

WORLD TABLE BOOKS

Turkish Table

100 recipes for the Turkish table

10 FREE RECIPES / ONE FROM EACH CHAPTER

ENGLISH

Cooking from this book

Measures and ingredients

Metric quantities are the reference; US weights and volumes are rounded guides. Weigh vegetables after peeling and trimming, and use the stated dry, drained or cooked weight. A US tablespoon is 15 ml, a teaspoon 5 ml and a cup 240 ml. For small amounts, follow the spoon measure where given.

Timing and doneness

Preparation, cooking and resting times may overlap; total time describes the intended sequence. Ovens, equipment and ingredient varieties differ. Follow the described texture, appearance and internal temperature as well as the clock. Oven temperatures distinguish conventional and fan cooking.

Portions and nutrition

The nutrition estimate is for one equal serving of all the measured ingredients, including sauces and toppings. It is approximate: brands, substitutions, portions and oil absorption affect the values. Additional serving accompaniments are excluded unless listed.

Storage and allergens

Follow the storage guidance for the individual recipe. Use shallow containers, refrigerate promptly and thaw in the refrigerator. Check packaged ingredients and possible cross-contact for your own allergen needs. Keep raw and cooked foods and their utensils separate.

ENGLISH

Contents

01 / Breakfast and eggs

001 / Eggs with Tomatoes & Green Peppers

02 / Soups

011 / Red Lentil Soup

03 / Meze and salads

021 / Thick Yogurt, Cheese & Herb Dip

04 / Bread and flatbreads

031 / Sesame Bread Rings

05 / Pilafs, grains and legumes

041 / Tomato & Pepper Bulgur Pilaf

06 / Vegetables and olive-oil dishes

051 / Eggplant with Onion & Tomato

07 / Meat and poultry

061 / Baked Meatballs, Potatoes & Peppers

08 / Fish and seafood

071 / Sea Bass Baked with Vegetables

09 / Börek and savory pastries

081 / Spinach & Cheese Tray Börek

10 / Desserts

091 / Creamy Rice Pudding

01

Breakfast and eggs



001 Eggs with Tomatoes & Green Peppers

001 / INGREDIENTS

Eggs with Tomatoes & Green Peppers

Tomatoes and mild green peppers form a juicy base for gently set eggs. Reduce the vegetables first to keep the finished pan rich rather than watery.

Serves 4 · Prep 10 min · Cook 25 min · Rest 0 min · Total 35 min

4 equal portions

157	kcal	8g	Protein	9.5g	Carbohydrate	10.1g	Fat



Ingredients

Main

Large eggs, without shells — 4 large eggs / 200 g

Ripe tomatoes, diced — 1 lb 1½ oz / 500 g

Mild green peppers, deseeded and finely diced — 5¼ oz / 150 g

Onion, finely diced — 3½ oz / 100 g

Main

Olive oil — 1½ tbsp / 20 g

Fine salt — ⅔ tsp / 4 g

Pul biber — ½ tsp / 1 g

Ground black pepper — ¼ tsp / 0.5 g

Equipment: 28 cm / 11 in skillet; Spatula; Food thermometer

METHOD

Eggs with Tomatoes & Green Peppers

01 **Soften the vegetables**

Warm the olive oil in a 28 cm / 11 in skillet over medium-low heat. Add the onion and green peppers with all the salt. Cook for about 8 minutes, stirring, until pliable and glossy without dark edges.

02 **Concentrate the tomatoes**

Add the tomatoes, pul biber and black pepper. Simmer uncovered for 10–12 minutes, stirring along the bottom. The tomato pieces should soften and the liquid should reduce enough that a spoon leaves a brief track.

03 **Cook the eggs gently**

Beat the eggs just enough to mix yolks and whites. Reduce the heat to low, pour them over the vegetables and draw a spatula slowly across the pan for 3–5 minutes. Break up large curds without stirring constantly.

04 **Check and serve**

Cook until no liquid egg remains and the egg mixture reaches 71°C / 160°F. Remove from the heat while the curds remain moist; residual heat will firm them further. Divide into four portions and serve immediately.

Cook’s note

Watery eggs usually mean the tomatoes were not reduced enough. Cook down the vegetables before adding the eggs; raising the heat afterwards makes the curds tough.

