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**THE PROJECT “VIRTUAL MARITZA – MERICH CUISINE”  
NO CB005.1.23.017 AND DATED PD-02-29-61/20.03.2017  
FUNDED BY INTERREG – IPA 2014 – 2020 BULGARIA -  
TURKEY BORDER COOPERATION PROGRAMME**

**TRADITIONAL RECIPES OF MERICH REGION**

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### CHAPTER 1

#### INTRODUCTION

This study titled as "Traditional Recipes of Edirne, Meriç Region" is implemented and financed within the framework of the Project **"Virtual Maritza – Merich Cuisine"** which is funded through Interreg-IPA Cross-Border Cooperation Bulgaria – Turkey Programme, numbered CB005.1.23.017 and with the subsidy number and date ПД-02-29-61/20.03.2017.

The aim of the Project titled as **"Virtual Maritza – Merich Cuisine"** is to contribute the consolidation of the sustainable tourism for cross-border cooperation between Bulgaria and Turkey. In addition to many tourism types, it is a chance for improving the cuisine tourism mutually. can also improve the chance of reciprocalization in the region. The project envisages the co-production in the traditional cuisine in Haskovo and Meriç regions and the cooperation and working on the organization of various cross-border promotional activities.

Along with the first appearance of mankind, basic needs have shifted to nutrition, sheltering and dressing needs within the framework of scale. Nutrition is primarily aimed only at abdominal saturation, but in the following periods, with the development of the human being, eating and drinking has become a culture and cooking has become an art. In fact, in the 4th century B.C, the ancient Greek poet Archestratos added the poetry of gastronomy to the literature for the first time.

Undoubtedly, wars, migrations, industrialization, the development of trade, the expansion of logistical facilities naturally changed culture first and then food culture and varieties, cooking habits, too.

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The food culture and traditional recipes are evaluated in the direction of traditional tastes within the frame of the survey, questionnaires, interviews and researches conducted within the scope of the project, Meric district and villages of Edirne.

In other words, bringing back the forgotten or about to be forgotten tastes, and re-incorporating them into the culture of the meal with the project. In recent years, there are an increasingly number of researches, investigations, papers and books about this issue both in the scope of EU projects and regional studies. The books "Trakya Culinary Culture and Foods" and "What can you add it, Dear?" prepared by Ali Cakır, Pinarhisar Vocational School Instructor, were also used in comparing the names and descriptions of the names obtained from the individual interviews with local cooks and other people from the region.

Today, the growth of networking channels, the ability to move between destinations has increased and tourism activities have increased accordingly. Now, only traditional tourism activities and service diversity have not come to the fore as an attraction, and countries have begun to compete in attracting tourists with new tourism areas. In recent years, a kind of tourism literature has been added called "Gastronomy" and / or "Cuisine Tourism" and has quickly become one of the important attraction elements. As a matter of fact, the main attraction of the cities to get more share from the tourism cake is food and drink facilities and gastronomic tourism classified under this category. Because destination management uses food and drink, in other words gastronomy, to differentiate themselves. Gastronomy Tourism has a broad consensus that the main emphasis is on local dishes made from local products.

In the preparatory and implementation stages of the research, support was given to the project culturally and regionally, as well as from the persons and entities who were competent with projects. For this purpose, one on one interview were held with muhktars of villages in Meric Governor, Meric Region, owners of local food establishments in Meric Region. One on one interviews were made on the cuisine culture of the region, and Meric cuisine was studied in locally and traditionally. The planning and implementation studies of the study were carried out in 4 stages:

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First Stage: The design of the research. Preparation of research program, determination of research subject, purpose and tasks. In this phase, appropriate methods and criteria are determined and the methodology appropriate to the objectives and tasks of the research is studied. The elaboration of the tools and organizational plan to be used in the research has also been included in the first phase.

Second Stage: Making individual interviews for the study

Third Stage: Comparing and analyzing the findings with literature related to this field

Fourth Stage: Preparation of the findings and evaluation content and presentation of the recipes.

