# Signature dishes of Antakya

Quick full meal to brighten your day

## 1 Kağıt kebabı - not your usual döner

500 g ground meat: 60% ground beef, 40% ground lamb, medium fatty
1 bunch of parsley
½ a bunch of mint
1-2 Kapia pepper
5 cloves of garlic
salt, black pepper
green pepper and tomato to decorate

## 2 Sarmaiçi or Kısır - spicey bulgur salad full of flavour

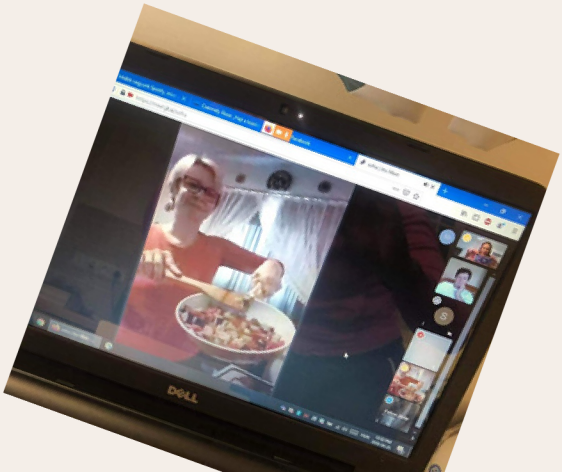
360 ml bulgur, finely ground (dark variety (esmer köftelik bulgur) is recommended but not essential)
3 tblsp pepper paste
4 tblsp pomegranate molasses
2-3 bunch of spring onion (the younger the green part, the better)
1 big bunch of parsley
1 small bunch of fresh mint
240 ml extra virgin olive oil
1 lemon
Romain lettuce leaves for serving

Antakya means bold and full flavours, ripe vegetables, pomegranates, olive oil. At the crossroads of civilisations, its cuisine also combines and builds on the culinary achievements of its past.

# Cook with Kriszta @ Anatolian Sofra

**6 pm ET/ 5 pm UK, 20 May 2023**

**We meet on Zoom. The link is mailed to you.**



# NOTES

**The Ayran**

is a must-have drink with so many dishes. We are going to prepare it ourselves. Just have **200 ml of yoghurt** (preferably with live culture) at hand.

**Pomegranate molasses**

are much loved and used widely especially in the Southern regions of Turkey. Poms have important nutients, so they are tasty AND good for you.
If you don't have molasses, you can replace it by lemon juice or concentrate some pom juice in a pan.

**Fine bulgur**

This dish calls for finely ground bulgur. You can actually grind coarse (rice-like) bulgur, or just use the coarse ones.
Bulgur can be replaced by quinoa.