



**“VIRTUAL MARITZA – MERICH CUISINE” Project**

**MERICH CUISINE TRADITIONAL RECIPES**

**CB005.1.23.017**

*Co-finance is supplied to project by EU through Interreg-IPA Bulgaria – Turkey SOI Program*

This publication , Interreg-IPA Bulgarian-Turkey SÖİ Program, CCI Number  
2014TC16I5CB005 are published with The European Union support.

The content of this publication is entirely under Meric District Governorship Paddy  
Commussion reponsibility and under no circumstance it can not be quoted to represent  
opinion of EU or Program Management Authority.

## İçindekiler

<b>PREFACE</b> .....	5
<b>1. INTRODUCTION</b> .....	6
<b>2. MERİÇH CUISINE TRADITIONAL RECIPES</b> .....	7
<b>2.1. Bulgur Soup</b> .....	7
<b>2.2. Liver Soup</b> .....	8
<b>2.3. Dugun Soup</b> .....	9
<b>2.4. Pumpkin Soup</b> .....	10
<b>2.5. Cutting Soup</b> .....	11
<b>2.6. Labada Soup</b> .....	12
<b>2.7. Misket Soup</b> .....	13
<b>2.8. Leek Soup</b> .....	14
<b>2.9. Fresh Broad Bean Soup</b> .....	15
<b>2.10. Milk Rice Soup</b> .....	16
<b>2.11. Ekşimik</b> .....	17
<b>2.12. Borani</b> .....	18
<b>2.13. Ferret Food</b> .....	19
<b>2.14. Menemen with Cottage Cheese</b> .....	20
<b>2.15. Çılbır</b> .....	21
<b>2.16. Herbal Meatball</b> .....	22
<b>2.17. Labada Wrapping</b> .....	23
<b>2.18. Elbasan Tava</b> .....	24
<b>2.19. Rice Chicken Kapama</b> .....	25
<b>2.20. The Rumelian Begendish</b> .....	26
<b>2.21. Anez Bean</b> .....	27
<b>2.22. Tapkana Çuşka (Bean Chowder)</b> .....	28
<b>2.23. Sızdırmalı Soğan Aşı</b> .....	29
<b>2.24. Liver Wrap</b> .....	30
<b>2.25. Duck Roast</b> .....	31
<b>2.26. Catfish Fries</b> .....	32
<b>2.27. Frog Bottom (Water Bull)</b> .....	33
<b>2.28. Damat Paçası</b> .....	34
<b>2.29. Crepe</b> .....	35
<b>2.30. The Linen Rolls (Çarşaf Böreği)</b> .....	36
<b>2.31. Albanian Pastry</b> .....	37
<b>2.33. Egypt Flour Salt Cake (Luçenik)</b> .....	39

2.34.	<b>Fold The Pastry (Börek)</b> .....	40
2.35.	<b>Chickpea Bread</b> .....	41
2.36.	<b>Couscous</b> .....	42
2.37.	<b>Khalil</b> .....	43
2.38.	<b>Yağlamaç</b> .....	44
2.39.	<b>Curd Heating</b> .....	45
2.40.	<b>Kaçamak</b> .....	46
2.41.	<b>Milk Gruel</b> .....	47
2.42.	<b>Hot Sauce</b> .....	48
2.43.	<b>Winter Tomato Salad</b> .....	49
2.44.	<b>Mamzana</b> .....	50
2.45.	<b>Vinegar Pepper</b> .....	51
2.46.	<b>Salad of Beans</b> .....	52
2.47.	<b>Molasses Candy</b> .....	53
2.48.	<b>Caterpillar Dessert</b> .....	54
2.49.	<b>Zerde</b> .....	55
2.50.	<b>Unripe Melon Pickle</b> .....	56
2.51.	<b>Oily Pickled Extremely Hot Peppers</b> .....	57
2.52.	<b>Pickled Beans</b> .....	58
2.53.	<b>Curd</b> .....	59
2.54.	<b>Et Sızdırması</b> .....	60
2.55.	<b>Cutting</b> .....	61
2.56.	<b>Cheese</b> .....	62
2.57.	<b>Dried Tomato</b> .....	63
2.58.	<b>Dried Pepper</b> .....	64
2.59.	<b>Kuskus</b> .....	65
2.60.	<b>Sloe Juice</b> .....	66
2.61.	<b>Erik Morse</b> .....	67
2.62.	<b>Cranberry Juice</b> .....	68

## **PREFACE**

The Merich Cuisine Cookbook is carried out within the scope of the Bulgaria Turkey Cross-Border Cooperation Programme, the project CB005.1.23.017, with the cooperation of Rice Paddy Commission of Merich District and the Regional Municipalities Association "Maritza".

Traditional recipes which are constituted with certain cultural accumulation in Edirne province, Meriç county and villages are broken down. These traditional recipes are prepared for consumption of household in the houses at the same time they are presented for sale in the restaurant. Foods which have not lost their value in recent years and have still taken place at the table are represented detailedly by taking advantages of local community and pre-made studies. Firstly, required materials are listed with measurement and then recipes are explained with key points. It is aimed to be guided to people by giving serving amount, preparation and cooking times, nutritional values for 1 serving and short notes. In these research 67 recipes were prepared. To materials, having support in local community and food service industries

## 1. INTRODUCTION

The concept of culture is a phenomenon that has permeated society's lifestyles, thoughts and behavior patterns. It is accepted not only from today but tomorrow, as a common value passed from the past to the future. This common value is not only influenced by the internal dynamics of society but also by external factors.

Culinary culture or, in other words, culinary culture is a subcategory of cult. It is a culture that can be changed, developed and diversified with the traces of the past, the increase of other cultures and societies and the dialogists.

The Ottoman Empire, which has been hosted from North Africa to the Arabian Peninsula, from Vienna to the Caucasus, has also diversified the palace kitchen with the influence of its wide geography. The diversity of the palace kitchen has also led to the formation of a kitchen culture in different qualities in the geography where it is located.

As a historical settlement area, Meriç and Bölgesi, subject to research, were under the influence of different cultures from Traklans to Byzantines, Byzantine Imperials to Ottomans. And also the Balkan wars were also hosted by Greek, Bulgarian and Russians. This has brought about changes and interactions in the regional culture and naturally in the culinary culture as well.

The presence of freshwater resources in the region has brought fresh water creatures to the table. Rice and wheat production included rice and flour food in the food culture. Animal breeding has increased milk and dairy products and at the same time the variety of red and white meat dishes. In the region, the presence of game animals and gardens of different weeds and gardens also influenced the food and culinary culture.

In this Study; In the regional food culture, the main dishes, the appetizers, the desserts, the tombs and the drinks made from the regional fruits are given, and the preparation, materials, grade of difficulty, cooking time and food tips are given.

## 2. MERİÇH CUISINE TRADITIONAL RECIPES

### 2.1. Bulgur Soup

Bulgur Soup		1
		
MATERIAL		MEASUREMENT
1-	Fine Bulgur	150 gr. / 1 water glass
2-	Onion	120 g. / 1 piece (medium size)
3-	Tomatoes	400 gr. / 2 units
4-	Tomato crust	15 gr / 1 table spoon
5-	Water	2400 ml / 12 water glass
6-	Sunflower oil	30 ml / 3 table spoons
7-	Dry mint	2 gr / 2 tea spoon
8-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Bulgur is washed and sieved.	
2-	Chopped onion and roasted in sunflower oil.	
3-	Grind the tomatoes and add them on the onion together with the tomato paste and roast a little more together.	
4-	Add water and expect to be boiled.	
5-	After boiling water add bulgur and add salt and pepper.	
6-	Boil the bulgur until cooked and then serve with dry mint.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 35 min

Nutritional value (1 serving); 65,40 kcal

Notes; Bulgur should be washed quickly with cold water that has been washed. Otherwise, the bulgur will bite into the water.

## 2.2. Liver Soup

Liver Soup		2
		
MATERIALS		MEASUREMENT
1-	Lamb liver	200 gr / 1 soup bowl
2-	Rice	125 gr / ¾ water glass
3-	Lemon	75 gr / ½ pieces
4-	Egg yolk	60 gr / 2 pieces
5-	Water	2400 ml / 12 water glass
6-	Butter	60 gr / 3 tablespoons
7-	Powder redberber	1 gr / 1 tea spoon
8-	Salt, black pepper	2 gr / 2 tea spoon
PREPARATION		
1-	The lamb is chopped into small cubes.	
2-	Roasted lamb liver and add black pepper on it.	
3-	Add water.	
4-	After boiling water , rice is added .	
5-	After rice is cooked, the lemon juice and egg yolk are whisked and mixed.	
6-	Salt is added and boiled for 25 minutes.	
7-	After taking it to the serving table, the powder of red butter is burned in the butter.	

Portion quantity; 10 people

Preparation Time; 15 min.

Cooking time; 30 min

Nutritional value (1 serving); 93,68 kcal

Notes; Beef stew may be preferred instead of lamb stew.

