



TASTY, YUMMY, DELICIOUS



Cuisine of Cities Recipe Book

FROM TURKEY AND FINLAND

**BEYOND THE BORDERS KITCHEN
PRESENTS**



BEYOND THE BORDERS

Recipe Book

This e-book is prepared for the Beyond The Borders project's third online lesson. All of the schools and the students have contributed to this e-book with their local traditional recipes.



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Table of Contents

03	Beyran Soup
04	Piyaz
05	Veal Pita
06	Haluşka
07	Höşmerim
08	Göbete
09	Stuffed Ribs
10	Corn Soup
11	Etli Ekmek
12	Samsun Pide
13	Karelian Pastry

BEYRAN SOUP

Ingredients

- 1 kg meat
- Two glasses of rice
- 6 glasses of water
- A tablespoon of butter
- 3 teaspoons of paprika paste
- 2 teaspoons of chili pepper
- 8 cloves of garlic
- Salt-

Process

First, boil the meat and peeled garlicks in a saucepan. Then take the meat out of the saucepan and shred them. Next, add the rice and boil it. After that, add butter, paprika paste, chili pepper, salt and black pepper and boil it another 3 minutes. Finally, add your shredded meat and boil it 3 more minutes. Now, your Beyran soup is ready. Serve it hot. Enjoy it.



PIYAZ

Ingredients

- 3 tea glasses of dried beans
- half a tea glass of olive oil
- 4 tablespoons tahini
- half a lemon
- 2 teaspoons of salt
- 1 pinch of parsley
- 3 green onions
- 3 cloves of garlic

Recipe

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First, boil the dried beans. Second, in a bowl, mix tahini, lemon juice, garlic, olive oil, salt, then add the dried beans, green onions, parsley and mix again, finally, cut the boiled egg on top and serve it.



VEAL PITA

Ingredients

- 70 gr. Nerveless Veal Chopped in Cubes
- 30 gr. Tomatoes Chopped in Cubes
- 20 gr. Finely Chopped Green Peppers
- 50 gr. Oil
- 200 gr. Rested Dough

Recipe

After preparing the necessary materials, the main work is based on the skill of the master. The pita master ensures that the consistency of all components is fully achieved, from the temperature of the oven to the consistency of the dough and internal ingredients. This is very important in Terme Pita.

The inner ingredients prepared afterwards are put into the dough, which is opened according to the portion size (1 portion: 70-80 cm, 1.5 portion 100x10, width 15 cm, according to the customer's request. The pita is baked in an oak wood fire until it turns like a pomegranate in a stone oven and is taken from the oven. Oil is spread on the dough like pomegranate on the top of the pita



HALUŞKA

Ingredients

For the dough

- 3 glasses of flour
- A glass of water
- 1 tsp of salt

For the inside

- 200 gr minced meat
- chopped onion
- 1 tsp of salt
- 1 tsp of black pepper
- A pinch of mint

Sauce on it:

- 2 tbs of butter
- 1 tbs of oil
- 2 tbs of tomato sauce

Recipe

First, put the flour , water and salt into a bowl and knead the dough.

Second, roll the dough thin with a rolling pin and cut it into the small squares.

Then, mix the minced meat , chopped onion , salt and black pepper.

Next, put some mixture into the small squares of dough and fold them as a shape of triangle.

After that, boil them for about ten minutes.

Finally, add some tomato sauce and serve hot.

P.S. You can also serve it with some yoghurt and a pinch of mint.



HÖŞMERİM

Ingredients

- 1 Glass of Milk
- 1 Glass of Semolina
- 1 Glass of Water
- 1,5 Glass of Sugar
- A Bowl of tongue shaped mozzarella type unsalted cheese or some another Fatty cheese
- And finally some almonds without crust.

Recipe

Slowly melt the mashed cheese in low heat

Slowly roast the semolina flour until it changes color to pink

Mix the roasted flour and mashed cheese and add sugar and mix and cook it until it release its fat

Take out the dessert and let it rest for 10 Minute and close the pot.

And finally serve it with whatever ingredient you want.



GÖBETE

Ingredients

Ingredients for the dough

- 2 glasses of flour
- 1 egg
- Salt
- 3/4 (three quarters) glass of water

Ingredients for greasing the dough

- 5 - 6 tablespoon butter - melted

Ingredients for the Filling

- Olive oil
- 1 onion
- 2 bunches spinach
- 10 - 15 mushrooms
- Salt
- Black pepper
- Powdered red pepper
- Cumin

Recipe

For the filling;

Take olive oil in a large pan and heat it. Add the onion you chopped for cooking to your warming pan and sauté.

Take the roughly chopped spinach into your slightly softened onion and continue sautéing.

When the spinach gently releases, add the finely chopped mushrooms in it and saute until the mushrooms drain and drain.

Add salt, black pepper, ground red pepper and cumin and take it out on a plate to cool.

For the dough;

Put the flour in a bowl and roll in the middle.

Add the egg in the middle, beat lightly and add the water.

Stir it with a fork first, then add salt from the sides with your hands and knead it on your counter until you have a slightly firm dough.

When your dough is ready, divide it into 4 equal pieces and roll out each dough in the size of a dough.

Smear your glass baking tray using the melted butter.

Spread the dough in it and spread the butter and add another dough on top.

Spread the filling evenly.

Spread the dough on it again and apply butter.

Spread the last remaining dough on it and place the remaining dough on the edges of the baking tray by bending it with your hand.