ILLUSTRATED PREPARATION

Eggs with Tomatoes & Green Peppers



01 / Soften the vegetables



02 / Concentrate the tomatoes



03 / Cook the eggs gently



04 / Check and serve

Substitution: Use mild pointed green peppers in place of Turkish green peppers, keeping the same trimmed weight.

Storage: Refrigerate leftovers in a shallow covered container within 2 hours; keep at 4°C / 40°F or colder for up to 2 days. Reheat only the portion needed to 74°C / 165°F. Freezing is not recommended for texture.

Allergens: egg

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

02

Soups



011 Red Lentil Soup

011 / INGREDIENTS

Red Lentil Soup

Red lentils and diced root vegetables cook into a smooth, warming soup. Lemon added at the end balances the tomato and cumin.

Serves 6 · Prep 15 min · Cook 40 min · Rest 0 min · Total 55 min

About 2 L / 8⅓ US cups; 6 portions

230	kcal	11.6g	Protein	37g	Carbohydrate	4.8g	Fat



Ingredients

Main

Dry red lentils, rinsed and drained — 8¾ oz / 250 g

Onion, diced — 5¼ oz / 150 g

Carrot, peeled and diced — 5¼ oz / 150 g

Potato, peeled and diced — 5¼ oz / 150 g

Olive oil — 1 tbsp plus 2½ tsp / 25 g

Tomato paste — 1½ tbsp / 25 g

Main

Water — 6¼ US cups / 1500 ml

Fine salt — 1⅓ tsp / 8 g

Ground cumin — 1 tsp / 2 g

Ground black pepper — ¼ tsp / 0.5 g

Finish

Lemon juice — 2 tbsp / 30 ml

Equipment: 3 L / 3 qt saucepan; Immersion blender; Food thermometer

METHOD

Red Lentil Soup

01 Prepare a gentle base

Cut the carrot and potato into 1 cm / ⅜ in cubes. Heat the olive oil in a 3 L / 3 qt saucepan over medium heat. Add the onion, carrot and potato; cook for 7–8 minutes, stirring so the onion softens without scorching.

02 Simmer the lentils

Stir in the tomato paste and cumin for 1 minute. Add the lentils, measured water, salt and black pepper. Bring to a boil, skim any foam and lower to a steady simmer. Partially cover and cook for 25–30 minutes, stirring occasionally, until the lentils collapse and the potato crushes easily.

03 Blend smoothly

Take the saucepan off the heat. Blend with an immersion blender while keeping the head below the surface. If using a jug blender, cool the soup first, work in small batches and vent the lid according to the appliance instructions.

04 Finish and portion

Stir in all the lemon juice. Return to low heat for 1–2 minutes, stirring. The soup should coat a spoon but pour freely. Divide into six portions and serve hot.

Cook’s note

Lentils thicken as they stand. Stir along the pan base during simmering to prevent scorching, and blend only once the vegetables are fully tender.

ILLUSTRATED PREPARATION

Red Lentil Soup



01 / Prepare a gentle base



02 / Simmer the lentils



03 / Blend smoothly



04 / Finish and portion

Substitution: Yellow split lentils can replace red split lentils at the same dry weight, but may need longer; follow the tenderness cue before blending.

Storage: Cool promptly in shallow containers and refrigerate within 2 hours. Keep at 4°C / 40°F or below for up to 3 days, or freeze for up to 2 months. Thaw in the refrigerator and reheat to 74°C / 165°F, stirring throughout.

Allergens:

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

03

Meze and salads



021 Thick Yogurt, Cheese & Herb Dip

021 / INGREDIENTS

Thick Yogurt, Cheese & Herb Dip

Thick yogurt, white cheese and herbs make a small, full-flavored meze. Start with well-drained ingredients so the dip holds its shape.

