



Resat Akbaykal



ISO 22000

"This book is a complimentary cultural service by Dost Pide&Pizza."





Written by: Reşat Akbaykal

Edited by: Selim Akbaykal

Photos: Selim Akbaykal

Editing: Ömer Ateş Kızıltuğ

Project Team: Dost Pide Personeli

Content Management: Zeynep Aslantaş Yüksel

Translated by: Baybora Topaloğlu

Graphic & Web Design: Nakavt Reklam Hizmetleri

info@nakavt.com.tr

www.nakavt.com.tr



Cesme'de üç yüz yıllık geçmişe sahip bir ailenin ferdi Resat Akbaykal
Atalarından kalan lezzet mirasını yeteneğiyle harmanlayan ve bu zenginliği
Dost Pide'de müşterileriyle paylaşan bir işletmeci Yemeğe ve lezzete adanan
bir hayatın sahibi ...

PERSONAL BACKGROUND OF REŞAT AKBAYKAL



He was born in Çeşme on October 19 1948. He completed his primary and middle school studies in Kuşadası and his high school studies at a college in İzmir.

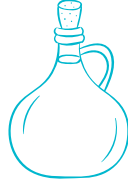
He carried out his university studies at Ege University Faculty of Economic and Commercial Sciences which he started attending in 1967. He was a part of the Students' Union and Federation of Thought Clubs. He graduated from university as a member of the '68 generation.

He served as a reserve officer in the 124th Mobile Gendarmerie Regiment in Hatay. After his military

service, he started working at SSK in 1975 as a government officer. In 1983, he decided to get into the restaurant business in Çeşme like his father. After taking over the small restaurant, he received awards in various contests with certifications of TSE and ISO 22000. He brought the restaurant into a position that is known throughout the country.

He was a council member at İzmir Provincial Council for a certain period. He was CHP's district president in Çeşme for two terms.

He is still successfully managing the brand of Çeşme Dost Pide.



Atalarımın devraldığım kültürel zenginliğin mirasçısı olarak, edindiğim bilgileri kırk yıldır Dost Pide'de değerli dostlarımla paylaşmaktan, damak zevklerine sunmaktan büyük kıvanç duyuyorum.

PREFACE



Food is the basic need of mankind. For centuries, the cooking action that was born from people's needs to feed themselves has not only fulfilled this need; but it also helped the development of a new taste. In parallel with the progress of civilization, this development has followed a different path in every region and has shown progress on both national and international levels.

While preparing this book, my goal was to keep the food culture developed by our ancestors alive and to hand it down to the next generation. In this region that the sea and the earth is one, food culture has achieved great diversity during the historical process.

I have always been lucky since I have always been the member of a family that has a history of 300 years in Çeşme, spent their lives on the land and the sea and saw and embraced different cultures. As the

heir of this cultural wealth, I am thrilled to be sharing the knowledge I have been gathering for over 40 years with my dear friends at Dost Pide.

I wanted to share this knowledge not only in my living room, but with all people. While this has been a task for me, it has also been my debt for all my ancestors and for all people.

I hope that the tastes of all people remain greatly in our beautiful region; a region that hosts the dance of the sea, the sun, the history and all the wonders.

Resat Akbaykal
December 2011

Personnel of **DOST PIDE**





SOUPS



FISH SOUP



Marinade Ingredients

- 1 tablespoon flour
- 1 egg yolk
- 1 spoon yoghurt
- 1 lemon
- Some salt and 1 glass of cold water

Soupe Ingredients

- Available small fishes
- Salt and black pepper (as much as you please)
- A bunch of parsley
- 2 tea glasses olive oil
- 1 potato
- 2 carrots
- Half an onion
- 1 tea glass rice



- Available small fishes can be utilized greatly as a soup. The fishes I'm talking about are not small in size; they are small in kind.
- The species of the fishes are not important. Actually, there is also no need for all fishes to be the same. This is why our fishermen always prepare this soup. This is their way of utilizing the fishes that are unsold or cannot be sold; but provide great taste within a soup.
- Put the fishes on hand inside the pot as a whole without cleaning them.
- Add hot water on the fishes in the amount that will fill $\frac{3}{4}$ of the pot.
- Add plenty of salt and black pepper on the fishes (without overdoing it)
- Add a bunch of parsley in the water as a whole.
- Add 2 tea glasses olive oil to the pot.
- Chop 1 potato in the soup.
- Add 2 chopped carrots.
- Add half an onion.
- Let these ingredients boil together in the pot.
- Turn off the heat as soon as the fishes are so properly cooked that it seems like their meats are starting to fall down.
- Remove the fishes from the boiled water with a colander. Put them in a separate plate (we are not done with the fishes yet).
- Add 1 tea glass rice to a separate pot, add boiling water in the amount that it will be 1 centimeter above the rice and let it boil until the rice is fluffy.
- Add 1 tea glass of boiled rice to the water in which we boiled the fish.
- Continue to let the rice boil in this pot so that the rice gets properly fluffy.
- Pull the meat on the fishes that are lying on the other plate and add these pulled meats in our soup.
- When the soup is cooked, turn off the heat and add the marinade. No more cooking can be done after adding the marinade.
- You can serve the soup by adding extra black pepper.
- Enjoy!

TONGUE SOUP

unmarinated



Ingredients

- Calf's tongue
- 1 lemon
- Salt, black paper

- Boil the calf's tongue in the pressure cooker. Peel the White skin on the boiling tongue.
- Chop the skinned tongue into cubes like a stew.
- Put the tongue pieces you chopped back into the water in which you boiled the tongue.
- Serve it in a bowl, add salt and black papper and squeeze lemon over the soup. Enjoy!

Note: If you like, you can add vinegar and garlic.

MEAT & RICE SOUP

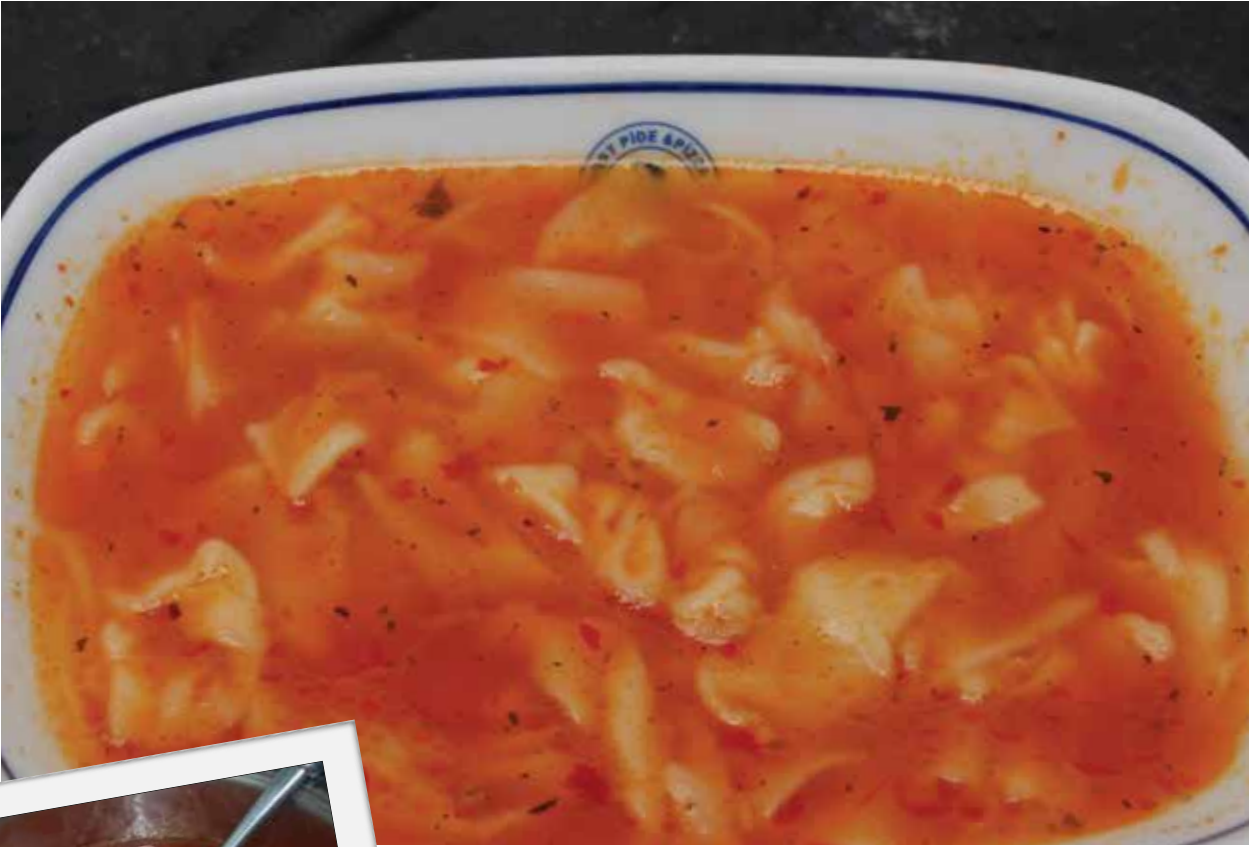


Ingredients

- 300 gr. veal (to be cubed)
 - 2 spoons of olive oil
 - Half a water glass of washed rice
 - Tomato and pepper paste (one tablespoon in total)
 - 1 big lemon
 - Black pepper and salt (as much as you please)
 - 5 glasses of boiling water
- Chop 300 gr. of veal into cubes. Put them in the pot (raw).
 - Add 2 spoons of olive oil.
 - Add half a water glass of washed rice.
 - Add tomato and pepper paste in the total amount of a spoonful.
 - Squeeze 1 big lemon.
 - Add black pepper and salt (as much as you please).
 - Add 5 water glasses of boiling water.
 - Put them all in the pot at the same time and leave them for boiling. The soup will be ready in 30-45 minutes. Wait until it is well cooked.
 - Enjoy!



MAÇI SOUP



Ingredients

- 2 spoons of butter
- 1 tomato (grated)
- 2 tablespoons of paste (watered in 2 glasses of water)
- 1 cube of bouillon

- Add grated tomatoes and watered paste to the butter in the pot. Fry them all together.
- Dissolve the bouillon in boiling water and it to the mixture.
- After the water boils, add the dough pieces. The soup will be ready whenever the dough pieces are cooked.

SALADS AND APPETIZERS



OCTOPUS SALAD



- Properly pound the octopus.
- Boil the pounded octopus for an hour.
- Slice the boiled octopus in small pieces; each in the thickness of a finger.
- Serve the sliced octopus to the plate together with its boiling water. Add olive oil and lemon. Enjoy!

Note: Do not bone the suckers and the skin.

BROAD BEANS



Ingredients

- Half a kilo of shelled broad beans
 - Half a kilo of red lentil
 - Half a carrot
 - Half an onion
- Take the shelled broad beans. Put them in a pot with boiling water and start boiling.
 - Continue boiling until the broad beans are dissolved.
 - Add red lentil in the same amount with the broad beans.
 - If you like, you can add some carrot and onion.
 - Boil all ingredients until they dissolve.
 - After dissolving, put the mixture into various bowls and wait for the broad beans to cool.
 - After cooling, scratch the top of the broad beans in the shape of diamonds and make the olive oil leak into the dish.
 - If you like, you can serve it by squeezing lemon over the broad beans.

