

A COOK'S TOUR

with ROCKET

Flavours of Istanbul

Recipes serve 2 people

Köfte

Organic lamb, preserved lemon, salted yogurt

Turkish street wings

Roasted green peppers, dill, shawarma ketchup

Smoked aubergine

Heirloom aubergine, caramelised garlic, cinnamon

Ezme salad

Vine aged tomatoes, pomegranate molasses, Chilli

Pide

Antalya black fig, wild honey, and zahter herb



Recipes

Köfte (sulphites, milk)

Ingredients

- 250g Lamb Shoulder Mince
- 2 medium onion, finely chopped, cooked until soft and translucent
- 1 garlic clove, crushed and cooked with onions
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tbsp fresh mint
- 1 tbsp fresh coriander
- ½ tsp sea salt
- 1 tsp preserved lemon, deseeded and sliced (garnish)
- 150g salted yogurt, 1 tsp orange blossom, 1 tbsp Honey

Method

1. Preheat the oven to 220oc
2. Mix all the ingredients for the köfte together, using your hands to mix the ingredients together. Keep on kneading for about 5 minutes, until the mixture begins to resemble a sort of paste
3. Roll into balls about the size of a golf ball and flatten them a little bit
4. Sear for 1-2 minutes each side in a frying pan or BBQ on a high heat until caramelised and crisp
5. Arrange on two oven baking trays and bake in the oven for 8-10 minutes, until cooked through
6. Serve hot or room temp with other mezze dishes etc

Turkish Street Wings (gluten, milk)

Ingredients

- 100g rice flour
- 100g strong flour
- 20g corn flour
- 100ml butter milk
- 10 large free-range chicken wings
- 500ml chicken stock
- 2 tbsp Belazu shawarma paste
- 2 sprigs of picked dill
- 4-6 Turkish green peppers, blackened and salted in a frying pan 1-2 Minutes

For the Ketchup:

- 100ml tomato ketchup
- 1 tbsp Belazu shawarma paste
- 1 tbsp honey
- 1 tbsp pomegranate molasses

Method

1. Poached the wings in the stock until tender, 10-25 minutes
2. Mix all the ketchup ingredients together until well combined and set aside until serving
3. Gently coat the wings in the buttermilk, 2 x tbsp shawarma paste then toss with the mixed flours to crumb crimping with your hands to create gnarly clumps, these bits will create extra crunch
4. Fry the wings until golden in preheated vegetable oil @190oc
5. Drain on kitchen towel and serve with peppers, ketchup, and dill.

Smoked Aubergine

Ingredients

- 2 large aubergines/ heirloom
- 1 tbsp lemon juice
- 60ml olive oil
- 400g diced, de-seeded ripe beautiful tomatoes
- 1 cinnamon stick
- Salt to taste
- 1 tsp dark sugar
- 4 cloves garlic, grated
- ½ tsp ground sumac
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tbsp coriander leaves
- 1 tbsp fresh parsley

Method

1. Preheat oven to 230oc
2. Prick the aubergines and bake until soft and slightly collapsed, 30-40minutes
3. When cool enough, peel and scrape out the inside and finely chop by hand dispose of any juices
4. Heat the olive oil and cook the spices, tomato, garlic, sugar until soft and fragrant 10-15 minutes
5. Fold through the lemon juice, herbs, and aubergine, serve hot or at room temperature.

Ezme Salad

Ingredients

- 300g ripe vine aged tomatoes, diced
- 2 banana shallots, finely diced
- 1 medium red onion, finely diced
- ½ tsp ground black pepper
- 1 tsp sea salt
- 5 tbsp extra virgin olive oil
- 1 hot red chilli, de-seeded, diced
- 2 tbsp red wine vinegar
- 2 tsp sumac
- 2 tsp pomegranate molasses
- 5 tbsp parsley, chopped
- 1 green + 1 red pepper, deseeded, finely chopped

Method

1. Place all Ingredients in a bowl and mix well until well combined, leave for 1-24 hours in the refrigerator to allow the flavours to com together. The longer the better!

Pide (milk, gluten)

Ingredients

- 450g strong flour
- 1 tbsp dried yeast
- 1 tbsp honey (dough)
- 100ml lukewarm water
- 100ml lukewarm milk
- 10ml olive oil, extra to drizzle
- 1 tsp smoke paprika

Topping:

- 300g salt cured cheese like feta/salata/goats
- Wild honey to taste
- 2-4 black Turkish figs
- Belazu wild zahter herb to taste

Method

1. Combine flour, yeast, wild honey, and salt then add the oil, milk and warm water

2. Use your hands to combine the dough and knead the mixture for five minutes to activate the gluten
3. When you have a soft shine dough cover the bowl and place the bowl in a warm place
4. After an hour, the dough should be ready for use. It should have risen a third to double
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If not place it in a warmer environment and leave it a little longer
5. Preheat oven to 220oc, prepare two large baking sheets with baking paper, divide the dough into about 8 equal balls, freeze 4 for another time, roll each of the balls out into a thin oval shape, place each of the 4-dough basis on the baking tray
6. Pull the Figs apart and divide over the dough bases leaving a 1 1/2 cm border around the outside. Fold the border over the filling and pinch the top and bottom ends together
7. Repeat the same steps until all the dough has the Pide filling. Brush each Pide with the olive oil
8. Bake the Pide for about 8-16 minute or until golden. Finish with lashings of honey and zahter,
9. Cut/tear and enjoy!