



Samsun

Ingredients:

2 glasses of red lentils,
5 glasses of water,
2 tablespoons of natural butter,
1 tablespoon of tomato paste,
1 tablet of chicken broth,
1 teaspoon of red pepper,
1 tablespoon of dried mint.

Malzemeler:

2 Su bardağı kırmızı mercimek,
5 Su bardağı su,
2 yemek kaşığı tereyağı,
1 Yemek kaşığı salça,
1 Tablet tavuk suyu kalıbı,
1 Tatlı kaşığı kırmızı biber,
1 Yemek kaşığı kuru nane.

Yapılışı:

Önceden yıkadığımız mercimeği, salçayı ve 1 tablet tavuk suyu kalıbını tencereye atıyoruz.

Ardından kaynar su ilave ediyoruz.

Karışımı 15 dakika kaynatıyoruz ve bir süzgeç yardımıyla süzüyoruz.

Süzdükten sonra tekrar karışımı bir tencereye alarak bir kere daha kaynatıyoruz.

Küçük bir tavada 2 yemek kaşığı tereyağını eritiyoruz nane ve kırmızı biber ilave ediyoruz.

Çorbayı servis kasesine aldıktan sonra bu sostan bir yemek kaşığı çorbaya ilave ediyoruz.

Afiyet olsun...

NOT: Mercimek Çorbası limon suyu ile servis edilir.

Preparation:

Put previously washed lentils, tomato paste and 1 tablet chicken broth into a soup pot.

Then add 5 glasses of boiled water.

Boil the mixture for 15 minutes and then strain it with the help of a strainer.

After we strain soup , take it into another pot and boil it for 5 minutes.Put 2 tablespoons of natural butter into a small saucepan and melt it.

Then add some red pepper and mint. After you take soup into a soupbowl, add one tablespoon of sauce to the soup.

Bon Appetit...P.S: Mercimek Çorbası is served with lemon

MERCİMEK ORBASI



Biodiversity of Lentil:

It's from legume family. (Fabaceae)

It doesn't has shell and it has a high rate of starch.

It is used for meals.

Lentil has a single branch.

Lentil is a product of warm temperature and subtropical regions.

But it is grown in the high parts of the tropical regions and in the cool seasons.

Lentil beans are resisted to heat and cold .

Lentil is grown on different soil types.

Lentil is grown best in lightly asidic soils.

Lentil is a plant grown in dry conditions.

It is planted in March and April every year.

It is rich in vitaminB and phosphorus.

Lentil has a high nutritional value.

Lentil has a great variety; red lentil, yellow lentil and brown lentil.

Brown lentil has a lot of small grains and it tastes sweety.

There is no shell of red lentil and it has a high rate of starch.

Yellow lentil tastes like nut.

Lentil gives power our my mind.

Kinds of Lentil.



Ingredients:

2 tablespoons of olive oil,
2 tablespoons of butter,
1 big white onion,
4-7 cloves of garlic,
1 big tomato,
2 tablespoons of the tomato paste,
2 tablespoons of paprika,
1,5 glass of red lentils,
¼ glass of long grain white rice,
¼ glass bulgur,
1-2 tablespoons of fresh dried mint.,
Some black pepper and salt.

Malzemeler:

2 yemek kaşığı zeytinyağı,
2 yemek kaşığı katı yağ,
1 büyük soğan,
4-7 diş sarımsak,
1 büyük domates,
2 yemek kaşığı domates salçası,
2 yemek kaşığı paprika,
1,5 bardak kırmızı mercimek,
¼ bardak uzun beyaz pirinç,
¼ bardak bulgur,
1-2 yemek kaşığı kuru nane,
Karabiber, tuz ve limon

Yapılışı:

Orta boy bir tencere de 2 yemek kaşığı zeytinyağını ve katıyağı orta ateşte erit.
1 büyük soğanı ve 4-7 diş sarımsağı küp küp kes ve tahta bir kaşıkla iyice karıştır.
1 büyük domatesin kabuğunu iyi bir şekilde soy ve yanyana ince ince doğra.
2 yemek kaşığı salçayı ekle.
Çok iyi bir şekilde karıştır.
Domatesler ekle ve diğer malzemelerle birlikte karıştır.
2 yemek kaşığı paprikayı 2 çay kaşığı kırmızıbiberle karıştır.
1,5 bardak kırmızı mercimeği ekle
¼ bardak uzun beyaz pirinçleri ve ¼ bardak bulguru ekle.
Bir miktar karabiber ve tuz ekle.
1-2 yemek kaşığı naneyi ekle yavaş bir şekilde kaynar hale getir.tir.

Afiyet olsun... NOT: Ezogelin çorbası limon suyu ile servis edilir.

