



REALLY BIG FIELD TRIP

TURKEY

RECIPES

Simit, a Turkish “soft pretzel”

Ingredients:

5 cups flour
11 Tbsp melted butter
1½ tsp baking powder
2 beaten eggs
3 1/3 Tbsp olive oil
3 1/3 Tbsp water
3 1/3 Tbsp milk
½ tsp salt
sesame seeds

Mix the dry ingredients. Stir in the liquids and one egg, and fold until you have a consistent dough. Twist portions of the dough into 8-inch rings. Arrange on a baking tray with sufficient space between. Brush the tops with the other egg and sprinkle with sesame seeds. Bake at 400°F until brown and crispy, about 30 minutes.

Pita Pocket Bread (Bread Machine)

Put into the bread machine:

1 1/3 C warm water
2 Tbsp olive oil
2 cups white flour
1 1/3 cups whole wheat flour

1 Tbsp sugar

1 ¼ tsp salt

Program for dough and start the machine. When the dough is ready, divide it into 10 equal pieces, shaping each one into a smooth ball and setting the balls on two baking sheets (five on each sheet). Let the dough rise for 20 minutes. Preheat oven to 500 degrees. Flatten each risen dough ball gently into a 6" disk.

Bake the pitas for 5 minutes (the tops will puff and begin to brown). Cut each circle in half, forming two pockets.

Fill the pockets with meatballs, sandwich meats and cheeses, salad ingredients, hummus, or peanut butter and jelly. Enjoy!

Chicken Kebab

Eat with a pita or over rice. Serving size: 8 skewers

1 lb. boneless skinless chicken or turkey breasts

¼ cup olive oil

¼ cup fresh lemon juice

1/8 teaspoon cinnamon

3 garlic gloves, minced

1 green pepper, chopped into 1-inch pieces

3 onions, par-broiled, chopped into 1-inch pieces

Salt

Pepper

Skewers

Combine oil, lemon, cinnamon, garlic, salt, and pepper to make the marinade.

Remove fat from the chicken. Cut chicken into 1-inch cubes, and soak in the marinade. Refrigerate for two to three hours. Let stand at room temperature for 30 minutes before grilling.

Thread skewers with chicken pieces, onions, and peppers.

Grill or broil until golden. Do not overcook.

(Adapted from recipezaar.com)

Kofta (Turkish Meatballs)

Mix well (by hand or in a food processor):

1 cup fresh breadcrumbs

1 lb. ground turkey (lean lamb is actually Turkish tradition)
1 egg

Add and mix until well blended:

½ tsp salt
½ tsp pepper
1 tsp ground cumin
½ tsp allspice
1 tsp dried mint (can use tea from an herbal mint tea bag)
2 cloves garlic
2 Tbsp parsley

Moisten your hands and roll this mixture into small meatballs (or use a melon baller) or patties. The meat can be cooked right away or refrigerated for several hours before cooking.

To cook: heat 1 Tbsp olive oil in a heavy skillet and fry the meat until it is cooked through and evenly browned. (Stir meatballs several times, flip patties once.) Remove with a slotted spoon to drain and serve hot or at room temperature as an appetizer. Delicious on a bed of rice or in a pita!

Kakaolu Islak Kek (Moist Cocoa Cake)

Mix:

2 eggs
1½ cups sugar
½ cup milk
½ cup oil (you can use half applesauce)
4 Tbsp cocoa powder

Set ½ cup of this mixture aside to moisten the cake with, when it is finished baking.

Add and mix well:

1 cup flour
2 tsp baking powder
¼ cup finely chopped walnuts
¼ cup raisins
½ small apple, finely diced

Pour into a greased 9.5" x 4" bread pan. Bake at 350 degrees for 35-45 minutes, until a knife inserted into the middle comes out clean. As soon as you remove the cake from the oven, gently stab it with a knife all over, for better absorption, and then pour the remaining cocoa mixture over it. Let the cake cool down and serve it with – what else? TEA! (And don't forget the sugar cubes... 😊)