salt. Each layer of dough is spread with an oil-egg mixture and there is usually a filling in the middle which could be cheese, ground meat, spinach or other vegetables. The origin of börek is not known but it was included in the Ottoman cuisine and was also a part of the nomadic culture. Evidence of making börek has been found in written sources from the Great Seljuk period. Today the many varieties are an important part of the Turkish cuisine as well as being a popular street food.



Boyoz

Boyoz is an unleavened pastry that was introduced to Anatolia and especially to the Izmir cuisine by the Sephardic Jews who settled in Türkiye in 1492. Since it is not commercially marketed outside of Izmir, it has become equated with İzmir and is known as İzmir Boyozu. Rumor has it that, Boyozcu Avram Usta made the first boyoz in Izmir, and after he died, boyoz were sold in Izmir under the name "Avram Usta's boyozu".

The little round boyoz is a very popular breakfast food enjoyed for the flakiness of the thin layers of pastry. It is sometimes stuffed with cheese or spinach but more often served plain with a boiled egg on the side. It is often sold by a street seller balancing a tray of them on his head.



Söğüş

Söğüş, has a 500-year history in Turkish culinary culture. Originating from the nomadic people it was first known as “Tandırbaş”, and according to the records mentioned in the Travelogues, it was traditionally served to scholars studying in the Abdal Mehmet Kulliye in the 16th century. It is regarded as one of the popular street foods in Bursa, Çanakkale, and especially in Izmir.

Söğüş is served as a wrap containing slices of meat taken from boiled sheep's head. It is seasoned with olive oil, salt, lemon, chilly pepper, and thyme and served with chopped lettuce, mixed with parsley and sumac.

Döner

Döner Kebab, as we know it today, is cooked on a vertical spit, but earlier, as shown in the written records of Evliya Çelebi's Seyahatname, it was cooked on a horizontal plane. It was often mentioned by western travelers, who visited Ottoman cities in the 19th century. The Döner Kebab is created by stacking thin slices of seasoned raw lamb and fat around a spit. In restaurants, it is served on pieces of flat bread topped with yogurt, tomato sauce and a drizzle of hot butter and chilly flakes. As a street food is often served in a wrap.



Kokoreç

Kokoreç is a skewered meat made from sheep's small intestine which has been stuffed with a rice filling, wrapped or plaited around a skewer and cooked over a coal barbecue fire. To serve it is removed from the skewer, chopped into pieces, and served in a bread sandwich with tomato, pickled peppers and pickled cucumber on the side. Well known as an Izmir street food, it can also be found in Anatolia and the Balkans.

Midye (Mussel)

Archaeological researches in Yeşilova, a neolithic site in the Aegean Region close to Izmir, have shown that 8500 years ago people were collecting and eating mussels from the Izmir Bay. Appearing as a snack in Ottoman cuisine, stuffed mussels are still a delicacy in Izmir and the Aegean and Marmara Regions.

Fresh mussels are washed thoroughly, and the shells are opened using a sharp knife. The shells are then stuffed with half-cooked seasoned rice, topped with the mussel, closed and boiled in water. Served with lemon, they are very popular street food.



Scan to see the video



Sinkonta

by Aylin Yazicioğlu

Ingredients

6-7	Medium yellow onions
50 ml	Cold pressed olive oil
1 tbsp	Tomato paste
1/2 bunch	Dill
1/2	Lime
2	Butternut squash
TT	Salt and pepper

Instructions

Thinly slice and sweat the onions with olive oil over medium heat being careful not to caramelize too much.

Add the tomato paste and cook thoroughly. Finish with pepper and salt and allow the onion mixture to cool.

Add the chopped dill and squeeze half a lime over the onion mix.

Peel the butternut squash and slice with the help of a Japanese mandolin, 2 mm thick. Arrange the slices in an ovenproof dish, overlapping layers with the onion mixture between. (about 6-7 layers)

Bake in the oven at 170 degrees for about 35 minutes until the pumpkin is soft.

These types of 'olive oil' dishes are best consumed on the following day. An overnight rest is believed to mature the flavors and develop a more rounded aroma.

'Bergama Tulum' Sauce:

100 gr Bergama 'tulum' cheese (made from goat's milk)
50 gr Vegetable stock

Heat the stock and add the cheese so that it melts in the stock (just before serving).