Preparation:

In a medium-size saucepan, heat 2 tablespoons of virgin olive oil and 2 tablespoons of butter over a medium flame.
Finely dice 1 large white onion finely dice 4-7 cloves of garlic.
Add the garlic and onions to the saucepan and stir gently with a good wooden spoon. Turn down heat to low.
Peel the skin off 1 large tomato and remove the seeds.
Finely chop the tomato and then set aside.
Add 2 tablespoons of the tomato paste to the saucepan.
Now add the chopped tomatoes and stir the ingredients together.
Measure out 2 tablespoons of paprika (the spicy Hungarian kind is best) and add to the mixture along with ½ teaspoon of ground red pepper.
Add 1.5 cups of red lentils, thoroughly rinsed.
Add ¼ cup long grain white rice and bulgur, thoroughly rinsed.
Add a dash of black pepper and salt to taste.
Last but not least, add 1-2 tablespoons of fresh dried mint.
Cover and get boiled slowly.

Bon Appetit... P.S: Ezogelin çorbası is served with lemon juice.

EZOĞELİN ÇORBASI



Biodiversity of Parsley:

Parsley is a species of *Petroselinum* in the family of *Apiaceae*.

**Native country is Southern Italy, Algeria and Tunisia.
Cultivated in all of Europe**

Parsley grows best in moist, well drained soil, with full sun. It grows best between

22-30°C, and is usually grown from seed. Germination is slow, taking four to six weeks

, and often difficult because of furanocoumarins in its seed coat.

Plants grown for the leaf crop are typically spaced 10 cm apart,

while those grown as a root crop are typically spaced 20 cm apart

to allow for the root development.

First year, it forms a rosette of tripinnate leaves 10-25 cm long

with numerous 1-3 cm leaflets, and a taproot used as a food store over the winter.

In the second year it grows a flowering stem to 75 cm tall

with sparser leaves and flat-topped 3-10 cm diameter umbels

with numerous 2 mm diameter yellow to yellowish-green flowers.



Ingredients:

**1 bunch of lettuce,
Half bunch of parsley,
250 gr red cabbage,
250 gr corn,
A lemon,
A pinch of salt,
1 tablespoon of olive oil.**

Malzemeler:

**1 bađ marul,
Yarım bađ maydanoz,
250 gr mor lahana,
250 gr tane st mısırı,
1 tane limon,
Yarım ay kaşıđı tuz,
1 yemek kaşıđı**

Yapılışı:

**Marul, maydanoz ve lahana ince ince dođranır ve bir kaba konur.
Daha sonra kabın ierisine mısır, 1 yemek kaşıđı zeytinyađı ve yarın ay kaşıđı tuz ilave edilir.
Daha sonra salatanın zerine 1 adet limon sıkılır
Son olarak karışım, servis edilmek zere dz bir tabađa alınır.**

Afiyet olsun...

NOT: Akdeniz salatası maden suyu ile servis edilir.

Preparation:

**A lettuce, parsley and cabbage are chopped into small pices and put into a salad bowl.
Then, corn , a tablespoonful of olive oil and a pinch of salt are added into the pot.
Then , squeeze a lemon into the salad.
Finally, the mixture is put onto a flat plate to be served.**

Bon Appetit..

P.S: Akdeniz salatası is served with mineral water.

AKDENİZ SALATASI



Biodiversity of Lettuce:

Lettuce (*Lactuca sativa*) is the family of Asteraceae. It is mostly grown as a leaf vegetable. It is eaten either raw, notably in salads, sandwiches, hamburgers, tacos, and many other dishes, or cooked, as in Chinese cuisine in which the stem becomes just as important as the leaf.

Both the English name and the Latin name of the genus are ultimately derived from *lac*, the Latin word for "milk", referring to the plant's milky juice. Mild in flavour, it has been described over the centuries as a cooling counterbalance to other ingredients in a salad.

The lettuce plant has a very short stem initially (a rosette growth habit), but when it gradually blooms, the stem and branches lengthen and produce many flower heads that look like those of dandelions, but smaller.

This is referred to as bolting. When it is grown to eat, lettuce is harvested before it bolts. Lettuce is used as a food plant by the larvae of some Lepidoptera.

Lettuce is grown commercially worldwide.

Lettuce plants should be grown in a light, sandy, fertile, humus-rich soil that will hold moisture in summer.

A soil pH of 6.5 is preferred; lime may be added for this purpose. For best eating quality, water is essential; the plants prefer the soil to be moist at all times.

Lettuce plants prefer cool weather ideally with day temperatures below 23.9°C (75°F) and night temperatures above 4.5°C (40°F). Hot, sunny, or dry conditions may cause the plants to turn bitter and produce a flower shoot, a process known as bolting.