Note: You won't see the red lentil in most of the broad bean recipes. I'm not saying that you absolutely must add red lentil either; but if you trust my taste, I'd recommend you to add red lentil for at least this one time. You will see that the broad beans will be even tastier. Enjoy!

MIHALIC CHEESE EGGS



Ingredients

- 100 gr. Mihalic cheese
- 2 eggs
- Olive oil

The mihalic cheese is mostly made of goat milk. This cheese contains plenty of salt so that it doesn't get bad. When I get this cheese, I preserve it in salt water and keep it in the fridge to maintain the cheese for a long time. If you don't like salty cheese, you may not like the mihalic cheese.

- Pour olive oil on the pan.
- Add the mihalic cheese to the pan after crumbling it by hand.
- Add half a tea glass of boiling water.
- Start cooking.
- When the white water of the cheese is oozed, crack 2 eggs over the cheese.
- After the eggs are cooked, turn off the heat.
- Enjoy!

GRILLED AUBERGINE SALAD



Ingredients

- 1 kg. aubergine
 - 250 gr. chili green pepper
 - 250 gr. sweet pepper
 - Half a litre of verjuice
 - 3 cloves of garlic
- First, grill the aubergine and the peppers.
 - Peel the grilled aubergines.
 - Lay the peeled aubergines on a plate.
 - Lay the grilled peppers on top of the aubergines.
 - Prepare the verjuice, beat 3 cloves of garlic and add them to the verjuice.
 - Pour the verjuice over the aubergines and peppers.
 - Enjoy!

Note: This is an absolutely delicious appetizer; it is prepared without olive oil. If you can't find verjuice, some good pickle juice might also work.

BROAD BEANS WITH OLIVE OIL



Ingredients

- 500 gr. broad beans
 - Quarter an onion
 - 2 middle-sized tomatoes
 - 3 green peppers
 - Salt and black pepper (as much as you please)
 - 1 water glass of olive oil
- Soak the broad beans one day beforehand.
 - Boil them the next day.
 - After boiling the broad beans, fry onions in another pot. Add the tomatoes and peppers and continue frying.
 - After frying all of these ingredients, add salt and black pepper.
 - Add 2 glasses of water into the mixture.
 - Add 1 water glass of olive oil and continue cooking.
 - The dish will be ready after the broad beans are cooked as well.
 - Place the broad beans on plates and spread raw olive oil on top. Enjoy!

This is a dish that my late grandmother from Alaçatı used to prepare a lot.

Note: The enhancer of this dish is olive oil, so we use plenty of olive oil while cooking the dish and plenty of raw olive oil after it is cooked.

BLACK-EYED PEA SALAD



Ingredients

- 250 gr. black-eyed pea
- Half a bunch of chopped parsley
- 1 tomato
- 2 green peppers
- 1 onion

- Boil the black-eyed peas.
- When the boiled peas properly soften, turn off the heat and drain the water.
- Put the drained peas on a plate.
- Cut parsley, tomato, green pepper and onion over the peas.
- Spread the sauce that you prepared beforehand over the salad.
- Enjoy!

Directions for the Sauce

Beat olive oil, vinegar, salt, lemon and pomegranate molasses together in a bowl.

*I can say that this salad
is way better than piyaz.
Definitely recommended.*

PURSLANE WITH YOGHURT

Appetizer



Ingredients

- 300 gr. yoghurt (if you like, you can use strained yoghurt)
- Garlic (as much as you please)
- A bunch of cleaned purslane
- Salt, cumin and ground red pepper (as much as you please)
- Olive oil

Contrary to the ordinary, I prepare this appetizer with normal yoghurt instead of strained yoghurt. This is because I like it when the taste of purslane is dominant. Since strained yoghurt has a dominant taste, I prefer not to use it. Also, if you prepare this appetizer with normal yoghurt and add a tablespoon of mayonnaise in the yoghurt, you will notice that it becomes even more delicious. Enjoy!

VEGETABLES AND HERBS



SOUR ARTICHOKE



Ingredients

- 1 water glass of olive oil
 - 1 tablespoon of flour
 - Quarter an onion (chopped)
 - 4-5 cleaned artichokes
 - 1 potato
 - 2 water glasses of boiling water
 - 1 pinch of dill
- Fry the olive oil with flour and onion.
 - Add 4-5 cleaned artichokes with lemon (prepared beforehand) on the fried onion and flour.
 - You can chop and add 1 potato if you like.
 - On top of all these, add 2 water glasses of boiling water and continue with the cooking process. To see if the dish is cooked, stick a fork in the artichoke. If the fork is barely getting in the artichoke, it is not cooked yet. Continue to cook until the fork gets in the artichoke rather easily.
 - After the dish is cooked, put it on a plate. Spread a pinch of dill and some black pepper over it. The sour artichoke is ready, enjoy!

ARTICHOKE PILAF



Ingredients

- 4-5 artichokes
 - Salt and black pepper (as much as you please)
 - Olive oil
 - 1 water glass of rice
- Boil 4-5 artichokes cut into cubes in the water (Don't forget to add some olive oil to the water).
 - Add salt and black pepper (as much as you please).
 - Move the boiled artichoke pieces to a pot and fry them in the olive oil for a minute or two.
 - Add rice. It is enough to have the rice wait for "half a minute" in the boiling water and immediately drain it afterwards.
 - Fry the rice together with olive oil and artichoke, add water in the amount that it will be 1 centimeter above the rice (just like the regular pilaf) and leave the rice for boiling.
 - After the rice is boiled, close the lid of the pot and leave it for the steeping process. The artichoke pilaf is ready, enjoy!

BAZINA



Dough Ingredients

- 9 tea cups of warm water.
- 4 teaspoons of salt
- 3 tea glasses of whole-wheat flour to the warm water
- 2 tablespoons of sugar
- 1 tablespoon of ground chili red pepper
- 150 gr. butter

Dough Directions

- Warm up 9 cups of water in the pot.
- Add salt to the water.
- Dust 3 cups of flour to the warm water and continue to prepare the dough.
- Add 150 gr. butter after flour dusting.
- Add sugar on the dough in preparation.
- After adding sugar, add ground chili red pepper as well.
- After adding all the ingredients, cook the dough at medium heat. The cooking process can take up to half an hour.

Kalyo Ingredients

- 250 gr. lean ground beef
- 500 gr. okra
- 1 ripe tomato (to be grated)
- 1 small onion
- 2-3 chili peppers
- Salt and black pepper (as much as you please)
- 1 dessertspoon of tomato paste
- Half a tea glass of olive oil

Kalyo Directions

- Put all the ingredients in the pot.
- Add 2 glasses of boiling water on our dish in preparation.
- After the ingredients in the pot are partially cooked, add half a kilo of okra and continue with the cooking process.
- After the okra is cooked, pour the bazina dough you prepared beforehand in a round tray. Add kalyo on the middle of the dough. Kalyo pressurizes the dough and spreads it to the edges of the tray.
- And finally, pour melted butter over the dish.
- The bazina is ready. Enjoy!

Kalyo: (The dish on the bazina dough).

Note: To see if the dough is ready, pour the dough from top to bottom with a spoon. If the dough is spilling in pieces, it is ready. If it is spilling like a liquid, then it is not ready yet.

ARTICHOKES WITH MEAT



Ingredients

- 250 gr. goat meat or lamb (chopped for stew)
- 500 gr. artichoke
- 1,5 water glass of boiling water

- Fry the chopped-for-stew goat meat or lamb in olive oil.
- If you like, you can fry the meat together with some onion as well (I don't add onion).
- You can add a pinch of granulated sugar to speed up the cooking process.
- After cooking the meat, add 1,5 water glass of boiling water.
- Afterwards, add the artichoke that is split into big pieces to the dish.
- In this dish, the meat is of secondary importance; it is used to add more taste to the dish. The main ingredient is the artichoke.
- You can also prepare this dish with lamb or veal if it is not the season for goat meat. However, the best result is achieved with goat meat.

Note: If the dish boils down during the cooking process, you can add extra boiling water. Never add cold water; it will cost you the entire taste of this dish. This rule applies to all dishes.

BAKED POTATOES



- Cut the peeled potatoes into cubes (depending on how much potato you will be consuming).
- Place the potatoes on the baking tray.
- Add half or one tea glass of boiling water depending on the potato quantity.
- Spread olive oil over the potatoes (not too much, the potatoes should not be swimming in the oil).
- Add salt, black pepper, red ground pepper and plenty of thyme and let the potatoes absorb them.
- Put the potatoes in the oven. Bake them until their top parts are fried.
- Your baked potatoes are ready. There were no french fries back in our day; in my opinion, this is lighter and tastier at the same time.
- Enjoy!

CHICKPEAS WITH TRIPE



Ingredients

- 2 tablespoons of tomato paste
 - Dried red pepper (as much as you please)
 - 1 kg. tripe (chopped into cubes)
 - 1 kg. chickpea
- Chop dried red pepper over the paste and fry it in olive oil.
 - After frying the paste, add the chopped tripe pieces and continue frying.
 - Add salt. Properly cook the tripe.
 - After frying the tripe, add 1-2 water glasses of boiling water.
 - After the tripe is well boiled in the water, add the separately boiled chickpea to the pot. Mix them all in the pot and cook them a little more.
 - It's useless to give a time period of cooking. The best way to see if the dish is cooked is to taste the tripe and the chickpea.
 - Enjoy!

FRIED EGGS WITH SPINACH



Ingredients

- Chopped spinach
 - 2-3 eggs (as much as you please)
 - 2 dried red peppers
 - Half a tea glass of water
 - Salt and black pepper
- Chop the spinach like a lettuce until it covers the bottom of the pan.
 - Add olive oil on the pan.
 - Place the chopped spinach.
 - Slice 2 dried red peppers on the spinach (optional).
 - Turn on the heat and add half a tea glass of boiling water on the spinach.
 - Cook the spinach together with water and oil for a while.
 - You can add as much salt as you want.
 - After cooking the spinach for 3-4 minutes, crack as much egg as you want over the spinach.
 - After cracking the eggs, close the top of the pan. Wait for the eggs to cook at low heat.
 - After the eggs are cooked, turn off the heat. Spread black pepper over the eggs. Enjoy!

STUFFED SQUASH BLOSSOMS



Ingredients

Ingredients for 20 squash blossoms:

- 1 tea glass of water
- 1 water glass of rice
- 2 tomatoes (grated)
- Olive oil
- Salt and black pepper (as much as you please)
- 250 gr. ground beef (fine)
- A pinch of parsley

- Pour olive oil in a pot.
- Throw away the petals inside the squash blossoms.
- Stuff the squash blossoms with the filling that was prepared beforehand.
- Close the squash blossoms by bending their ears to a single side.
- Lay the stuffed squash blossoms that are prepared and closed in a round pot.
- After placing the stuffed squash blossoms, add 2-3 water glasses of boiling water.
- Cook them in the tray on the stove.
- After they are cooked, serve them in plates.
- If you like, you can boil ground red pepper in hot butter and spread it over the stuffed squash blossoms. This will double the taste of the dish.
- Enjoy!

FRIED SQUASH BLOSSOMS



Filling Ingredients

- 250 gr. white cheese
- 200 gr. ricotta
- A pinch of parsley
- 2 eggs
- 1 tea glass of water

- Pluck the petals inside the squash blossom.
- Mix the filling ingredients.
- Stuff the squash blossoms with the filling.
- Fold the heads of the stuffed squash blossoms to one side as a whole and close their mouths.
- Prepare the sauce by beating it like an omelet.
- Dip each squash blossom to the sauce and fry them on both sides in hot oil.
- Enjoy!

