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## **Hunkar Begendi (Sultan's Delight)**

### **Ingredients**

- 2 pounds of stew beef
- 2 Tbsp tomato paste
- 3 Tbsp garlic powder,
- 2 medium onions, finely chopped
- 2 Tbsp olive oil
- 2 green bell peppers finely chopped
- 4 medium tomatoes, diced
- 2-3 Tbsp butter
- 1 cup hot water
- ½ cup fresh parsley, finely chopped
- 2 medium eggplants
- 8 Tablespoons butter (1 stick of butter)
- ¼ cup all-purpose flour
- 1¼ cups whole, milk
- ½ cup shredded mozzarella cheese

First, to make the eggplant puree, place the whole eggplants on aluminum foil and put in the oven to broil on high.

Place the beef in a pan with olive oil and 2-3 tablespoons butter. Stir 10 minutes, then add to onions and green bell peppers. After ten minutes add tomato paste and diced tomatoes. After five minutes, add hot water and salt. Check to be sure meat cooked and turn off the stove top.

Check the eggplant, turning occasionally until the skin of the eggplant is burnt and the flesh is very tender (approx. 30 mins). Set the eggplant aside to cool, then cut in half lengthways, scoop out all flesh and mash.

In a separate saucepan over medium heat, melt 8 tbsp butter, add flour and cook, stirring for 2 minutes. Whisk in the milk until smooth, then add mashed eggplant. Cook, stirring often for 6–7 minutes, or until thickened, adding mozzarella cheese in the final two minutes. To serve, divide the eggplant puree among plates, top with the beef and sprinkle with parsley.

# Kofte

## Ingredients:

- 1 pound ground beef
- 1 medium onion, grated
- 1 Tbsp garlic powder
- A pinch of allspice
- A pinch of freshly ground black pepper
- 1 Tbsp oil olive
- A pinch of ground cumin
- 1 tsp salt
- 1 egg
- 1/2 cup of breadcrumbs

First, turn on your oven to broil on high.

Then, in a large bowl, combine ground beef, breadcrumbs, egg, onion, and garlic.

Next, add in allspice, cumin, salt, and pepper.

After that, using your hand, mix everything well.

Roll the mixture into balls. Brush a large plate with a little olive oil and place each meatball on it. Olive oil will prevent them from sticking on the plate.

Place aluminum foil onto your baking sheet and put the meatballs on it. Cook under broiler for about 30 seconds, then flip them over and cook until browned.

# Shepherd Salad

## Ingredients:

- 4 large tomatoes, diced
- 2 English cucumbers, diced
- 1 green sweet pepper, seeded and diced
- ½ small red onion, sliced, soaked in cold water for 5 minutes, drained and rinsed
- ¼ cup (loosely packed) fresh coarsely chopped flat-leaf parsley
- Salt to taste
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil
- 1 to 2 ounces feta, crumbled (1/4 to 1/2 cup) (optional)

Combine all of the ingredients in a large bowl and refrigerate for 30 minutes. After 30 minutes, toss together, taste and adjust seasonings.

# Turkish Bulgur Pilav

## Ingredients:

- 2 cups bulgur, coarse
- 2 Tbsp olive oil
- 1 large onion, diced
- 1 tsp garlic powder
- 1 green bell pepper, diced
- 2 Tbsp tomato paste
- 1 medium tomato
- ½ tsp salt
- ½ tsp black pepper
- 3 ½ cup water

Wash the bulgur in a bowl and set it aside.

Heat olive oil in a large pot over medium heat. Sauté onion until translucent and then add the garlic powder. Cook for a minute.

Add in diced green bell pepper and cook for a few minutes until it softens.

Add in chopped tomato and stir well. Cook until they start releasing their juice.

Add the tomato paste and mix well so it combines with the other ingredients.

Add salt and pepper and add in the bulgur. Stir well.

Turn the heat to medium high and add the water. Once it comes to simmer, lower the heat to medium, cover with a lid and cook for about 20-25 minutes until the water is almost completely evaporated.

Turn the heat to medium low and cook for another 10 minutes. Turn the heat off and let the bulgur sit for 5 minutes untouched, then fluff it with a fork and serve.