



THROW BACK TO THE  
20TH CENTURY



ETWINNING PROJECT



# OLD RECIPES



*"International Vintage Cook Book"*

PAIHL TEAM



ZEYNEP  
GÜNEŞ'S  
STUDENTS

## INGREDIENTS:

- 3 tablespoons of homemade tarhana
- 1 tablespoon of mint
- 2 tablespoons of oil
- 1 tablespoon tomato paste
- 6 glasses of water
- Red pepper
- Black pepper
- Salt

## HOW TO MAKE IT:

- We add oil, mint, tomato paste, spices and tarhana into our pot and fry it by mixing it a little. You can also use butter if you wish. (Or you can add tarhana after adding water and mix it with a whisk. This will reduce the possibility of lumping.)
- Add the water slowly and cook, stirring constantly. You can mix it with a wire whisk to avoid lumps. (Let's cook by stirring until it boils.)
- After boiling, we wait another 5 minutes and take it off the stove, our soup...

*Bon Appetit*

Prepared by Zubeyr and Yakup



# Patatas a la importancia



## Ingredients

800 grs potatoes ( 4 potatoes aprox)  
2 large eggs  
100 grs onion  
2 garlic cloves  
45 ml extra virgin olive oil  
125 ml white wine  
2 pinches saffron  
3 pinches dried parsley  
salt

## Preparation

We start by peeling the potatoes and cutting them into slices one centimeter thick.

Season and pass them, for a plate with flour and then for another with the eggs beaten with a pinch of parsley.

We fry them in plenty of hot oil and, as we dry them, we put them on a plate with absorbent paper.

Heat a pot with three tablespoons of olive oil and sauté the chopped onion. As soon as it starts to brown we will add the tablespoon of flour and give it quick turns before adding the mashing without stopping stirring.

We add the broth and saffron. Finally, place the potatoes in the casserole and, when it begins to boil, we leave it on low heat stirring from time to time. When the potatoes are tender, we take them out and serve them in a deep dish.

**ANA'S TEAM**





# ROMANIAN WHITE BEAN DIP

## - FASOLE BATUTĂ

MARIANA'S  
TEAM



### Ingredients:

- 500 g of cooked white beans (or canned),
- 2 medium white onions
- 2 cloves garlic
- 2 teaspoons (10g) Sweet paprika
- 3 tablespoons (42ml) Vegetable oil
- 1 tablespoon (14ml) Balsamic Vinegar
- 2 tablespoons (28ml) Olive oil, divided
- Salt and pepper, to taste
- Sweet or hot Paprika or cayenne pepper for garnish



### Instructions:

- Drain and rinse the beans.
- Add them to a blender or food process along with the vegetable oil, garlic, and sweet paprika.
- Blend until smooth.
- Adjust the seasoning by adding salt and pepper to taste
- Slice the onions into thin rounds.
- Add them to a saute pan over medium-low heat with the olive oil.
- Allow them to cook slowly (about 20 minutes).
- When the onions begin to brown, add the balsamic vinegar.
- Continue to cook until the onions are a dark brown color.
- Put the bean dip in a bowl and drizzle with olive oil.
- Sprinkle with sweet paprika, or, if you want a little heat, you can choose hot paprika, coarsely ground red pepper flakes, or cayenne pepper.
- Top with the onion.







## Ingredient :

- 160g of black wheat flour
- A pinch of big salt
- 1/2L of cold water
- 2 eggs



## Steps :

1. In a salad bowl, mixt the flour with the salt
2. With a whisk, poor the water while mixing the mixture
3. Add eggs
4. Leave to rest for 1 to 2 hour in the refrigerator
5. Pour a thin layer of dough on a pan to cook a crepe

Fill your crepe with lots of different ingredients !

*Choose the ones you want*

*Now let's be  
creative !*

ham  
goat cheese  
tomatoes  
sausage  
onion  
emmental cheese  
potato  
salad  
hamburger  
...

# CARBONARA



## INGREDIENTS:

- SPAGHETTI 320 G
- GUANCIALE 150 G
- EGG YOLKS 6 - AVERAGE SIZE
- PECORINO ROMANO CHEESE 50 G
- BLACK PEPPER

## HOW TO MAKE IT

TO PREPARE SPAGHETTI CARBONARA START BY PUTTING A POT OF SALTED WATER ON THE BURNER TO COOK THE PASTA. IN THE MEANTIME, REMOVE THE PORK RIND FROM THE GUANCIALE AND CUT IT FIRST INTO SLICES AND THEN INTO STRIPS ABOUT 1CM THICK. PUT THE PIECES INTO A NON-STICK PAN AND BROWN FOR ABOUT 15 MINUTES OVER MEDIUM HEAT, BEING CAREFUL NOT TO BURN IT OR IT WILL SMELL TOO STRONG.