Sauce Ingredients

- 2 eggs
- 1 tablespoon of flour
- 1 dessertspoon of vegetable seasoning

MIXTURE



Ingredients

- Spinach, chard and stinging nettle (a bunch of each)
 - Half a water glass of olive oil
 - Salt
 - 1 water glass of rice
- Immigrants call this dish "borani".
 - Mix the spinach, chard and the stinging nettle (that's why the dish is called "mixture").
 - Trim down the mixture on the chopping board with a knife (like chopping parsley).
 - Put the trimmed-down mixture in the pot. Add oil, salt and 1 water glass of boiling water and start cooking.
 - While the dish is being cooked, the vegetables will ooze out the water.
 - After the vegetables are cooked, separately wash and drain 1 water glass of rice.
 - Add the washed rice on the vegetables that are still being cooked. Mix them with a tablespoon.
 - Cook the dish with the rice for 10 minutes more.
 - After the dish is cooked for 10 minutes, turn off the heat and leave it for the steeping process by putting a lid on the pot.
 - The dish will be ready after the steeping process is done.
 - Enjoy!

CUMIN-ROASTED AUBERGINE



Ingredients

- 300 gr. veal (for stew)
 - 1 tea glass of olive oil
 - 2 thin-long peppers (chili)
 - 4 water glasses of boiling water
 - 2 full tablespoons of cumin
 - 1 teaspoon of black pepper
 - 1 kg. aubergine
- Get 300 gr. of veal (for stew).
 - Fry and properly cook the veal in the olive oil in the stewpan.
 - Break 2 thin-long peppers (chili) by hand and put them in the stewpan.
 - Add 4 water glasses of boiling water.
 - Spread 2 full tablespoons of cumin over the dish.
 - Add 1 teaspoon of black pepper on the water and mix it.
 - After adding all of our ingredients, close the lid and keep on cooking the dish.
 - When the meats are softened and cooked, turn off the heat and leave the dish for the steeping process.
 - Enjoy!

Note: The main ingredient of this dish is cumin.

WHITE BEAN CASSEROLE



Ingredients

- Half a kilo of white beans
- 2 tomatoes
- 3 dried red peppers (for those who prefer the dish chili)
- 250 gr. veal for stew
- 1 water glass of olive oil
- 1 tablespoon of flour
- 1 tablespoon of pepper paste and 1 tablespoon of tomato paste
- Salt and black pepper (as much as you please)
- Half an onion (I don't like onion so I add very little of it. If you like, you can even add 2 onions).

White bean is actually the national dish of Turkey. Who doesn't cook it? Naturally, I love the dish. But beyond that, what makes this dish so important to me is the fact that it is Atatürk's favorite dish. Atatürk used to like this dish so much that with the establishment of the Republic, there would always be white beans prepared for him at his mansion at Çankaya. Whenever he wanted, they would bring his white beans immediately. White bean is also one of the most important meals of the Turkish soldiers. Historians say that Atatürk's love for this dish comes from the times he ate it during his battles in the front. That's why, even though it's not a dish from Çeşme, I decided to include this dish which is enjoyed greatly by the Çeşme folk in my book.

- Was the white beans one day beforehand.
- Drain the water of the beans and boil it by adding water yet again.
- Chop the tomatoes into cubes.
- Crumble the dried red peppers with a knife.
- Chop 250 gr. of veal into cubes.
- Add olive oil to the stewpan and heat the oil.
- Fry the meat and half an onion in hot oil.
- Add 1 tablespoon of flour on the meat and continue frying.
- Add 1 tablespoon of pepper paste and 1 tablespoon of tomato paste on the fried meat.
- Add 1 litre of boiling water (if it isn't enough, you can add more boiling water).
- Add the chopped tomatoes and peppers.
- Add salt and some black pepper (as much as you please).
- Leave them for boiling.
- After the sauce is boiled and the meat is properly cooked, add the beans and put the stewpan in the oven. When it is ready, serve it with plates after spreading dry mint over the dish. Also, pilaf is pretty much essential next to this dish.

Note: The dish will be even tastier with more paste and olive oil.

SCRAMBLED EGGS WITH AUBERGINE AND POTATOES



Ingredients

- 1 aubergine
 - 3 middle-sized tomatoes
 - 1 middle-sized potato
 - 3 chili green peppers
 - 6 eggs
 - A bunch of chopped parsley
- Chop the aubergine into cubes (together with its skin).
 - After peeling the potato, chop that into cubes as well.
 - Grate the tomatoes.
 - Chop the chili green peppers with a knife.
 - Add the potato, the aubergine, the pepper and the tomato in this exact order and cook them in olive oil.
 - Add half a water glass of boiling water.
 - Crack 6 eggs when the mixture is boiled down.
 - When the whites of the cooked eggs start to appear, mix the eggs and the other ingredients as a whole. This way, the yolk and white of the eggs are mixed without being completely integrated.
 - After mixing the eggs, continue cooking for 1-2 more minutes at medium heat. When the dish is cooked, turn off the heat.
 - Spread some raw parsley over the dish and serve it.
 - Enjoy!

FRIED IVY



Cut the ivy with spaces of 2 cm and wash it. Place it on a pot and fry it for a little while in olive oil. Add boiling water on the fried ivy. This way, we soften the ivy. Cut 1 dried red pepper over the softened ivy. Then, crack some eggs over the ivy and cook the dish. Enjoy!

FRESH BROAD BEANS WITH OLIVE OIL



Ingredients

- Half a kilo of cleaned broad beans
- Olive oil
- A pinch of white flour
- Salt (as much as you please)

- Lightly dissolve olive oil, flour and salt in the pot.
- Add the broad beans and fry them.
- Add 2 water glasses of boiling water and start boiling at medium heat.
- After the broad beans are cooked, cut some "dill" and add it to the mixture. Close the lid and leave the dish for steeping.
- After the steeping process, serve the dish on plates with 1 spoon of yoghurt on the side.

NOTE: My friends always ask me about the spices in the dishes they like. But a good dish is not all about the spices. It is very important that the ingredients are natural and fresh and they are cooked in a manner that their taste is retained. If the ingredients of your dish are good and you can manage to cook the ingredients without losing their taste, the dish will turn out good. It is false to think that the taste of a dish is provided by sweeteners or other additions.

PURSLANE DISH



Ingredients

- 1 cup of rice (washed)
 - 1 tablespoon of chili pepper paste
 - 50 gr. ground beef (fine)
 - Olive oil (as much as you please)
- Mix and fry all ingredients together.
 - After frying the ground beef and the rice, add purslane in the amount that it will fill the pot completely.
 - Add 2 water glasses of boiling water and continue boiling.
 - You can see if the purslane is ready by tearing 1 leaf when it is boiled.
 - Enjoy!

BLESSED THISTLE WITH MEAT



Dish Ingredients

- 1 green chili pepper
- Quarter an onion (grated)
- 1 tablespoon of flour
- 1 tea glass of olive oil
- 250 gr. veal (to be cubed)
- 1 kg. blessed thistle

Marinade Ingredients

- 2 tablespoons of yoghurt
- Water
- 1 egg yolk
- 1 tablespoon of flour

Directions for the Marinade

Beat the marinade ingredients together and prepare the marinade.

- Put the dish ingredients in a stewpan (except the blessed thistle).
- Fry the ingredients in the stewpan.
- After frying the ingredients, add 2 water glasses of boiling water. Properly cook the meat.
- After adding boiling water, add the blessed thistle to the stewpan and continue to cook.
- After the blessed thistle is cooked, add a couple of spoons of the broth in the marinade. Beat them single-sided.
- The single-sided beating is done so that the egg does not get sliced (in order to make sure that the egg of the marinade is not hard...).
- After adding the broth to the marinade and the mixing, pour it inside the stewpan.
- While the dish is being cooked, the top of it will be bubbly like a cream. I remove the bubbles with a spoon so that it does not cause bloating; but it is fine if you decide to keep them.
- Take the dish from the stewpan after the blessed thistle is well-cooked.
- Enjoy!

Note: My late father was a trencherman. While cooking, he would dip the bread into the soup to see how the dish tasted. You too should taste your dish in this manner. Is the salt sufficient, how is the consistency? Cooking is not like a chemical experiment. The important thing is to prepare a tasty dish, not be completely observant of every single detail in the recipe.

WILD RADISH, CHICORY, KIRDAMA (GLASSWORT)



Chicory

- Boil the water.
- Add some grape vinegar and salt to the boiled water.
- After the water is boiled, add the chicory. When the chicory boils, drain it and serve it on plates.
- Don't forget to spread olive oil and lemon over the chicory.

Wild Radish

- Boil the water.
- Add some grape vinegar and salt to the boiled water.
- After the water is boiled, add the wild radish. When the wild radish boils, drain it and serve it on plates.
- Don't forget to spread olive oil and lemon over the wild radish.

Kirdama (Glasswort)

- After the glasswort is boiled, remove it from the water.
- Grab the glasswort by its root with your thumb and index finger and clean it by peeling it down the line (as shown in the photo).
- After the cleaning process, place it on a plate.
- Depending on the amount of boiled glasswort, pound plenty of garlic, put them in bowl and add 2 tablespoons of grape vinegar. Beat them together with olive oil.
- Spread the sauce over the glasswort on the plate.

NOTE: Since glasswort is already salt in itself, there is no need to add salt to the boiled water.

SEAFOOD



FISH BALL



- Remove the intestines of the sardines.
- Pick the bones.
- Fillet the fish (without bones, cleaned and without scales).
- Mince the meats with a knife.
- Add salt, black pepper and 1 egg (photo provided).
- Mix and knead them all together with the fish meat.
- Press the kneaded material in a round meatball form.
- Dip the balls in flour on both sides.
- Fry them with olive oil.
- Enjoy!

Ingredients

- 750 gr. sardine
- Salt and black pepper (as you please)
- 1 egg
- 250 gr. flour (to dip the fish ball in flour)

Note: If you like, you can add sliced dill to the mixture; but I don't use it.

POACHED FISH WITH LEMONS



Ingredients

- A big fish (I used a large-scaled scorpionfish for this recipe)
- Olive oil
- Salt and black pepper (as much as you please)
- 2 lemons

- Get a big fish and clean it. I used a large-scaled scorpionfish for this recipe.
- Add olive oil and boiling water on the baking tray (the water on the tray must be at a height of two fingers).
- Divide the scorpionfish in two and fillet it (fillet means "cutting down").
- Add salt and black pepper (as much as you please).
- Squeeze 1 or 2 lemons depending on the size of your fish.
- Continue cooking.
- After the fish is cooked, serve it on a plate together with its broth (you will like the broth more than the fish).
- Enjoy!

OCTOPUS PILAF



Ingredients

- 2 water glasses of rice
- 2 cloves
- 1.5 teaspoon of ground cinnamon
- Half dessert spoon of salt
- Middle-sized octopus

- First, pound the octopus. Boil the pounded octopus in the pressure cooker.
- Put the well-boiled octopus on the chopping board (do not pour the boiling water).
- Chop the octopus on the chopping board in the thickness of a finger. Put it on hold in order to start with the pilaf.
- Now let's start with the pilaf. Lightly fry the rice on the pan.
- Add 2 cloves, 1.5 tea glass of ground cinnamon and half dessert spoon of salt to the rice.
- Fry them all together. After this process, add the water in which you boiled the octopus on the rice.
- If the water is insufficient, you can add some more boiled water.
- Just like every other pilaf, the water you add on the rice should be 1 finger length above of the rice. Adding water more or less than this amount can jeopardize the pilaf.
- After you add the water, leave the pilaf to cook for 15 minutes at a low heat (photo provided).
- The preparation of octopus pilaf is no different than the other kinds of pilaf; therefore, anyone who can make a good pilaf can make a good octopus pilaf as well.