### 2.3. Dugun Soup

Dugun Soup		3
		
MATERIALS		MEASUREMENT
1-	Beef mince	200gr / 1 soup bowl
2-	Rice	82 gr / 1 tea cup
3-	Onion	215 gr / 1 piece (large size)
4-	Tomato	400 gr / 2 pieces
5-	Tomato crust	15 gr / 1table spoon
6-	Wheat flour	45 gr / 3 table spoon
7-	Yogurt	140 gr / 4 tablespoons
8-	Egg	60 gr / 1 piece
9-	Water	2000 ml / 10 cups of water
10-	Sunflower oil	40 ml / 4 tablespoons
11-	Poy	1 gr / 1 tea spoon
12-	Sausage grass	1 gr / 1 tea spoon
13-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Chop the onion and saute it in sunflower oil until it is pink.	
2-	Add the ground meat and roast it.	
3-	Shred tomatoes and put them with tomato paste and roast for 2-3 minutes.	
4-	Add water and wait to boil.	
5-	Begin to boil salt is added.	
6-	Place the flour and water in a bowl and, when homogenized, add it in the soup.	
7-	Add rice.	
8-	Take rice out of the oven when it cook	
9-	15 minutes later, in a separate bowl, yogurt and spices are added to the prepared soup by whisking the mixture.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 55 min

Nutritional value (1 serving); 150 kcal

Notes; It is called wedding soup because it is usually made at weddings.

## 2.4. Pumpkin Soup

Pumpkin Soup		4
		
MATERIALS		MEASUREMENT
1-	Black pumpkin	1000 gr / 2 pieces (medium size)
2-	Milk	1400 ml / 7 glasses of water
3-	Powder sugar	1260 gr / 7 glasses of water
PREPARATION		
1-	Black pumpkin peel and chop into small pieces	
2-	Black pumpkin is boiled in water and drained.	
3-	It is pulped.	
4-	Take a pot, add milk and powdered sugar, and mix.	
5-	After boil, turn down the stove.	

Portion quantity; 10 people

Preparation Time; 8 min

Cooking time; 40 min

Nutritional value (1 serving); 596 kcal

Notes; In the past, squash was called zucchini and black squash. In this recipe, black squash was used.

## 2.5. Cutting Soup

Cutting Soup		5
		
MATERIALS		MEASUREMENT
1-	Onion	170 gr / 2 pieces (small size)
2-	Water	2400 ml / 12 glasses of water
3-	Butter	120 gr / 6 tablespoons
4-	Sweet powder red pepper	2 gr / 2 tea spoon
5-	Black pepper	1 gr / 1 tea spoon
6-	Salt	4 gr / 2 tea spoon
	For the dough;	
7-	Wheat flour	110 mg / 1 water glass
8-	Water	100 ml / 1 cup of tea
9-	Salt	2 gr / 1 tea spoon
PREPARATION		
1-	Flour, salt and water are kneaded until it is dough.	
2-	Dough is opened with the help of the roller and it is dried until it can be cut with a knife	
3-	Drying dough is cut into strips with two finger widths.	
4-	Then cut again as thin matchsticks.	
5-	Put water in a pot and boil.	
6-	Add the cuts are prepared in the boiling water are slowly released and mixed.	
7-	Salt and pepper are added to the inside of soup.	
8-	Chop the onions and roast in butter.	
9-	Add the sweet powdered red pepper on the onions and mix them with the soup.	

Portion quantity; 10 people

Preparation Time; 20 min

Cooking time; 35 min

Nutritional value (1 serving); 131,80 kcal

Notes; It is not necessary to dry the fries for a long time like the cutting done in the winter preparations. It is enough to be dried until the knife is cut with the knife.

## 2.6. Labada Soup

Labada Soup		6
		
MATERIALS		MEASUREMENT
1-	Large bulgur	38 gr / ½ teaspoon
2-	Labada weed	400 gr / 1 bunch
3-	Onion	170 gr / 2 pieces (medium size)
4-	Lemon	75 gr / ½ pieces
5-	Tomato crust	30 gr / 2 table spoon
6-	Wheat flour	30 gr / 2 table spoon
7-	Yoghurt	70 gr / 2 table spoon
8-	Egg	60 gr / 1 piece
9-	Water	2400 ml / 12 glasses of water
10-	Sunflower oil	30 ml / 3 tablespoons
11-	Black pepper	1 gr / 1 tea spoon
12-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Chop the onion and roast it until it is pink.	
2-	Chop up the labada and add on the onions and continue to fry.	
3-	Add tomato paste on it, continue to fry.	
4-	Add water and put it on to boil.	
5-	Begin to boil the bulgur is added inside.	
6-	Flour, yoghurt, egg and lemon juice are mixed	
7-	Mixing is added to the bulgur.	
8-	After boiling for 8 - 5 minutes, add the spices and salt and boil for 3 minutes and serve.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 35 min

Nutritional value (1 serving); 73,80 kcal

Notes; It is expressed that the labina cleanses the blood and intestines and at the same time is the strengthening effect of the leaves on their body.

## 2.7. Misket Soup

MATERIALS		DIMENSIONS
1-	Beef minced	500 gr / 2 soup bowls
2-	Rice	160 gr / 2 tea cups
3-	Lemon	75 gr / ½ pieces
4-	Wheat flour	30 gr / 2 table spoon
5-	Yoghurt	140 gr / 4 tablespoons
6-	Egg	60 gr / 1 pcs
7-	Water	3000 ml / 15 water glass
8-	Butter	40 gr / 2 table spoon
9-	Dry mint	2 gr / 1dessert spoon
10-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Minced meat, rice and 1 dessert spoon salt are kneaded and meatballs are made at the size of marbles.	
2-	Water is boiled in a saucepan.	
3-	Meatballs are left one by one in the boiling water.	
4-	Prepare a mixture of flour, yoghurt, lemon juice, egg and 1 sweet sponge salt in a bowl.	
5-	Mixture is added to the fried meatball.	
6-	Butter is roasted and pour on the soup.	
7-	After 5 more minutes, it is served with dried mint.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 40 min

Nutritional value (1 serving); 248,60 kcal

Notes; Misket soup can also be served as main course.

## 2.8. Leek Soup

Leek Soup		8
		
MATERIALS		DIMENSIONS
1-	Leek	700 gr / 1 bunch
2-	Fresh mint	5 gr / 1 pinch
3-	Tomato crust	30 gr / 2 tablespoon
4-	Wheat flour	30 gr / 2 tablespoon
5-	Egg	60 gr / 1 unit
6-	Water	2400 ml / 12 water glass
7-	Olive oil	24 ml / 4 tablespoons
8-	Salt	2 gr / 1 tea spoon
PREPARATION		
1-	Chop up leeks and roast them.	
2-	Then add the tomato paste and continue to roast.	
3-	Water is added and put it on to boil.	
4-	Salt is added and boil 10 more minutes.	
5-	For liaison, flour is whipped in cold water and added to the soup.	
6-	It will be taken out of the oven after 10-15 minutes of boiling.	
7-	Eggs are added into the soup taken from the oven and mixed for cooking with the temperature of the soup.	
8-	It is served with fresh mint.	

Portion quantity; 10 people

Preparation Time; 8 min

Cooking time; 35 min

Nutritional value (1 serving); 78,90 kcal

Notes; While the egg is added to the soup, it should be mixed continuously to cook slowly.

## 2.9. Fresh Broad Bean Soup

Fresh Broad Bean Soup		9
		
MATERIALS		DIMENSIONS
1-	Fresh pod	500 gr / 2 table spoon
2-	Onion	120 g / 1 piece (medium size)
3-	Dill	50 gr / ½ bunch
4-	Tomato prawn	5 gr / 1 dessert spoon
5-	Wheat flour	45 gr / 3 table spoon
6-	Yoghurt	300 gr / 1.5 cups of water
7-	Water	2400 ml / 12 water glass
8-	Butter	60 gr / 3 tablespoons
9-	Cube sugar	4 gr / 1 piece
10-	Powder red pepper	1 gr / 1 tea spoon
11-	Cuban herb	1 gr / 1 tea spoon
12-	Salt	2 gr / 2 dessert spoon
PREPARATION		
1-	Water is boiled.	
2-	Wash the broad bean and add to boiling water.	
3-	Chop the onion and add into the broad beans..	
4-	Add cube sugar in it.	
5-	When the broad beans are softened, salt is added.	
6-	In a bowl, flour and water are mixed and add the broad bean.	
7-	Another bowl, tomato paste is mixed with a little warm water and add the broad bean.	
8-	Continue to cook for 8 to 15 minutes over a low heat and add cubican grass.	
9-	In the other side, the butter is rendered and red powder is added.	
10-	Put the yoghurt in the sweet powder red pepper butter and mix it and add this mixture to the boiled soup to the low heat.	

Portion quantity; 10 people

Preparation Time; 8 min

Cooking time; 35 min

Nutritional value (1 serving); 78,90 kcal

Notes; Broad bean is made both food and soup in Turkish cuisine.

## 2.10. Milk Rice Soup

MATERIALS		DIMENSIONS
1-	Rice	83 gr / 1 tea cup
2-	Milk	2000 ml / 10 cups of water
3-	Water	400 ml / 2 water glass
4-	Granulated sugar (optional)	6 gr / 3 tea spoon
5-	Salt	4 gr / 1 dessert spoon
PREPARATION		
1-	Milk and water are mixed and boiled.	
2-	When the mixture begins to boil, rice is added.	
3-	Salt and granulated sugar (optional) are added .	
4-	Rice is cooked until cooked.	
5-	It can be served after 5 minutes of rest.	

Portion quantity; 10 people

Preparation Time; 5 min

Cooking time; 40 min

Nutritional value (1 serving); 133,20 kcal

Notes;. in Thrace cuisine , preparation of soups with milk is similar but ingredients are different.

