

TURKEY

turkish ravioli

manti

from the kitchen of

Cem Balcikanli

Fulbright Scholar
and

Gulfem Sezen
Balcikanli

tips

A'epoc popper is a
militarily V.I.'d pepper
from Turi-ev sim'a' in rasle-
ra pop'ika. Sumac is a fair
V'd.ile taster r,pe that
JIOVVS A.I. J n nan- rjails
o'he m'U-e isi

Three J e'er a manti
aroup on 'acefcooi. com

4 servings

INGREDIENTS

Dough

2 cups all-purpose flour
1 egg
1/4 cup milk
1/2 teaspoon salt

Filling

1/2 pound ground beef or veal
1 small onion, grated
1/3 cup chopped fresh parsley
salt
freshly ground pepper

Yogurt and garlic sauce

4 cups yogurt, at room temperature
2-3 teaspoons minced garlic

Garnish

2 tablespoons butter
1 teaspoon Aleppo pepper
pinch of sumac

Prepare the dough by making
a well in the flour, and adding
the salt, egg, milk in the center.
Using your fingers, work the
ingredients together until
dough is formed.

Prepare the filling by mixing
together in a bowl the grated
onion, meat, parsley, salt, and
pepper to taste. Set aside.

In a small bowl combine the
yogurt and garlic, with salt to
taste, if desired. Let sit at room
temperature until ready to use.

Divide the dough into 2 balls.
Roll out one ball of dough
at a time on a lightly floured
surface until very thin (about
1/16 inch). Cut strips 1 inch
wide, then cut into 1 inch
squares. Place about a 1/2
teaspoon of filling in the
center of each square. Bring
the four corners together over
the filling and pinch to seal.
Continue making manti until
all the dough and filling are
used.

Place the manti on a floured
surface to lightly coat them.

INGREDIENTS *Hit Turkish*

Hamur için

2 su bardagi un
1 adet yumurta
1 kahve fincani sut
1 cay kasigi tuz

İçei için

250-300 gr kıyma
1 adet ince kıyılmış soğan
4-5 dal maydanoz, ince ince kesilmiş
tuz
karabiber

Yogurt ve sarımsak sosu

1/2 kg yogurt
2-3 diş sarımsak ezilmiş

Süslemek

5 yemek kasigi tereyag
1 yemek kasigi biber salcasi
1 cay kasigi sumak

Fry the manti about 4-8
minutes until the raviolis turn
golden in color.

Bring a large pot of salted
water to a boil and add half
the manti. As soon as they are
cooked they will rise to the
surface. Remove them from
the pot with a slotted spoon
and place in a serving bowl or
individual bowls with a tiny bit
of the cooking liquid. Cover to
keep warm while cooking the
remaining manti.

Place the manti in a serving



m* BR
E 3
E 3
*
i3
E 3
E 3
E A

dish and drizzle most of the
yogurt sauce over it. Quickly
heat the butter in a small skillet
and when the butter is sizzling
hot, quickly add the pepper,
mixing well. Remove from
the heat and drizzle over the
yogurt sauce. Sprinkle with
sumac if desired.

Serve manti at once with
yogurt sauce.

"Housewives come together and have a sort of manti clay when they
cook manti and have a chat about their daily lives from time to time.
When I was a child, I used to adore this day just because there was
so much manti left after everyone went.

My mother-in-law can be regarded as the best cook of manti I have
ever known. I once remember eating 5 plates of manu even though
I was not that hungry

AFİYET OLSUN (ENJOY YOUR MEAL)!"

ROMANIA

peasant vegetable soup ciorbă țărănească de legume

from the kitchen of

Alin M. Ceobanu

Assistant Professor
Department of Sociology
and Center for European
Studies

tips

If desired garnish with
SDicy hot peppers

Before serving the soup
enjoy a shot of 'țuică'
(Romanian homemade
plum brandy).

8-12 servings

INGREDIENTS

3 medium carrots
1 medium parsnip
2 medium onions
2-3 celery stalks
2 tablespoons vegetable oil
2 1/2 quarts water
small bowl peas
small bowl green beans
4-5 cabbage leaves cut in 2" squares
1 medium zucchini
1 small bunch parsley finely chopped
2 medium potatoes
2-3 tomatoes (or 1 can of diced tomatoes)
1 tablespoon powdered vegetable soup base
1 quart of whey or light yoghurt
(I substitute with lowfat kefir)
salt (according to taste)

Dice the onions and cut the
carrots, parsnip and celery
stalks in small pieces.

Heat the oil in a large pot.
Add the cut ingredients and
sauté them over medium
heat for 10 minutes.