Walnut 'tarator':

100 gr Fresh walnuts, skins removed
Boil the nuts and crush them to a paste.
Add to the cheese sauce during service.

For the Soka (fermented hot green bell peppers)

20 Hot green bell peppers
1 lt Goat's milk
500 gr Heavy cream
500 gr Bergama Tulum cheese
10 gr Sea salt + extra for the bell peppers

Clean the peppers and deseed them. Sprinkle with salt and leave overnight.

Next day discard the water inside and turn them upside down. Heat the milk and add 10 gr of the salt. Mix with the cream and the cheese.

Fill the peppers with this mixture and arrange in a jar. Put the rest of the milk mixture in the jar and let it ferment for around 20 to 30 days.

Nettle and 'Soka' Salad:

Chop some soka peppers and mix with young nettle leaves. Use fermented soka cream as a dressing. Feel free to dilute the dressing with some more cream if the soka dressing is too hot. Add a splash of lime and some lime zest to finish.

Serving:

This dish could be served at room temperature as a starter but would taste even better warm and can be served as a main course. Cut the butternut squash into slices and serve with the cheese sauce, walnut 'tarator', and nettle-soka salad next to it.



Aylin Yazicioğlu

The cultural mosaic of Istanbul, where I was born, is reflected in my own family. My father's family is from Adana, the biggest city in southern Türkiye, while my mother's family is from Izmir, the pearl of the Western Coast. I was brought up with a mixed culture of cooking. Ghee and meat dishes from the Taurus Mountains matched with olive oil and fish dishes and the cornucopia that is called Aegean cuisine.

During my years at the University of Cambridge, studying towards a Ph.D. degree, I decided at long last to quit academia and pursue the goal of my life; becoming a chef de cuisine. At the age of 36, I moved to Paris, studied at Le Cordon Bleu, and worked in various types of establishments mostly with Michelin Guide accolades.

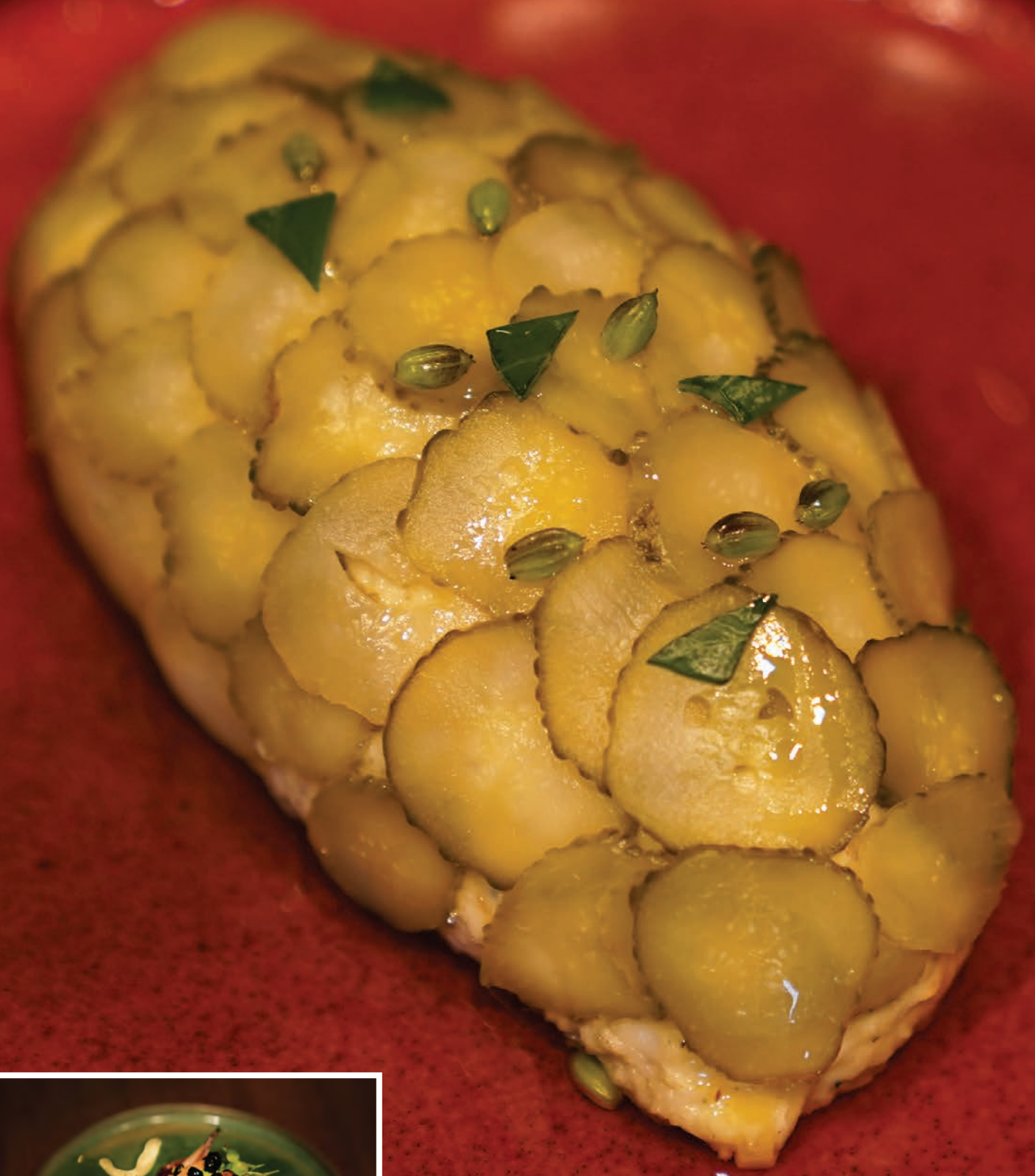
In 2013 I moved back to Istanbul and founded the Nicole Restaurant. The aim behind it was to serve the best quality fresh food, prepared daily and served in the most appropriate manner.