## 2.11. Ekşimik

Ekşimik		11
		
MATERIALS		MEASUREMENT
1-	Cottage cheese	1000 gr / 4 soup bowls
2-	Greenbiber	1000 gr / 20 pieces
3-	Sunflower oil	75 ml / ¼ teaspoon
4-	Salt	4 gr / 2 teaspoons
PREPARATION		
1-	Pepper is cut in half and the seeds are removed.	
2-	Then peppers are diced.	
3-	Peppers are roasted in sunflower oil.	
4-	Add salt and cottage cheese on the roasted pepper and is continued to roast.	
5-	When cheese is melted , taken from the oven and is served.	

Portion quantity; 10 people

Preparation Time; 5 min

Cooking time; 20 min

Nutritional value (1 serving); 218,30 kcal

Notes; Cottage cheese is a milk product unique to Thrace. Optionally, a red pepper can also be added.

## 2.12. Borani

Borani		12
		
MATERIALS		MEASUREMENT
1-	Spinach	1 kg
2-	Yoghurt	500 gr / 1 bowl
3-	Rice	100 ml / ½ water glass
4-	Garlic	3-4 teeth
5-	Onion	60 gr / 1 piece
6-	Butter	1 tablespoon
7-	Salt, red pepper, chili pepper	2 gr / 1 tea spoon
8-	Liquid oi	50 ml / ½ teaspoon
PREPARATION		
1-	The spinach is cleaned, washed and chopped in finger thickness.	
2-	Grated onion ,oil and1 shredded garlic is taken to the pan.	
3-	When the onion is pink, add the drained spinach by hand.	
4-	Add salt and mix the spinach , when it softens, add rice.	
5-	When spinach juice boil down ,taken to the edge to be warmed.	
6-	Mix the remaining garlic with yoghurt and add the roasted spinach.	
7-	In a sauce pan butter is poured and red pepper is added to the chili pepper as desired and taken from the fire.	
8-	It is served on the spinach with yoghurt and served.	

Portion quantity; 4 people

Preparation Time; 30 min

Cooking time; 50 min

Nutritional value (1 serving); 224 kcal

Notes; The addition of some bulgur or rice while the spinach is roasted in Thrace village kitchens can be considered as a local touch.

### 2.13. Ferret Food

Ferret Food		13
		
INGREDIENTS		MEASURE
1-	Poppy seed	2000 gr / 4 bunch
2-	Onions	360 gr / 3 pieces (medium size)
3-	Sunflower oil	50 ml / ½ teaspoon
4-	Salt	4 gr / 2 tea spoon
PREPARATION		
1-	The oil is tanned.	
2-	Chop the onion and add to the pot and roast.	
3-	The poppy is cleaned and chopped.	
4-	Add on top of dried onion and add salt and cook.	

Portion quantity; 10 people

Preparation Time; 5 min

Cooking time; 25 min

Nutritional value (1 serving); 75,50 kcal

Notes; The herbaceous part of the poppy plant is used. It can also be served with yogurt on it.

## 2.14. Menemen with Cottage Cheese

Menemen with Cottage Cheese		14
		
INGREDIENTS		MEASURE
1-	green pepper	500 gr / 10 pieces
2-	Cottage cheese	250 gr / 1 soup bowl
3-	Tomatoes	2500 gr / 10 pieces
4-	Egg	240 gr / 4 pieces
5-	Sunflower oil	50 ml / ½ teaspoon
6-	Salt	4 gr / 2 tea spoon
PREPARATION		
1-	The core part of Greenbber is cleaned.	
2-	After the cores are cleaned, dices it.	
3-	Chopped peppers are roasted in sunflower oil.	
4-	The peel of the tomatoes are peeled and chopped small.	
5-	The chopped tomatoes are added to the peppers and cooked until they soften.	
6-	Add cottage cheese and cook for 2-3 more minutes.	
7-	The eggs are broken and mixed.	
8-	It can be served when egg cook.	

Portion quantity; 10 people

Preparation Time; 8 min

Cooking time; 25 min

Nutritional value (1 serving); 99,10 kcal

Notes; It is a light meal preferred in summer months. It is also the field meals formerly used by farm workers.

## 2.15. Çılbır

Çılbır		15
		
INGREDIENTS		MEASUREMENT
1-	Egg	180 gr / 3 pieces
2-	Water	1000 ml / 5 water glass
3-	Salt	4 gr / 1 dessert spoon
4-	Vinegar	4 gr / 1 dessert spoon
5-	Yoghurt	500 gr / 1 bowl
6-	Olive oil	30 gr / 3 table spoon
7-	Chili pepper	2 gr / ½ dessert spoon
8-	Mint	2 gr / 1 tea spoon
PREPARATION		
1-	Put 1 liter of water in a deep pot and add salt, vinegar and put it on to boil.	
2-	Put a little salt in 1 bowl of yogurt. Garlic can also be added (option)	
3-	Blend until it is smooth and spread of the serving platter.	
4-	After the water is boiled, turn down the heat and break it without spreading it into the first egg and boil for 3 minutes.	
5-	With the help of straining ladle, the egg is removed from the water and placed on the yogurt.	
6-	The same process is applied to the other eggs.	
7-	In a small skillet, olive oil and red pepper are mixed and stirred. It is poured over the yoghurt and served.	
8-	Mint can be sprinkled on it. (optional)	

Portion quantity; 3 people

Preparation Time; 5 min

Cooking time; 5 min

Nutritional value (1 serving); 134 kcal

Notes; The eggs should be broken as far as possible and care should be taken not to break up.

## 2.16. Herbal Meatball

Herbal Meatball		16
		
INGREDIENTS		MEASUREMENT
1-	Poppy seed	1000 gr / 2 bunch
2-	Onions	240 gr / 2 pieces (medium size)
3-	Wheat flour	110 gr / 1 water glass
4-	Bread soda	2 gr / 1 tea spoon
5-	Egg	60 gr / 1 unit
6-	Yogurt	200 gr / 1 water glass
7-	Garlic	6 gr / 3 teeth
8-	Water	1000 ml / 5 water glass
9-	Butter	60 gr / 3 tablespoons
10-	Black pepper	2 gr / 1 dessert spoon
11-	Pulp pepper	2 gr / 1 dessert spoon
12-	Salt	4 gr / 2 tea spoon
PREPARATION		
1-	Poppy grass is washed and chopped up.	
2-	Chop the onions and add it on the poppy.	
3-	Flour, bread soda, egg, salt and pepper and knead.	
4-	Pieces larger than walnut are cutted and rolled into and put on greasy baking tray.	
5-	Cooked in the oven until the grilled.	
6-	Butter is melted in a pan and add chili pepper and take it out of the oven.	
7-	Boil the water and add it into the butter with chili pepper.	
8-	This mixture is poured over the grass meatball and is putted in the oven again.	
9-	The herbal meatball are boiled down then take it off the stove	
10-	Optionally served with garlic yogurt.	

Portion quantity; 10 people

Preparation Time; 20 min

Cooking time; 40 min

Nutritional value (1 serving); 183 kcal

Notes; Other herbs can be used instead of poppy.

## 2.17. Labada Wrapping

Labada Wrapping		17
		
INGREDIENTS		MEASUREMENT
1-	Labada weed	1000 gr / 4 bunches
2-	Water	400 ml / 2 water glass
3-	Sunflower oil	50 ml / 5 tablespoons
	For domestic spending;	
4-	Large bulgur	75 gr / ½ water glass
5-	Rice	250 gr / 1.5 cups of water
6-	Bulb onions	240 gr / 2 pieces (medium size)
7-	Tomato crust	15 gr / 1 table spoon
8-	Water	400 ml / 2 water glass
9-	Sunflower oil	1000 ml / 10 tablespoons
10-	Dry mint	2 gr / 2 tea spoon
11-	Black pepper	2 gr / 2 tea spoon
12-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	The labada leaves are boiled until they soften in hot water.	
2-	For filling ingredient, the onion is chopped and roasted in 5 tablespoons sunflower oil.	
3-	Add the bulgur and rice and continue roasting.	
4-	After the rice and bulgur roasted, tomato sauce is added and roasted during 2-3 minutes.	
5-	Then spices are added and taken it out of the oven.	
6-	Filling ingredient is wrapped in labada leaves	
7-	Put the labada leaves first step then put rolled leaves.	
8-	Finally put leaves on the rolled leaves.	
9-	Water and 10 tablespoons sunflower oil is added and cooked.	
10-	A cloth is covered up it to rest after cooked	

Portion quantity; 10 people

Preparation Time; 30 min

Cooking time; 65 min

Nutritional value (1 serving); 145,50 kcal

Notes; Be careful when wrapping the leaves in the lab because they are fragile.

## 2.18. Elbasan Tava

Elbasan Tava		18
		
INGREDIENTS		MEASUREMENT
1-	Lamb meat	2000 gr / 4 food plate
2-	Bulb onions	480 gr / 4 pieces (medium size)
3-	Butter	100 gr / 5 tablespoons
4-	Water	1000 ml / 5 water glass
5-	Black pepper	3 gr / 3 tea spoon
6-	Salt	8 gr / 2 dessert spoon
	For the sauce,	
7-	Wheat flour	90 gr / 6 table spoon
8-	Yoghurt	400 gr / 2 water glass
9-	Grated fresh cheddar cheese	300 gr / 10 tablespoons
10-	Eggs	120 gr / 2 pieces
11-	Meat juice	200 gr / 1 water glass
PREPARATION		
1-	Cut the lamb pieces and roast in butter	
2-	Chop the onion and add lamb meat	
3-	Add water, salt and pepper to cook on low heat.	
4-	For the sauce, flour, yoghurt, egg yolk, 1 cup broth and salt are mixed.	
5-	Meat is cooked and put in stew.add prepared sauce , cooked in stove (180 degrees)	
6-	After 10 minutes, it is removed from the stove and added to the grated cheese.	
7-	It is taken from the stove when it is red.	

