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# The Turkish Cookbook: Regional Recipes And Stories



## Synopsis

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

## Book Information

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## Customer Reviews

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

consistent.

This is the best cookbook about Turkish cuisine. Recipes are easily understood and the pictures are beautiful. It makes a wonderful Christmas gift for your friends who like ethnic food. This food is delicious and worth trying. I congratulate Ms. Bilgin for writing such a thoughtful and beautiful book. Don't miss it.

This is a beautiful, knowledgeable and useful book on Turkish cooking; it travels well to the US, where we have enjoyed a number of its excellent recipes. highly recommended.

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

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

good recipes easy to follow - would have liked more recipes, some of the things I enjoyed most while in Turkey are not in this book enjoyable reading about each region of the country beautiful pictures

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

many years ago I bought a cookbook in Turkey whilst travelling there...one of my flatmates must

have also enjoyed the book, as she took it when she moved out. I missed it and the memories that it evoked...so had to look at replacing it. Whilst this book is not the same as the one that I loved for many years, it has some fabulous recipes that remind me to reminisce - on the great food, flavours and experiences of my time there.

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