Serves 6 · Prep 15 min · Cook 0 min · Rest 30 min · Total 45 min

About 540 g / 1 lb 3 oz; 6 small meze portions

152	kcal	6.1g	Protein	4.8g	Carbohydrate	12.2g	Fat



Ingredients

Main

Plain strained Greek-style yogurt, about 10% fat — 15¾ oz / 450 g

Feta or Turkish white cheese, drained — 2⅛ oz / 60 g

Garlic, peeled and finely grated — 2 medium cloves / 6 g

Main

Dried mint — 2 tsp / 2 g

Fresh dill, finely chopped — ⅓ loosely packed US cup / 8 g

Olive oil — 1 tbsp plus ⅓ tsp / 15 g

Equipment: Mixing bowl; Fine grater; Covered refrigerator container

METHOD

Thick Yogurt, Cheese & Herb Dip

01 **Choose a thick base**

Use yogurt thick enough to hold a spoon mark. If your yogurt is loose, drain it in the refrigerator first and then weigh out the required 450 g / 15¾ oz; the draining time is additional to the stated timing.

02 **Make the cheese mixture**

Mash the drained cheese with the grated garlic and olive oil until the large crumbs are broken down. Rub the dried mint between your fingers as you add it, then stir in the chopped dill.

03 **Fold and chill**

Fold the cheese mixture into the yogurt with a spoon. Stop when evenly combined so the dip stays thick. Cover and refrigerate for 30 minutes to allow the mint and garlic to mingle.

04 **Serve as meze**

Spoon into a small shallow bowl and make soft ridges with the back of a spoon. Divide into six small portions. No extra salt is specified because the cheese supplies salt; reassess seasoning only after the final cheese product is selected.

Cook’s note

A thin dip cannot be fixed by vigorous whisking. Start with strained yogurt and thoroughly drained cheese. Garlic becomes more pronounced during chilling.

ILLUSTRATED PREPARATION

Thick Yogurt, Cheese & Herb Dip



01 / Choose a thick base



02 / Make the cheese mixture



03 / Fold and chill



04 / Serve as meze

Substitution: Use thick, well-drained Greek-style yogurt for the base. Choose a mild white brined cheese and check its saltiness before mixing.

Storage: Keep covered at 4°C / 40°F or colder and use within 2 days, subject to the dairy products' use-by dates. Keep chilled until serving; discard portions left at room temperature for more than 2 hours. Do not freeze.

Allergens: milk

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

04

Bread and flatbreads



031 Sesame Bread Rings

031 / INGREDIENTS

Sesame Bread Rings

Twisted bread rings receive a molasses dip and a generous sesame coating. Leave a wide centre opening so the rings keep their shape as they rise.

Serves 8 · Prep 35 min · Cook 22 min · Rest 100 min · Total 157 min

8 sesame rings

342	kcal	10g	Protein	55.8g	Carbohydrate	9g	Fat



Ingredients

Dough

Bread flour — 1 lb 1½ oz / 500 g

Water, lukewarm, about 35°C / 95°F — 1¼ US cups / 300 ml

Instant dry yeast — 2¼ tsp / 7 g

Sugar — 2½ tsp / 10 g

Fine salt — 1½ tsp / 9 g

Dough

Olive oil — 1 tbsp plus ⅓ tsp / 15 g

Coating

Grape molasses (pekmez) — 2⅞ tbsp / 60 g

Water — 6 tbsp / 90 ml

Toasted sesame seeds — 3½ oz / 100 g

Equipment: Kitchen scale; Two baking trays; Parchment; Cooling rack

METHOD

Sesame Bread Rings

01 **Mix and raise the dough**

Combine the flour, yeast, sugar and salt. Add the dough water and olive oil; mix until no dry pockets remain. Knead for 8–10 minutes to form a smooth, elastic dough. Cover the bowl and let rise for about 60 minutes in a comfortably warm place, until roughly doubled. Cooler rooms need longer.

02 **Twist eight rings**

Divide the dough into eight equal pieces, about 105 g each. Split each piece into two, roll each half into a 45 cm / 18 in rope, and twist the ropes together. Join the ends firmly to make a ring with a wide central opening. Keep unshaped pieces covered.

03 **Dip and coat**

Mix the coating water and grape molasses in a shallow bowl. Put the sesame in a second dish. Dip each ring briefly into the molasses mixture, let excess drain, then coat both sides in sesame. Arrange on two parchment-lined trays with space between them. Cover loosely and rest for about 20 minutes while heating the oven to 220°C / 425°F conventional or 200°C / 400°F fan.

04 **Bake and cool**

Bake for 20–22 minutes, exchanging the trays halfway through if necessary, until deeply golden and firm underneath. The rings should feel light for their size and show no wet dough at a small cut in the base. Cool on a rack for 20 minutes. The total time includes this cooling period and assumes a 60-minute first rise.