During 7 years of its short life, Nicole has received many accolades including 'the best of its country award' in 2017, 2018, and 2019 from the prestigious 'La Liste' in France.

Scan to see Aylin's Interview







Smoked Turkish Sea Bass

by Hiç Urla

Ingredients

150 grams	Turkish Sea Bass fillet, unskinned
1 lt	Water
50 grams	Salt
25 grams	Sugar
50 grams	Homemade mayonnaise
25 grams	Leek, diced
25 grams	Carrot, diced
2	Pickled gherkins, medium size
	Hiç EVOO

Instructions

Mix the salt, sugar, and water in a bowl. Put in seabass fillet. Leave to marinate for 4 hours.

Remove from the brine and dry with a paper towel. Prepare the smoker with oak wood chips and cold-smoke the seabass fillet.

Saute the leeks and carrots in olive oil. Allow to cool.

Put the smoked seabass fillet, homemade mayonnaise, and sauteed vegetables in a bowl. Mix them gently until they form a smooth paste.

To Serve

Shape the mixture with your hands to look like a fish. Cover the surface with slices of pickled gherkins to resemble fish scales.



Hiç Urla

Hiç is an olive oil company and an agriculture and gastronomy tourism platform established in Urla, Türkiye by Duygu and Taha Elakdar in 2012. Hiç offers many items, including olive oil and specialty food products as well as a restaurant and cooking classes. The main concept of the company includes maintaining purity in their products and following the motto, "Less is more". Running a 2400-acre natural farm, which was acquired from the Ministry of Forestry in 2010, Hiç not only exemplifies sustainable practices in the region but also displays the exemplary practices related to social entrepreneurship.

Olive farming and olive oil production in the Urla region have been considered a "cultural heritage" activity for the last 2600 years. Hiç has created a circular economy and helped the community by preserving nature and providing additional value-added benefits including improvements to the agricultural economy, promoting gastronomy tourism, and integrating a platform that contributes to the well-being of the society.

Scan to see introductory video of this restaurant



Dried Fig & Porcini Mushroom Brûlée

by Teruar Urla

Ingredients

50 grams Dried figs
10 grams Dried Porcini Mushrooms
200 grams Cream
100 grams Pelit cheese
Granulated sugar
Dried granulated onions

Instructions

Pre-soak the dried porcini mushrooms in warm water.

Pass all the ingredients through a blender and cook until it reaches 90 degrees (Celsius).

Divide the cooked cream into portions on plates and cook in a steam oven at 60 degrees (Celsius) for 30 minutes.