Therefore, lettuce is often grown in the coolness of spring and autumn; lettuce sown in summer is often grown in light shade. In addition, bolt-resistant summer cultivars of lettuce may be recommended as temperatures increase.



Ingredients:

2 big tomatoes,
1 medium onion,
1 green bell pepper,
1 cucumber,
½ bunch of parsley,
¼ bunch of fresh mint,
1 lemon juice,
1/3 Cup extra olive oil,
Some salt.

Malzemeler:

2 büyük boy domates,
1 orta boy soğan,
1 Dolmalık biber,
1 Salatalık,
½ Demet maydanoz,
¼ Demet taze nane,
1 Limon suyu,
1/3 Bardak zeytin yağı,
Biraz tuz.

Yapılışı:

Soğanları dilimleyin ve biraz tuz ekleyerek elinizle ezin böylece acılığı azalır.

Soğanları soğuk suyun altında yıkayın ve fazla suyunu çıkartın.

Domatesleri, salatalıkları ve dolmalık biberleri doğrayın.

Maydanoz ve nane yapraklarını ince ince doğrayın.

Bütün sebzeleri bir salata kasesine koyup tuz ekleyin ve karıştırın.

Zeytin yağını ve limon suyunu ekleyip iyice karıştırın.

Afiyet olsun...

NOT: Çoban salatası maden suyu ile servis edilir.

Preparation:

Slice onions and press onion slices by hand with some salt so that the bitterness of onions is reduced.

Rinse onions under cold water and squeeze them to get rid of excessive water.

Dice tomatoes, and cucumber ,slice bell peppers.

Chop parsley and mint leaves finely.

Put all chopped vegetables in a salad bowl and mix them well adding salt.

Add the lemon juice and olive oil dressing and mix the mixture thoroughly.

Bon appétit...

Bon Appetit..

P.S: Çoban salatası is served with mineral water.

ÇOBAN SALATASI



Biodiversity of Tomato:

While tomato is botanically a fruit, it is considered a vegetable for culinary purposes which causes some confusion.

The fruit is rich in lycopene, which may have beneficial health effects. The most suitable temperature for growing tomato is 25-30 degree. Tomato doesn't need much water and it is grown in Mediterranean and Southeastern Anatolia regions of Turkey.

Tomato may refer to both the plant (*Solanum lycopersicum*) and the edible, typically red, fruit . Originating in South America, the tomato was spread around the world following the Spanish colonization of the Americas, and its many varieties are now widely grown, often in greenhouses in cooler climates.

The tomato fruit is consumed in diverse ways, including raw, as an ingredient in many dishes and sauces, and in drinks.

The tomato belongs to the nightshade family. The plants typically grow to 1–3 metres (3–10 ft) in height and have a weak stem that often sprawls over the ground and vines over other plants. It is a perennial in its native habitat, although often grown outdoors in temperate climates as an annual.

Kinds of Tomato



Malzemeler:

1 kilo kuzu,
2 çorba kaşığı çam
fıstığı,
1 adet domates,
2 bardak pirinç,
3 kaşık tereyağı,
Tuz ve karabiber
kaynamış su.

A kilo of lamb
2 tablespoons of
pine nuts
A tomato
2 cups of rice
3 tablespoons of
natural butter
Salt and pepper,
Boiled water.

Ingredients:**Yapılışı:**

Kuzu etini bir tencereye yerleştirin, üzerine bir kaşık tereyağını ve tuzu ilave ederek, tencerenin kapağını kapatın çok hafif ateşte veya fırında pişirin.

Domatesi üzerine halka halka doğrayın et gerektiği gibi pişmezse içine yarım bardaksıcak su koyun. su buharlaşınca, etleri kaptan alın.

3-4 bardak suyu bir tencereye koyup kayatın. Biraz tuz ve pirinci ilave edin 5 dakika kadar pirinci tuzlu suda tutun.

Daha sonra başka bir tencereye 2 kaşık tereyağını koyup eritin içine pirinci koyun. 5 dakika kadar soteledikten sonra içine fıstık ekleyip 5 dakika daha soteleyin 3,5 bardak kaynar su ilave edip kısık ateşte pişmeye bırakın.

Tuz ve karabiberi ilave edin. Pilav pişince pilavı tencereden düz bir servis tabağına alın. Etleri üzerine koyun .

Afiyet olsun...

NOT: Kuzulu pilav vişne kompostosuyla servis edilir.

Preparation:

Put lamb meat in a pot , add a tablespoon of natural butter and some salt . Cover the lid of the pot .Cook it over a low heat or in the oven.

Cut the tomato into rings and put them onto the meat. If the meat doesn't cook well, add a half glass of hot water. Take meat out of the pot when the water evaporates.

