**ROASTED GOOSEFOOT, POPPY and NETTLE**

**Ingredients:**

1 bundle of goosefoot

1 bundle of poppy

1 bundle of nettle

1 onion

½ cup of water

1-2 tablespoon of olive oil

2-3 cloves of garlic

250 grams of yoghurt

Salt, black pepper and red pepper (optional)

**Preparation:**

After washing all the herbs perfectly; clean the rough parts of the herbs and cut them into 2–3-centimetre lengths. Put 1-2 tablespoons of olive oil in an appropriate pan and brown the grated onion. Add the cleaned herbs and cook them. After stirring time to time; cook for 5-6 minutes, add salt, pepper, and half a glass of hot water, and keep cooking on low heat. It can be served plainly or by breaking an egg or pouring garlic yoghurt on top of it.

Enjoy your meal.

**CHICORY SALAD**

**Ingredients:**

1 bundle of chicory

Olive oil

1 lemon

1 clove of garlic

Salt

**Preparation:**

Remove the damaged and yellowed leaves of the chicory and cut the thick parts. Boil the leftover leaves in salty boiling water for 10 minutes. Drain them under ice-cold water and dry them. Serve it on a plate full of lemon, olive oil, and mashed garlic, then add salt.

Enjoy your meal.

**ROASTED IVY**

**Ingredients:**

1 bundle of ivy

1 onion

Olive oil

Salt and pepper

**Preparation:**

Wash the ivy leaves and cut the stems. Break the fresh parts with your hand; otherwise, the taste will be bitter. Chop the onions and cook them in olive oil; then add the ivy. Add a bit of water and cook on low heat until the herb is soft. After the water is lessened, add salt and pepper. After this, the service can be made plainly or by breaking an egg on top or pouring garlic yoghurt on top.

**Notes:**

-Rather than onion, the green parts of scallion or leek can be added.

-It should be stressed that the ivy naturally has a bitter taste.

-During cooking, instead of metal spoons, since it increases the bitter taste, it is suggested to use a wooden spoon to reduce the bitterness.

-The salt must be added after the herb is cooked; otherwise, it will be much more bitter.

Enjoy your meal.

***CIBES* SALAD**

**Ingredients:**

Half kilogram cibes

Lemon

Salt

Olive oil

Water

Pomegranate syrup (Optional)

Garlic (Optional)

**Preparation:**

Wash the cibes herb properly; even keep waiting in water with vinegar. Boil water in a deep pan, add a pinch of salt, and put the cibes wholly. Cook until the stems of cibes are soft; while cooking, it is convenient to keep open the pan lid because it will be easier to keep them green; the trick applies to all vegetables and green herbs. After boiling, dry them and chop them into big pieces. When it is warm, add the sauce containing lemon, salt, olive oil, garlic, and pomegranate syrup on top and mix all (The measurements of the sauce depend on the health and choice of taste). Add the olive oil at the end because the oil blocks the combination of salt and lemon with herbs. This salad is especially good with fish.

Enjoy your meal.

**WILD RADISH SALAD**

**Ingredients:**

1 bundle of wild radish

Olive oil

Lemon

Garlic

Salt

**Preparation:**

Chop the thick stems of wild radish and wash the leftover leaves and fresh parts properly. It is suggested to keep them waiting in water with vinegar since it has so much sand between the leaves. Boil the water in an appropriate pan and add salt later. After the water is boiled, first of all, add the stems and then the leaves periodically to keep the water hot. After they are soft, put them on a plate. The sauce, prepared separately and contains smashed garlic, lemon, olive oil, and salt, is added to the salad right before the service.

Enjoy your meal.

**SEA BEANS SALAD**

**Ingredients:**

1 bundle of sea beans

**For Dressing:**

1 tablespoon vinegar

3 cloves of garlic

½ lemon juice

½ tea cup of olive oil

**For the preparation of the dressing:**

First peal the garlics then smash them. Squeeze the lemon. Mix all the sauce ingredients inside a big bowl.

**Preparation:**

Cut the root parts of the sea beans. Carefully wash the leftover green parts. Add water to a big pot, then boil it. Add the sea beans to the boiling water. Put the lid over the top of the big pot once the water starts boiling. Be careful not to overflow the water! Boil the sea beans for approximately 10 minutes. Put the boiled sea beans in a strain, hold them under fresh water, then let them dry. Separate the sea beans from their fibre one at a time, then serve them on a plate. Pour the dressing on the sea beans.

Enjoy your meal.