Cook’s note

If the hole closes, the ropes were too short or the rings too small. Join the ends firmly, leave a generous opening and let excess molasses coating drip off before adding sesame.

ILLUSTRATED PREPARATION

Sesame Bread Rings



01 / Mix and raise the dough



02 / Twist eight rings



03 / Dip and coat



04 / Bake and cool

Substitution: Use light grape molasses for the coating. Dark, strongly flavored molasses changes the taste and browning of the rings.

Storage: Best on the day of baking. Keep cooled rings airtight at room temperature for 1 day, or freeze for up to 2 months. Rewarm thawed rings for about 5–8 minutes at 180°C / 350°F conventional until crisp.

Allergens: wheat/gluten; sesame

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

05

Pilafs, grains and legumes



041 Tomato & Pepper Bulgur Pilaf

041 / INGREDIENTS

Tomato & Pepper Bulgur Pilaf

Coarse bulgur absorbs a tomato-and-pepper base and finishes with a covered rest. Use the pilaf grade so the grains stay distinct.

Serves 4 · Prep 10 min · Cook 30 min · Rest 15 min · Total 55 min

4 side-dish portions

244	kcal	7.3g	Protein	44.4g	Carbohydrate	5.9g	Fat



Ingredients

Main

- **Coarse pilaf bulgur, dry** — 7 oz / 200 g
- **Onion, finely diced** — 3½ oz / 100 g
- **Mild green pepper, deseeded and diced** — 3½ oz / 100 g
- **Ripe tomato, finely diced** — 7 oz / 200 g
- **Tomato paste** — 1 tbsp plus ½ tsp / 20 g

Main

- **Olive oil** — 1½ tbsp / 20 g
- **Water** — 1 US cup plus 7⅓ tbsp / 350 ml
- **Fine salt** — ⅔ tsp / 4 g
- **Ground black pepper** — ¼ tsp / 0.5 g

Equipment: 20 cm / 8 in lidded saucepan; Fork

METHOD

Tomato & Pepper Bulgur Pilaf

01 **Soften the aromatics**

Warm the olive oil in a lidded 20 cm / 8 in saucepan over medium-low heat. Add the onion and pepper; cook for 8 minutes, stirring, until the onion is translucent and the pepper is flexible.

02 **Build the tomato base**

Add the tomato paste and stir for 1 minute. Add the diced tomato, salt and black pepper. Cook for about 5 minutes until the tomato softens and the mixture loses its raw aroma.

03 **Steam the bulgur**

Stir in the dry coarse bulgur until coated. Add the measured water and bring to a simmer. Cover, reduce to low and cook for 12–15 minutes, until the liquid is absorbed and the grains are tender with a light bite. Keep the lid on rather than stirring repeatedly.

04 **Rest and fluff**

Remove from the heat and leave covered for 15 minutes. Fluff gently with a fork, reaching the corners of the pan without crushing the grains. Divide into four side-dish portions. The liquid ratio is intended for coarse pilaf bulgur, not fine bulgur used for kısır.

Cook’s note

Use coarse pilaf bulgur and a tightly fitting lid. Fine bulgur absorbs water differently and is unsuitable for the stated cooking method.

ILLUSTRATED PREPARATION

Tomato & Pepper Bulgur Pilaf



01 / Soften the aromatics



02 / Build the tomato base



03 / Steam the bulgur



04 / Rest and fluff

Substitution: Use coarse pilaf bulgur. Fine bulgur absorbs liquid differently and is unsuitable for the stated cooking method.

Storage: Spread leftovers into a shallow container and refrigerate promptly within 2 hours; keep at 4°C / 40°F or colder for up to 2 days. Reheat to 74°C / 165°F, covered with a small measured splash of water recorded separately.

Allergens: wheat/gluten

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

06

Vegetables and olive-oil dishes



051 Eggplant with Onion & Tomato

051 / INGREDIENTS

Eggplant with Onion & Tomato

Soft eggplant halves hold an onion-and-tomato filling in olive oil. A covered bake gives the flesh its yielding texture.