Portion quantity; 10 people

Preparation Time; 15 min

Cooking time; 50 min

Nutritional value (1 serving); 751 kcal

Notes; Thracian cuisine came through the immigrants and the other name is yogurt tavadır.

## 2.19. Rice Chicken Kapama

Rice Chicken Kapama		19
		
INGREDIENTS		MEASUREMENT
1-	Chicken bag	1250 gr / 10 pieces
2-	Brass	660 gr / 4 water glass
3-	Onions	430 gr / 2 pieces (large size)
4-	Water	3000 ml / 15 water glass
5-	Butter	80 gr / 4 tablespoons
6-	Black pepper	1 gr / 1 tea spoon
7-	Salt	12 gr / 3 dessert spoon
8-		
PREPARATION		
1-	Put chicken meat in pot and add water on it.	
2-	Onions are chopped and add on it.	
3-	Add salt.	
4-	Roast the rice with butter.	
5-	The roasted rice is spread to the base of the oven tray.	
6-	Put chicken meat with onion and water.	
7-	Add enough water to bring the meat to the line, if not enough water can be added	
8-	Add black pepper on top and cook for 30 minutes.	
9-	After cooked , it is covered in the oven.	
10-	Wait 10-20 minutes and served.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 40 min

Nutritional value (1 serving); 4.04 kcal

Notes; It is a meal especially made during the holidays. It takes your name off the top.

## 2.20. The Rumelian Begendish

The Rumelian Begendish	20
------------------------	----



INGREDIENTS		MEASUREMENT
1-	Veal	1500 gr / 3 food plate
2-	Eggplant	1850 gr / 10 pieces
3-	Onions	240 gr / 2 pieces (medium size)
4-	Tomato slices	45 gr / 3 tablespoons
5-	Wheat flour	90 gr / 6 table spoon
6-	Milk	600 ml / 3 cups of water
7-	Sunflower oil	100 ml / 1 cup of tea
8-	Water	200 ml / 1 cup of water
9-	Salt	12 gr / 3 dessert spoons

### PREPARATION

1-	Chop the onion and roast it in sunflower oil.
2-	The meat is chopped and add on the onions.
3-	Water is added to the roasted meat and cooked until boiling down
4-	Add the tomato paste and salt, cook 3-4 more minutes.
5-	Eggplant roasted and peeled.
6-	Eggplant is chopped up , crushed and mashed.
7-	On the other side the flour is mixed with milk
8-	Prepared sauce is mixed with eggplant.
9-	The eggplants with sauce are taken and served with meat.

Portion quantity; 10 people

Preparation Time; 25 min

Cooking time; 30 min

Nutritional value (1 serving); 557,60 kcal

Notes; Thracian cuisine is a food moved by immigrants.

## 2.21. Anez Bean

Anez Bean		21
		
INGREDIENTS		MEASUREMENT
1-	Dry stalks	640 gr / 4 water glass
2-	Bulb onions	360 gr / 3 pieces (medium size)
3-	Tomato slices	45 gr / 3 dessert spoon
4-	Butter	60 gr / 3 tablespoons
5-	Water	3000 ml / 15 cups of water
6-	Sweet powder red pepper	2 gr / 2 tea spoon
7-	Salt	12 gr / 3 dessert spoon
PREPARATION		
1-	Dried anez beans are soaked hot water 1 hour ago	
2-	Cut the onion and roast with butter.	
3-	Add tomato paste on it and continue frying	
4-	Sweet red powder pepper is added.	
5-	Added on the beans and the roasting is continued.	
6-	Add water and salt and boil for 30 minutes.	
7-	It is served after shaving.	

Portion quantity; 10 people

Preparation Time; 60 min

Cooking time; 40 min

Nutritional value (1 serving); 135 kcal

Notes; The dry stalks are cooked in a second field of harvested wheat field and cooked faster than the other beans.

## 2.22. Tapkana Çuşka (Bean Chowder)

Tapkana Çuşka (Bean Chowder)		22
		
INGREDIENTS		MEASUREMENT
1-	Dried red pepper	12-15 pieces
2-	Onion	600 gr / 3 pieces (medium size)
3-	Dried beans	320 g / 2 cups
4-	Flour	60 gr / 2 soup spoon
5-	Liquid oil	100 ml / 1 tea glass
6-	Butter	20 gr / 1 soup spoon
7-	Paste	45 gr / 1 table spoon
8-	Grass and thyme	8 gr / 2dessert spoon
9-	Salt	4 gr / 2 tea spoon
10-	Pickled water	200 ml / 1 cup of water
PREPARATION		
1-	Boil the beans until they soften and drain.	
2-	Dried peppers are boiled in hot water until softened	
3-	Onions are roasted in oil and added with tuberous or thyme, paste and flour.	
4-	Beans are added to this moss and mixed thoroughly.	
5-	It is left to cool a little and then it is filled in peppers very without rash.	
6-	Peppers are placed in light greasy tray and butter is sprinkled on top of the fry. Optionally, pickled water can be added onto the peppers in this section.	
7-	Cooked until the roasted and served.	

Portion quantity; 4 people

Preparation Time; 30 min

Cooking time; 25 min

Nutritional value (1 serving);

Notes; Dried red peppers can be selected from bitter or sweet peppers according to taste.

## 2.23. Sızdırmalı Soğan Aşı

Sızdırmalı Soğan Aşı		23
		
INGREDIENTS		MEASUREMENT
1-	Meat leaking	500 gr / 1 food plate
2-	Tomatoes	1720 gr / 8 pieces
3-	Onion	2100 gr / 10 pieces (medium size)
4-	Green pepper	300 gr / 10 pieces
5-	Tomato crust	45 gr / 3 tablespoons
6-	Egg	300 gr / 5 pieces
7-	Sunflower oil	50 ml / 5 tablespoons
8-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Chop the onion.	
2-	The green pepper are chopped into as rings.	
3-	Onions and gren pepper are roasted together on low heat.	
4-	Add meat leaking to continue to roast	
5-	Tomatoes are grated and added on.	
6-	Roast by adding gravy.	
7-	Add salt.	
8-	Finally, the eggs are broken and eggs are cooked and served.	

Portion quantity; 10 people

Preparation Time; 5 min

Cooking time; 15 min

Nutritional value (1 serving); 355,50 kcal

Notes; Dried onion is also used as main food material in Thrace cuisine alone. Meat leaking, which is a preparation for winter, is used in this dish to enrich the taste.

## 2.24. Liver Wrap

Liver Wrap		24
		
INGREDIENTS		MEASUREMENT
1-	lamb liver	4 pieces
2-	Lambskin shirt	4 pcs
3-	Onion	240 gr / 2 pieces
4-	Rice	85 gr / 1 tea cup
5-	Mint	2 gr / 2 tea spoon
6-	Sunflower oil	10 ml / 1 tablespoon
7-	Tomato gravy	30 gr / ½ table spoon
8-	Black pepper	1 gr / 1 tea spoon
9-	Salt	2 gr / 2 tea spoon
10-	Water	100 ml / 1 cup of tea
PREPARATION		
1-	The lamb's lungs are chopped and wait for half an hour in the water.	
2-	The lamb's shirt is washed and it is taken on small tray and hot water is poured on it.	
3-	Wait until Internal mortar prepare.	
4-	Roast the chopped onion with sunflower oil.	
5-	Add the chopped liver and saute for 5 minutes.	
6-	Add the washed rice and turn once or twice.	
7-	Add water and salt and cooked until boil down. Mint and black pepper are added.	
8-	The lambskin is divided into pieces 10-15 cm in size and filled with internal mortar for each piece.	
9-	The ends are collected and closed so that they do not float out, the trapped parts are placed on the bottom.	
10-	Put the paste on top and cook for 10 minutes in the 180 degree heated oven.	

Portion quantity; 4 people

Preparation Time; 45 min

Cooking time; 30 min

Nutritional value (1 serving); 170 kcal

Notes; In ancient times, especially during the Hidrellez times.

## 2.25. Duck Roast

Duck Roast		25
		
INGREDIENTS		MEASUREMENT
1-	Duck	3000 gr / 1 unit
2-	Sunflower oil	200 ml / 1 cup of water
3-	Water	400 ml / 2 water glass
4-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	The duck is washed and cleaned.	
2-	It is divided into pieces according to number of people and served.	
3-	Every piece is salted and sunflower oil is poured.	
4-	Place on the greasy tray.	
5-	Add water to the tray and cook it turning the red at 180 degrees.	

Portion quantity; 10 people

Preparation Time; 10 min

Cooking time; 45 min

Nutritional value (1 serving); 808,30 kcal

Notes; The duck is hardened without pre-boiling. Pre-boiling should be done if you want to be soft.

## 2.26. Catfish Fries

Catfish Fries		26
		
INGREDIENTS		MEASUREMENT
1-	Catfish	1 kg
2-	Corn flour or tarhana	200 gr / 2 water glass
3-	Sunflower oil	400 ml / 2 water glass
4-	Salt	8 gr / 2 dessert spoon
PREPARATION		
1-	Catfish is cleaned.	
2-	Slice it as a portion and be salted and wait for 5 minutes	
3-	The slices are floured with corn flour or tarhana.	
4-	In the hot sunflower oil, it is fried both sides and served.	

Portion quantity; 4 people

Preparation Time; 10 min

Cooking time; 15 min

Nutritional value (1 serving); 262 kcal

Notes; It makes the fish more tasty by keeping it in the salt before cooking.