**TANGLE WITH LAMB**

**Ingredients:**

½ kilogram tangle

200 grams lamb meat

1 onion

1 tablespoon flour

1 lemon juice

A pinch of salt

2 tablespoon olive oil

**Preparation:**

Peel the tangle, put it inside the vinegar water, and let it stay for half an hour, then wash it. Cook the chopped onions inside the pressure-cooking until they start turning pink, and add the lamb meat. After they are a little bit cooked, first of all, add the tangle and the salt, then enough amount of water. Put the lid of pressure-cooking over and cook for 30 minutes. After the pressure-cooking gets cold, open the potlid and add the lemon juice and the flour with a bit of water from the dish itself, then mix them all for 10 minutes. It is ready to be served.

Enjoy your meal.

**BLESSED THISTLE WITH LAMB**

**Ingredients:**

½ kilograms of washed and cleaned blessed thistle

250 grams of lamb meat cubes

Olive oil

1 onion

1 lemon juice

2 sugar cubes

Salt

2 glasses of water

**Preparation:**

Firstly, place the cleaned meats into the pot and put it on the stove. After the lamb meat is released its water, add the oil and roast the meat for a while. Add the chopped onions and cook them until they turn brown, then add the blessed thistle. Add the final ingredients: lemon juice, sugar cubes, enough salt, and water, then let it cook. The smell of the meat shows that it is cooked after approximately 20 minutes.

Enjoy your meal.

**STUFFED SQUASH BLOSSOMS**

**Ingredients:**

20-25 squash blossoms

1 coffee spoon rice for each squash blossom

7-8 finely chopped scallions

Half bundle finely chopped fresh mint

5-6 finely chopped dill

Quarter bundle of finely chopped parsley

1 grated large onion

1 grated tomato

½ cup of olive oil

Black pepper, red pepper, and salt

**Preparation:**

Gently remove the middle part of the squash blossoms with the tablespoon or tweezer. Put the cleaned squash blossoms and intertwine them with each other into a bowl full of water. Mix all the ingredients for stuffing inside another bowl. Then, start filling the squash blossoms with the stuffing. Fill sparingly to avoid overstuffing the squash blossoms. Pucker the top of the squash blossoms, and place them tightly in a pot. Add olive oil or butter and a glass of water, and cook for 35-40 minutes.

Enjoy your meal.

**ARTICHOKES IN OLIVE OIL**

**Ingredients:**

10 artichokes

2 onions

500 grams boiled green peas

3 carrots

1 bundle of dill

1 lemon juice

½ cup olive oil

1 coffee spoon sugar

Salt

2 glasses of water

**Preparation:**

Peel the artichokes and rub them with salt and lemon to prevent them from turning black. Put green peas, diced carrots, and onions into the pot. Put the artichokes upside down on the peas and carrots inside it. Sprinkle the salt and sugar over the artichokes. Then, add the olive oil and the water. Cook the artichokes until they get soft. After they are cooked, place the artichokes on a plate and fill them with green peas and carrots. Dill can be used for decoration before service.

Enjoy your meal.

**FAVA BEANS IN OLIVE OIL**

**Ingredients:**

1 kilogram fava beans

1 lemon juice

3 onions

1 fresh garlic

8 tablespoons olive oil

1 tablespoon all-purpose flour

1 coffee spoon sugar

1 ½ glasses of hot water

5-6 dills

Salt

**Preparation:**

Wash and clean the fava beans. Keep them waiting inside water with lemon juice to prevent them from turning black. Heat the olive oil in the pot and cook the onions until they turn brown, then add flour and keep cooking. Add the fava beans and fresh garlic into the pot and mix. Cook on low heat with the potlid closed for 5 minutes. Add sugar, salt, hot water, and leftover half lemon juice and keep cooking until the fava beans get soft. Wash the dills and chop finely. Sprinkle the dills over the fava beans and let them cool down while the potlid stays closed. It can be optionally served with garlic yoghurt.

Enjoy your meal.

**WRAPPED HERBED BÖREK**

**Ingredients:**

3 phyllo dough

**For Topping:**

¾ cup milk

½ cup oil

1 egg

**For Filling:**

Poppy

Spinach

Chard

Mallow

Scallion

Parsley

Dill

Cottage cheese

**Preparation:**

For filling, first; chop all the herbs finely and combine them with cottage cheese. Spread the liquid topping mixture, which blends perfectly, on each phyllo dough, then put the fillings on the phyllo dough, fold the sides, and turn them into rolls. Apply the same process to each phyllo dough and place them in a round tray by wrapping. Pour the leftover liquid mixture over the börek, sprinkle black cumin and sesame, and put the tray in a preheated 180 degrees Celsius oven. It can be served as triangle pieces.