Serves 4 · Prep 20 min · Cook 80 min · Rest 15 min · Total 115 min

4 stuffed eggplant halves

250	kcal	4.3g	Protein	27.3g	Carbohydrate	15.7g	Fat



Ingredients

Main

Medium eggplants, trimmed — 2 eggplants, about 1 lb each / 900 g

Onions, thinly sliced — 10½ oz / 300 g

Ripe tomatoes, diced — 14 oz / 400 g

Garlic, peeled and sliced — about 6 medium cloves / 20 g

Olive oil — 4 tbsp plus 1 tsp / 60 g

Main

Water — ½ US cup plus 2 tbsp / 150 ml

Fine salt — 1 tsp / 6 g

Sugar — 1¼ tsp / 5 g

Flat-leaf parsley, chopped — ½ loosely packed US cup / 15 g

Equipment: Baking tray; 28 × 20 cm / 11 × 8 in baking dish; Skillet; Foil or lid

METHOD

Eggplant with Onion & Tomato

01 Roast the eggplant halves

Heat the oven to 200°C / 400°F conventional or 180°C / 350°F fan. Halve the eggplants lengthwise and score the flesh in a shallow diamond pattern without cutting the skin. Brush the flesh with 30 g / about 2 tbsp of the measured oil and season with 2 g / ⅓ tsp of the salt. Roast cut side up for about 35 minutes, until the flesh yields to a spoon.

02 Cook a soft onion filling

While the eggplants roast, heat the remaining 30 g oil in a skillet. Add the onions and the remaining 4 g salt; soften over medium-low heat for 12–15 minutes. Add the garlic for 1 minute, then the tomatoes and sugar. Simmer for 10 minutes, until juicy but no longer watery. Stir in 10 g of the parsley; reserve 5 g for serving.

03 Fill and bake covered

Press the softened eggplant flesh down to form shallow boats, keeping the skins intact. Divide the onion mixture over them. Place in a snug baking dish, pour the measured water around the halves and cover tightly. Bake for about 35 minutes; uncover for a final 10 minutes. A knife should slide through the flesh next to the skin without resistance.

04 Rest and serve

Let the eggplants rest for 15 minutes, then add the reserved parsley. Serve warm or cool promptly for chilled service. Each portion is one filled half. Oven time is approximate: unusually firm or large eggplants need additional covered cooking rather than higher heat.

Cook’s note

Spongy flesh means the eggplant needs longer covered cooking. Onions should soften before filling; raw or browned onion will not give the intended silky result.

ILLUSTRATED PREPARATION

Eggplant with Onion & Tomato



01 / Roast the eggplant halves



02 / Cook a soft onion filling



03 / Fill and bake covered



04 / Rest and serve

Substitution: Use firm medium eggplants with intact skin. Very large eggplants need longer and may have a seedier filling cavity.

Storage: Refrigerate in shallow covered containers within 2 hours at 4°C / 40°F or below; use within 3 days. Serve chilled, or reheat portions to 74°C / 165°F. Do not leave out all afternoon for room-temperature service.

Allergens:

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

07

Meat and poultry



061 Baked Meatballs, Potatoes & Peppers

061 / INGREDIENTS

Baked Meatballs, Potatoes & Peppers

Oval meatballs, thin potato wedges and peppers bake in tomato sauce. The oven-first potato stage helps the components finish together.