Slice as you wish and bake in a preheated 180 degrees oven for 45 minutes.

Finally, serve it hot. Enjoy your meal !



STUFFED RIBS

Ingredients

- a rack of lamb
- 2 cups of rice
- a bunch of parsley
- 3 onions
- 2 tablespoons of tomato paste
- 2 tablespoons of butter
- 1 teaspoon of chili pepper
- 1/2 teaspoon black pepper
- 1 teaspoon of dried basil
- 100 grams pinenut
- 100 grams currants

Recipe

First, melt the butter in a saucepan. Put and saute diced onions.

Second, rinse and drain the rice. Put it to the saucepan.

Next, add the chopped parsley and all of the spices.

Then, Pour hot water and heat for 45 minutes.

After that, cut the ribs into a pocket, stuff the rib into a pocket with rice and sew the rib with needle the cover.

Finally, spread tomato paste all over the ribs and fry in oil.

Roast in the oven for 2 hours.

Serve it hot. Bon appetit!



CORN SOUP

Ingredients

- 1 tablespoon oil
- 1 tablespoon butter
- 1 tablespoon flour
- 2 tablespoon milk
- 2 cups chicken or meat broth
- 1 tablespoon salt
- 500 gr canned corn
- 250 gr canned bean

Recipe

First, put oil and butter into a pot and melt them

Second, add flour to the melted butter and mix them until the smell of flour comes out. Stir it constantly so flour doesn't burn.

Next, add milk, chicken or meat broth to the mixture and stir constantly until it boils. Milk and water should be at room temperature.

Then, add canned corn and bean to the boiling soup and mix it.

After that, sprinkle salt to the soup and mix again. Let it boil at low heat for 10 minutes.

For the sauce, put the butter into a pan and melt it. Add red pepper and fry it for a minute.

Finally, you can serve the soup by putting the sauce on it. Enjoy your soup.



II

Kutören Secondary School

ETLİ EKMEK

Ingredients

For crust

- 1 cup lukewarm water
- 1/3 cup cooking oil
- 1 tsp active dry yeast
- 1 tsp salt
- 1 tsp sugar
- all-purpose flour (approx 2.5-3 cups)

For topping

- 10 oz ground beef
- 1 onion, finely chopped
- 2 tomatoes, finely chopped
- 4 Italian pepper, finely diced
- Salt
- Black pepper
- Paprika
- Cumin powder
- Red crushed pepper (depends on you)

Recipe

To make the dough, combine warm water, sugar and yeast in a mixing bowl, add salt and oil. Gradually add flour until it is nice and soft dough like pizza dough. Let it rest for at least 5 minutes. Meanwhile, put ground beef, chopped onion, green peppers and tomatoes in food processor and process it until smooth.

Grab some dough big as a small egg and roll it out oval shape as thin as you can. It is supposed to be very thin. Spread ground beef topping evenly on top of dough you rolled.

When you finish all dough and topping, place them on lightly greased baking dish or cookie sheet. Bake in 400 F pre-heated oven until golden brown and crispy. Before you serve it slice them into medium squares and serve with AYRAN!



SAMSUN PİDE

Ingredients

DOUGH

- 300 ml water
- 1 teaspoon dry yeast
- 3 tablespoons olive oil
- 400 g plain flour

TOPPING

- 400 g minced beef
- 1 onion chopped
- 1 green pepper chopped
- 1 egg
- 2 tablespoons olive oil
- 1/2 tablespoon olive oil
- A pinch black pepper

Recipe

Combine flour, salt and yeast in a bowl. Add water and knead until you have a dough. Finally, add olive oil and mix again. Cover the bowl with a cloth and leave it near the heat source for approximately 45-60 minutes. The dough should rise to about double the size.

While the dough is proofing, prepare the topping. In a wide saucepan, heat oil and saute onion and pepper on it. Add the salt and pepper. Then, add the minced beef to the mixture and mix well. It will be topping.

When the dough has risen, knead it again with your hands until it is smooth. Divide the dough into 3-4 sections. Make each dough smooth. Put the mixture on them and fold the edges. After that, break an egg on it.

Finally, place it in the baking tray and bake it for about 10-15 minutes. Slice and serve it hot.



KARELIAN PASTRY

Ingredients

Nutrition

-

1/2 cup butter, melted

FILLING

-2 cups water

-1 cup uncooked rice

-2 cups milk

-salt

CRUST

-1/2 cup water

-1 teaspoon salt

-1 cup rye flour

-1/4 cup all-purpose flour

EGG BUTTER

-

1/2 cup butter, at room

temperature

-2 hard-boiled eggs, chopped

Recipe

Making the Karelian pasty is somewhat complex. Before making the pasty, you have to prepare some rice porridge from milk, butter, water and rice. It takes about an hour to cook, but you can make a larger batch and also eat some as a stand-alone meal.

The crust is traditionally made from rye and wheat flour. The dough is not leavened or kneaded at all, just mixed together. The dough is then divided into small pieces and rolled flat. You then add some porridge on each one.

Here comes the fun part: making the wrinkles perfect is something only grandmas know how to do, but you can watch a video on YouTube to get an idea!

Finally, you cook it in 275°C for 10 minutes. Cover the batch and let the pastys soften for about half an hour. Eat it with a healthy dose of butter!



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**Bon Appetit!
Afiyet olsun!
Hyvää
Ruokahalua!**

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