OCTOPUS STEW



Ingredients

- Half an onion (to be grated)
 - 3 green peppers
 - 3 ripe tomatoes (to be grated)
 - 1 water glass of olive oil
 - 2 cloves of garlic
 - Black pepper, ground red pepper and salt (as you please)
 - 2 bay leaves
- Boil the pounded and cleaned octopus in the pressure cooker for 1 hour.
 - Put the boiled octopus on the chopping board and chop it into small pieces. Do not throw away the skin and the suckers.
 - Grate half an onion.
 - Chop 3 green peppers.
 - Grate the ripe tomatoes.
 - Add olive oil.
 - Pound 2 cloves of garlic.
 - Add black pepper, ground red pepper and salt (as you please).
 - Add 2 bay leaves.
 - Put them all in the stewpan and properly mix them.
 - Put the stewpan in the oven and cook the octopus stew.
 - Octopus takes its time to cook. Put a fork in the octopus to see if it is properly cooked. When you can put the fork easily, it will mean that the octopus is cooked.
 - Enjoy!

FISHERMAN'S FRIED CALAMARIS



Ingredients

- 1 small tea glass of olive oil
- 1 beer glass of water
- 750 gr. calamari chopped into rings (cleaned).

Are you ready to prepare the lightest fried calamaris in the World?

- Put all ingredients on the pan and start the boiling process.
- You will notice that the water on the pan is slowly evaporating as the calamaris cook.
- When the water is completely evaporated, you will see that only the olive oil and the calamaris are remaining on the pan.
- At this stage, you will see that the calamaris which were softened with water are afterwards being fried with olive oil.
- After properly frying the calamaris with the oil, remove them from the pan and serve them.
- Enjoy!

Note: The difference of these fried calamaris is that they are prepared without flour and cooked with minimum oil. Therefore, we have ourselves very light and delicious fried calamaris.

STUFFED FISH



Ingredients

- A big flatfish
 - Olive oil
 - 2 lumps of pide or bread dough
 - 1 water glass of rice (for the pilaf)
- First, prepare the pilaf. Leave it in the pot for the steeping (You can look at the “lamb stew with vegetables and pilaf” page for the pilaf recipe).
 - Clean the fish.
 - Dip both sides of the cleaned fish in flour.
 - Heat the olive oil on the pan and fry the flour-dipped fish on a moderate level (don't fry it completely, make sure that it is a little raw).
 - Roll out a big dough in a manner that it will surround the fish.
 - Cover the fried fish with the dough as shown in the photograph.
 - Heat the oil on an iron plate and fry the fish again (the reason why we didn't do so before is that we will fry it again with the dough).
 - After frying the fish that is covered in dough on both sides, put the fish on the tray.
 - Spread the pilaf in a manner that it will cover the fish (photo provided).
 - And finally, put the pilaf we spread over the tray and the fish underneath in the oven. The stuffed fish will be ready whenever the top of the pilaf is fried.



This dish used to be prepared by the residents of Çeşme for special occasions. It is a real treat with both its taste and its presentation. This meal was probably inherited to us from the Greeks who lived in Çeşme and Alaçatı. Besides, the Çeşme cuisine is not unilaterally isolated. Since Çeşme is a port city, it became a cuisine of many outside influences. In addition to the influences from the Greeks who lived in Çeşme and Alaçatı, there are also a lot of influences from Mediterranean countries and the Arabs who came to Çeşme due to the city being an important port in the Ottoman period. We can call Çeşme a cuisine that synthesizes the Greek and the Turkish societies who lived together for many years. I'm not saying that it is a Greek cuisine; this needs to be separated properly. While there are not many rich cuisines around Greece, we can see that the Greeks who lived in the Aegean at the time are way ahead and they reflected this to their dishes as well.

Note: Stuffed fish is made with a big fish. I used a leerfish while preparing this recipe for the book; you can make it with a big flatfish as well.

GRILLED OCTOPUS



The grilled octopuses that are presented in Turkish restaurants are unlike the one I'm about to explain. The important thing to consider here is this: In our country, grilled octopus is made from boiled octopus. This process is completely wrong. The system I'm about to present to you is both delicious and provides a taste that cannot even be found on the islands of Greece. Hang the cleaned and boned octopus (suckers and the skin must definitely not be boned) as a whole from its head (lo lo) on somewhere sunny. If possible, put a setting such as wire cages or muslin curtains on the octopus and prevent flies from getting near it.

Dry the octopus for two days with the help of the sunlight (summer sun). Since the drying octopus has 8 legs, you can cut the legs separately and contain them in the fridge or the freezer after wrapping them in aluminum foil. You can grill and serve the octopus whenever it is going to be used. You can also serve it with a little olive oil and lemon if you want.

Note: You separately wrapped the legs in aluminum foil and put them in the freezer. Now you can take them out and cook them whenever you want. I always have some in my freezer so that I can eat them whenever I have the craving.

OCTOPUS

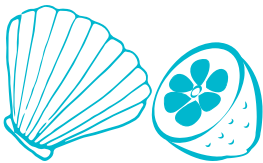
Dried



Stretch the cleaned and boned octopus with branches or pikes like a kite. The octopus that is tied in the manner that each of its legs will add up to an arm of the pulley is now stretched like a kite. Don't try pulleys made from lath; they don't have the required tensile force for the octopus since they are really thin. Following the stretching of the octopus, hang the pulley somewhere that is sun-exposed with a rope and keep the octopus in the sunlight for 1 week. Always take the octopus inside when it is noon, so that you can protect it from dew.

After 1 week, cut the dried octopus into pieces. For instance: Take one leg and wrap it in a newspaper. Lightly soak the newspaper with vinegar and water. Wrap the newspaper with wires in roll form. The purpose of this is to prevent it from burning in the fire. Drop the roll into the hot ash. When it is cooked, cut it into little pieces and use it as an appetizer. Don't use it to get your stomach full.

My uncle Hakkı Akbaykal is one of the oldest cooks of Çeşme. He provided me with some additional information on the Dried Octopus; he says that you should wrap the dried octopus in a tissue and wrap it around the middle section of a pregnant lady's stomach. What does this do? The child inside the pregnant lady smells the dried octopus and starts to kick the stomach. When the child kicks the stomach, it is understood that there are no problems concerning the child. The old folk used this method to understand if the child is healthy or not.



Diğer amcam Seydi Akbaykal ise kopanisti peynirinin ustasıdır. Yarımada'da kopanisti peynir yapan tek tük bilgilerden birisidir.

SMELLY KEBAB



- Spread the fresh sardines on a tin tray without cleaning the inside and the scales and place it on the barbecue heated beforehand (I use a yoghurt tray. We used to cut the cheese tin and cook it on that).
- Cook both sides of the fishes and afterwards, remove them from the tin.
- If possible, put sea water in a pot. If the sea is far away, you can put regular water in the pot and add plenty of salt.
- Place the cooked fishes in the salt water inside the pot.
- Clean the scales and the intestines of the fishes in the water by hand.
- Remove the cleaned fishes from the water and put them on a plate.
- Enjoy!

This dish is cooked without the fish cleaning process and it provides the significant sea smell in the fish meat. Smelly kebab (locally referred to as “boklu kebab”) is commonly made with sardine; however, you can prepare it with big fishes as well. Don't mind the name; a fish of this taste does not come around often.

RAW FISH

Marinated Sea Bass



Get at least 1 kilo of sea bass (definitely not stock). The fish needs to be very fresh.

- Longitudinally fillet the meat of the fish. Skin it.
- Remove the bone and the middle bone. Cut it into thin & long shreds and put them in a metal pot.
- Contain it in a metal pot in the fridge to be marinated with salt, black pepper and plenty of lemon juice.
- Keep in the fridge for at least a day. Reverse the meat of each fish every 12 hours.
- After the 1 day period, the fish will be ready.
- You should serve the fish within 2
- 3 days by adding olive oil.
- Enjoy!

SOUR CALAMARI



Boil them all together.

When the calamari is well cooked, remove it from the pot and serve it. To see if it is well cooked, stick a fork in the calamari. If it is getting in the calamari rather easily, the dish is ready. Enjoy!

Ingredients

- 2 glasses of water
- 1 tea glass of olive oil
- 1 kg. calamari
- Squeeze 1 lemon.

SOUR CUTTLEFISH



You can apply this recipe to the calamari as well.

- Bone and clean half a kilo of cuttlefish.
- Put it in a pot.
- Add 2 glasses of boiling water and 1 tea glass of olive oil.
- Squeeze 1 lemon over it.
- Turn on the heat and start boiling it.
- The dish will be ready whenever the cuttlefish is softened and al dente.
- Enjoy!

Ingredients

- Half a kilo of cuttlefish (boned)
- 2 glasses of boiling water
- 1 tea glass of olive oil
- 1 lemon

ROASTED OCTOPUS



- Dry the octopus for 1-2 days in a wire cage with the help of the sunlight
- Cut it into pieces and put it in the fridge. Remove the octopus from the fridge and roast it on a pan in the oven in the manner of grilling.
- Serve it with its unique taste without adding anything. Another mistake made at the Turkish fish restaurants is to fry the octopus after boiling it.
- This process is completely unnecessary and will cause the taste of the octopus to fade away.
- Whereas drying the octopus with sunlight for 1-2 days will both retain its taste and make the roasting process easier. Roasting the octopus in the oven will be enough; there is no need to boil it separately.

One of the biggest mistakes made at the fish restaurants of Turkey is to throw away the skin of the octopus; whereas the most delicious parts of the octopus are the skin and the suckers. Whatever dish or salad you are preparing with the octopus, you should never waste the skin. In my opinion, it would make more sense to eat chicken rather than eating an octopus without its skin.

KAKAVYE

Chili Fish



Ingredients

- Fish (Preferably golden grey mullet or sea bass)
- 3 tomatoes
- 2 chili green peppers
- 1 tea cup of olive oil
- 2 cloves of garlic
- Salt and plenty of black pepper (add as much black pepper as you can withstand)

- Lay the fish on the tray (depending on the size of the fish, lay it on the tray either in pieces or as a whole).
- Grate tomatoes into the tray.
- Chop 2 chili green peppers and 2 cloves of garlic.
- Add olive oil.
- Spread salt and plenty of black pepper over the dish.
- Cook them all in the tray.
- You can cook the dish in the oven or on the stove.
- Enjoy!