Put 3-4 glasses of water in a pot and boil it .When it boils, add some salt and previously washed rice and keep the rice for 5 minutes

Then put 2 tablespoons of natural butter into a pot and melt it and add strained and washed rice and sauté it for 5 minutes.

Add pine nuts and go on sauting for 5 minutes. Add 3,5 glasses of boiled water and cook it in low heat.

Add salt and black pepper. When the rice cooks, take it out of the pot onto a flat plate and put the meat on it.

Bon Appetit...

P.S: Kuzulu pilav is served with vişne kompostosu.

KUZULU PİLAV



Biodiversity of Rice:

Rice is the most important grain in the world. It started in B.C 3.000 in India. Rice grows in water using dissolved oxygen. Turkey produces 165.000 tons per year. Turkish people usually use in pilaf, soup, stuffed and sweet milk in Turkey.

Rice is the oldest food on the earth. There are 7000 species of rice . Known archaeological records were eaten in China for over 8000 years. when rice is grown it needs a lot of water. The most suitable season for growing rice tropical season . Rice is an important vegetable for all people. But usually, rice is grown in China .Rice is a healthy vegetable. Rice has got a lot of vitamins and starch. People need a lot of calories and rice has got a these calories for people . Rice is used as a medicine in many parts of the world.

Rice is grown in many parts of Turkey such as Marmara region, Blacksea region and Aegean region .Rice is grown in some countries in the world such as China , India , Endonaise. Rice has a great variety ; long rice , fat rice , brown rice . Turkish peoples used rice for cooking ; such as in stuffed , soup , meatballs, pilaf such as . rice is grown in wet areas.

Rice has 7000 species so it is a good example of biodiversity. Biodiversity means variety with all animals ,all vegetables and all living things . I am sharing the photos of sorts of rice to make you understand the issues better.

Kinds of Rice:



Malzemeler:

500 gram kuzu eti,
6 orta boy patlıcan,
2 domates, soyulmuş, küçük parçalar halinde doğranmış,
2 soğan ince doğranmış,
2 yeşilbiber, dilimlenmiş,
40 gram bitkisel yağ,
40 gram domates sosu,
Tuz.

Ingredients:

500 grams of diced lamb,
6 medium size aubergines,
2 tomatoes, peeled and chopped into small pieces,
2 onions, thinly chopped,
2 green peppers, sliced,
40 grams of vegetable oil,
40 grams of tomato paste,
Salt.

Yapılışı:

Patlıcanları küp şeklinde kes. 30 dakika kadar tuzlu suda beklet.

Patlıcanları yıkayın ve kağıt havlu ile kurulayın.

Patlıcanları yağda kısık ateşte kızartın ve sonra bir kenara koyun.

Eti, soğanları ve biberleri kısık ateşte tavaya koyun. Domatesleri ve domates salçasını ekleyin ve biraz pişirin.

Patlıcanları ekleyin, iki bardak su koyun ve tuzu ekleyin.

Üstünü kapatın kısık ateş etler yumuşayana kadar 1 saat pişirin.

Afiyet olsun...

NOT: Patlıcan kebabı ayran ile servis edilir.

Preparation:

Cut aubergines into small cubes. Put them in salted water for about 30 minutes.

Wash aubergines and dry them with paper towel to remove excessive water.

Fry aubergines in oil lightly and remove and set aside.

Put meat, onions and peppers into a pan and saute them lightly over low heat. Add tomatoes and tomato paste, cook all of them slightly.

Add aubergines, 2 cups of water and salt.

Cover the lid and cook on low heat for 1 hour until meat is tender.

Bon Appetit...

P.S: Patlıcan Kebabı is served with Ayran.

PATLİCAN KEBABI



Biodiversity of Aubergine:

Aubergine which is grown in the form of bush in the tropical regions is a long-life plant. In his studies in France, Danuay indicated that different species with different origins showed different morphological characteristics. Different varieties of the plant produce fruit of different size, shape and color, though typically purple. There are even orange varieties. It is a delicate perennial often cultivated as an annual. The fruit is botanically classified as a berry, and contains numerous small, soft seeds, which are edible, but have a bitter taste because they contain nicotinoid alkaloids; this is unsurprising as it is a close relative of tobacco.

In tropical and subtropical climates, eggplant can be sown directly into the garden. A slightly sweet, tender fruit covered with a shiny skin that ranges in color from dark purple, which is the most familiar, to red, yellow, green, or white, depending on the variety. The shape of the different varieties can range from a pear or a globe shape to a long, slender tubular shape.

Kinds of Aubergine.



Ingredients:

1 glass of rice,
1/2kg Ground meat,
Some black pepper,
2 tablespoons of tomato paste,
Some salt,
Some mint,
1 teaspoonful of red pepper,
1 cup of vegetable oil,
2 Onions,
3/4 litre of boiled water.