Serves 4 · Prep 25 min · Cook 50 min · Rest 10 min · Total 85 min

12 meatballs with potatoes and sauce; 4 portions

497	kcal	33.5g	Protein	46.6g	Carbohydrate	20g	Fat



Ingredients

Meatballs

Ground beef, about 10% fat — 1 lb 1½ oz / 500 g

Fine dry breadcrumbs — 1¾ oz / 50 g

Large egg, without shell — 1 large egg / 50 g

Onion, grated and lightly squeezed, weighed after squeezing — 3½ oz / 100 g

Flat-leaf parsley, finely chopped — ½ loosely packed US cup / 15 g

Ground cumin — 1 tsp / 2 g

Fine salt — 5/6 tsp / 5 g

Ground black pepper — ½ tsp / 1 g

Vegetables

Potatoes, peeled and cut into 1.5 cm / ⅝ in wedges — 1 lb 5 oz / 600 g

Mild green peppers, deseeded and cut into strips — 5¼ oz / 150 g

Olive oil — 1½ tbsp / 20 g

Sauce

Canned crushed tomatoes — 14 oz / 400 g

Tomato paste — 2 tbsp / 30 g

Water — ¾ US cup plus 1⅓ tbsp / 200 ml

Garlic, peeled and minced — about 3 medium cloves / 10 g

Fine salt — ½ tsp / 3 g

Equipment: 33 × 23 cm / 13 × 9 in baking dish; Food thermometer

METHOD

Baked Meatballs, Potatoes & Peppers

01 **Start the potatoes**

Heat the oven to 200°C / 400°F conventional or 180°C / 350°F fan. Toss the potato wedges with all the olive oil in a 33 × 23 cm / 13 × 9 in baking dish. Roast for 20 minutes while preparing the meatballs. The thin wedge size is important so the potatoes finish with the meat.

02 **Shape the meatballs**

Mix all the meatball ingredients in a bowl until evenly distributed and slightly tacky, about 2 minutes. Divide into 12 equal pieces and shape into short oval meatballs about 5 cm / 2 in long. Wash hands and utensils after handling raw meat.

03 **Add the sauce**

Stir together all the sauce ingredients. Turn the partly cooked potatoes, nestle the raw meatballs between them and arrange the green pepper strips on top. Pour in the sauce. Return the dish to the oven and bake uncovered for about 30 minutes, turning the meatballs once in the sauce if their tops dry out.

04 **Check the whole dish**

Check that the potatoes are fully tender and the thickest meatball reaches at least 71°C / 160°F; for this mixed baked dish, continue until the centre of the casserole reaches 74°C / 165°F. Rest for 10 minutes. Serve three meatballs per person with an equal share of the vegetables and sauce.

Cook’s note

If the meatballs are ready before the potatoes, the wedges were too thick or under-roasted. Keep the finished meatballs covered while the potatoes finish, then return them briefly to the hot sauce.

ILLUSTRATED PREPARATION

Baked Meatballs, Potatoes & Peppers



01 / Start the potatoes



02 / Shape the meatballs



03 / Add the sauce



04 / Check the whole dish

Substitution: Ground lamb can replace beef at the same weight. Keep the stated internal temperature and make the potato wedges equally thin.

Storage: Refrigerate in shallow covered containers within 2 hours at 4°C / 40°F or colder; use within 3 days or freeze for up to 2 months. Thaw in the refrigerator and reheat to 74°C / 165°F throughout.

Allergens: wheat/gluten; egg

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

08

Fish and seafood



071 Sea Bass Baked with Vegetables

071 / INGREDIENTS

Sea Bass Baked with Vegetables

Sea bass fillets finish over a bed of softened vegetables. Covering the dish keeps the fish moist during its short oven cook.

Serves 4 · Prep 15 min · Cook 35 min · Rest 0 min · Total 50 min

4 fish portions with vegetables

223	kcal	28.9g	Protein	7.7g	Carbohydrate	8.2g	Fat



Ingredients

Main

Boneless skin-on sea bass fillets, pin bones removed — 4 fillets, 5¼ oz each / 600 g

Onion, thinly sliced — 5¼ oz / 150 g

Ripe tomatoes, sliced — 10½ oz / 300 g

Garlic, peeled and thinly sliced — 2 medium cloves / 6 g

Olive oil — 1½ tbsp / 20 g

Main

Lemon juice — 2 tbsp / 30 ml

Water — ¼ US cup / 60 ml

Flat-leaf parsley, chopped — ⅓ loosely packed US cup / 10 g

Fine salt — ⅔ tsp / 4 g

Ground black pepper — ¼ tsp / 0.5 g

Equipment: 33 × 23 cm / 13 × 9 in baking dish; Foil; Food thermometer

METHOD

Sea Bass Baked with Vegetables

01 **Prepare the vegetable bed**

Heat the oven to 200°C / 400°F conventional or 180°C / 350°F fan. Spread the sliced onion, tomatoes and garlic in a 33 × 23 cm / 13 × 9 in baking dish. Add 10 g / about 2 tsp of the measured oil, all the water, 2 g / ⅓ tsp of the salt and all the black pepper. Toss and bake for 15 minutes.