**2.27. Frog Bottom (Water Bull)**

Frog Bottom (Water Bull)		27
		
INGREDIENTS		MEASUREMENT
1-	Frog legs	4 pcs
2-	Salt	1 gr / 1 tea spoon
3-	Eggs	120 gr / 2 eggs
4-	Sunflower oil	200 ml / 1 cup of water
5-	Corn flour	200 ml / 1 cup of water
PREPARATION		
1-	Cleaned frog legs are salted.	
2-	The yolk of 2 eggs is separated	
3-	Sunflower oil is fried in pan.	
4-	The frog legs are floured first in yolk and then in corn flour.	
5-	Light fire, both sides are fried and served.	

Portion quantity; 1 person

Preparation Time; 5 min

Cooking time; 5 min

Nutritional value (1 serving); 72 gr

Notes; Also called water nightingale.

## 2.28. Damat Paçası

Damat Paçası		28
		
INGREDIENTS		MEASURE
1-	Chicken breast	1600 g/ 1 piece
2-	Chicken breast	1200 g/ 6
3-	Water	3000 ml/ 15 cups
	Sauce;	
4-	Wheat flour	60 gr/ 4 tablespoons
5-	Garlic	4 gr/ 2 cloves
6-	Yoghurt	105 g/ 3 tablespoons
7-	Egg	120 gr/ 2 PCs
8-	Chicken broth	800 ml/ 4 cup
9.	Butter	100 gr/ 5 tablespoons
10-	Salt	4 gr/ 1 teaspoon
COOKING INSTRUCTIONS		
1-	Boil until chicken meat.	
2-	Chop the meat in a bowl.	
3-	Pastries are cutted into pieces and placed on tray. Bake them 180 degrees in the oven for a short time.	
4-	Baked pastries are removed from the oven and 7.5 glasses of roasting the chicken broth are poured on it.	
5-	Wait 5 minutes with the addition of chicken pieces on 140 degree oven.	
6-	To the sauce , add the yolk of the egg, flour, yogurt, crushed garlic, butter, salt and chicken stock, and whisk.	
7-	The prepared sauce in a saucepan is cooked until thickened.	
8-	The sauce is poured over the chicken is taken from oven and served.	

The Amount Of Servings; 10 person

Preparation Time; 15 min

Cooking Time; 70 Min

Nutritional value (1 serving); 275.50 kcal

Notes; Rumeli in origin is a dish.

## 2.29. Crepe

Crepe		29
		
INGREDIENTS		MEASURE
1-	Ayran	400 ml/ 2 cups
2-	Wheat flour	440 gr/ 4 cup
3-	Granulated sugar	16 g/ 4 TSP
4-	Honey	200 ml/ 1 cup
5-	Fresh yeast	20 gr/1/ 2 package
6-	warm water	1400 ml/ 6 cups
7-	Butter	80 gr/ 4 tablespoons
8-	Salt	8 gr/ 2 tsp
COOKING INSTRUCTIONS		
1-	1 cup warm water, yeast, sugar and salt are mixed and be leavened 10 minutes	
2-	The middle of the flour into a bowl opens and put prepared yeast and 5 cups warm water.	
3-	Mix and It is left for 10 minutes again.	
4-	Add ayran in the mixture and wait until set boza.	
5-	Put dough into the pan with the help of the scoop and spread with scoop.	
6-	It is cooked one side and is taken from frying pan.	
7-	honey and butter are spreaded on crepe.	

The Amount Of Servings; 10 person

Preparation Time; 40 min

Cooking Time; 20 min

Nutritional value (1 serving); 302.50 kcal

Notes; Drainage was previously cooked on sheets of the soil. Optionally be used powdered sugar instead of syrup or honey.

## 2.30. The Linen Rolls (Çarşaf Böreği)

The Linen Rolls / Çarşaf Böreği		30
		
INGREDIENTS		MEASURE
	For batter;	
1-	Wheat flour	1000 gr/ 9 Cup
2-	Water	600 ml/ 3 cup
3-	Salt	4 gr/ 1 tsp
	Internal mortar;	
4-	Beef mince	500 g/ 1 dinner plate
5-	Dried onion	425 gr/ 5 PCs (small size)
6-	Sunflower oil	100 ml/ 1 Tea Cup
7-	Black pepper	2 g/ 2 teaspoon
8-	Salt	8 gr/ 2 tsp
	For above;	
9.	Yoghurt	200 g/ 1 cup
10-	Egg	60 gr/ 1 piece
11-	Sunflower oil	50 ml/ 1/2 Tea Cup
COOKING INSTRUCTIONS		
1-	For the inner mortar , chop onion and roast in sunflower oil.	
2-	To continue roasting by adding minced meat.	
3-	Add salt and pepper and take it out off oven.	
4-	For dough, knead by mixing the flour, water, salt, until as thick as an earlobe	
5-	Dough cut down small pieces and roll them with the rolling pin about the size of a plate.	
6-	Dough is greased with sunflower oil and wait for 20 minutes.	
7-	After 20 minutes, each of dough is roll by hand on the sheet and put into them the internal mortar prepared.	
8-	Two sheets by mutually is rounded. By running to greased baking sheet.	
9.	For over, yogurt, eggs and sunflower oil are mixed.	
10-	The prepared mixture is applied on your patty and put it in 175 degree oven and cook until golden brown.	

The Amount Of Servings; 10 person

Preparation Time; 40 min

Cooking Time; 30 min

Nutritional value (1 serving); 615 kcal

Notes; The sheets on the bed sheets and rolls for.

## 2.31. Albanian Pastry

Albanian Pastry		31
		
INGREDIENTS		MEASURE
	For batter;	
1-	Wheat flour	495 gr/ 4.5 cups
2-	warm water	300 ml/ 1.5 cups
3-	Sunflower oil	100 ml/ 1 Tea Cup
4-	Salt	4 gr/ 1 tsp
	Internal mortar;	
5-	Leek	500 g/ 1 bunch
6-	Tomato paste	45 gr/ 3 tablespoons
7-	Sunflower oil	100 ml/ 1 Tea Cup
8-	Sweet chili powder	1 g/ 1 teaspoon
9.	Black pepper	1 g/ 1 teaspoon
10-	Salt	4 gr/ 1 tsp
	For above;	
11-	Sunflower oil	30 ml/ 3 tablespoons
COOKING INSTRUCTIONS		
1-	Flour, salt and warm water is mixed and knead until as thick as an earlobe and dough is rested 10 minutes.	
2-	Chop leeks and roast in sunflower oil.	
3-	the tomato paste, sweet red powder pepper, black pepper and salt are added	
4-	The dough is divided into 10 pieces.	
5-	roll them with the rolling pin about the size of a plate and grease them with sunflower oil	
6-	5 pieces are added up and rested for 5 minutes. Then they are rolled tray size. The same applies in the other 5 meringue.	
7-	The first 5 meringues are putted on a greased baking tray.	
8-	Add prepared leek on it.	
9.	The other 5 meringues are put on the leeks.	
10-	it is greased with oil sunflower and put in 180 degree oven	

The Amount Of Servings; 10 person

Preparation Time; 25 min

Cooking Time; 30 min

Nutritional value (1 serving); 323 kcal

Notes; Immigrants from Albania have been moved to the kitchen through.

## 2.32. Bulgurlu Börek

Bulgurlu Borek		32
		
INGREDIENTS		MEASURE
1-	Phyllo Dough	1600 g / 8 PCs
	Internal mortar;	
2-	Coarse bulgur	300 gr / 2 cup
3-	Curd	400 gr / 2 soup bowls
	For above;	
4-	Yoghurt	175 gr / 5 tablespoons
5-	Egg	60 gr / 1 piece
6-	Sunflower oil	80 ml / 8 tablespoons
COOKING INSTRUCTIONS		
1-	Boiled and pounded wheat into the curd.	
2-	Phyllo dough is put into each of the prepared mortar.	
3-	Phyllo pastries wrapped in greased baking sheet in roll form in Bella Coola.	
4-	Eggs, vegetable oil and yogurt mixed with driven upon.	
5-	175 degrees over and under cooked until golden brown.	
6-	The oven, covered with a cloth after rest and 15-20 minutes.	

The Amount Of Servings; 10 person

Preparation Time; 55 min

Cooking Time; 65

Nutritional value (1 serving); 717 kcal

Notes; Curd with bulgur is soft and the flavor of spring rolls, eh pustules on together.

### 2.33. Egypt Flour Salt Cake (Luçenik)

Egypt Flour Salt Cake (Luçenik)	33
---------------------------------	----



INGREDIENTS		MEASURE
1-	Spinach, leek or scallions	250 gr / 1/2 bundle
2-	Yoghurt	200 g / 1 cup
3-	Wheat flour	45 gr / 3 tablespoons
4-	Corn flour	110 g / 1 cup
5-	Egg	180 gr / 3 pieces
6-	Baking powder	10 g / 1 package
7-	Sunflower oil	100 ml / 1/2 cup
8-	Salt	4 gr / 1 tsp

COOKING INSTRUCTIONS	
1-	Whisk the eggs.
2-	Continue to whisking by adding yogurt
3-	Then with the addition of cornmeal and wheat flour is mixed.
4-	Into sunflower oil, baking powder, salt and finely chopped spring onions are added.
5-	Mixing all ingredients for the last time on a greased baking sheet and cook 45 minutes.
6-	When roasted over the oven is removed from service.

The Amount Of Servings; 10 person

Preparation Time; 15 min

Cooking Time; 45 min

Nutritional value (1 serving); 264.67 kcal

Notes; Maintained by the original name is luçenik Pomaks.

