

Turkish cooking for extra restaurant revenue!

Meze Platter: Offer a selection of small dishes like hummus, baba ghanoush, stuffed grape leaves (dolma), and a yogurt dip (cacık). This encourages sharing and sampling.

Pide: A Turkish flatbread pizza topped with various ingredients like minced meat, vegetables, and cheese. It's simple to make and customizable.

Köfte: Turkish meatballs made from ground meat mixed with herbs and spices. They can be served with a side of yogurt sauce for dipping.

What are the trends for Turkish food in uk

Here's a detailed guide for preparing Pide, Köfte, and a Turkish Meze Platter.

1. Pide (Turkish Flatbread Pizza)

Ingredients

For the Dough:

500g all-purpose flour

10g instant yeast

1 tsp salt

1 tsp sugar

300ml warm water

2 tbsp olive oil

For the Filling (choose one or combine):

Meat Filling:

300g ground lamb or beef

1 onion (finely chopped)

1 bell pepper (finely chopped)

1 tsp cumin

Salt and pepper

Vegetable Filling:

200g spinach or mixed greens (sautéed)

100g feta cheese (crumbled)

1 egg (for topping)

Preparation and Cooking Instructions

Make the Dough:

In a bowl, mix warm water, sugar, and yeast. Let it sit for 5 minutes.

In a large bowl, combine flour and salt. Add the yeast mixture and olive oil. Knead until smooth (about 10 minutes).

Cover with a cloth and let it rise for about 1 hour, or until doubled in size.

Prepare the Filling:

For the meat filling, cook the onion and bell pepper in a pan until soft, then add the ground meat and spices. Cook until browned.

For the vegetable filling, sauté the greens until wilted, then mix with feta.

Assemble the Pide:

Preheat the oven to 220°C (430°F).

Divide the dough into equal pieces (about 4). Roll out each piece into an oval shape.

Place the filling in the center, leaving the edges free. Fold the edges over to form a boat shape.

If using the egg, brush it on the exposed edges for a golden finish.

Bake for 15-20 minutes until the crust is golden.

2. Köfte (Turkish Meatballs)

Ingredients

500g ground beef or lamb

1 onion (grated)

2 cloves garlic (minced)

1 cup breadcrumbs

1 egg

1 tsp cumin

1 tsp paprika

Salt and pepper

Fresh parsley (chopped, optional)

Preparation and Cooking Instructions

Prepare the Mixture:

In a large bowl, combine the ground meat, grated onion, garlic, breadcrumbs, egg, spices, salt, and pepper. Mix well until fully combined.

Shape the Köfte:

Wet your hands and shape the mixture into small balls or patties.

Cook the Köfte:

Preheat a grill or pan over medium-high heat.

Cook the köfte for about 6-8 minutes on each side, until browned and cooked through. Serve with a side of yogurt or salad.

3. Turkish Meze Platter

Ingredients (Choose a variety)

Dips:

Hummus

Baba ghanoush

Cacik (yogurt with cucumber and mint)

Stuffed Grape Leaves (Dolma):

Store-bought or homemade (rice, herbs, and spices wrapped in grape leaves).

Vegetables:

Sliced cucumbers

Cherry tomatoes

Roasted red peppers

Cheese:

Feta cheese or a Turkish white cheese.

Olives:

A mix of green and black olives.

Pide or Flatbread:

For dipping.

Preparation Instructions

Prepare the Dips:

For Hummus: Blend 1 can chickpeas, 2 tbsp tahini, 2 cloves garlic, juice of 1 lemon, and olive oil until smooth.

For Baba Ghanoush: Roast an eggplant, scoop out the flesh, and blend with tahini, garlic, lemon juice, and olive oil.

For Cacık: Mix yogurt with diced cucumber, minced garlic, and dried mint.

Arrange the Platter:

On a large serving platter, arrange small bowls of the dips, stuffed grape leaves, sliced vegetables, olives, and cheese. Add the pide or flatbread on the side.

Serving

Serve the pide hot, the köfte warm, and the meze platter at room temperature. These dishes are perfect for sharing and enjoying with family and friends