

## KUSADASI LOCAL CUISINE

Kusadasi Cuisine, which is the authentic dishes of Turkish cuisine, is a cuisine that is applied to every aspect. However, with a wealth of history from a unique regional dishes in the kitchen abundance in implementation. Kusadasi local cuisine means a place where nomadic cuisine examples blended with Cretan cuisine dishes in order to create a new one after the migration waves from 1830 to 1924. Despite the fact that Aydın province has traditional meat dishes and pastry Nomad food but the immigrants especially from Thessaloniki, Peloponnese peninsula and Crete settlements brought their , salad and olive oiled vegetable dishes to Kusadasi as the nice synthesis of local Kusadasi cuisine beginning of the first half of 19<sup>th</sup> century so we can say that Kusadasi is a beautiful kitchen represented on the eastern as well as the western regions. Kusadasi cuisine has a lot of examples of dishes therefore we have to choose some best examples which are still being practiced and cooked commonly in daily life.

## RECIPES

Recipes are the reflections of a culinary culture. Ingredients, preparations and cooking methods are the most important essences that makes a culinary culture unique, and different from others. Turkish culinary culture is a very wide and extensive cuisine. The vast geography that the Turks have lived on, ever since their journey from Central Asia to Anatolia, exposed them to many different ingredients, and their desire to integrate these ingredients into their existing cuisine have enabled Turks to develop a very rich culinary culture. Especially the need to make use of the surplus ingredients have caused them to come up with different preservation methods therefore different ingredients such as pickles, dried vegetables, jam, certain sweetmeats etc. The common knowledge shows us that the cuisines of the world all have revolved around a common theme, whereas in Turkish culinary culture there are many themes. Using many varied vegetables, meats, legumes, grains and different cooking methods, Turkish cuisine stands in a league of its own. Today's modern day Turkey is divided into seven regions, all with different soil structure and climate, therefore yielding different products. Based on this fact, each region has developed its own culinary culture. In addition to this, Selcuk cuisine, Ottoman cuisine and all the other ethnic cuisines have all come together to create a repertoire of many countless recipes.<sup>1</sup> Due to the lack of space we give an example of each section. You can find a big opportunity to taste all kinds of Turkish dishes while you stay in Kusadasi town.

## STARTERS-SOUPS

### Tomato Soup with Orzo

#### Ingredients

10 cups Chicken stock or vegetable stock

½ cup Orzo

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<sup>1</sup> <http://www.turkish-cuisine.org/recipes-5/recipes-216.html>

2 Tomatoes, peeled, grated  
1 tbsp Tomato paste (optional)  
3 tbsp. Olive oil  
¼ bunch Parsley leaves, finely chopped  
2 tsp. Salt

### **Instructions**

Boil the chicken or vegetable stock in a pot. In a small pan sauté the grated tomato with olive oil, add the tomato paste if you are using and continue sautéing for another 5-6 minutes. Then add this to the boiled stock along with orzo and salt. Cook until the orzo has softened. Serve with chopped parsley.<sup>2</sup>

## **APETISERS AND SALADS**

### **Black-eyed Pea Salad**

#### **Ingredients**

2 cups Black-eyed peas (cowpeas), boiled  
6-7 cloves Garlic, minced  
1 Lemon, juiced  
1 tsp. Salt  
¼ cup Olive oil  
2 tbsp. Pomegranate sour  
¼ bunch, Parsley leaves, finely chopped  
4 Roasted Capsicum peppers (red bell peppers)

#### **Instructions**

To prepare the dressing, combine garlic, lemon juice, pomegranate sour, salt and olive oil in a large bowl and whisk. Add the boiled peas, parsley and capsicum peppers, and mix well. Leave in the fridge for about 1-2 hours for the flavors to combine. Serve cold.<sup>3</sup>

## **VEGETABLE DISHES**

### **Marinated Artichokes**

#### **Ingredients**

4 Artichokes, trimmed  
1 Potato, cut into large dice  
1 Carrot, cut into large dice  
1 Yellow onion  
2 tbsp. Butter  
½ cup Vegetable stock or water

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<sup>2</sup> <http://www.turkish-cuisine.org/recipes-5/soups>

<sup>3</sup> <http://www.turkish-cuisine.org/recipes-5/appetizers-and-salads>

### **For the slurry**

1 tbsp. Flour

½ cup Yoghurt

### **Instructions**

Sauté the onions in butter, until softened. Then add carrots and potatoes one after the other. Place the artichokes stem side up, add vegetables stock and salt, continue cooking. When the artichokes are softened, whisk the flour and yoghurt with a ladleful of the cooking liquid. Then add this mixture into the pot and cook for another 5 minutes then serve.<sup>4</sup>

## **OLIVE OIL DISHES**

### **Stuffed Celeriac Cooked in Olive Oil**

#### **Ingredients**

4 Celeriac, peeled, cut in half

2 Yellow onions, finely diced

1 Carrot, cut into medium dice

1 Potato, cut into medium dice

¼ cup Olive oil

½ cup Water

1 tsp. Sugar

1tsp. Salt

1 bunch Dill, finely chopped

1 Lemon, juiced

#### **Instructions**

Make an indentation at the center of the celeriac halves, and keep in a large bowl filled with water with lemon juice. Sauté the onions, in half of the olive oil. Add the carrots and continue sautéing for 5 minutes then add the potatoes. Add the salt and sugar, cook for 5 more minutes then take off the heat. Transfer the cooked vegetables in a bowl. Strain the celeriac and place inside the pot, divide the vegetables evenly among the celeriac halves and fill the indentations in the middle. Add water and rest of the olive oil and cook over low heat until the celeriac is softened, approximately about 30-35 minutes. Take off the heat, let cool completely. Serve cold.<sup>5</sup>

## **RICE AND PASTA DISHES**

### **Rice Pilaf with Chickpeas**

#### **Ingredients**

2 cups White rice

3 cups Beef or chicken stock, boiled

2 tbsp Butter

2 tsp. Salt

½ cup Chickpeas

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<sup>4</sup> <http://www.turkish-cuisine.org/recipes-5/vegetable-dishes>

<sup>5</sup> <http://www.turkish-cuisine.org/recipes-5/olive-oil-dishes>

### **Instructions**

Soak the chickpeas overnight. The next morning, boil the beans with a fresh batch of water until softened, about 30 minutes. Soak the rice in warm water with ½ tsp. of salt for 30 minutes. Wash the rice until the water runs clear. In a pot, melt the butter and start sautéing the rice until they become translucent. Add the stock, salt and boiled chickpeas. Cover the lid and cook for about 20-25 minutes until dimples form on top of the rice. Place a paper towel between the pan and the lid and turn down the flame really low. Cook for another 5-6 minutes. Turn off the heat, and let it rest for 20 minutes before service.<sup>6</sup>

## **DESSERTS**

### **Pumpkin Dessert**

#### **Ingredients**

44 oz. Pumpkin, peeled and cut into large pieces  
2 cups Sugar  
3 each Cloves  
as needed Water

#### **Instructions**

Cut the pumpkin into large cubes and place in a pot with the sugar and cloves. Let it sit overnight. The next day, add enough water to cover the pumpkins. Cook over low heat until the pumpkin is softened.<sup>7</sup>

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<sup>6</sup> <http://www.turkish-cuisine.org/recipes-5/rice-and-pasta-dishes>

<sup>7</sup> <http://www.turkish-cuisine.org/recipes-5/desserts>