## 2.34. Fold The Pastry (Börek)

Fold The Pastry (Borek)		34
		
INGREDIENTS		MEASURE
1-	Phyllo Dough	800 gr / 4 pieces
	Internal mortar;	
2-	Parsley	25 gr / 20 branch
3-	Curd	400 gr / 2 soup bowls
4-	Yoghurt	100 gr / 1/2 cup
5-	Egg yolk	30 gr / 1 piece
6-	Sunflower oil	50 ml / 1/2 Tea Cup
COOKING INSTRUCTIONS		
1-	Parsley is chopped big and sour mix.	
2-	On the other hand, yogurt, sunflower oil and eggs are added and mixed.	
3-	Each is driven primarily into levies with yogurt.	
4-	Then on top of the dough, put cottage cheese parsley.	
5-	Phyllo emerged from either side closes in on the right half.	
6-	Soft closing, with the help of the fingers contract and base is put greased.	
7-	Driven from mortar with yogurt on top and in the oven.	
8-	When it is fried and rest it can be served.	

The Amount Of Servings; 10 person

Preparation Time; 15 min

Cooking Time; 30 min

Nutritional value (1 serving); 591.17

Notes; It is referred to in full in the form of curves of spring rolls.

## 2.35. Chickpea Bread

Chickpea Bread		35
		
INGREDIENTS		MEASURE
1-	Chickpea	240 g / 1.5 cups
2-	Wheat flour	495 gr / 4.5 cups
3-	Water	300 ml / 1.5 cups
4-	Salt	4 gr / 1 tsp
COOKING INSTRUCTIONS		
1-	Put chickpeas in a jar and filled the jar with water.	
2-	Chickpeas whic are waited in water one night, other day flour and water are mixed.	
3-	1 night waiting fermented.	
4-	Put the chickpeas in a bowl of flour on the yeast chickpeas and add salt.	
5-	Add water until it receives.	
6-	Attracted to heave the dough covered for cloth on it.	
7-	Dough is put on the tray.	
8-	Served in bread dishes cooked side.	

The Amount Of Servings; up to 20 people

Preparation Time; 1 day

Cooking Time; 45 min

Nutritional value (1 serving); 136.65 kcal

Notes; in some villages it is made on Hidrellez time.

**2.36. Couscous**

Couscous	36
----------	----



INGREDIENTS		MEASURE
1-	Couscous	780 g / 4 cup
2-	Water	200 ml / 10 cups
3-	Butter	80 gr / 4 tablespoons
4-	Salt	8 gr / 2 tsp
COOKING INSTRUCTIONS		
1-	Put salt on boiling water and add couscous.	
2-	Couscous are drawed water and left.	
3-	Butter can be added and serve.	

The Amount Of Servings; 10 person

Preparation Time; 3 min

Cooking Time; 30 min

Nutritional value (1 serving); 404.98 kcal

Notes; Wholemeal couscous made with flour, milk, eggs and small grain is dried pastry round.

**2.37. Khalil**

Khalil	37
--------	----



INGREDIENTS		MEASURE
1-	Wheat flour	330 gr / 3 cup
2-	Egg	120 gr / 2 PCs
3-	Carbonate	2 g / 2 teaspoon
4-	Water	600 ml / 3 cup
5-	Honey (optional)	200 gr / 2 cup
6-	Salt	8 gr / 2 tsp
COOKING INSTRUCTIONS		
1-	Eggs, salt, soda and water are mixed in a bowl.	
2-	Mixed by adding flour into little by little.	
3-	Boza batter dough is obtained.	
4-	With the help of heated pan the right size bucket poured over cooked.	
5-	Honey can be added.	

The Amount Of Servings; 10 person

Preparation Time; 5 min

Cooking Time; 30 min

Nutritional value (1 serving); 198.20 kcal

Notes; Honey can also be added on demand instead of molasses. Afzal is used to be cooked on sheets of soil drainage.

## 2.38. Yağlamaç

Yağlamaç		38
		
INGREDIENTS		MEASURE
1-	Wheat flour	1000 gr / 9 Cup
2-	Carbonate	2 g / 2 teaspoon
3-	Lemon juice	5 ml / 15-20 drop
4-	Water	400 ml / 2 cups
5-	Sunflower oil	200 ml / 1 cup
6-	Salt	8 gr / 2 tsp
COOKING INSTRUCTIONS		
1-	flour is sifted into a bowl.	
2-	The middle of the pool, the ingredients except sunflower oil are added and kneaded.	
3-	It Must be a hard dough.	
4-	Each piece of dough left five pieces, 40 cm in diameter.	
5-	Drop dough onto of sunflower oil.	
6-	Then roll.	
7-	One end to the other of the roll is closed and made rolling pin with the help of a plate-sized again.	
8-	Cook over low heat and cook on both sides in oil sunflower.	

The Amount Of Servings; 10 person

Preparation Time; 25 min

Cooking Time; 30 min

Nutritional value (1 serving); 479 kcal

Notes; in Thrace kitchen, it is also known as the Kelvin pie Upon request, can be put into the cottage cheese, too.

## 2.39. Curd Heating

Curd Heating		39
		
INGREDIENTS		MEASURE
1-	Curd	1000 gr / 5 Cup
2-	Water	300 ml / 3 cups
3-	Butter	120 gr / 6 tablespoons
4-	Sweet chili powder	10 g / 5 teaspoon
5-	Salt	0.5 gr / 1 pinch
COOKING INSTRUCTIONS		
1-	Heat the butter.	
2-	Curd is added into the heated butter.	
3-	Chili powder is added and mixed with sweet on.	
4-	15 cups of water are added and leave it boilih.	
5-	When it begins to boil, remove from stove.	
6-	Served with buttermilk and garlic.	

The Amount Of Servings; 10 person

Preparation Time; 3 min

Cooking Time; 8 min

Nutritional value (1 serving); 263.20 kcal

Notes; You can also use cheese instead of cottage cheese.

## 2.40. Kaçamak

Kaçamak		40
		
INGREDIENTS		MEASURE
1-	Corn flour	770 g / 7 cups of water
2-	Water	3000 ml / 15 cups
3-	Butter	300 gr / 15 tablespoons
4-	Salt	16 g / 4 TSP
COOKING INSTRUCTIONS		
1-	Boil water in a pot and add into the salt.	
2-	Gradually the cornmeal is added.	
3-	Corn flour is added and mix it quickly with wooden spoon not to get lumpy while adding the flour.	
4-	With the back of a wooden spoon after cornflour is boiled in the pot 5-minute press.	
5-	Taken from the stove, pour it into tray.	
6-	Butter is burnt and poured.	
7-	With the back of a wooden spoon on the trail make a trace and served.	

The Amount Of Servings; 10 person

Preparation Time; 3 min

Cooking Time; 40 min

Nutritional value (1 serving); 493 kcal

Notes; usually it is preferred in the breakfast and lunch. According to the taste of molasses, granulated sugar, braised and cottage cheese can be made.

## 2.41. Milk Gruel

Milk Gruel		41
		
INGREDIENTS		MEASURE
1-	Wheat flour	225 gr / 15 tablespoons
2-	Milk	2500 ml / 12.5 cups
3-	Butter	100 gr / 5 tablespoons
4-	Salt	12 gr / 3 TSP
COOKING INSTRUCTIONS		
1-	10 glass of milk is boiled in the pot.	
2-	The remaining 2.5 glass of milk mixed with flour.	
3-	Not to get lumpy it should be added to the flour little by little.	
4-	The prepared mixture into the boiling milk is added.	
5-	Salt is added.	
6-	4-5 minutes more it is boiled.	
7-	After it is cooked, pour hot butter on it.	

The Amount Of Servings; 10 person

Preparation Time; 3 min

Cooking Time; 20 min

Nutritional value (1 serving); 305.40 kcal

Notes; It is also known as the food poverty among the population time. Bread can be eaten by spoon up.

## 2.42. Hot Sauce

Hot Sauce		42
		
INGREDIENTS		MEASURE
1-	Tomato	1000 gr / 5 pieces
2-	Cayenne pepper	1000 gr / 10 pieces
3-	Fresh hot pepper	75 gr / 15 PCs
4-	Salt	20 gr / 5 teaspoon
COOKING INSTRUCTIONS		
1-	Red peppers seeds are picked and put red peppers in pot by chopping.	
2-	Tomatoes are added on the redpeppers by chopping.	
3-	15 pieces hot peppers are added in pot by chopping.	
4-	By putting half a cup of tea water over medium heat stirring occasionally boil for 1 hour.	
5-	Left it cool	
6-	Cooled souce is salted and serve.	

The Amount Of Servings; 10 person

Preparation Time; 20 min

Cooking Time; 60 min

Nutritional value (1 serving); 72.90 kcal

Notes; in thrace it is served near meatball.

### 2.43. Winter Tomato Salad

Winter Tomato Salad		43
		
INGREDIENTS		MEASURE
1-	Winter tomatoes canned	1200 g / 2 jar
2-	onion	600 gr / 5pcs (medium size)
3-	Sunflower oil	100 ml / 10 tablespoons
4-	Salt	2 gr / 1 teaspoon
COOKING INSTRUCTIONS		
1-	Add the chopped onions and kneaded with salt.	
2-	They are washed with water.	
3-	Winter onions and canned tomatoes are mixed with sunflower oil.	

The Amount Of Servings; 10 person

Preparation Time; 10 min

Cooking Time; 60 min

Nutritional value (1 serving); 122.70 kcal

Notes; Winter tomatoes instead of fresh tomatoes are used in food , such as onion is also used as a salad.

