



“VIRTUAL MARITZA – MERICH CUISINE” Project

MERICH CUISINE TRADITIONAL RECIPES

CB005.1.23.017

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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 accomulation in Edirne province, Meriç county and villages are broken down. These traditional recipes are prepared for consupcion 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 stil taken place at he table are represented detailedly by taking advantages of local community and premade 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 materias, 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 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 / $\frac{3}{4}$ water glass |
| 3- | Lemon | 75 gr / $\frac{1}{2}$ 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

| Misket Soup | | 7 |
|--|---|--------------------------|
|  | | |
| 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

| Milk Rice Soup | | 10 |
|--|--|----------------------------|
|  | | |
| 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 / ¾ 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 becomes 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 shrunk 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 syrup 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 waiting 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 |
|--|--|----------------------|
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| 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 Ciğer 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.