02 **Season the fish**

Pat the fillets dry and check carefully for pin bones. Coat with the remaining 10 g oil and season with the remaining 2 g salt. Fold very thin tail ends underneath to create more even thickness.

03 **Bake gently**

Place the fillets skin side down over the hot vegetables. Pour the lemon juice around the fish and cover the dish with foil. Bake for about 15–20 minutes, checking sooner for thin fillets. The flesh should be opaque and separate in moist flakes; the thickest part must reach 63°C / 145°F.

04 **Finish without delay**

Remove the foil carefully, directing steam away from your hands. Sprinkle with the measured parsley and serve each fillet with a quarter of the vegetables and juices. Take the fish out promptly once cooked so it does not dry in the hot dish.

Cook’s note

Different fillet thicknesses cook at different speeds. Group similar pieces together and check each thick portion. Do not rely solely on the timer.

ILLUSTRATED PREPARATION

Sea Bass Baked with Vegetables



01 / Prepare the vegetable bed



02 / Season the fish



03 / Bake gently



04 / Finish without delay

Substitution: Use boneless sea bream fillets of similar thickness in place of sea bass. Follow the same internal temperature and doneness cues.

Storage: Refrigerate leftovers within 2 hours in a shallow covered container at 4°C / 40°F or below and use within 2 days. Reheat gently, covered, until 74°C / 165°F. For best texture, cook only the number of portions needed.

Allergens: fish

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

09

Börek and savory pastries



081 Spinach & Cheese Tray Börek

081 / INGREDIENTS

Spinach & Cheese Tray Börek

Spinach and cheese sit between lightly moistened filo layers. Dry filling and an evenly brushed top help the tray bake crisp.

Serves 6 · Prep 30 min · Cook 50 min · Rest 15 min · Total 95 min

One 28 × 20 cm / 11 × 8 in tray; 6 portions

304	kcal	12.1g	Protein	29.7g	Carbohydrate	15.6g	Fat



Ingredients

Pastry

Filo pastry, fully thawed according to package directions — 8¾ oz / 250 g

Filling

Spinach, washed and well drained — 1 lb 1½ oz / 500 g

Onion, finely diced — 5¼ oz / 150 g

Feta or Turkish white cheese, drained and crumbled — 5¼ oz / 150 g

Olive oil — 2¼ tsp / 10 g

Filling

Ground black pepper — ¼ tsp / 0.5 g

Moistening mixture

Large eggs, without shells — 2 large eggs / 100 g

Whole milk — ½ US cup plus 2 tbsp / 150 ml

Olive oil — 1½ tbsp / 20 g

Equipment: Wide skillet; 28 × 20 cm / 11 × 8 in baking dish; Pastry brush; Food thermometer

METHOD

Spinach & Cheese Tray Börek

01 Dry the filling

Heat the filling oil in a wide skillet. Soften the onion over medium heat for 5 minutes. Add the spinach in batches and cook for another 5 minutes until wilted and the visible liquid has evaporated. Spread on a plate to cool, then press out any residual water. Chop and fold with the cheese and black pepper.

02 Prepare the pastry mixture

Heat the oven to 190°C / 375°F conventional or 170°C / 340°F fan. Line the baking dish with parchment. Whisk together the two eggs, milk and all the oil listed for the moistening mixture. Keep the filo under a barely damp towel while working so the sheets remain flexible.

03 Layer the tray

Divide the filo by weight into three roughly equal stacks. Place the first stack in the dish one sheet at a time, loosely folding to fit and lightly brushing with the milk mixture. Spread over half the filling. Repeat with the second stack and remaining filling, then finish with the final stack. Reserve enough liquid to brush the top; distribute the full measured mixture evenly rather than leaving a puddle in one spot.

04 Bake, check and rest

Score the top layers into six portions without cutting through the base. Bake for about 40 minutes until crisp and deeply golden, with a firm rather than wet base. The egg-containing centre should reach 74°C / 165°F. Rest for 15 minutes, then cut through to the bottom and lift out the portions with a broad spatula.

Cook’s note

A damp base usually comes from insufficiently dried spinach or uneven brushing. Filo thickness varies by brand; brush the sheets lightly and distribute the filling evenly.