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## **1. DESIGN OF RESEARCH**

### **1.1. Subject of the Research**

The subject of this research is the collection of data on information and subject related to traditional regional culinary culture and traditional dishes in Meriç and its territory, and the obtained information is recorded and the database is created by the recipes of the cuisine of the settlement places in the region.

### **1.1. Purpose and Duties of the Region**

The main objectives of the research are as follows:

Investigation of traditional regional culinary culture and traditional dishes belonging to the region

Revitalization and promotion of traditional recipes

Studying with Gastronomy tourism in the region

The main tasks of the research are:

Reconsideration of regional traditional recipes and to test whether recipes are compatible with the work done in this regard

Cooking techniques of at least 30 most popular foods in the region, inclusion of measurements in the literature



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## **1.1. Scope of the Research**

The research is limited to Meric region, and at the same time the study includes traditional food and traditional regional food culture and traditional food products in Trakya and especially Meriç region.

## **1.2. Model of the Research**

One on one interview technique is used in the study and the study was structured in the form of negotiation and listening to the recipes.

### **1.2.1. Main Idea**

The main idea of the research is to add food culture to the cultural similarities between the Haskovo and Meric regions within the scope of the project, bringing both destinations closer together, revealing common tastes and traditional flavors and providing an infrastructure for Gastronomy Tourism.

### **1.2.2. Concepts**

Traditional cuisine - it is a relative concept of a people's traditional food. It is the name of the basic components of food and materials in the life of a people.

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It combines tourism packages considered as alternative tourism and alternative tourism services in terms of presentation, implementation and use of human resources seen as alternative tourism according to general tourism product.

Cuisine tourism has developed in recent years as a type of tourism that focuses on a kind of gourmet philosophy and flavor.

Traditional culinary tourism - An example of an alternative tourism type. It is the product of the culinary culture that emerges from the flora and fauna of the region, from its cultural and historical heritage, immigration, social structure.

Historical cultural heritage. The emerging new culture emerging as a subcomponent in wars and regions of migration.

Spiritual cultural heritage. According to UNESCO's spiritual cultural heritage conventions, "spiritual cultural heritage" emerges especially in the following areas: verbal traditions and forms of oral expression, as well as language, visual and performing arts as a carrier of spiritual cultural heritage; social customs and customs; religious ceremonies and celebrations; knowledge and customs related to nature and universe; knowledge and skills about traditional handicrafts.

Protection of cultural heritage. Over time, both globalization and the changes observed in urban life can be expressed as an effort to stop the cultural erosion that is under intense pressure by visual, written and virtual media and economic understandings.

### **1.3. Tools**

By means of interview technique, the information obtained from the people living in the region was compiled in a scientific way and work was carried out.

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## **1.4. Sampling Method**

The interviews were held in a live interview with the people living in the region randomly. As a result of the lack of the population of the region, live interviews were held at the level that includes the main mass.

### **1.1. Organisation Plan of the Research**

The questionnaire was conducted in parallel with the questionnaire conducted on local food establishments in the region. In this framework, a number of visits to the region were carried out in July-August 2017, and as the region was mainly agricultural areas, the time of the questionnaires was during the agriculture in this region, it makes so difficult to work. However, this problem has been eliminated by increasing the frequency of visits.

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## **CHAPTER 2**

### **TRADITIONAL RECIPES OF MERIC REGION**

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## **2.1. Appetizers and Salads**

### **2.1.1. Mamzana**

#### **Necessary materials;**

- 6 eggplants
- 3 tomatoes
- 4-5 green pepper
- 1 bunch of parsley
- 3-4 cloves garlic
- 2 spoon olive oil
- 1 tea spoon red pepper
- Vinegar of grapes
- Salt

Preparation: Eggplants and peppers are grilled on the embers or in the oven. The eggplants skin is peeled and chopped as thinly as possible. The peppers are peeled and chopped together with tomatoes and parsley. Garlic is then grated and mixed with olive oil.

Key point: It is recommended that the seeds of the tomatoes be removed and the mixture not to be mixed too much. The use of only the leaves will make the grilled eggplant taste better.