Malzemeler:

1 bardak pirinç,
1/2 kg kıyma,
Biraz Karabiber,
2 yemek kaşığı salça,
Biraz Tuz,
Biraz Nane,
1 tatlı kaşığı pul biber,
1 fincan bitkisel yağ,
2 adet soğan,
3/4 litre kaynamış su.

Yapılışı:

Soğan ince ince doğranır ve bir kaba koyulur. Üzerine baharatlar(kırmızı biber, karabiber, nane ve tuz) katılır ve karıştırılır.

Dolmalık biberlerin çekirdekleri ni çıkarılıp yıkanır ve bir kağıt havlu üzerine alınır.

Daha sonra diğer malzemelerde (yıkayıp süzölmüş pirinç, kıyma,1 yemek kaşığı salça, 1 fincan bitkisel yağ)kabın içerisine katılır ve tekrar karıştırılır.

Oluşan karışım, temizlenen biberlerin içerisine doldurulur ve düzgün bir biçimde tencereye dizilir.

Bir yemek kaşığı salça ile su bir kasede karıştırılarak biberlerin üstüne dokulur.

Daha sonra dolmalar pişmek üzere ocağa konulur ve dolmaların üstüne yaklaşık 3/4 litre sıcak su koyulur.

Tencerenin kapağı kapatılarak pişmeye bırakılır.

Afiyet olsun...

NOT: Biber dolması şalgam suyu ile servis edilir.

Preparation :

Chop onions in small pieces and then put them into a bowl. Put spices (red pepper,black pepper,mint and salt)into the pot and mix them thoroughly.

Then take seeds out of peppers, wash peppers and put them on a paper towel.

Then put the other ingredients(previously washed and strained rice, ground meat,1 tablespoon of tomato paste, a cup of vegetable oil) into the bowl and mix them.

Stuff the mixture into peppers and put peppers into a pot in order.

A tablespoon of tomato paste is mixed with some water and is poured on stuffed peppers.

Then put 3/4 litre of boiled water to the pot.Stuffed peppers are cooked in low heat for 30-35 minutes.

Bon Appetit...

P.S: Biber dolması is served with şalgam suyu.

BİBER DOLMASI



Biodiversity of Onion:

The biodiversity of onion

Onions are the family of liliaceous and it is a plant of bitter herbaceous.

Onions are rich in vitamins A,B and C ,potassium,magnesium,calcium,sodium,iodine,phosphorus and sulfur.

Onion needs a warm climate at the degree of 13° . Length of day and temperature ,are two important factors to grow onion.

It needs cool climate to be grown earlier.

The most appropriate types of soil to grow onion are humus and fertile soils.

It doesn't resist to cold but it resists to frost.

It does not like soil with high acid.

Onion has a great variety; red onion, white onion, yellow onion,purple onion.

Kinds of Onion



Ingredients:

A kilo of faty lamb with bones,
7 cloves of garlic,
10 green peppers,
7-8 chopped tomatoes,
2 teaspoonfuls of salt,
2 tablespoonfuls of sunflower oil

Malzemeler:

1 kilo yağlı ve kemikli kuzu eti,
7 diş sarımsak,
10 adet yeşil biber,
7-8 tane doğranmış domates,
2 çay kaşığı tuz,
2 yemek kaşığı ayçiçek yağı.

Yapılışı:

Büyükçe bir kavurma tavası içerisine 2 yemek kaşığı zeytinyağı koyun.

Kuzu etini kuşbaşı parçalar halinde doğrayıp tava içerisine koyun.

Etler iyice yumuşayana kadar önce harlı ateşte sonra çok kısık ateşte ,etler suyunu çekene kadar pişirin.

Bu kavurma işlemi 1 saat kadar sürer.

Etin orta yerinden yer açarak sivri biberler, sarımsak ve doğranmış domatesler ilave edilir.

Ara ara karıştırılarak diriliği kaybedene kadar ve domateslerin bıraktığı su, buhar olup uçuncaya kadar kavrulur.

Pişme işlemi bittikten sonra üzerine tuz serpilir 4-5 dakika daha pişirilir.

Servise hazır hale gelir.

NOT : Eti pişirirken tuz eklemek taze eti sertleştireceği için tuzu pişirmeye yakın eklemek gerekir.

Afiyet Olsun...

NOT: Saç kavurma ayran ile servis edilir.

Directions:

Put two spoonfuls of sunflower oil into a large pan.

Cut the lamb into pieces and put it into the pan.

Roast the lamb pieces first at high heat then at low heat until its water evaporates.

Roasting normally takes about an hour.

Put peppers ,garlic and chopped tometoes in the middle of the meat.