ILLUSTRATED PREPARATION

Spinach & Cheese Tray Börek



01 / Dry the filling



02 / Prepare the pastry mixture



03 / Layer the tray



04 / Bake, check and rest

Substitution: Use well-drained white brined cheese in place of feta. Keep the spinach filling dry and check the cheese saltiness before seasoning.

Storage: Cool and refrigerate in a shallow covered container within 2 hours; keep at 4°C / 40°F or below for up to 2 days. Reheat in the oven until the centre reaches 74°C / 165°F. Refrigerated pastry will soften before reheating.

Allergens: wheat/gluten; egg; milk

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

10

Desserts



091 Creamy Rice Pudding

091 / INGREDIENTS

Creamy Rice Pudding

Rice softens first in water, then in milk, before a light starch thickening. Chill the small bowls promptly for a smooth, spoonable dessert.

Serves 6 · Prep 10 min · Cook 40 min · Rest 240 min · Total 290 min

6 small dessert bowls

230	kcal	6.4g	Protein	38.1g	Carbohydrate	5.7g	Fat



Ingredients

Main

Short-grain white rice, dry — 2¾ oz / 80 g

Water — 1¼ US cups / 300 ml

Whole milk — 4 US cups plus 2⅔ tbsp / 1000 ml

Sugar — 3½ oz / 100 g

Main

Cornstarch — 2 level tbsp / 15 g

Vanilla extract — 1 tsp / 5 ml

Finish

Ground cinnamon — ½ tsp / 1 g

Equipment: 2–3 L / 2–3 qt saucepan; Whisk; Six shallow dessert bowls

METHOD

Creamy Rice Pudding

01 **Soften the rice fully**

Rinse the rice in a sieve and drain. Put it in a saucepan with the measured water. Bring to a simmer and cook gently for about 15 minutes, stirring occasionally, until the grains are very tender and most of the water has been absorbed. Do not drain away the remaining starchy liquid.

02 **Simmer with milk**

Reserve 150 ml / ½ US cup plus 2 tbsp of the milk in a small bowl. Add the remaining 850 ml / 3½ US cups plus 2 tsp to the rice and bring just to a gentle simmer. Cook over low heat for 15 minutes, stirring and scraping the bottom frequently to prevent a scorched layer.

03 **Thicken carefully**

Whisk the cornstarch into the reserved cold milk until completely smooth. Stir the sugar into the saucepan, then pour in the slurry in a thin stream while stirring. Simmer gently for 3–5 minutes until the pudding lightly coats a spoon. Remove from the heat and stir in the vanilla. It will set more firmly as it chills.

04 **Portion and cool quickly**

Divide immediately among six shallow heatproof bowls. Cool the bowls in a cold-water bath without letting water enter, then refrigerate within one hour of finishing cooking. Chill until fully cold, about 4 hours including initial cooling. Divide the measured cinnamon between the bowls just before serving.

Cook’s note

If the rice is still firm, do not add the starch yet: continue gentle cooking until the grains are tender. Whisk starch into cold reserved milk first to prevent lumps.

ILLUSTRATED PREPARATION

Creamy Rice Pudding



01 / Soften the rice fully



02 / Simmer with milk



03 / Thicken carefully



04 / Portion and cool quickly

Substitution: Use the same volume of lactose-free dairy milk if needed. Plant-based drinks can change thickening, flavor and nutrition.

Storage: Cool quickly, ideally within 1 hour, and keep covered at 4°C / 40°F or below. Consume within 24 hours of cooking because the dessert contains cooked rice. Do not leave the pan to cool slowly on the counter. Freezing is not recommended for texture.

Allergens: milk

Per serving. Approximate values; brands, portions, substitutions and oil absorption affect the estimate.

ENGLISH

Recipe index

061 / Baked Meatballs, Potatoes & Peppers

091 / Creamy Rice Pudding

051 / Eggplant with Onion & Tomato

001 / Eggs with Tomatoes & Green Peppers

011 / Red Lentil Soup

071 / Sea Bass Baked with Vegetables

031 / Sesame Bread Rings

081 / Spinach & Cheese Tray Börek

021 / Thick Yogurt, Cheese & Herb Dip

041 / Tomato & Pepper Bulgur Pilaf

WORLD TABLE BOOKS

Around the table

Discover more kitchens and recipes at World Table Books.

worldtablebooks.com