Grilled Turkish Bluefin Tuna with Sweet & Sour Leeks

by Teruar Urla

Ingredients

200 grams	Turkish Bluefin Tuna
50 grams	Roasted sesame seeds
500 grams	Leeks
50 grams	Currants
Olive oil	
TT	Salt
50 grams	sugar
100 ml	Vinegar

Instructions

Cut the leeks in juliennes and sauté in olive oil.

Caramelize the sugar. Add vinegar to form a sweet and sour sauce. Soak the currants in warm water.

Add the sweet and sour sauce and currants to the sauteed leeks and adjust the salt. Cut the tuna into portions, salt and grill.

Cover the cooked tuna with roasted sesame seeds and serve with the sweet and sour currants and leeks.



Teruar Urla

Hello, I am Osman Serdaroğlu, the founding chef of Teruar Urla. Everyone has a moment in life when they make a choice. I remember very well that my life changed with a question I asked myself while I was preparing for the final exam of the software course. What was I doing without excitement? Since middle school, my most comfortable and happiest moments were when I was cooking.

I first left school and enrolled in the Chef and Owner course of MSA (Culinary Arts Academy) in Istanbul. I continued my education at ALMA school in Parma, Italy.

I lived in Italy for about 5 years and had the opportunity to work for a long time in two Michelin-starred restaurants.

But I had an agrotourism dream and for this purpose, Urla was the right location with its surroundings and its diversity and its richness of products. 4 years ago, I bought the current land of Teruar Urla for this project.

With great excitement and joy, we opened Teruar Urla in July 2020. Teruar Urla is an Agrotourism project; a local with a kitchen at its heart, where the conversation is about eating and drinking, and a chef restaurant that uses the freshest seasonal and local ingredients. We also provide a boutique hotel service with 7 rooms for our guests. Sauce production and sale is another product of Teruar; a concept where you can buy sauces, patees and marmalades that you taste in the restaurant, all made using local materials and innovative technology.

Teruar takes its name from the Latin Terra (Soil). In fact, the word Teruar does not have a single meaning but the environmental factors in our products give them their characteristic features.

We opened Teruar Urla with a philosophy that respects the locality and supports and develops the producer in the lands where it is located. The seasons determine the menus in Teruar. We observe nature and listen and treat it respectfully. Of course, our most important ingredient is love.

Scan to see introductory
video of this restaurant



Veal Cheek with Caramelized Onion

by Urla Vino Locale

Ingredients

2 kg	Trimmed Veal Cheek
4	Medium Onion
2	Carrot
1	Celery
1 lt	Red Wine
2 lt	Water
1 bunch	Rosemary
1 bunch	Thyme
1 tbsp	Salt
1 tbsp	Black pepper
1 head	Garlic

Instructions

Heat the olive oil in a large heavy-based pot over high heat. Sear the beef cheeks until nicely browned.

Remove the meat and set aside. Reduce the heat to medium-high. Add all vegetables and saute thoroughly.

Add the wine and water to the pot. Place the seared cheeks on top of the vegetables. Add all seasoning and fresh herbs. Cook at low temperature for approximately 8-12 hours.

Remove the meat from the pot, discard the rosemary and thyme. Continue to cook to reduce the liquid to a smooth sauce.

For the Puree:

5 kg	Medium size onion
4 tbsp	Brown Sugar
2 cups	Olive Oil
1 cup	Water
1 tsp	Salt
1/2 tsp	Black pepper
2 tbsp	Butter
5 cl	Whiskey

Pour the olive oil and whiskey into a pan. Add the chopped onions. Turn down the heat to low. Simmer until the onion becomes translucent.

Add all the remaining ingredients. Mix together. Continue to cook scraping the sides of the pan when necessary. When the onions are golden-brown, tip into a blender and buzz until a silky-smooth puree is formed. It should be sweet, savory, and delicious.

Serve the veal cheeks on the onion puree, drizzle with a generous amount of sauce and garnish with oven-cooked potatoes.



Urla Vino Locale, a Secret Gem Hidden in Urla

Urla Vino Locale, an eco-friendly gem located in Kuşçular-Urla, was built from scratch in compliance with the history of the region and its unique architecture. As the first chef restaurant in the village, Urla Vino Locale has been welcoming its guests since April 2018.

The menu of Chef Ozan Kumbasar's cuisine, described by him as 'Mediterranean cuisine nourished by the soil and abundance of the Aegean', changes completely each month, in accordance with seasonal products and with the mission of supporting local suppliers.

