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# The Turkish Cookbook: Regional Recipes And Stories



## Synopsis

Healthful and tantalizing, simple and delicious, Turkish cuisine is well on its way to becoming the next big trend in cooking as more and more attention is being paid to it as the original Mediterranean diet. Turkey has made an enduring contribution to the world's cuisine with its diverse and important gastronomic history and classic-simple yet rich in flavors - cuisine. Turkish cuisine is a mosaic, a colorful cuisine enriched by the recipes and techniques of many ancient cultures-Phoenician, Hittite, Roman, Byzantine, Arab, Persian, Chinese, and Greek - and the creativity of the cooks and the geography of the regions they lived in. Inspired by the best of regional cooking, this unique and masterful collection of recipes shares a rediscovery of timeless authentic, healthful, refreshing, and easy-to-prepare Turkish dishes - from classics to lesser known family favorites, and even lost recipes. Written with a zest for food and culture, this book is packed with the delights of Turkey's regions, from the Black Sea to the Mediterranean, from Europe to Asia, the Aegean to Anatolia. Using only the healthiest and freshest ingredients-from fresh fruits and yogurt to vegetables, fish, poultry, and meat - the regional recipes are cooked in an infinite variety of ways, with exciting flavor and texture combinations. Eggplant alone can be prepared in more than 40 different ways. In areas where fish, meat or poultry weren't available, cooks created outstanding recipes that utilized grains, pulses, and vegetables. Since Turkish cooking requires no special equipment or unusual ingredients it is generally very easy to prepare.

## Book Information

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## Customer Reviews

Turkish cooking has grown into one of the hottest contemporary trends in America's culinary scene. As one might deduce from Turkey's geographic location, its cooking straddles both

Arabic and European traditions. This eye-catching cookbook's full-color illustrations only enhance the engaging text, which thoughtfully lays out the differences in cooking styles among Turkey's several regions. Many of the recipes, such as green-lentil pies and various stuffed eggplants and zucchini, will attract vegetarians in particular, but their bold flavors and opulent spicing will give these vegetables the widest possible audience. Meat dishes focus on lamb and beef, with kebabs in the forefront but giving place also to stewed and ground meats. Turkey's maritime regions offer grilled and baked seafood. Pastry aficionados will immediately recognize the plethora of phyllo-encased meats and vegetables. Recipes call for only a few ingredients not stocked in comprehensive American supermarkets or readily available by mail order. --Mark Knoblauch --This text refers to the Hardcover edition.

"This eye-catching cookbook's full-color illustrations only enhance the engaging text, which thoughtfully lays out the differences in cooking styles among Turkey's several regions."

--Booklist"Recommended... Novices will appreciate the details like exact temperatures and explanations of ingredient" cooking characteristics... An ingredient glossary, 200-plus recipes, and a shopping guide covering major U.S. regions round out the good instruction and revealing narrative detailing one of the world's most influential cuisines." --Library Journal"The Turkish Cookbook is a total trove of great ideas for making vegetables stars. As the cover indicates, it does not flinch from meat, and meat is integral to the Turkish kitchen. But what appealed to me were all the spreads and salads and pastas and boereks." --Epicurious

My american friend loves Turkish food and enjoys it a lot when we cook traditional Turkish dishes. So we got her this book as a birthday gift, which has great recipes. The trick is every region in Turkey has its own delicious food culture and the authors did a really good job at explaining the characteristics of every region and its authentic recipes. Definitely recommend it for people who are interested in learning original Turkish food, which is not only based on kebabs.

I love cookbooks, I buy so many. This one standouts, it described new techniques and methods excellent for cooking for a group. I really am happy I added this one to my collection

many years ago I bought a cookbook in Turkey whilst travelling there...one of my flatmates must have also enjoyed the book, as she took it when she moved out. I missed it and the memories that it evoked...so had to look at replacing it. Whilst this book is not the same as the one that I loved for

many years, it has some fabulous recipes that remind me to reminisce - on the great food, flavours and experiences of my time there.

After a trip to Turkey, and falling for their cuisine, which is sooo good and healthy, I purchased the above Book. It is easy to follow and the recipes make very tasty meals. It took me a bit to get all the ingredients together, but once they were at the house, there was no stopping me. One thing necessary is a coal-fired BBQ, without you will not be satisfied with the taste. All of Turkey prepares their meats with charcoal. Lots of fresh vegetables, simple meats cooked over open fire or stewed, together with bulgur, orzo and many more different grains, make wonderful meals.

Beautiful pictures and easy to use recipes! Lived in Turkey in the 70's and love everything about the book!

I got introduced to this book at my town's library and have tried a few recipes. I loved it! Therefore I decided to have my own book and keep on exploring the Turkish cuisine. Excellent book, excellent/healthy recipes. Historical and regional overview is so inviting that I plan on visiting Turkey coming summer.

It is an excellent book with extensive background stories and origins of food. Every recipe was divided to the Turkish regions and the pictures were exotic. Tried many of the recipes and they were consistent.

It's so great to find a cookbook that shows different regional recipes. Not for someone who just wants an easy hummus recipe!

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