MEANWHILE, PUT SPAGHETTI IN BOILING WATER AND COOK FOR THE TIME INDICATED ON THE PACKAGE. IN THE MEANTIME, POUR THE YOLKS INTO A BOWL, ADD MOST OF THE PECORINO CHEESE NEEDED FOR THE RECIPE AND THE REMAINING PART WILL BE USED JUST BEFORE SERVING.

SEASON WITH BLACK PEPPER AND WHIP BY HAND. ADD A TABLESPOON OF COOKING WATER TO DILUTE THE MIXTURE AND STIR.

IN THE MEANTIME THE GUANCIALE WILL BE COOKED, TURN OFF THE BURNER AND SET IT ASIDE. DRAIN THE PASTA AL DENTE DIRECTLY INTO THE PAN WITH THE GUANCIALE AND STIR IT BRIEFLY TO SEASON IT. REMOVE FROM HEAT AND POUR THE MIXTURE OF EGGS AND PECORINO CHEESE INTO THE PAN. MIX QUICKLY TO COMBINE.

TO MAKE IT VERY CREAMY, IF NECESSARY, YOU CAN ADD A LITTLE COOKING WATER TO YOUR PASTA. SERVE SPAGHETTI CARBONARA IMMEDIATELY WITH THE REMAINING PECORINO CHEESE AND GROUND BLACK PEPPER ON TOP.

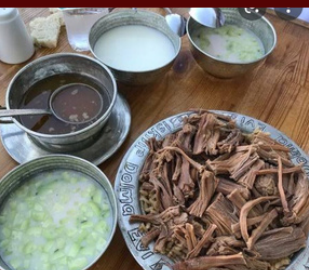




# PURSAKLAR AIHL MERAL'S TEAM



## İSKİLİP DOLMASI STUFFED İSKİLİP



### *ingredients*

1 kg rice  
250 gram butter  
3 chopped onions  
500 gram lamb  
salt  
black pepper  
hot water

### *how to cook:*

- leave the rice in hot water for half an hour.
- fry the onions with butter
- fry the lamb in butter ,too.
- put the rice and lamb in a bag stuffed.
- after there hours cooking again, it is ready.

**Have a nice  
meal:)**





# TURKISH STUFFED EGGPLANT

## -Karnıyarık-

### Ingredients:

- 6 eggplants
- oil (for frying)
- 2 onions
- 2 tomatoes
- 2 peppers
- 2 cloves of garlic
- 200 grams of mince
- 1 tea cup of hot water (for mixture)
- salt , black pepper, paprika
- 1 tbs of tomato paste
- 1 glass of hot water (for sauce)



*Afiyet Olsun*

### Instructions:

- First peel the eggplants with stripes and soak in the saltwater for half an hour.
- Wash them and wipe off the water.
- After that fry them in a pan with a little bit of oil.
- When it's done take the eggplants out of the pan and cook the chopped onions in the same pan.
- Then add the mince and cook it for a while.
- After that add the chopped tomatoes and spices and give it a mix.
- Add a tea cup of hot water, boil it for 5 mins.
- When it's cooked cut the eggplants in half , fill them with the mixture.
- Place them on a baking tray and mix a cup of hot water with tomato paste in a different cup and pour on the tray.
- Finally bake it in the preheated oven at 170 degrees for 20-25 minutes.

# MENSURE'S TEAM



## Kuru Fasulye From Turkey



### •How to make it•

#### •Ingredients•

- ~4 tablespoons of oil
- ~2 tablespoons of butter
- ~1 chopped onion
- ~1 tablespoon tomato paste
- ~500 gram haricot bean
- ~3 glasses of water
- ~1 teaspoon salt
- ~1 teaspoon granulated sugar
- ~1/2 teaspoon sweet paprika powder

1-)Put 4 tablespoons of oil and 2 tablespoons of butter to a deep pan and heat them. Add chopped onion and fry it until it turns pink.

2-)After the onions are roasted, add 1 tablespoon of tomato paste and fry until fragrant.

3-)Then add the beans into the pan.