Stir it until vegatables are faded and water of tomatoes evaporates.

After roasting finishes, go an cooking for 4 or 5 minutes adding salt.

It's ready for the service.

NOTE: While roasting the lamb, never add salt in the beginning because salt makes the lamb very hard.

Add salt in the end of the roasting time !

Bon Appétit...

P.S: Saç kavurma is served with ayran.

SAC KAVURMA



Biodiversity of Peppers:

Pepper is a plant which has green, dark green, red and yellow colour. Its leaves are used for a spice.

Pepper (Capsicum) is the family of Solanaceae, which has a gene of Capsicum. Pepper is rich in vitamin A. Pepper has a great variety; italian pepper, charleston pepper, green pepper, red pepper, conical pepper. Pepper must be grown in warm and hot season. The most suitable temperature to grow pepper is between 15 and 32 degrees . The ideal soil for pepper growing is minarel soil. In Turkey, pepper can't be grown in cold and high places for example; Erzurum, Kars but in all other cities pepper can be grown. In the Southeastern Anatolia, pepper is grown in large amounths. In Turkey, people usually grow long and thin pepper, long-yellow pepper, and green pepper. When pepper is grown, it needs a lot of fertilizers.

Pepper is planted in the ground in January and March. There are 700 species of peppers. Turkish people use pepper for local meals; Turkish salad, roasting beef, stuffed, kebab, with yoghurt. Pepper can be used in different ways; as a spice, as a pepper paste.

In the south of Turkey, people grow Italian pepper. And Turkish people make pickle and spice using pepper. In the west of Turkey, red pepper is grown and people make pepper paste and spice. Pepper is a delicious vegetable.

Kinds of Pepper:



Ingredients:

1 egg,
5 glasses of flour,
1 package of
margarine (250
gr.),
1 tablespoon of fresh
yeast, or 1
teaspoon dried
brewer's yeast,
1 tea glass of warm
milk or water,
1 teaspoonful of
granulated sugar,
1 glass of peeled and
chopped
pistachio,
1 glass of melted
natural butter,
1 glass of water,
4 glasses of sugar,
3 glasses of water,
1 teaspoon of vanilla
extract

Malzemeler:

1 adet yumurta,
5 su bardağı un,
1 paket margarin
(250Gr.),
1 çorba kaşığı yaş
maya veya 1 tatlı
kaşığı kuru bira
mayası,
1 çay bardağı ılık süt
veya su,
1 çay kaşığı toz
şeker,
1 bardak soyulmuş
ve doğranmış
fıstık,
1 bardak eritilmiş
tereyağı,
1 bardak su,
4 bardak şeker,
3 bardak su,
1 çay kaşığı vanilya

Yapılışı:

Mayayı, bir çay bardağı ılık şekerli suda eziniz,
Elenmiş unun ortasını açınız, ezilmiş mayayı
yumurtayı, tuzu koyarak ılık su ilâvesiyle yumuşak
bir hamur yapınız, hamuru kabartınız,
Unlu tahta üzerinde hamuru açınız
Fıstıkları doğrayın,
Tavaya hamuru yerleştirin tereyağı sürün.
4 bölmeli uzun çapraz şekilde kesilir.
1 paket margarin eritilir ve sıcak sıcak baklavanın
üzerine dökülür.
Baklava pişirilirken sos hazırlanır. (4 bardak şeker +3
bardak su kaynatılır fırından çıkmış baklavaya ılık
bir şekilde dökülür.)
20 dk pişirin.
Afiyet olsun...NOT: Baklava kola ile servis edilir.

Preparation:

Dissolve yeast in a tea glass of warm water with some
sugar.
Open a space in the middle of the sieved flour and add
dissolved yeast, salt, egg and warm water. Then
make a soft dough and keep it for a while in a
warm place to be increased.
Then divide the dough into small parts and roll out
these small parts using a rolling pin. Sheets must
be very thin.
Chop pistachio,
Put two sheets of dough in a pan,2 tablespoons of
natural butter thoroughly and some pistachio
minimum 30 sheets must be put in the pan like
this.
You may cut into 4 long rows to make diagonal cuts
1 packet of margarine is melted and poured onto
baklava then bake it in the oven for 20 minutes.
Boil sauce while baklava is bake it. (Sauce: 4 glasses
of sugar+3 glasses of water must be boiled and it
must be poured onto baklava when it is warm.
Bon Appetit...
P.S: Baklava is served with coke.