CUTTLEFISH WITH SPINACH

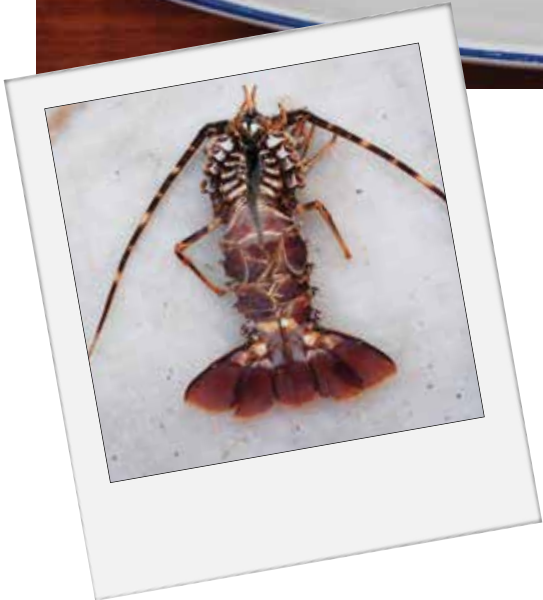


Ingredients

- A middle-sized cuttlefish (About 500 gr.)
 - 1 full tablespoon of tomato paste
 - 1 tomato
 - 2 chili green peppers
 - 2 handfuls of chopped spinach
 - Black peppercorn (as much as you please)
 - 2 cloves
 - Cinnamon quill (in the size of a nail)
 - 1 bay leaf
- Clean the cuttlefish. Cut it into little pieces and start boiling (cook it in the pressure cooker to make sure that it cooks fast and does not lose its taste).
 - Fry the olive oil, paste, tomato and the chili pepper in another pot.
 - Add salt.
 - Add raw spinach and continue frying.
 - After frying, add a water glass of boiling water.
 - For the spices: Add black peppercorn (as much as you please), 2 cloves, a cinnamon quill in the size of a nail and a bay leaf.
 - Remove the cuttlefish with a colander, put it on the spinach and start mixing (do not throw away the water in which you boiled the cuttlefish).
 - During the cooking process, add the broth from the pot in which you boiled the cuttlefish whenever the dish starts to boil down.
 - Since the cuttlefish is already boiled, there will not be any need for too much cooking. After tasting little pieces from the spinach and the cuttlefish and deciding that they are cooked, turn off the heat.
 - Serve it in a bowl.
 - Enjoy!

LOBSTER

Insect



- To cook the lobster properly, cut its bottom chest head-to-tail right from the middle in a straight line (as shown in the photo).
- Cook the cut lobster in the oven as a whole.
- When the lobster is cooked, remove the flesh from the shell. Spread olive oil and lemon over the dish. Enjoy!

The little lobsters are called insects. In this recipe, I will prepare the lobster without boiling; unlike the fish restaurants. Because boiled lobster drops its taste to the water in which it is boiled. Therefore, if you boil lobster, you will be draining the "real taste" down the sink. That's why I'm absolutely against the boiling of lobster.

STUFFED CALAMARI



Ingredients

- 1 water glass of rice
- Half a tea glass of olive oil
- Salt and black pepper (as much as you please)
- 1 teaspoon of ground cinnamon
- Whole calamari (9-10 of them)

- Mix all the ingredients other than the calamari in a bowl.
- Dice the legs of the calamari with a knife (like ground meat).
- Mix the mixture of rice and the legs by hand.
- Stuff the chest of the calamari with the filling (just like stuffed green peppers).
- After stuffing the calamari, close their mouths with a toothpick (as shown in the photo).
- Lay the stuffed calamaris in the pot.
- Add boiling water in the amount that it will be aligned with the stuffed calamaris and some olive oil. Leave them for boiling.
- To see if it's cooked, apply the fork sticking method.
- When the stuffed calamaris are cooked and properly softened, turn off the heat.
- Enjoy!

SHRIMP CASSEROLE

For One



Ingredients

- 1 tomato
- Salt and black pepper (as much as you please)
- 1 clove of garlic
- 1 tea glass of olive oil
- 150 gr. shrimp
- 2 tablespoons of grated kashar cheese
- 1 thin green pepper (chopped)

- Grate 1 tomato.
- Add salt and black pepper.
- Add 1 thin green pepper.
- Chop 1 clove of garlic into the sauce.
- Add 1 tea glass of olive oil on the pan.
- Cook all of these ingredients and prepare the sauce.
- On the other hand, boil the cleaned shrimps by putting them in boiling water. Do not put them in cold water; the water will absorb all of the taste.
- After the fast boiling of the shrimps, put the sauce in the stewpan.
- Put the boiled shrimps in the stewpan and mix them together with the sauce. After that, you can add as much kashar cheese as you please.
- After adding the kashar cheese, put the stewpan in the oven. Cook it in the oven until the top of the kashar cheese is fried.
- Enjoy!

Note: Instead of boiling the shrimp in water, you can also steam it. This way, you won't lose the taste of the shrimp.

FRIED SHARK

Yasemin



Tarator Ingredients

- 2 tablespoons of vinegar
- 2 cloves of garlic
- Half a handful of broken walnut
- 1 handful of dried bread crumbs
- 2 tablespoons of olive oil

- Skin the shark and clean the stomach area.
- Slice the cleaned fish in the thickness of two fingers.
- Dip the sliced pieces in flour. Fry them on both sides in hot oil.
- Lay the fried pieces (flat) on a plate. Spread the tarator over them with a spoon until the fish meat is no longer visible.
- Some fishermen throw away the sharks after killing them; they think that it can't be eaten. But in this manner, shark becomes a delicious dish and is enjoyed greatly.

Directions for the Tarator

- Mix all ingredients in a bowl. The tarator is ready.

LAKERDA

Bonito



Get 7 kg. of bonito and cut it into wedges in the thickness of 2-3 fingers. Lay these wedges in ice water and keep them in the water for 1 hour. The purpose here is to freeze the blood inside the fish and throw it out. After the blood is frozen, take a thin branch or a needle and clean the frozen blood clots in the fish. Frozen blood is cleaned rather easily. You can prevent stinking with this method.

Place the wedges in a bowl filled with "thick salt". Lay the wedges on plenty of thick salt. Add thick salt on top of the wedges as well. This way, the fish will be trapped with salt. Close the lid of the bowl. In order for the fish to be fermented, you must keep it in a cool environment with no sunlight; not in the fridge. Each morning for an entire week, drain the water released from the fish. If the thick salt seems to be decreased on the drained parts, add thick salt to these areas again. Continue this process every morning. Close the lid of the bowl and put it back on a cool environment with no sunlight. The lakerda will be ready at the end of the 7-day period.

Lakerda is served with olive oil and lemon. If you like, you can also spread dill over the dish.

FRIED CUTTLEFISH



- Cut the raw cuttlefish in the shape of a finger.
- Dip it in flour.
- Fry it in hot olive oil.
- Enjoy!

You don't have to spend 10 hours for a proper dish. Some foods are naturally delicious and their taste decreases when they are tampered too much. One of the best examples for these kinds of dishes is the fried cuttlefish. Here is the little recipe of a great taste that is best accompanied with raki.



ESCARGOT



Ingredients

- Collected snails
- 2-3 tomatoes (grated)
- 2 chili green peppers (chopped)
- Half a grated onion
- Plenty of olive oil
- Salt and black pepper (as much as you please)
- Some cumin
- 1 tablespoon of paste

The snails, collected alive, are fed for 2 days in the fridge by spreading white flour over them. This way, the greens in their intestines are extracted. Covering the snails with a damp cloth will allow them to live.

Every time I prepare this dish, I remember my late grandfather. When I was a little kid, I got bronchitis. My grandfather, Reşat Akbaykal, immediately got some snails collected and boiled. After the snails were properly boiled, he drained the water. It looked like a slimy syrup. He added some granulated sugar to the water to make it a little tastier and mixed it. The syrup he prepared for bronchitis was ready. He made sure that I drank this mixture every day and my bronchitis was gone in no time. My grandfather said that he learned this recipe from his father Captain Selim (our great-grandfather).

One day, while Captain Selim and his friend "Greek doctor" are drinking raki, my grandfather Reşat Akbaykal (who is a kid back then) comes along. The Greek doctor tells Captain Selim that his son has bronchitis and gives my great-grandfather this recipe to eliminate the bronchitis. That's how the story of this recipe goes.

My grandfather also used this recipe on me and it worked greatly. Maybe we don't consume medicines like this today; but we all know that the medicines prepared by drug companies with natural ingredients are way healthier.

- After feeding the snails with flour for 2 days in the fridge, place them in a pot with boiling water and start the boiling process.
- Add the other ingredients in a different pot and start frying the ingredients. After the frying process, add boiling water in accordance with the amount of snails. You will notice that the sauce you are currently preparing is no different than preparing sauce for a dish with white beans.
- After boiling the sauce for 15-20 minutes, add half a litre more of boiling water (either increase or decrease the water in accordance with the amount of snails).
- After preparing the sauce, drain the snails in the other pot with a colander and put them in the sauce in the other pot. Close the lid of the pot and continue cooking.
- Serve the dish on bowls.
- Enjoy!

SMOKED FISH

Herring



- Grill the smoked fish on a stove or a fire. Just like hunters who grill plucked birds.
- After grilling the fish, clean the meat and serve it on a plate with olive oil and lemon.
- Smoked fish can be added on summer salads with tomatoes as well; just like chub mackerel.
- Enjoy!



This fish comes to Çeşme from Greek Islands. However, it is made from the "herring" fish that originates from Northern countries. Therefore, the fish comes to Greek Islands from Canada and Scandinavian countries. Smart Greek people pack the smoked fishes they buy in crates from Northern countries one by one and sell them as Greek products.

SALT-BAKED FISH



Ingredients

- A big fish (I made it with sea bass)
- 1 bag of thick salt

- You can choose any big fish you want. I chose sea bass.
- Spread thick salt on a baking tray.
- Don't clean the insides and the scales of the fish.
- Lay the sea bass on the salt-covered tray.
- Cover the fish with another layer of salt.
- Sprinkle water on the salt by hand. This way, the salt will be as thick as a plaster when it receives heat.
- After making sure that the fish stayed in the hot oven for half an hour and got properly cooked, break the salt mass and remove the fish.
- Serve the fish meats on a plate with a fork and a spoon.
- Throw away the organs and the redundant parts in the stomach area.
- However, if there is an egg in the stomach area, do not throw it away; you can eat the egg.
- The meat of a fish that is cooked in salt without cleaning never loses its smell of the sea. When you start eating the fish, you will definitely notice the excellent sea smell. This is a whole other joy that is provided by this dish.
- Enjoy!

CHUB MACKEREL

Dried in salt



- This is a domestic production.
- Dry the fish in salt like we did in lakerda (see the recipe for lakerda).
- Throw away the head and intestines of the fish.
- Lay the cleaned fish in plenty of salt. The fish will be ready to serve after staying in the salt for 10 days.
- Clean it by applying water with vinegar right before eating.
- After washing it in water with vinegar, serve the chub mackerel with oil and lemon.
- It goes perfectly as an appetizer.
- You can also consume this dish on top of summer salads with tomatoes; just like you might do with anchovies. It will be even more delicious.
- Enjoy!

DEEP-FRIED CRAB



- Add plenty of olive oil on the pan.
- Turn on the heat and wait for the oil to get hot.
- Spread 1 dessertspoon of salt over the oil.
- Fry the crab alive on hot oil and in a manner that it will lay on its back.
- After frying the back, turn it the other way and fry that side as well.
- The crab is now ready. Break its shell with a hammer and consume it.
- The meat inside the shell is one of the most delicious meats you will taste on the face of this earth.
- Never forget to consume the oil you cooked the crab with. Pour this oil on a plate and consume it by dipping bread; do not miss out on this taste!