Enjoy your meal.

**BREAD STUFFING**

Bread Stuffing (*Ekmek Dolması*) is the famous dish of Aegean region, especially in Ödemiş, Tire, and Seferihisar. Only in Ramadan, the special rounded bread for Bread Stuffing is sold in bakeries.

**Ingredients:**

250 grams of ground meat or meat cubes in small pieces

Black pepper, salt, and butter

Broth or chicken broth

**Preparation:**

Cut the bottom of the specific rounded bread. Gently remove the crumbs of it and crumble them well. Melt the butter in a pan, roast the preferred meat, and add the salt and the black pepper. Combine this mixture with the crumbs. Place this stuffing into the empty bread and close the bread with the cut part. Place two forks on an appropriate pan, then gently place the filled bread; the underside should be over the forks. Rub the bread with butter. Pour the preferred broth until it covers the forks, and let it boil on low heat while the pan lid is closed. During cooking, the boiling water periodically spreads on bread stuffing. When water is lessened, it shows the bread stuffing is ready to serve hot.

Enjoy your meal.

**URLA KATMER**

Urla, one of the most precious places in İzmir, is known for its stew and katmer as much as its sea, sun, and delicious fishes. Once upon a time, the upper-class people of İzmir came to Urla by phaetons only to eat the special stew. In those days, this stew was prepared in butcheries and cooked in masonry ovens. In the district, there were over 30 butcheries as many taverns. Actually, katmer is a dish commonly known but differently cooked in various regions. Urla Katmer is a salty pastry despite the general sweet taste of katmer.

**Ingredients:**

Enough flour

Water

Salt

1 bundle of parsley

½ kilogram curd cheese

Oil

**Preparation:**

Put the warm water and salt in a deep bowl and mix. Add the flour by sifting and slowly into the mixture. Until having a soft dough, keep adding flour and kneading. Chill the final dough for about half an hour. The dough of Urla Katmer can be stored in the refrigerator for up to 6 days. Cut the chilled dough into eight equal pieces and roll them into a ball. Take the first ball, flatten it on the counter with your fingers, and spread half a tablespoon of oil on it. The second ball is processed the same way as the other, put on the previous dough piece, and then two of them are started to be rolled out together with a mangle. When the dough reaches the size of a plate, start to pull and stretch it until it extends double the size of the pan, then fold it in a square shape. Put the oil in a dished pan and spread the oil. Place the pan on a high-heated stove and put the dough in while the edges overflow out of the pan. Break an egg and put finely chopped parsley on the cooked dough quickly when the bubbles-like shapes form on the dough because of the heat. Fold gently the overflowed edges like envelopes. After cooking the bottom part first, flip the Urla Katmer. Take it away from the stove when the other side is cooked. Apply the exact process to each dough piece. Serve the Urla Katmer in square shapes when all the dough pieces are ready. Optionally, add potato and ground meat into your katmer.

Enjoy your meal.

***OKMA* SALAD**

**Ingredients:**

Tomato

Pepper

*Çamur Cheese* (a traditional Turkish cheese made from the combination of curd cheese and ewe’s milk cheese made in a skin) -Optionally curd cheese or cottage cheese can be used. -

Dill

Fresh mint

Scallion

Parsley

Olive oil

Red pepper, black pepper, and salt

**Preparation:**

Chop all the ingredients finely and blend them. Add preferable amounts of the mixture containing salt, black pepper, red pepper, and olive oil. Decorate the salad with finely chopped parsley and dill before serving. It is a unique salad made and served at breakfast, especially in Tire.

Enjoy your meal.

***ÇIĞIRTMA* (EGGPLANT DISH IN OLIVE OIL)**

**Ingredients:**

6 eggplants

5-6 tomatoes

5-6 peppers

2 small-sized onions

5-6 cloves of garlic

Parsley

Salt and black pepper

¼ cup oil

2 tablespoons olive oil

2 sugar cubes

**Preparation:**

Peel the eggplants variegated and keep them in salted water for 15 minutes, then wash and cut with a knife, as depicted in the picture, in the form of a spiral (swirl the eggplant while cutting). Cover the eggplants with oil and salt, then add the finely chopped peppers to the eggplants and place them on the baking tray. Roast the eggplants in a pre-heated 220 degrees Celsius oven to make the dish much lighter. Optionally, it can be fried. Chop the onions and cloves of garlic finely and fry them in olive oil, then add peeled and chopped tomatoes, sugar, black pepper, and salt, and finally, pour them over the roasted eggplants. Cook until tomatoes and eggplants are combined well. When it cools down, add the finely chopped parsley.