BAKLAVA



The Biodiversity of Nut (Pistachio):

**It's from legume family. (Fabaceae)
It's grown in the South East of Anatolian Region.
It has oil and carbohydrate.
Nuts also known as Pistachio, Peanut, Cashew Nut
etc.
Most known ones are Peanut and Pistachio in
Turkey. Pistachio is one of the main elements in
Baklava.**

**How About Cashew:
Cashew trees are indigenous to Brazil and were
distributed round the world by Portuguese explorers
in the 1500's. They are grown extensively in
Mozambique and also in Maputoland (northern
KwaZulu-Natal). Cashew nuts should not be eaten
raw because they are surrounded by a very acrid,
irritant oil - this oil is burnt off in the roasting
process. Besides being very tasty, cashews are a good
source of protein (about 17% by weight).**

**How About Pistachio:
Pistachio is a drought-resistant plant that grows wild
in the Central Asian steppes and has been
domesticated to produce plants with larger nuts. The
nut is contained within a shell that splits open
slightly, with an audible pop, when it is ripe. It has a
greenish hue, which is unusual. Domesticated plants
bear larger nuts than wild forms. Pistachio nuts are
an excellent source of iron, magnesium, phosphorus,
potassium and thiamin. Fat content stands at 54% by
weight and is made up mainly of monounsaturated
fats.**

Kinds of Nut:



Ingredients:

6 tablespoons of (80 grams) natural butter,
2 tablespoons of sunflower oil,
1+1/4 cup (250 grams) of semolina,
1/4 cup (50 grams) of pine nuts,
400 grams of milk,
200 grams of sugar,
1+1/4 cups of boiled water,
4 tablespoons of ice cream with vanilla or pistachio.

Malzemeler:

6 yemek kaşığı (80 gram) tereyağı,
2 yemek kaşığı ayçiçek yağı,
1+1/4 bardak (250 gram) irmik,
¼ bardak (50 gram) çam fıstığı,
400 gram süt,
200 gram şeker,
1+ ¼ bardak kaynamış su,
4 kaşık vanilyalı veya fıstıklı dondurma.

Yapılışı:

Katıyağı ve ayçiçeği yağını eriyene kadar geniş bir tavada orta ateşte karıştır.
İrmiği yaklaşık 20 dakikada altın renge dönene kadar karıştır.
Bu sırada süt ,kaynamış suyu ve şekeri küçük bir tavada kısık ateşte birleştir.
İrmiği altın renge geldiğinde hemen sıcak karışımla (kaynamış su,süt ve şeker) karıştır(dikkatli ol sıçrayabilir) yaklaşık 15 dk orta ateşte her 5 dk da bir kaşıkla karıştırarak pişir.
Tavanın üzerini kağıt havluyla kapat.15-20 dakika kadar dinlendir.
Çam fıstığını helvanın içine ekle.
Helvayı servis tabağına koy, ortasına vanilyalı veya fıstıklı dondurmayı yerleştir.

Afiyet olsun...

NOT: İrmik helvası limonata ile servis edilir.

Directions:

Put butter and sunflower oil in a heavy-bottomed, wide skillet with a lid and melt over medium heat.
Add semolina and stir constantly on medium heat, until the semolina is cooked and golden brown, about 20 minutes.
Meanwhile, combine milk ,boiled water and sugar in a small saucepan and keep hot over medium low heat.
When the semolina develops its golden color, immediately add the hot mixture(boiled water+milk and sugar and be careful, it may splatter) Cover the lid of the skillet and let it cook on medium heat for about 15 minutes, stirring the halva every 5 minutes with a spatula.
Take the skillet off the heat, place a couple of paper towels over the skillet and secure by placing the lid. Let it absorb the hot mixture for 15-20 minutes.
Add pine nuts into the halva.
Places the halva onto a flat plate, put some ice cream with vanilla or pistachio.

Bon appetit...

P.S: İrmik helvası is served with lemonade.

İRMİK HELVASI



Biodiversity of Wheat:

İrmik is made of Wheat)

Wheat is a cereal grain, originally from the Fertile Crescent region of the Near East, but now cultivated worldwide. Wheat is grown on more land area than any other commercial crop and is the most important staple food for humans. World trade in wheat is greater than for all other crops combined.

Wheat grain is a staple food used to make flour for leavened, flat and steamed breads, biscuits, cookies, cakes, breakfast cereal, pasta, noodles, couscous and for fermentation to make beer, other alcoholic beverages, or biofuel.

Wheat is planted to a limited extent as a forage crop for livestock, and its straw can be used as a construction material for roofing thatch.

The whole grain can be milled to leave just the endosperm for white flour. The products of this are bran and germ. The whole grain is a concentrated source of vitamins, minerals, and protein, while the refined grain is mostly starch.

Though there are many different varieties of Wheat grown throughout the world, such as Soft/Hard/White/Red, there are only two main classifications of Wheat, winter and spring. Winter Wheat is planted in the winter and Spring Wheat is planted in the spring, hence the names.

Kinds of Wheat.