Since crabs have no nerves, they never feel pain, so the animal lovers do not need to worry. The biggest mistake in our country concerning crabs is boiling the crab. This is a mistake that should never be done. If you boil the crab, the water will absorb its taste and the meat will taste like hay. There are many species of crabs and the most delicious one is the "rock crab".

BEEF AND LAMP RECIPES



VEAL STEW WITH SHALLOTS



Ingredients

- 500 gr. veal for stew
- Olive oil
- 2 tablespoons of tomato paste
- 1 tomato
- 3 dried red peppers
- 250 gr. shallot

- Put 500 gr. of veal in the pot.
- Add olive oil and tomato paste.
- Grate and add 1 tomato.
- Fry them all together.
- Add dried red pepper as you please.
- Add 2 glasses of boiling water.
- Add shallots.
- Keep cooking.
- The dish will be ready whenever the shallots are cooked.

Note: I have been pretty sour on onions since my mother used to make it a lot when I was a child. However, this is an unrivaled dish for those who like the taste of onions.

MEAT CULLAMA



Ingredients

- 250 gr. veal (from the fat-free leg part)
 - 1 egg
 - 2 tablespoons of flour
 - Olive oil
- Boil the meat taken from the leg part of the calf in some water (if you boil it in too much water, you will lose the taste of the meat).
 - Pull the boiled meat into pieces.
 - Add 1 egg, 2 tablespoons of flour and 1 glass of cold water in a bowl and beat them (just like marinating).
 - Vacate the pulled meat into our marinade in the bowl and start mixing. You will get something like a meat paste.
 - Add half a water glass of olive oil on the pan. Turn on the heat.
 - After heating the oil, add the paste piece by piece with a spoon. It will be as if you are cooking vegetable patties.
 - Flip the cullamas to make sure that both sides are cooked.
 - Cullamas are ready. Enjoy!

ÇEŞME MEATBALL



Ingredients

- Half a kilo of ground beef (forearm + rib mixed)
 - 1 small onion (grated)
 - 1 egg
 - Salt, cumin, black pepper, ground red pepper (as much as you please)
 - 1 tea glass of water
 - 3 tablespoons of dry mint (the dominant spice in this dish is mint)
- Mix all the ingredients together. Make them into lumps of meatball.
 - Chop 2 potatoes and 3 tomatoes into round shapes (don't forget to throw away the insides of the tomatoes).
 - After chopping the tomatoes, dip them in flour on both sides. Afterwards, fry the tomatoes, potatoes and 4-5 green peppers with olive oil one by one. Put them on a plate.
 - Cover the meatballs with flour and flatten the meatballs by hand. Once more, spread flour on the meatballs that you previously flattened. The main quality of Çeşme meatball is that it contains plenty of flour.
 - Add plenty of olive oil on the pan and fry the meatballs.
 - The cooking process will improve if you add salt on the oil.
 - When the meatballs are in brown color, flip them and continue with the cooking process (if the meatball is white when you flip it, then it is early for flipping).
 - After cooking the meatballs, put them on a plate. Add the potatoes, tomatoes and peppers that you fried beforehand and place them on the top of the meatballs. Your Çeşme meatball is now ready.
 - Enjoy!

ÇEŞME KUMRU



- Thoroughly cut the kumru bread in half from the middle.
- Toast both sides of the bread on barbecue.
- Plentifully butter the inside of the toasted kumru bread (you can also add margarine if you like).
- Cook the sliced sujuk and salamis on the barbecue (you can determine the amount of sujuk and salami as you please).
- Put the cooked sujuk and salamis inside the kumru. After this, add kashar cheese as specified above (whichever you like).
- 2 tomato slices and salt are essential for a kumru.
- Çeşme Kumru is best accompanied with ayran and pickled peppers.
- Enjoy!

Ingredients

- 1 kumru bread (for one person)
- Quality coiled sujuk
- Quality salami
- Kashar cheese
- 2-3 tomato slices

Çeşme's best-known dish is probably the Çeşme kumru. This delicious sandwich can be consumed at each meal and in between. As far as I know, the kumru makers of Ilica (the origin of Çeşme kumru is Ilica) prepare the kumru in two methods. Both are delicious, so you can prepare it however you want. There is not that much of a difference between the two methods anyways. The first method is putting raw aged kashar cheese in the kumru without any cooking. The second method is putting fresh kashar cheese in the kumru after frying it on a "hot plate". That's the difference. You can choose any of them.

LIVER SANDWICH

Peninsula Liver

Ingredients

- 200 gr. calf's liver (for half a loaf of bread)
- Olive oil
- Half a loaf of bread
- 4 tomato slices
- Some chopped onions
- Some chopped parsley

- Remove the membrane of the calf's liver (it's better to have a butcher remove it).
- Put the liver in the freezer as a whole.
- Take out the liver which rested for 1-2 days in the freezer.
- Soften the liver by having it wait at room temperature for 5-10 minutes.
- While the liver is still tough, chop it into very thin pieces with a sharp knife. The thinner the pieces, the better. The toughness of the liver in a frozen state helps with the thin chopping process. Also, flash-freezing the liver decreases that heavy liver smell which some may not like.
- Add 2 fingers of olive oil on the iron plate and put on the liver while the oil is still cold.
- After putting the liver on the iron plate, turn on the heat.
- Quickly cook the liver on high heat. Since the liver is thinly chopped, it cooks fast and there is no risk of oil absorbing.
- Just like every red meat, liver must also not be cooked for too long. The inside of the liver should be at a light pink color.
- Remember: Overcooked liver toughens, dries and loses its taste.
- After removing the inside of our half a loaf of bread in one piece, fill the bread with liver as much as you please (150-200 gr.).
- After adding plenty of salt on the liver inside the bread, add 3-4 pieces of the thin-sliced tomato; you can also add chopped onions and chopped parsley as you please.
- After placing the ingredients, dip the removed crumb into the oil on the iron plate and put it back in the bread without losing time.
- The liver sandwich is ready. You should also remember that it is best accompanied with some pickled peppers and ayran.
- Enjoy!



I haven't seen anywhere else that the liver sandwich is sold and eaten at this amount, so I call this dish the "peninsula liver" even though it can't be found on any sign. Liver sandwich is one of the few dishes that existed long before Alaçatı became famous and continued to exist after it became famous. Liver sandwich has also been consumed on the streets of Çeşme for as long as I can remember. We can call it the fast food of the peninsula. Unlike the Albanian style liver, this liver is fried on an iron plate without dipping into flour and it is consumed as a sandwich; not on a plate. It occurred to me after all this talk of old Alaçatı and new Alaçatı: after this region showed touristic progress and became famous, managers from all around Turkey have naturally opened shops of their own. Dishes that are not known or have not been eaten by the residents of Alaçatı started to be presented as the dishes of Alaçatı and the real regional dishes have started to be forgotten. Therefore, it is pleasing that the liver sandwich is still alive and well. There's this new trend of fake Alaçatı dishes as well: "Thyme-marinated and soy sauce-boiled Alaçatı gummy pie" and such. That was a little made up, but I have been coming across a lot of fake Alaçatı dishes of this kind at many new restaurants. I'm sure you have noticed it as well.

As long as we are talking about liver, I have to mention the masters of this dish as well. The master of the liver dish is Ciğerci Hoca from Çeşme. He is followed by the late Gabroz İsmet and dear Tatayi Mehmet. In addition to these names, I still can't forget the liver made by Recep Ağabey; his son is still in this business. In Alaçatı, there was the late Topal Mehmet (sarı) and Enişte and Hasan Tıgılı afterwards. In Ilıca, Enişte is still in business at the jetty. I'm not separating any of the liver masters, I cherish all of them. If you happen to pass by Çeşme, Alaçatı or Ilıca Jetty, I strongly advise you to eat a liver sandwich at the first liver shop that you see.

SOUR MEATBALL



Ingredients

- 250 gr ground beef (forearm + rib mixed)
 - 3 full tablespoons of rice (washed in boiling water for only half a minute)
 - 1 egg
 - Black pepper and salt (as much as you please)
 - Half a lemon
 - 2 glasses of water
- Place all ingredients of the meatball in a pot, spread rice over the ingredients and knead them all together.
 - Make the kneaded meatball into little marbles.
 - Add olive oil (enough for cooking the meatballs) to the water and boil the water. Squeeze half a lemon over the boiling water.
 - After the water is boiled, put the meatballs in the water. Leave them for boiling.
 - Whenever the meatballs are cooked; move the meatballs to a bowl with their water and serve them.
 - Enjoy!

VEAL STEW



Ingredients

- 300 gr. veal for stew (from the leg part)
 - 1 tea cup of olive oil
 - 3 tomatoes (to be grated)
 - 4 leaves of bay
 - 1 middle-sized onion
- Chop the leg meat of the calf.
 - Put it in the stewpan.
 - Add olive oil, salt, grated tomatoes and 4 leaves of bay. Mix them together with the meat.
 - Put a whole peeled onion right in the middle of the meat.
 - Close the lid of the stewpan and put it in the oven.
 - After cooking the meat, take back the onion that you put in the middle of the stew.
 - Take back the bay leaves as well.
 - The veal stew is ready. I would especially recommend it those who just can't get enough of red meat.
 - Enjoy!

STUFFED CRETE SQUASH



Ingredients

- 1 kg. zucchini
 - Half a kilo of veal (for stew)
 - 1 full tablespoon of tomato paste
 - 1 full tablespoon of chili pepper paste
 - 1 tea glass of olive oil
 - 2 chili peppers
- Peel the skin of the zucchini by rubbing the sharp part of the knife.
 - After peeling the skin, chop the zucchini into cubes.
 - Fry the veal with olive oil and paste.
 - Add 2 chili peppers.
 - Add boiling water by rule of thumb.
 - After adding water, add the zucchinis and continue with the cooking process.
 - The dish will be ready whenever the zucchinis are softened.
 - Enjoy!

ROASTED GOAT MEAT

with artichoke



Ingredients

- 2-3 kg. goat meat
- Salt and black pepper (as much as you please)
- 9-10 artichokes

- Cut 2-3 kg. of goat meat into fist-sized pieces.
- After adding the meat into the stewpan, roast it for 2 hours with water in the depth of 2-3 fingers.
- Add salt and black pepper on the meat (as much as you please).
- Since goat meat has its own fat, do not add more oil.
- When the meat is cooked, add 8-10 cleaned artichokes in the stewpan and have it wait in the oven until the artichokes are cooked. Cooking the artichokes in the broth provides a whole different taste for this dish.
- After removing the lid of the stewpan and confirming that the top of the dish is roasted, you can serve it on the plates together with the broth. Enjoy!

FRIED TRIPE



Ingredients

- 1 egg
- Half a kilo of tripe
- Salt, black pepper and ground red pepper (as much as you please)

- Beat 1 egg (like an omelet).
- Chop the tripe into cubes.
- Mix the pieces of tripe and egg together in a bowl.
- If you like, you can add the spices listed under the ingredients.
- Spread olive oil over the pan.
- Fry the tripe with eggs at medium heat.
- The dish will be ready whenever the tripe is cooked.
- Enjoy!