Enjoy your meal.

***TARHANA* SOUP**

**Ingredients:**

1 ½ kilogram capia pepper

1 kilogram tomato

1 kilogram onion

1 tablespoon olive oil

1 bundle of tarhana herb

½ kg boiled chickpea

1 ½ kilogram Turkish yoghurt

½ kilogram semolina

A handful of salt

1 package fresh yeast

1 tablespoon red chili pepper (sweet or spicy is up to choose)

8 kilograms flour

**Preparation of Tarhana:**

Place the tarhana herb at the bottom of the pressure cooking. Put the red chili pepper, chopped tomatoes and onions in the pressure cooking. Add the olive oil and enough salt and cook without any water. After they are all cooked, place the mixture in a large pot to blend it well. Remove the herb as a bundle, add chickpeas, then let it cool. When the mixture cools down, add Turkish yoghurt, semolina, salt, fresh yeast, red chili pepper, and flour, then combine them all together. The entire dough must be combined for eight days. On the 9th day, lay the dough on a clean sheet in little pieces to make them dry. When the dough reaches a consistency that will pass through the wire sieve manually or by blender without drying thoroughly, it is ready to be cooked as in the sizes depicted in the picture.

**Preparation of Tarhana Soup for 4 people:**

It is ideal to use four full tablespoons of handmade tarhana for 5 cups of water. Melt the butter in an appropriate pan, preferably along with butter paste can be used. Add water and handmade tarhana into the pot and mix them continuously to prevent lumping. Keep cooking until consistency is ideal. Especially in winter, a few garlic cloves preferably can be used.

Enjoy your meal.

**URLA STEW**

**Ingredients:**

750 grams cubes meat for stew

5 large tomatoes

1 large onion

6-7 cloves of garlic

Salt and black pepper

Olive oil

**Preparation:**

Slice one tomato and place the slices at the bottom of the stew pot. Dice the onion and spread it over the tomato. Place the meat, largish chopped tomatoes and peppers, and cloves of garlic as one thing on top of another in the stew pot. While placing the ingredients, add enough salt and black pepper. Finally, slice the last tomato and cover the meat with the slices. Add enough olive oil. Place 1 or 2 peppers, sweet or spicy, depending on choice, as a whole. Roast the stews in the 200-250 degrees Celsius oven. It will be much tastier if it is cooked in a masonry oven. To prevent airflow, close properly the sides of the stew with dough. Then, keep cooking without adding water, and let all ingredients blend wholly to keep the taste within it.

Enjoy your meal.

**İZMİR KOFTE**

**Ingredients:**

**For kofte:**

500 grams of ground meat

1 cup of dried and crumbled bread crumbs

Half bundle of parsley (finely chopped)

2 middle sized onions (grated)

2 cloves of garlic

1 teaspoon of black pepper

1 teaspoon of red pepper

Salt

½ cup of water for consistency

**Other ingredients:**

3 middle sized potatoes

2 tomatoes

2 belly peppers

2 tablespoons of tomato paste

1 coffee spoon of thyme (to sprinkle)

Enough oil

Salt

**Preparation:**

Grate the onions and cloves of garlic for the kofte. Add and mix the other ingredients for kofte and a little water in a large bowl. Get nut-sized pieces from the mixture, as depicted in the picture, and turn them into finger shapes. Wash and peel the potatoes, then dry them. Cut the potatoes as wedges and fry them as undercooked. Place the fried wedges in a tray and sprinkle enough salt. Later, fry the kofte in a pan in a few oils as undercooked. Place the kofte on the potato wedges, then add the tomatoes and peppers. Cook the tomato paste in the same pan to lessen its smell. Add 3 cups of water to the paste, then pour all over the kofte when it forms bubble-like shapes. Sprinkle thyme before replacing the tray in the oven and cook in 200 degrees Celsius oven for 30 minutes. Cover the tray with a baking sheet or aluminium foil to prevent burning. Also, these covers help to make the dish much tastier due to the lack of airflow.

Enjoy your meal.

***KEŞKEK***

Keşkek is a traditional Turkish dish made of mutton or chicken and coarsely ground wheat. It is a very popular dish of Aegean Cuisine. Especially in villages and districts, keşkek is made in enormous cauldron to be served to whole local people in weddings and celebrations.