Add the diced zucchini,
cabbage leaves, peas, and
green beans. Cook for
another 5-7 minutes or until
they are almost tender (do
not sauté them too long, as

they will turn mushy).

Add the potatoes, the salt,
and the water, and then
bring to a boil (medium
heat).

Peel the tomatoes and cut
them in slices.

Before the soup is fully
cooked add the tomatoes (or
the can of diced tomatoes),
the soup mix and the whey
(light yoghurt or lowfat kefir).

INGREDIENTS în ȚĂȘINIM

3 rădăcini mijlocii de morcov
1 rădăcină mijlocie de pătrunjel
2 cepe mijlocii
2-3 tulpini de țelină
2 linguri de ulei
2,5 litri de apă
mazăre (un castron mic)
fasole verde (un castron mic)
4-5 frunze de varză, tăiate nu prea mare
1 dovlecel
1 legătură mică de pătrunjel frunze
2 cartofi mijlocii
2-3 roșii (sau o conservă de roșii în bulion)
1 lingură de Vegeta
1 litru de zer sau iaurt diluat cu apă
(sau kefir)
sare (după gust)

Bring everything to a boil
again.

Add the finely chopped
parsley leaves, after which
the soup is ready to be
served.

Poftă bună! (Good appetite!)



"Though not exactly a "traditional" Romanian dish (the word "ciorbă" comes from Turkish), this kind of soup is quite popular with my family during the spring and summer months. Any Romanian cookbook lists several variants of the dish, with different recipes reflecting the regional character of our cuisine. The recipe without meat (only vegetables and legumes), cooked by my mother, is an all-time favorite of mine: very easy to cook, yet quite tasty.

On special occasions, meals are multi-course and last several hours. Lunch (served about 1-2 p.m.) is the most important meal of the day, and usually consists of three courses (soup, main dish and a light dessert, usually a home-baked pie or some fruits).

Like most other countries, cooking in Romania is done within the family. On special occasions, such as anniversaries or religious holidays, relatives, friends, and neighbors traditionally join in."

FINLAND

karelian stew

karjalanpaisti

from the kitchen of

Tuuli Mäkinen

Florida Museum of Natural
History. Ichthyology
Department
(recipe from my
grandmother,
Elvi Weurlander)

tips

•Alic moose me a l is,
Commonly eaten in
Finland. U is hardly ever
store-bought and is
jsuaUv obtained from
«relative» or Wends »who
num. Moose-lu.nting
season opens m the
fall. Moose is not the
most common! used
meal in this dish but
many people prefer it
to beef. ou can also tr
using vemson instead of
moosc

INGREDIENTS

1 pound pork, cubed
1 pound beef or moose meat, cubed
2 carrots, sliced
6 whole allspice berries
1 bay leaf
salt (to taste)

INGREDIENTS (hFhhsh)

450 g sianlihaa
450 g naudan- tai hirvenlihaa
2 porkkanaa
6 maustepippuria
1 laakerinlehti
suolaa

This is a traditional dish from the region of Karelia. After the Second World War, the dish became popular all over Finland as Karelian evacuees brought their food traditions along with them. The readers of *Ilta-Sanomat* magazine chose Karelian stew as the most popular traditional dish in 2007.

Since the stew takes a few hours to prepare, it's typically served on weekends and more festive occasions; if it is one of several dishes usually present at the Christmas table. Traditionally the only ingredients were meat, water and salt, though nowadays spices and vegetables are usually added. There are many variations of the recipe: some people use three kinds of meat (usually pork, beef and lamb), some add black pepper or onion, and some cook the meat at a low temperature over several hours.

Cut the meat into 1-1 1/2 inch cubes and slice the carrots.

Layer the meat in a cast iron (or other oven-proof) pot with the spices and carrots sandwiched in between. Add enough cold water to almost cover the top layer.

Place in the oven at about 400° F until the meat browns slightly.

Cover and bake at about 300-350° F for 2-3 hours, or until the meat is soft.

Serve with boiled or mashed potatoes and lingonberry jam.

4-6 servings

68 *A Taste of Europe: Celebrating Five Years of the Center for European Studies*

"Until recently dinner in Finland was usually eaten at home right after work. A typical dinner consisted of a warm dish with potatoes and meat or fish, buttered rye bread, and milk or buttermilk to drink. Nowadays there is a lot more variation in dining habits: hobbies often keep the family apart during the evenings, takeout meals like kebab and pizza are popular, and "European-style" late dinners with wine and trendy foods are more common. Although people have less time to prepare traditional dishes at home, they are often served as work or school lunches."