GOAT MEAT WITH POTATOES



Ingredients

- 2 kg. goat meat
 - 5 middle-sized tomatoes
 - 2 tomatoes
 - 5 green chili peppers
 - 2 tablespoons of paste (for the sauce)
 - Thyme, ground red pepper, black pepper, salt, cumin (all by rule of thumb)
- Boil the goat meat for 10-15 minutes in a pressure cooker.
 - Place the boiled meat on the baking tray.
 - Add slices of tomato, pepper and potato.
 - Prepare a paste sauce in a bowl. Add a little of each spice to the sauce.
 - Spread the sauce over the goat meat.
 - Make sure that the sauce depth is no more than 1 finger.
 - Put the dish in the hot oven.
 - Since the meat is already boiled, it will be cooked very quickly. Don't forget to see if the potatoes are cooked with the fork-sticking method.
 - When all of the ingredients are cooked, remove the tray from the oven.
 - Serve the dish together with some of its sauce.
 - Enjoy!

GOOSE THIGH MEATBALL



Ingredients

- Half a kilo of ground beef (forearm + rib mixed)
- 1 small onion
- Half a handful of parsley
- Salt, black pepper and cumin (as much as you please)
- 1 tea glass of rice (boiled)

Batter Ingredients

- 1 egg
- 3 full tablespoons of white flour
- 1 glass of water

- Add 1 small onion and half a handful of parsley in half a kilo of ground beef.
- Add spices to the meatball ingredients and knead the ground beef.
- Add 1 tea glass of boiled rice to the ground beef and continue to knead.
- After the kneading is done, make the ground beef into meatballs by pressing it inside our hand in a flat manner (elliptical).
- After pressing the meatballs, put them on a plate and start preparing the batter.
- Beat flour, the egg and 1 glass of water together. The batter is ready.
- Dip both sides of the uncooked meatballs in the batter and cook them in hot oil.
- Enjoy!

How to boil the rice?

Add 1 tea glass of rice to a separate pot, add boiling water in the amount that it will be 1 centimeter above the rice and boil the rice until it is fluffy. While cooking, the rice absorbs the water and gets fluffy. That's why the water in your pot decreases. There is no need to add more water. The water you put in the pot is well enough for the rice to cook.

This dish is also called the "lady thigh meatball". However, the folk of Çeşme call it "goose thigh meatball" in order to prevent gender apartheid.

MEATBALL WITH SCRAMBLED EGG



Meatball Ingredients

- 250 gr. ground beef (forearm+rib mixed)
- A handful of crumbled dry bread
- Salt (as much as you please)
- Ground red pepper (as much as you please)
- Black pepper (as much as you please)
- 3 cloves of garlic
- 3 tablespoons of grape vinegar

- Put the ground beef, spices and vinegar in a bowl and knead them all together. The different taste in this meatball is provided by the vinegar.
- Make finger-like meatballs from the kneaded ground beef.
- Grease the pan (olive oil).
- Lay the meatballs on the pan. Cook them on both sides.
- After turning the meatballs on the other side, pour the sauce over the meatballs and continue cooking.
- On the other hand, beat 4 eggs like an omelet and spread it over the dish 1 minute after pouring the sauce.
- After adding the eggs, close the lid of the pan. Continue to cook at low heat.
- After seeing that the egg is well swollen and cooked, turn off the heat.
- Separate the kuru sıkma into portions with a spatula and serve it. Enjoy!

Sauce Ingredients

Beat paste, salt and water together.

- 4 eggs
- 1 tablespoon of paste
- 1 glass of water
- Some salt

MEATBALLS WITH PARSLEY

Parsley Stuffing



- Knead the ground beef, onion, spices, rice and water in a bowl. Make the mixture into round lumps.
- Spread 3 bunches of chopped parsley on a lidded pan.
- Place the meatballs on the parsley. Knead the meatballs one by one with the parsley and add parsley inside and outside of the meatballs.
- What we are doing here is supplying the meatballs with some parsley and afterwards making sure that the outside of the meatballs are covered in parsley as well.
- Place the meatballs on the lidded pan.
- Spread half a water glass of olive oil over the meatballs.
- Add 1 water glass of boiling water on the meatballs.
- Close the lid.
- Cook at low heat.
- The dish will be ready whenever the meatballs are cooked.
- Serve the meatballs together with the broth.
- Enjoy!

Ingredients

- Half a kilo of ground beef (forearm + rib mixed)
- 1 small onion (grated)
- 3 bunches of parsley (chopped)
- Half a tea glass of rice (raw, without soaking)
- Salt, black pepper and ground red pepper (as much as you please)
- 2 tea glasses of water
- Half a water glass of olive oil

LAMB STEW WITH POTATOES



Ingredients

- 4 potatoes
- 500 gr. fat-free meat from the leg of veal
- 3 dried red peppers

Sauce Ingredients

- 3 glasses of water
- 2 tablespoons of tomato paste

Note: The tray that will be used for this dish must be a metal and unpainted. We used a metal yoghurt tray while preparing the dish. It would not be wise to damage a luxuriant tray since it will be placed on heat.

Note 2: In the cuisine of Çeşme, they use dried red ornamental pepper or ground red pepper instead of red pepper flakes.

- Cut the potatoes into cubes.
- Cut some meat (for stew) from the leg of the veal (we used 500 gr, you can use more based on the amount of people who will consume the dish).
- Add paste to 3 glasses of water and beat them.
- Mix the paste sauce, meat and potatoes together in a pot.
- Cut 3 dried red peppers over the mixture.
- Add salt and black pepper (as much as you please)
- Add 1 tea glass of olive oil.
- Mix them all and pile the mixture onto the tray.
- Place a bowl on top (as shown in the photo).
- Add 2.5 water glasses of boiling water on the tray in a manner that it will surround the bowl.
- Turn on the heat.
- The boiling water goes into the bowl and gets out of the bowl continuously as it absorbs the heat.
- This way, the dish inside the bowl continues to be cooked by taking and extracting the water.
- After the dish is cooked, you will notice that the water on the tray is boiled and will be extracted again after staying for a while in the bowl.
- Remove the bowl from the cooked meat. The dish is now piled on the tray.
- Serve the dish on plates with a tablespoon together with the broth (there won't be much water left since it is cooked).
- Enjoy!

LAMB STEW WITH PILAF



Ingredients

- 500 gr. veal (for stew)
- Salt, black pepper and cumin (as much as you please)
- 2 tablespoons of tomato paste
- 2 dried red peppers
- 1 tea glass of olive oil

Directions for the Pilaf

Pilaf is a dish that is widely-known. And since this dish contains pilaf, I would like to provide a pilaf recipe; just in case. Those who already know the recipe can prepare the pilaf by their own method. For those who don't know it, here is my recipe.

- Wash 1 water glass of rice with boiling water. Drain it without waiting. Never have the rice wait in water if you want the pilaf to be fresh.
- Add some olive oil and "vegetable seasoning" in the pot (the vegetable seasoning is optional).
- Add the rice on the oil and start frying.
- Add 1.5 water glasses of boiling water to 1 water glass of rice.
- After the water is drained down, leave the rice for steeping.
- The pilaf is now ready.

LAMB STEW WITH PILAF



Note: The tray that will be used for this dish must be a metal and unpainted. We used a metal yoghurt tray while preparing the dish. It would not be wise to damage a luxuriant tray since it will be placed on heat.

Note: It would be better to remain practical while draining the rice. Do not struggle with a strainer. Just place your hand on the edge of the pot and pour the water into the sink. All dishes are better with fast cooking. If you have the ingredients wait, they will never provide you with the taste you're looking for. That's why the dishes made by chefs are so delicious. The taste that is provided by a sleight of hand with years of experience is on another level. If you are asking yourself "I'm using the same ingredients and the same recipe, why can't I create the same taste?", you definitely took some unnecessary pauses while preparing the ingredients and cooking the dish. This is why I drain the rice right away with my hands. A little water in the rice will not hurt anyone. A broad draining should be fine enough.

If you are preparing the stew and the pilaf at the same time as well, you can utilize the broth. A pilaf that is served with this broth will be way more delicious. After adding the broth, continue to cook the pilaf at medium heat. Do not overcook the pilaf; it might be initially hard to understand if the pilaf is cooked. This process will improve with practice.

- Place the veal in the pot (we used 500 gr, you can use more based on the amount of people who will consume the dish).
- Add salt, black pepper and cumin (as much as you please).
- Add 2 tablespoons of paste.
- Cut 2 dried red peppers over the meat.
- Add half a water glass of boiling water.
- Add 1 tea glass of olive oil.
- Mix all ingredients and pile the mixture onto the tray.
- Place a bowl on top (as shown in the photo).
- Add 2.5 water glasses of boiling water on the tray in a manner that it will surround the bowl.
- Turn on the heat.
- The boiling water goes into the bowl and gets out of the bowl continuously as it absorbs the heat.
- This way, the dish inside the bowl continues to be cooked by taking and extracting the water.
- After the dish is cooked, you will notice that the water on the tray is boiled and will be extracted again after staying for a while in the bowl.
- Remove the bowl from the cooked meat. The dish is now piled on the tray. Add the pilaf that you prepared beforehand on the hot meat. The lamb stew with pilaf is ready. Enjoy!

TİRİT



Ingredients

- Stale breads at home (you can mix all kinds of bread together)
 - Chicken broth (can also be meat broth or bone broth)
 - Boiled meat
 - Bryndza (can also be mihalic cheese)
 - 100 gr. butter
- Cut the breads into cubes and fry them in the oven. Place the fried cubes on a tray.
 - Spread the chicken or meat broth that you prepared beforehand over the bread pieces.
 - Place boiled meat pieces on the top of the breads (if there are any) and add grated bryndza or mihalic cheese.
 - Put the tray in the hot oven and cook the dish until the cheese melts.
 - After the cheese melts, remove it from the oven.
 - Melt 100 gr. of butter in a pot and spread it over the dish.
 - The tirit is now ready. Enjoy!

How much stale bread is tossed out each year? Even though it is not so important today, the old folk used to utilize the stale breads at home with this dish; that's why this recipe cannot provide grams. How much stale bread is left in your house? Is there any boiled meat you can utilize? Since tirit is a dish that was consumed at times of poverty, it can be prepared with whatever you have left. There is no need to be strict about the recipe. Here, I will be describing its preparation in general.

PASTRY AND PASTAS



ÇEŞME MANTI



Dough Ingredients

- 1 egg
- Flour (as much as possible)
- Salt
- 2 tablespoons of olive oil
- 1 glass of water
- 1 tea glass of milk

Manti Ingredients

- 500 gr. ground beef (forearm + rib)
- 1 small onion
- Black pepper (as much as you please)
- Salt (as much as you please)

Preparation of the dough: Knead the dough with these ingredients. Have it wait at room temperature for a while.

Preparation of the Manti: Mix the filling ingredients in a similar fashion to kneading meatballs. Deep fry them in olive oil and have them wait for cooling.

- Make the dough into small lumps and spread it slim.
- Cut the spread dough into round shapes with the brim of the glass.
- Add 1 spoon of filling on the middle of the round dough and put another round dough on top of it.
- After closing the dough, curl its edges
- Fry the patties in oil.
- Dissolve the "broth" with boiling water in another pot. Spread it over the cooking manti with a spoon.
- Prepare stirred garlic yoghurt in the same pot.
- Spread the garlic yoghurt over the manti.
- Boil ground red pepper in olive oil and add that as well. If you like, you can boil butter instead of olive oil.
- The manti is ready. Add dry mint on the top and serve the dish.
- Enjoy!