**Ingredients:**

1 kilogram of cracked wheat

1 whole chicken or optionally meat

200 grams of butter or optionally oil

Salt, black pepper, red pepper, and mint

**Preparation:**

Wash the cracked wheat thoroughly overnight and add enough water to cover it by four fingers. Pressure cooking is ideal, but pot can be a choice as well. Place the preferred meat at the bottom of the pressure cooking. Then, add salt and the overnight drained cracked wheat into the pressure cooking, and again, add water until it is above four fingers. If the preferred meat is low in fat, add some oil. The oil must not be plenty to make the dish light. First, boil on high heat until the air inside is removed, then continue to cook on the lowest heat for 2-3 hours. After removing the air from the pressure cooking, crash the keşkek with a wooden spoon. The more it is mashed, the tastier it becomes. Keep mashing the mix until the meat and wheat become whole. Finally, place the keşkek on a plate and add hot oil with pepper.

Enjoy your meal.

**LAMB TANDOORI**

The best lamb tandoori or locally known as *tak tak kebab* can be experienced especially in Tire. Even in the smallest local restaurants has a reservation system because of the high demand. Along with lamb tandoori, Tire has various dishes to taste such as special sheep yoghurt, *Çamur Cheese,* and *sucuk* (Turkish style fermented sausage). Originally the lamb tandoori made in masonry oven on wood fire. However, in modern times, the old methods can not be fully followed. Therefore, oven bags or pressure cooking can be used at home knowing the taste can not be same.

**Ingredients:**

1 lamb arm (cut into 5-6 pieces)

2-3 onions

2 cloves of garlic

Salt and black pepper

Thyme (optional)

3 tablespoons of olive oil

A few bay leaf

**Preparation:**

Slice the cloves of garlic and then onions in large pieces. Marinate the meat with all the marinating ingredients at least 1-1.5 hours, recommended overnight. The next day, place the marinated meat in the oven bag and strap it tightly to prevent the air from coming outside to the bag. Make some holes in the oven bag with a toothpick. Place the oven bag in a tray and roast in a 200 degrees Celsius oven for 2-2.5 hours. To make the meat much softer and to keep it slightly oily, it is not suggested to clean it from all of its oil.

**Note:** If it is to be cooked in a pressure cooking, salt the leg of lamb with bones like you would salt a fish, put black peppercorn in a few places, put it in the pressure cooking without adding any water, and cook it on the lowest heat for about 5 hours without closing the whistle.

Enjoy your meal.

**TİRE KOFTE**

**Ingredients:**

½ kilogram ground meat (from the brisket)

Salt

**For the sauce:**

5-6 tomatoes

4-5 green peppers

Butter, pitta bread, and yoghurt

**Preparation:**

Mix the ground meat with salt thoroughly because the more the ingredients are mixed, the tastier the dish gets. After mixing with hands, this time, mix it by using a blender so the mixture will be well blended. Keep it in the refrigerator for 5-6 hours, recommended overnight, then put the mixture in the blender again. Meanwhile, keep the chopsticks in water for 15 minutes to make them swollen. After that, take one chopstick and enough amount of the mixture and shape them around the chopstick as a thin, long kofte. After preparing all the chopsticks, roast them in the oven or grill until they turn brown. Be careful with the overcooking; the cooking process will be short because of the thinness of the kofte. The leftover kofte can be stored in the deep freezer to be consumed later. For the sauce, finely chop the tomatoes and peppers and cook them with a little bit of salt but without adding oil. Melt the butter in a saucepan and add the koftes, whether as a whole or in 2-3 pieces, then grill a few times. On a service plate, put the pitta bread, koftes, sauce, and finely chopped parsley one thing on top of another alongside yoghurt. The leftover oil in the pan can be mixed with the sauce to increase the taste.

Enjoy your meal.

**BOUGE FISH WITH YOGHURT (GOPEZ FISH)**

**Ingredients:**

6 Bouge Fish

1 cup of oil (for frying)

¾ cups of cornflour

**For sauce:**

1 cup of yoghurt

1 clove of garlic

1 teaspoon of red chili pepper

1 coffee spoon of butter

**Preparation:**

Wash and clean the fish thoroughly and cover them with cornflour slightly, then fry them in boiling oil. The fish should be very crispy because the dish has a sauce with yoghurt. Blend the yoghurt with the mashed clove of garlic. Fry the red chili pepper in butter. Then, place the fried fish on a service plate, add the garlic yoghurt and the butter mix like preparing *mantı*. In Foça, the locals believe that this recipe came from İlmiye Island. The dish has been a unique and traditional dish for generations.

Enjoy your meal.