TURKEY

We will talk about, the cradle of civilizations **TURKEY**. Turkey is located in the Northern Hemisphere between 36° - 42° North latitude and 26° - 45° East longitude in the temperate belt. Therefore, four seasons are seen in Turkey. 76 minutes is the time difference between eastern and western part of the country. Turkey is surrounded by seas on three sides. Tectonic earthquakes are common. Mines are varieties. Boundary neighbors: Georgia, Armenia, Azerbaijan, Iran, Iraq, Syria, Greece and Bulgaria.

Our national principle:

"Peace at home, peace in the world." The official language of Turkey is Turkish. Ankara is the capital of Turkey. The administration style of Turkey is republic. Turkish Republic was founded on 29th October, 1923 by Mustafa Kemal ATATÜRK.

Turkey is a rich country in all respects. For example cultural wealth, wealth of mineral resources, wealth of historic, wealth of natural resources, wealth of local dishes and wealth of geographic structure. Turkey has a very rich cultural heritage because throughout history, Turkey was effected by a lot of cultures. Turkey has got a very old history. There are many mosques, palaces, historical castles, historic buildings, historical underground cities, historical monuments such as Topkapı Palace, Ayasofia Mosque, Van Castle, Ephesus and Selçuk ruins, Virgin Mary's house...

Turkey has a very important geographical location. Turkey has got a very important underground sources for example oil, boron, gold, chrome, thorium, coal, metallic minerals (iron, chromium, aluminum, copper, lead, zinc, antimony, gold, silver), Radioactive minerals, gemstones. Turkey has a lot of lakes, waterfalls, caves, mountains, forests, rivers For example Duden Waterfall, Manavgat Waterfall, Mount Ararat, Taurus Mountains, Pamukkale Traventeries, Lakes Uzungöl, Van and Salt.

In Turkey, you can see ruins of Hittite, Assyrian, Urartu, Phrygian, Lydian, Hellenistic, Roman, Byzantine civilizations. This cultural heritage is precious, preserved, for the benefit of humanity museums and historical sites. One of the 7 wonders of the world is Artemis temple and the mausoleum of Halicarnassus are in Bodrum. Turkey host to very important philosopher named Mevlana Celaleddin-i Rumi. Mevlana Celaleddin-i Rumi is a Muslim Dervish living in 13th century known for his exquisite poems and words of wisdom, which have been

translated into many languages. Rumi, as he is known in the west, is the best selling poet in the USA. The United Nations declared 2007 as The Year of Rumi and celebrations were held world wide. His doctrine advises unlimited tolerance, positive reasoning, goodness, charity and awareness through love. To him all religions were more or less true. Mevlana says " **Come, Come again !Whatever you are...Whether you are infidel, idolater or fireworshipper. Whether you have broken your vows of repentance a hundred times This is not the gate of despair, This is the gate of hope. Come, come again...**"

Turkey has a lot of local dishes .Turkish cuisine is largely the heritage of Ottoman Cuisine and has Black Sea Cuisine, Southeastern Cuisine and Central Anatolian Cuisine. Soup is indispensable taste in Turkish Cuisine. For examples: Mercimek Soup, Yayla Soup, Tarhana Soup, Lahana Soup, Ezogelin Soup...

Turkish Cuisine has a lot of meat dishes such as Adana Kebap, Urfa Kebap, İnegöl Köfte, Lahmacun, Cağ Kebap. Turkish people like pastries. Fruit juices are special drinks in Turkish Cuisine. Natural butter is completely owned by Turkish kitchen. Boza, Şalgam, Turkish Coffee, Tea, Turkish Rakı and sherbet are common drinks in Turkish Cuisine.

Turkish handicrafts are based on very old and important socio-cultural perspective. Turkish handicrafts are : Carpet making, rug, fabric weaving, pottery, ceramic-pottery, embroidery, lace making, leather working ect.

Turkey consists of seven regions and every regions has got different folk dances. Most of folk dances were made up imitation and dramatic. Anatolian folk dances are:

Zeybek: In Aydın, İzmir, Muğla , Denizli, Bilecik, Eskişehir, Kütahya
Halay: In Bitlis, Bingöl, Diyarbakır, Elazığ, Malatya,
Kahramanmaraş
Horon: In Trabzon, Samsun, Artvin, Ordu, Rize ...
Bar: In Erzurum, Kars, Ağrı, Artvin, Gümüşhan, Bayburt, Erzincan
Hora: In Edirne, Kırklareli, Tekirdağ, Çanakkale ...
Karşılama: In Edirne, Tekirdağ, Kırklareli, Çanakkale ...
Kaşık: In Eskişehir, Kütahya, Afyon, Konya

No words enough to describe Turkey. Come ,see and experience Turkish hospitality.