4-)Then mix for 1-2 minutes and add 3 glasses of water, 1 teaspoon of red pepper powder, 1 teaspoon of granulated sugar. Close the lid and cook until the beans are soft.



5-)Serve with rice.  
Bon appetit!

by **İlkay**



# One of the best dishes in Turkey is **manti**

## Ingredient

3 cups flour 1 glass  
of water 1 egg 1  
pinch of salt

1 glass of water (for  
kneading)

For inside; 300 gr.

mince 1 onion –  
grated 1 tablespoon  
of dry basil Salt  
black pepper

For the sauce; 2  
tablespoons of  
tomato paste 2  
dinner sets 1  
cooking pot dry  
basil Yoghurt 2  
cloves of garlic

Put all the ingredients for the dough in a bowl. Let the dough rest for 4-5 minutes. Divide the dough into 2 pieces. Roll out the dough thinly and cut into small squares.

For the filling, knead the ground beef, grated onion, dried basil, salt and pepper.

Fill the inner mortar into the dough you cut and close it in the form of ravioli. Put 10 glasses of water and salt in a deep pot and bring it to a boil. Throw the ravioli you prepared into boiling water and boil for 7 – 8 minutes.

For the yogurt sauce; Crush the garlic and mix it with the yogurt.

For the tomato sauce; Mix tomato paste, butter and olive oil in a saucepan. Add dry basil and set aside. Take the ravioli on a serving plate and serve with yoghurt sauce on top and tomato sauce on top.



by Elif





# Tavče Gravče



As we mentioned above, Tavce Gravce is the national dish of Macedonia that dates back to the 15th century. It quickly became popular among Macedonians as a dish eaten on Friday or for the Nativity and Great Lent fasts. In fact, don't be surprised if you see a lot of Macedonian families consuming Tavce Gravce every Friday even today.



## HOW TO PREPARE IT?

The traditional preparation method includes three steps.

- \*The first one is soaking the beans in water overnight. However, if you don't have this much time, soaking for 2-3 hours should be enough.

- \*The next step includes boiling the beans along with the other vegetables for 2-3 hours on medium heat.

- \*After the food is boiled, the mix is poured in a Tava (local iron skillet) and cooked on a wooden oven for 2 more hours until the mix is not liquid anymore.

NOTE: The traditional Tavce Gravce recipe culminates by serving it in a clay dish. I know this might come strange, but trust me, not only does this plate give a pleasingly rustic appearance but it also makes this delicious dish even tastier!

SOURCE: <https://thefoodhog.com/tavce-gravce-recipe/>

THE NORTH  
MACEDONIA



IZETA'S TEAM

# SÜTLAÇ RECIPE

## Ingredients

- ☐ 1 1/2 cups baldo, osmancık, or arborio rice - washed
- ☐ 1 1/2 cups water
- ☐ pinch of salt
- ☐ 6 cups whole milk - (raw milk, if you can find it)
- ☐ 2 tablespoons wheat starch - dissolved in a little cold water (can substitute corn starch)
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 eggs - beaten



## INSTRUCTION:

- In a large pot, bring water to a boil and add rice and salt. Turn down heat to medium low and cook until almost all of the water has been absorbed.
- Add milk and stir frequently until milk is just under boiling.
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- Add wheat starch/corn starch and continue stirring until rice is fully cooked - about 20 minutes. Don't let mixture get beyond a simmer or very low boil.
- Add sugar and cook for another 5 minutes, stirring constantly.
- Remove from heat and stir in vanilla.
- Turn broiler on high and move the rack close to the top.
- Using a ladle, remove one cup of pudding liquid. Try not to get any rice.
- Slowly drizzle the cup of pudding into eggs, beating constantly. Set aside.
- Fill small ramekins or oven-proof dessert bowls of your choice. Leave a bit of space at the top. Put bowls on baking tray.
- Using a large spoon, float the egg mixture on top of each of the ramekins.
- Broil until tops are dark brown and charred in spots.
- Remove pudding from oven and cool on countertop, then move to refrigerator.
- Serve cold.

\*<https://www.thenavagepatch.com/turkish-rice-pudding-sutlac/>



# MENDERES' TEAM





"THROW BACK TO THE 20TH CENTURY"  
ETWINNING PROJECT TEAM

*PRESENTS SOME OLD  
TRADITIONAL RECIPES OF  
THE COUNTRIES!*

WE HOPE YOU LIKE IT!