Seray and Ozan Kumbasar, the founders of Urla Vino Locale, left their corporate lives behind in Istanbul and pursued their common dream of opening up an exclusive restaurant in Urla. In no time, they managed to create a heavenly mix of Aegean culture and the exquisite tastes of the peninsula, along with lots of happy guests.

The restaurant has been awarded the "4 Pearls" by the "Pearly Gastronomy Guide" (the gastronomy ranking system in Türkiye, which also goes under the title of "Koruncuk Friendly Business") and is part of a project for Koruncuk (Foundation for Children in Need of Protection in Türkiye) that provides the opportunity for girls in need of education.



Scan to see introductory video of this restaurant



Lamb Sirloin, Braised Onion & Smoked Jerusalem Artichoke Puree

by Urla Vino Locale

Ingredients

For Puree:

200 grams	Jerusalem Artichoke
250 ml	Milk
50 grams	Butter
1 pinch	Salt

For the Braised Onion:

1	Medium Size Onion
1 cup	Water
2 tbsp	Balsamic vinegar
2 tbsp	Brown sugar
1 tsp	Chopped rosemary
1/2 tsp	Salt
1/2 tsp	Black pepper
2 tbsp	Butter

For the Lamb Sirloin:

200 grams	Lamb sirloin
Olive oil	
TT	Salt & Pepper
Skewers	

Instructions

Put the artichokes in a pan and bring them to the boil. Cook until just tender. Drain and put in a blender or food processor with the butter. Blitz until smooth. Smoke with a smoke gun.

For the onion blend the ingredients and marinate in a small bowl. Pour into a baking dish. Trim the end of the onion and cut horizontally. Place the onion into a baking dish with the marinade.

Preheat the oven to 400 F, top each onion with butter, and roast uncovered in the oven for 1+1/2 hours until golden brown. Baste once or twice during roasting. Remove the outer skin.

Cut the lamb sirloin into 2cmx2cm cubes and thread them onto skewers. Marinate with olive oil salt and pepper. Grill until tender.

To assemble:

Spread the Jerusalem artichoke puree on a plate, place the onions in the middle and arrange the sirloin skewers on top of the onions.



Turkish Sea Bass in Salt Crust

by Zaitun / Chef İbrahim Önen

Ingredients

1kg Turkish Sea Bass
3kg Rock salt
Water

For the sauce:

200 grams Mayonnaise
5 grams Mustard
TT Salt
2 grams Garlic
5 grams Basil
2 grams Ground black pepper

Instructions

Put the rock salt in a deep bowl, add water and mix until the salt is the consistency of the earlobe.

Clean and descale the Turkish Sea Bass, place on a baking sheet and cover completely with salt.

Bake in the oven at 180 degrees (Celsius), for 35 minutes.

Remove the salt-covering slice and serve the fish with the sauce on the side.



Scan to see introductory
video of this restaurant



Grilled Turkish Sea Bass with Fresh Aegean Herbs

by Zaitun / Chef İbrahim Önen

Ingredients

800 grams	Turkish Sea Bass
100 grams	Cibetz leaves
100 grams	Radishes
100 grams	Radica leaves
50 grams	Kapia pepper
50 grams	Onions
5 grams	Ground black pepper
TT	Salt
5 grams	Garlic
100 cc	EVOO

Instructions

Clean the Turkish Sea Bass well, slit and open in the form of a butterfly and remove the middle bone. Salt with rock salt, dip in olive oil, and cook on the grill.

At the same time, boil the Aegean herbs, mash them with a fork and set aside. Cook the onion and kapia pepper until the onion turns pink. Add the boiled herbs, mix well, and season with salt and pepper.

Serve the bass topped with the prepared herb mixture.

Turkish Sea Bass Marine

by Zaitun / Chef İbrahim Önen

Ingredients

600 grams	Turkish Sea Bass
2	Lemons
25 grams	Salt
3 grams	Capers
5 grams	Red onion
Crystal ice	
100 cc	Olive oil
2	Bay leaves

Instructions

Fillet the Turkish Sea Bass, cut into julienne pieces and wash well.

Place it in a deep bowl containing a mixture of crystal ice, salt and lemon juice. Leave to marinate for 5-6 hours.

In a separate bowl, mix the olive oil, lemon juice, salt and capers. Pour the mixture over the marinated fish. Cut the red onion in half and place on the side of the serving plate.






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