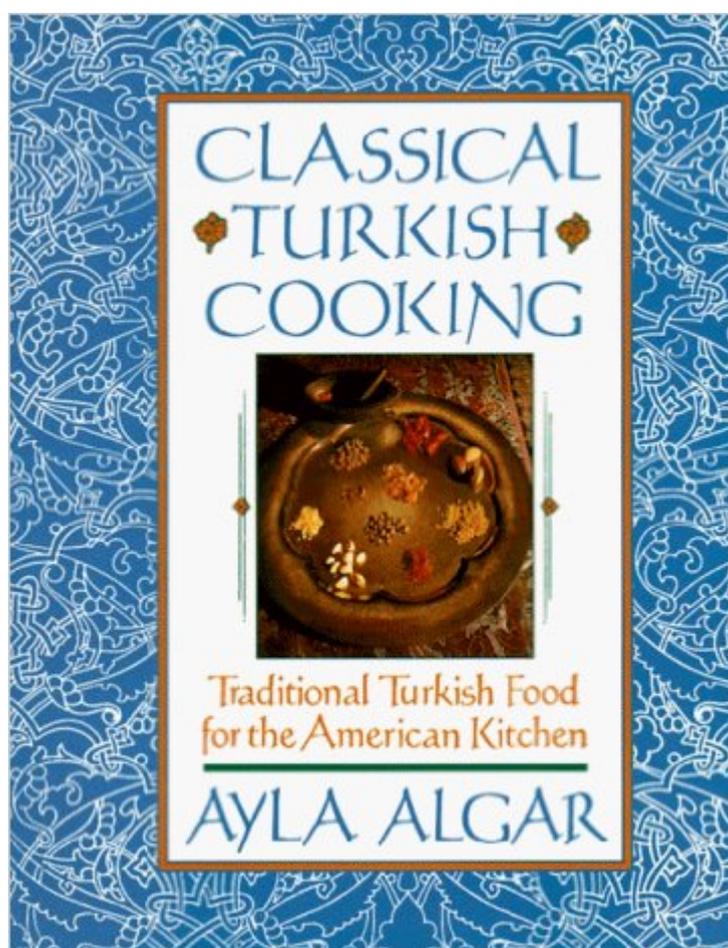


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# Classical Turkish Cooking



## Synopsis

Turkish food ranks high among the world's great cuisines. Its taste and depth place it with French and Chinese; its simplicity and healthfulness rank it number one. Developed by Turkish peasants for whom eating was obviously a great pleasure, Turkish cooking evolved to include the sophisticated "palace" cooking of Istanbul. It remains, however, a simple cuisine based on fragrant Mediterranean ingredients combined in exciting and unexpected ways. Ayla Algar, a Turkish-born lecturer at the University of California, Berkeley, provides American cooks with 175 recipes for this vibrant and tasty food, presented against the rich and fascinating backdrop of Turkish history and culture. Tempting recipes for kebabs, pilafs meze (appetizers), dolmas (those delicious stuffed vegetables or vine leaves), soups, fish, manti and other pasta dishes, lamb, poultry, yogurt, bread, baklava and other traditional sweets are introduced here to American cooks in accessible form, easy for any home cook to make. With its emphasis on grains, vegetables, fruits, olive oil and other healthy foods, Turkish cooking puts a new spin on familiar ingredients and offers culinary adventure coupled with a satisfying and delicious diet.

## Book Information

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## Customer Reviews

'Classical Turkish Cooking' by Ayla Algar is a great exemplar of what a cookbook describing an important national cuisine should be, if there are few or no other books on the subject in English. At the outset, it is important to point out that the author makes an excellent case for the historical fact that Turkish cuisine, based on a long history of cuisine from the Ottoman empire, which inherited much from the equally important Persian / Iranian cuisine, is a truly interesting food culture, distinctive in enough different ways from the general Eastern Mediterranean milieu to make it worthy

of study and emulation. The Turkish / Ottoman cuisine is in every way a confirmation of the thesis stated most firmly by Paula Wolfert in 'Cous Cous and Other Good Food from Morocco' that one of the four requirements for the creation of an important, interesting cuisine is the presence of a sizable nobility and wealthy court in which chefs are well paid to create interesting dishes for the court and for entertaining diplomats to the court. Conspicuous consumption was not invented in the United States. Ms. Algar does us a great service by presenting a very nice thumbnail sketch of the history of the Turkish people who migrated to Asia Minor from central Asia and, on the way, picked up lots of culinary influences from the Iranians in the centuries following the rise of Islam throughout central Asia and the Middle East. Happily, unlike several other historical sketches I have seen recently in books on purportedly important cuisines, Ms. Algar ties her story in with actual culinary information, including linguistic and historical evidence for the origins of many different culinary trends in Turkey. I will not pretend to recount all of this.

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