## 2.44. Mamzana

Mamzana		44
		
INGREDIENTS		MEASURE
1-	Paprika	200 gr/2 PCs
2-	Green pepper	120 g/4 pieces
3-	Eggplant	740 gr / 4 pieces
4-	Garlic	8 gr / 4 teeth
5-	Parsley	20 gr / 1/2 bundle
6-	Olive oil	30 ml / 3 tablespoons
7-	Grapes vinegar	60 ml / 6 tablespoons
8-	Salt	8 gr / 1 tsp
COOKING INSTRUCTIONS		
1-	Eggplants and pepper are grilled.	
2-	Grilled peppers are peeled off and chopped.	
3-	Parsley is chopped up and mixed with paprika.	
4-	Garlics are chopped.	
5-	Finally, salt, olive oil and vinegar are added.	

The Amount Of Servings; 10 person

Preparation Time; 20 min

Cooking Time; 15 min

Nutritional value (1 serving); 47.40 kcal

Notes; it is known that manca.

## 2.45. Vinegar Pepper

Vinegar Pepper		45
		
INGREDIENTS		MEASURE
1-	Green peppers	1200 g / 40 PCs.
2-	Garlic	30 gr / 15 tooth
3-	Sunflower oil	50 ml / 5 tablespoons
4-	Grapes vinegar	500 ml / 50 tablespoons
5-	Salt	4 gr / 1 tsp
COOKING INSTRUCTIONS		
1-	Green peppers are grilled on the embers, peeled off and left cool.	
2-	Garlics are sliced.	
3-	Garlic, salt, sunflower oil and vinegar are added into green peppers and mix.	
4-	It is put in fridge and keep waiting 1 hour and serve.	

The Amount Of Servings; 10 person

Preparation Time; 25 min

Cooking Time; 20 min

Nutritional value (1 serving); 67.50 kcal

Notes; instead of Green peppers, redpepper can also be used.

## 2.46. Salad of Beans

Salad of Beans		46
		
INGREDIENTS		MEASURE
1-	Dried beans	320 g / 2 cup
2-	Tomato	430 gr / 2 PCs
3-	Cucumber	300 gr / 2 PCs
4-	Scallions	120 gr / 8 PCs
5-	Parsley	20 gr / 1/2 bundle
6-	Egg	120 gr / 2 PCs
7-	Vinegar	100 ml / 1 Tea Cup
8-	Sunflower oil	80 ml / 8 tablespoons
9.	Salt	2 gr / 1 teaspoon
COOKING INSTRUCTIONS		
1-	Dried beans kept waiting in water 1 hour are washed and drained.	
2-	Boil until tender.	
3-	Water is drained and left to cool.	
4-	Tomato and cucumber cubes mixed with the beans	
5-	Parsley is chopped and added in mixture.	
6-	Vinegar, olive oil and salt are put to the mixture.	
7-	The eggs are boiled.	
8-	Boil and drain the eggs are placed and it is served with a slash through it.	

The Amount Of Servings; 10 person

Preparation Time; 60 min

Cooking Time; 60 min

Nutritional value (1 serving); 122.70 kcal

Notes; salad of green beans, dry beans, formerly dry liquid oil and salt is prepared by placing was served next to meat ball.

## 2.47. Molasses Candy

Molasses Candy		47
		
INGREDIENTS		MEASURE
1-	Wheat flour	400 g / 3.5 cups
2-	Grape molasses	300 ml / 1.5 cups
3-	Water	200 ml / 1 cup
4-	Butter	150 ml / 7.5 tablespoons
5-	Walnut kernels	150 g / 1 cup
COOKING INSTRUCTIONS		
1-	Flour with butter is roasted.	
2-	Molasses mixed in a bowl with water.	
3-	Mixture is added to roasted flour.	
4-	It is cooked low heat.	
5-	Nuts are put and served.	

The Amount Of Servings; 10 person

Preparation Time; 5 min

Cooking Time; 25 min

Nutritional value (1 serving); 410.30 kcal

Notes; it can be also made with corn flour.

## 2.48. Caterpillar Dessert

Caterpillar Dessert		48
		
INGREDIENTS		MEASURE
1-	Corn flour	110 g / 1 cup
2-	Sunflower oil	200 g / 1 cup
	For dough;	
3-	Wheat flour	1000 gr / 9 Cup
4-	Egg	60 gr / 1 piece
5-	baking powder	2 gr / 1/2 package
6-	Water	300 ml / 1.5 cups
7-	Sunflower oil	100 ml / 1 Tea Cup
	For the syrup;	
8-	Granulated sugar	540 gr / 3 cup
	Water	1000 ml / 5 Cup
COOKING INSTRUCTIONS		
1-	All the ingredients for dough are mixed and kneaded until the dough is become the earlobe.	
2-	After resting the dough 15 minutes , roll out with cornmeal.	
3-	biceps are cut in half.	
4-	Rolling pin and roll form.	
5-	Both sides are shrunked by hands and taken out from rolling pin and cut with a knife.	
6-	Caterpillars are put on tray.	
7-	Pour over the hot oil and tray is put in the oven	
8-	For the syrup is prepared by boiling the required materials.	
9.	It's going to be cold tray, hot sorbet prepared syrur poured on the Caterpillar.	
10-	A tray keeps waiting 20 minutes to sherbet is suspended and serve cold.	

The Amount Of Servings; 10 person

Preparation Time; 45 min

Cooking Time; 30 min

Nutritional value (1 serving); 795.80 kcal

Notes; Similar to the Caterpillar, its name is caterpillar desert.

**2.49. Zerde**

Zerde	49
-------	----



INGREDIENTS		MEASURE
1-	Rice	120 gr / 1.5 cup
2-	Wheat starch	15 gr / 1 tbsp
3-	Turmeric	0.5 gr / 1/2 tsp
4-	Saffron	0.5 gr / 1/2 tsp
5-	Currant	3 g / 1 tsp
6-	Pine nuts	4 gr / 1 tsp
7-	Granulated sugar	540 gr / 3 cup
8-	Water	1400 ml / 7 Cup
COOKING INSTRUCTIONS		
1-	Rice is washed	
2-	Half of water is boiled by adding on top of the rice.	
3-	When rice is mellowed, water added.	
4-	Turmeric and saffron poured on the rice of less water soluble.	
5-	Starch and sugar are added by melting in water.	
6-	After 3-4 minutes boiling, it is put in bowls.	
7-	It is served pine nuts and currant.	

The Amount Of Servings; 10 person

Preparation Time; 5 min

Cooking Time; 20 min

Nutritional value (1 serving); 229.20 kcal

Notes; It is indispensable wedding desert.

## 2.50. Unripe Melon Pickle

Unripe Melon Pickle		50
		
INGREDIENTS		MEASURE
1-	Unripe melon	2000 gr / 10 pieces
2-	Garlic	8 gr / 4 pieces
3-	Lemon juice	150 ml / 15 tablespoons
4-	Water	1500 ml / 7.5 cups
5-	Rock salt	40 gr / 5 tablespoons
COOKING INSTRUCTIONS		
1-	Melons are pierced with knife 3-4 places and they are placed in the jar.	
2-	Garlic is added to the contents.	
3-	Salt, water and lemon juice are mixed for pickle.	
4-	Mixture is poured in the jars	
5-	Waiting one month it is ready to serve.	

The Amount Of Servings; 10 person

Preparation Time; 20 min

Cooking Time; -min

Nutritional value (1 serving); 31.65 kcal

Notes; instead of melon unripe, watermelon unripe can be used in a pickle. If there is no water in thee jars, water should been add.

## 2.51. Oily Pickled Extremely Hot Peppers

Oily Pickled Extremely Hot Peppers		51
		
INGREDIENTS		MEASURE
1-	Green peppers	1000 gr / 20 PCs
2-	Garlic	12 gr / 6
3-	Grapes vinegar	600 ml / 3 cup
4-	Sunflower oil	300 ml / 3 TSP
5-	Rock salt	8 gr / 1 tbsp
COOKING INSTRUCTIONS		
1-	Sunflower oil is boiled in a pot with grape vinegar.	
2-	When it begins to boil, rock salt and divided pieces of green peppers are added.	
3-	When greenpeppers are mellow, one row garlic pepper, 1 row pepper placed in the queue to be jar.	
4-	Finally, oil with vinegar is poured in the jars.	
5-	Jar lid closed and reversed. It is kept in cold cool atmospheres.	

The Amount Of Servings; 10 person

Preparation Time; 10 min

Cooking Time; 30 min

Nutritional value (1 serving); 199.80 kcal

Notes; Optionally it can be made with redpepper. Unlike other pickle, it is not necessary to hold cool

## 2.52. Pickled Beans

Pickled Beans		52
		
INGREDIENTS		MEASURE
1-	Green beans	1000 gr / 35 PCs
2-	Garlic	8 gr / 4 pieces
3-	Water	1000 ml / 5 Cup
4-	Vinegar	150 ml / 1/3 cup
5-	Rock salt or sea salt	16 g / 2 tbsp
COOKING INSTRUCTIONS		
1-	Green beans are cleaned and it is cut in the middle.	
2-	The beans are boiled 15-20 min.	
3-	In another pot of boiling water is added to the rock salt, cooled and vinegar is added.	
4-	Boiled beans are drained and it is cooled.	
5-	Jars are filled with beans to the half.	
6-	garlics are added in middle of the jars and again beans are added.	
7-	Prepared with the help of salty vinegar is added to the jars slowly.	
8-	Jar lids are firmly closed and 15-20 days they keep waaiting in sunless place and then it can be consumed.	