STINGING NETTLE BOREK



Ingredients

- 2 bunches of stinging nettle
- 100 gr. white cheese
- 100gr. bryndza
- 100gr. curd
- 2+1 eggs (1 egg is for applying on the borek)
- 1 tea glass of olive oil
- 4 dried chili peppers (for those who want the dish to be chili)
- 1 full tablespoon of yoghurt
- 1 kg. phyllo

- Clean and wash the stinging nettle.
- If you don't want the thin thorns of the nettle to sting your hand, you can wear medical gloves.
- Add white cheese, bryndza, curd, eggs and olive oil on the stinging nettle and mix them all together.
- Grill the dried red peppers and add them to your borek mixture (optional).
- Grease the tray.
- Add some of our filling ingredient on the half of the phyllo and close the phyllo in roll form.
- Turn the roll clockwise so that you will have the phyllo in the shape of a flower.
- Crack 1 egg over the yoghurt you lightly watered in another bowl and start beating.
- Brush the beaten egg and the yoghurt mixture on the flower-shaped borek pieces.
- Spread sesame and nigella over the borek.
- Since the wood oven I'm using is pretty high-powered, I covered the tray with foil and put it in the oven. After it was done, I removed the foil and put it back in the oven to make sure that the top parts of the borek was baked.
- Feel free to act upon the power of your oven, but never forget to pre-heat the oven.

Note: The biggest quality of this borek is that there is very little oil on the ingredients and the phyllo. Therefore, you will be preparing a very light borek and will not have any problems with digestion. When you have the stinging nettle borek, what is sarburma good for?

KIRKUNDI PASTA



Ingredients

- 2 glasses of white flour
- Some salt
- 2 eggs
- Half a water glass of milk
- Half a glass of water
- 2 middle-sized potatoes
- Some olive oil

- First, boil 2 middle-sized potatoes and peel them. Mash the potatoes with a fork (like purée).
- After the mashed potatoes are cooled, mix them together with all the ingredients. Since the potatoes absorb the flour, don't forget to add flour to the dough as you knead.
- You will get a stiff dough, just like a mantı dough.
- It is important to knead this dough properly, so prepare it by crushing and adding flour.
- After preparing the dough, make it into little marbles.
- Spread flour over the table, press these marbles with the tips of our fingers and make them into the shapes in the photo.
- After these comes the typical pasta cooking process.
- Boil the water in the pot.
- When the water is boiled, boil the kirkundi pasta you prepared beforehand.
- If you like, you can add garlic yoghurt over the cooked pasta.

I learned this dish from my aunt Emine Çakmak. Since instant pasta was not such a popular thing back then, the folk of Çeşme prepared pasta in different ways. My aunt says that these pastas would be a lot better if they were made with stone ground flour instead of industrially ground flour that we use today. A kirkundi pasta prepared with the flour we obtain today is may turn out a little like a dough.

MIHALIC CHEESE PASTA



Ingredients

- 2 big plates of pasta
- Grated mihalic cheese (250 gr.)
- 1 full tablespoon of butter

- Fill a pot with water and boil the water.
- Add 2 tablespoons of olive oil to the boiling water.
- Add the pasta whenever the water boils.
- After the pasta is boiled, drain it and put it on a plate.
- Put butter on a pan.
- When the butter melts, add the grated mihalic cheese and lightly melt that as well.
- When the cheese melts, add the mihalic cheese on the top of the cooked pasta together with the oil of the cheese.
- Enjoy!

POTATO BOREK



Ingredients

- 1 kg. potato
- 100 gr. curd
- 100 gr. kashar cheese
- 1 egg
- Salt and black pepper (as much as you please)
- Parsley (rule of thumb)

- Make the boiled potatoes into a purée with a fork while it is hot (you can also mash the potatoes with a food processor).
- Add curd, kashar cheese, black pepper, 1 egg, salt and parsley to the purée and knead them all together.
- Roll the mixture in the phyllo in a cylindrical manner.
- Leave the borek for resting in the fridge for 1 day. At the end of this period, the material will be integrated.
- Remove the borek from the fridge after the period of 1 day is complete and slice them in the thickness of 2 fingers (like slicing bread).
- Fry the sliced borek pieces on both sides in hot olive oil.
- The fried slices are ready to serve. I recommend you to consume them while they're hot.
- Enjoy!

TROPITA



Dough Ingredients

- 1 water glass of milk
- 2 glasses of water
- Some fresh yeast
- Some salt and sugar
- 3-4 water glasses of white flour

Additional Ingredients

- Grated mihalic cheese (mihalic cheese is consumed a lot in Çeşme and provinces nearby).

- After kneading the dough, have it rest for half an hour.
- Make the dough into round lumps in size of a palm.
- Spread it like lahmacun.
- Cook it on both sides in hot olive oil.
- Place the cooked dough on the tray.
- Grate "mihalic cheese" over the dough.
- Place the other cooked dough on top and grate mihalic cheese on top of that dough as well.
- If a part of the dough gets puffy, press that part with tongs or a knife so that the dough is fully cooked.
- You can prepare tiropita with 5-10 layers of dough depending on the amount of people that will consume it. Grating mihalic cheese over each dough piece should be enough.

Back in the day, my grandmother used to prepare this dish. It is a dish from Çeşme that was inherited by the Greek. It is especially wonderful with breakfasts. I strongly recommend you to try it with some tea. I saw that they make tiropita like an amulet borek in Chios; but in Çeşme and Alaçati, the dough is spread in round form and the tiropita is served after grating mihalic cheese over the cooked dough. Enjoy!

DESSERTS



ALMOND MILK



Ingredients

- 5 glasses of water (1 lt.)
- 7 tablespoons of granulated sugar
- 5 tablespoons of semolina
- 1 water glass of fresh peeled almond (to be pounded)

- Boil them all together.
- Put it into bowls after it is cooked and starts to shake like a milk pudding.
- Enjoy!

ÇEŞME SHARBAT



Ingredients

- 7 lemons
- 1 orange
- sugar
- water
- some cloves

- 7 lemons
- 1 orange
- Grate all of the peels and extract their juices.
- Scrub and knead the extracted juices and the grated peels together in a pot.
- After properly scrubbing the peels and juices, add 4 tea glasses of granulated sugar in the mixture (check the sugar amount by tasting).
- Scrub these all over again; this time with the sugar.
- Add 1 litre of cold water to the mixture after the scrubbing and mix it.
- After mixing, add 1 more litre of cold water and knead it again.
- Drain the sharbat that contains the peels with a muslin or a strainer.
- Throw in some cloves on the drained sharbat and water it a little.
- After adding the cloves, extract the juices of 2 lemons and add them (without draining).
- The sharbat will be ready after you cool it in the fridge. Enjoy!

Back in the day there was no cola. People who lived in Çeşme (which is really hot) refreshed themselves with this beverage. In this geography that is very suitable for growing lemon, I don't think that too much thinking would be needed for a cold beverage.

MASTIC GUM COOKIES



Ingredients

- 2 water glasses of flour
- 250 gr. ricotta
- 1 tea cup of powdered sugar
- 1 small tea glass of olive oil
- 2 teaspoons of baking powder
- Half a tea glass of verjuice
- 2 eggs
- 2-3 pieces of mastic gum (to be pounded)
- Sesame (on top of the cookies)

- Place the white of 1 egg in the bowl.
- Mix all ingredients other than sesame in a bowl. Knead them by hand.
- After resting the dough for half an hour, make it into lumpy cookies pressed from the top.
- Butter the baking tray and lay the cookies.
- Spread the egg white over the cookies.
- Add sesame on the top of the cookies.
- Properly cook the cookies in the pre-heated oven.
- Enjoy!

Note: If you can't find verjuice, you can squeeze and use half a lemon instead.

MASTIC GUM PUDDING



Ingredients

- 1 kg. milk
- 1.5 water glass of granulated sugar
- Half a packet of margarine
- 2 tea glasses of flour
- 3-4 pieces of mastic gum (to be pounded)

- Melt the butter. Add 2 tea glasses of flour on the melted butter with a strainer and fry them for a while at low heat.
- Add cold milk on top of the fried flour.
- While the milk is boiling, add sugar and the pounded mastic gum. Continue cooking and mix them constantly.
- The pudding will be ready whenever it starts to "shake".
- Turn off the heat. Start beating the pudding for 15• 20 minutes with a mixer (if you're strong, you can beat it by hand as well) until it thickens like a gum.
- When the beating process is done, pour the pudding on a square or rectangle tray.
- After letting the pudding cool down at room temperature, put the tray in the fridge.
- After letting the pudding stay in the fridge for 4 hours, slice it and serve it on plates.
- Don't forget to add cinnamon on top. Enjoy!

Note: This dessert is cooked with a different method at my restaurant Dost Pide. However, you can easily prepare the mastic gum pudding at home with this method.

ÇEŞME SHORTBREAD COOKIES



Ingredients

- 1 kg. thin semolina
- Half a kilo of unsalted butter
- 1 glass of lye
- Unbaked fresh almonds (as much as you please)
- Powdered sugar
- Cinnamon
- Rose water

- Place the semolina in a bowl and open its middle part.
- Add lukewarm melted butter in the semolina. Knead them with the palm of your hand until the semolina absorbs the butter.
- Add 1 glass of lye on the semolina that has been kneaded for about half an hour. After adding the lye, knead the semolina for 10 more minutes and make sure that the semolina gets doughy.
- You can see the consistency of the dough by squeezing it inside your hand and feeling the butter.
- If you want the dough to be accumulated even more properly, you can add 1 full tablespoon of white flour in the dough.
- On the other side, boil and peel the unbaked fresh almonds and blanch them. Crumble the blanched almonds by pounding them. Blend the crumbled almonds with powdered sugar. Take 1 piece from the dough, put almonds inside the dough and shape the cookies like a crescent.

The condition of the dough should not be too thick before filling it with ingredients. Cook the dough in a pre-heated oven until it is dried and separated from the tray and let it cool down. When the cookies cool down, soak them with rose water and spread powdered sugar on top. Add cinnamon (as much as you please) and enjoy!

Note: I learned this recipe from Hayriye Ünsal.

BAKED FIGS



- Get 1 kg. of dried fig (you can get 5 kg too; depends on how much you will consume).
- Split the fig from the middle in two like a mussel.
- Dip the inside of the split fig in sesame.
- Close the fig again.
- Lay these figs in a tray and put them in the oven.
- The dish will be ready whenever the top parts of the figs are fried.

Ingredients

- 1 kg. dried fig
- Sesame (Get 250 gr, you can save the rest for later)

My late father Selim Sırrı Akbaykal used to array the figs inside a closed tin and after a layer was done, he would put baking paper on top and array another layer of figs. Our entire family would enjoy these figs during the winter.



Dishes of Reşat Akbaykal

Çeşme and Alaçatı; two of the unofficial natural wonders of the World. With their beautiful seas, sands, winds, thermal opportunities, vegetation and many different fruits and vegetables, it is no coincidence that the dishes of Çeşme and Alaçatı are also something special.

After long research and implementation, the book "Dishes of Çeşme and Alaçatı" is now being presented by Reşat Albayrak; one of the most familiar faces in Çeşme and Alaçatı and the founder of the famous Çeşme İlica Dost Pide Restaurant. This work will surely fill a big gap.

I believe that with this book, Çeşme and Alaçatı will expand new horizons at households, restaurants and on the fast-growing gourmet culture together with their renowned tourism and summer resort opportunities. I hope you enjoy the dishes presented by our beloved Reşat Akbaykal.

YAŞAR AKSOY
Investigative Journalist