The Amount Of Servings; 10 person

Preparation Time; 25 min

Cooking Time; 20 min

Nutritional value (1 serving); 200 kcal

Notes; there is a catch that the beans shouldn't mellow.

## 2.53. Curd

Curd		53
		
INGREDIENTS		MEASURE
1-	Yoghurt	10 kg / 50 Cup
2-	Lemon	35 gr / 1/4 units
3-	Salt	8 gr / 2 tsp
COOKING INSTRUCTIONS		
1-	Put yogurt in cooking pot and squeeze lemon in it.	
2-	Put it on to boil by mixing	
3-	Yogurt gets lumpy while it is boiling.	
4-	When green water comes out, turn off the heat.	
5-	It is drained by help of cheesecloth. When its water is drained completely, curd is salted.	

The Amount Of Servings; up to 20 people

Preparation Time; 5 min

Cooking Time; 30 min

Nutritional value (1 serving); 75 kcal

Notes; Curd is not cheese. It is a dairy product. It is used to cover with butter not to spoil.

## 2.54. Et Sızdırması

Et Sızdırması		54
		
INGREDIENTS		MEASURE
1-	Boneless veal, 30% fat	2000 gr / 10 tablespoons
2-	Salt	16 g / 4 TSP
COOKING INSTRUCTIONS		
1-	Meat cubes are roasted with its own oil.	
2-	Salt is added.	
3-	Cooked meat is placed inside the cube, covered with a cloth and it is stored to use in food.	

The Amount Of Servings; 10 person

Preparation Time; 10 min

Cooking Time; 35 min

Nutritional value (1 serving); 664 kcal

Notes; one method of storing meat meat spoofing. It makes food more delicious.

## 2.55. Cutting

Cutting		55
		
INGREDIENTS		MEASURE
1-	Milk	1000 ml / 5 Cup
2-	Wheat flour	3000 g / 27 Cup
3-	Egg	300 gr / 5 pieces
4-	Salt	40gr / 5 tablespoons
COOKING INSTRUCTIONS		
1-	Knead by putting the all ingredients into middle of flour and	
2-	A hard dough is made.	
3-	Roll out dough and desiccate on a linen	
4-	Add up 5-6 biceps and cut in the middle.	
5-	Each half biceps are cut two finger size again.	
6-	2 fingers wide cut biceps are cut to be just thick matchsticks.	
7-	Cuttings are put onto the clean sheets and dried.	
8-	They are stored in a cloth bag to consume in winter.	

The Amount Of Servings; -per person

Preparation Time; -min

Cooking Time; -min

Nutritional value (1 serving); 395 kcal

Notes; It is also known as noodles.

**2.56. Cheese**

Cheese	56
--------	----



INGREDIENTS		MEASURE
1-	Cow's milk	1500 ml / 7.5 cups
2-	Goat's milk	500 ml / 2.5 cups
3-	Sheep's milk	1000 ml / 5 Cup
4-	Rennet	7 ml / 1 tbsp
5-	Water	2000 ml / 10 cups
6-	Rock salt	64 g / 8 tablespoons
COOKING INSTRUCTIONS		
1-	Drain cow's milk, sheep's milk and goat's milk warmth.	
2-	Pour them into the pot, add yeast and mix.	
3-	The Cookware is covered with thick cover.	
4-	3-4 hours later, milk become jelled and drained with mangle.	
5-	By putting a weight create pressing.	
6-	Cut cheese after 4-5 hours later.	
7-	To make brine, in 2 liter water add 8 tablespoon rock salt and mix.	
8-	Cut cheese is stored in the brine.	

The Amount Of Servings; -per person

Preparation Time; -min

Cooking Time; -min

Nutritional value (1 serving); 275 kcal

Notes; milk is fermented by its own warmth or it can be fermented by boiling . Both methods are used in Thrace.

## 2.57. Dried Tomato

Dried Tomato		57
		
INGREDIENTS		MEASURE
1-	Tomato	5000 gr / 25 PCs.
2-	Salt	150 gr / 75 teaspoon
COOKING INSTRUCTIONS		
1-	Sliced tomato round	
2-	After slice them, put a teaspoon salt for each tomato slice.	
3-	Leave them under the sun to desiccate.	
4-	Store dried tomatoes to use in winter.	

The Amount Of Servings; -per person

Preparation Time; -min

Cooking Time; -min

Nutritional value (1 serving); 258 kcal

Notes; while tomatoes are drying , cover up with cheesecloth to protect against fly and dust.

**2.58. Dried Pepper**

Dried Pepper		58
		
INGREDIENTS		MEASURE
1-	Sweet red bell pepper	5000 gr / 25 PCs.
COOKING INSTRUCTIONS		
1-	String the red peppers by using packing needle.	
2-	String them by piercing redpeppers stem.	
3-	Line dry redpeppers away from sun at the outside.	

The Amount Of Servings; -per person

Preparation Time; -min

Cooking Time; -min

Nutritional value (1 serving); 213 kcal

Notes; Dried redpeppers are macerated before using.

**2.59. Kuskus**

Kuskus		59
		
INGREDIENTS		MEASURE
1-	Milk	5000 ml / 25 cups
2-	UN	5000 gr / 45 cups
3-	Semolina	1000 gr / 5 Cups
4-	Egg	600 gr / 10 pieces
5-	Salt	56 gr / 7 tablespoons
COOKING INSTRUCTIONS		
1-	Mix egg yolks, milk and salt	
2-	Put some semolina in a kneading trough and pour mixed flour, egg and milk little by little .	
3-	On the other hand fold the mixture by one hand in a one way.	
4-	Continue this process until the ingredients end.	
5-	At the end of this process, the small grains of couscous is obtained.	
6-	The resulting couscous are sieved.	
7-	Desiccate the grains of couscous which are on the top of sifter on the linen. Poured out couscous are added in the kneading trough.	
8-	After the drying process, put couscous in the bags as a store to consume in winter.	

The Amount Of Servings; -per person

Preparation Time; -min

Cooking Time; -min

Nutritional value (1 serving); 393 kcal

Notes; In Thrace, generally , couscous is made with semolina. Rarely it is made with bulgur wheat.

## 2.60. Sloe Juice

Sloe Juice		60
		
INGREDIENTS		MEASURE
1-	Sloe	1 kg / 8 soup bowls
2-	Granulated sugar	720 g / 4 cup
3-	Water	3000 ml / 15 cups
COOKING INSTRUCTIONS		
1-	Boil sloe, granulated sugar and water.	
2-	Sift the boiled sloes and pot its water in a jar.	
3-	It should be stored in a cool place.	

The Amount Of Servings; 10 person

Preparation Time; 5 min

Cooking Time; 60 min

Nutritional value (1 serving); 184.90 kcal

Notes; sloe is a fruit that grows spontaneously in Thrace. Sloe juice is consumed by refining with water.

**2.61. Erik Morse**

Erik Morse		61
		
INGREDIENTS		MEASURE
1-	Prune	1000 g / 6 tablespoons
2-	Granulated sugar	540 gr / 3 cups
3-	Water	3000 ml / 15 cups
COOKING INSTRUCTIONS		
1-	Boil dried plums and sugar in water.	
2-	Put the boiled plum with its own water in a jar.	
3-	The jar lid should be closed 2 hours by overturning.	
4-	It should be stored in a cool place.	

The Amount Of Servings; 10 person

Preparation Time; 6 min

Cooking Time; 45 min

Nutritional value (1 serving); 185.30 kcal

Notes; if there are no fresh plums, you can use prune.

## 2.62. Cranberry Juice

Cranberry Juice		62
		
INGREDIENTS		MEASURE
1-	Cornelian cherry	1 kg / 7 tablespoons
2-	Granulated sugar	540 gr / 3 cups
3-	Water	3000 ml / 15 cups
COOKING INSTRUCTIONS		
1-	Boil cranberries, sugar and water.	
2-	When it boils, drain the water.	
3-	Fill the drained cranberry juice in a jar.	
4-	Close the jar lid and keep waiting by overturning 2 hours.	
5-	Stored in a cool place.	

The Amount Of Servings; 10 person

Preparation Time; 5 min

Cooking Time; 60 min

Nutritional value (1 serving); 154.08 kcal

Notes; Cranberry is a fruit that grows spontaneously in unvaccinated Thrace. When cranberry juice is being used, it should be refined with water.

## CONCLUSION

Whether the history of the region or the geography of the region, flora and fauna has influenced and diversified the food culture of the region. The flavors of vegetables combined with the dough (such leeks pie) can also be regarded as a natural freezing in the food culture.

White meat, rice, flour and flour products, milk and dairy products such as yoghurt and cheese are among the most preferred and made main dish class. The taste of the region is mostly directed towards the foods that these products are used extensively.

Yoghurt and cheese, which are produced in the region, are seen to be an important taste not only used alone but also in food. The brass is among the indispensables of the tofras again for its salt.

In the past, predominantly game animals have been used, but some of the food made with game animals have been left white due to the decrease in the number of game animals.

When the food culture of the region is examined, the traces of Ottoman palace cuisine (such as Ciğır sarma) and Western Thrace (like Rumeli Begendi ) and Balkan (like Albanian Pie) are clearly visible.

In the study; Only 62 of the tastes that have been forgotten in the region but which should be missed, admired and should not be forgotten are written. The changes in the flora and fauna of the region, the differences in the demographic structure, the effects of industrialization and rapid consumption habits on the food type and culture must be an important consideration for another study.