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### **2.1.2. Oily Pepper Pickles**

#### **Necessary materials;**

- 1 kg green pepper
- Half glass of vinegar of grapes
- Half glass of sunflower oil
- 1 spoon salt
- 1 spoonful of sugar
- 6-7 cloves of garlic
- 1 bunch of parsley

Preparation: Green peppers are left in the water for 1 minute and put in a pickle jar. Put the parsley separated from its stalks and the garlic split half. It is covered with sunflower oil, vinegar salt and granulated sugar on it. The pickle jar is turned for sugar and salt to melt in it. It is stored in a cool, sun-free place with turning for once every day at least 10 days. Then it is ready to service.

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### **2.1.3. Haricot Bean Salat**

**Necessary materials;**

- 2 cups of boiled dried beans
- 1 medium onion
- 1 tomato
- Parsley
- Olive oil
- Salt, black pepper
- Lemon juice or vinegar of grapes
- Boiled eggs on request

Preparation: Cut the dried onion into thin. The parsley is minced. The tomatoes are cut into cubes and taken in a deep bowl. Then boiled dry beans are added and mixed with olive oil, lemon juice or vinegar of grapes, salt and pepper. Optionally place on boiled eggs and be ready to serve.

Key point; it will ensure that the bitterness of the onions is gone with a small amount of salt after rubbing the onions.

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#### **2.1.4. The Heating of Cheese Made of Skim Milk**

**Necessary materials;**

- 500 gr cheese made of skim milk
- 2 spoons butter
- 1,5 cups of warm water
- 1 spoon sweet chili pepper
- 1 spoon bittersweet pepper
- Salt

Preparation: The butter is melted in a large pan. Add the pepper and fry it. cheese made of skim milk is added and mixed as much as the melt. Add warm water and boil for a few minutes and add salt to make it ready to service.



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### **2.1.5. Bitter Sauce**

#### **Necessary materials;**

- 2 kilos of tomato
- 1 garlic
- 500 gr. red pepper
- Half a glass of water with olive oil
- Salt, black pepper, cumin

Preparation: The tomatoes are grated. The garlic is chopped or grated. Peppers are chopped. Tomatoes, garlic and peppers are boiled in medium heat by taking a deep pan. After that, it is passed through the strainer and left to boil for 15-20 minutes again with olive oil. When the water comes out, spices and salt are added to the jars and ready to service.

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### **2.1.6. Fickleness Pickle**

**Necessary materials;**

- 2 kg small size fickleness
- 15-20 pieces of chickpeas
- 10 cloves of garlic
- 1 bunch of dill
- 3 liters of warm water
- 2 cups of vinegar of grapes
- 6 spoons rock salt
- 2 spoons of granulated sugar

Preparation: the fickleness is cut off from two ends too deep and holes and are bored holes in 2-3 places. Vinegar, salt and sugar are added into 3 liters of warm water and mixed and left to rest for cooling. Place the fickleness, garlic, chickpeas, and dills in the pickle bins. Add the prepared pickled water and close the lid tightly. After 20-25 days in a cool place, it is ready to service.

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### **2.1.7. Pepper with Vinegar**

**Necessary materials;**

- 1 kg green pepper
- 1 garlic
- 1 cup of vinegar of grapes
- 1 spoon sunflower oil
- Salt

Preparation: The peppers are grilled on the embers. Peel the shells. The garlic is finely chopped. Place the roasted pepper, garlic, salt, vinegar and sunflower in a deep bowl and mix gently. After 2 hours of rest, it is ready to services.

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### **2.1.8. Cheese Made of Skim Milk**

#### **Necessary materials;**

- 1 kg milk
- Salt

Preparation: Milk is cooked and 1 spoon lemon is put into it for souring. After the milk is soured it is continued to be mixed by mixing. After the cheese particles are completely settled down, they are taken and put into a cheesecloth. The cheesecloth is expected to be filtered for at least 3 hours after hanging at an appropriate location. Then salt is added to the fridge and it is ready to service.

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### **2.1.9. Farm Cheese**

#### **Necessary materials;**

- 5 lt milk
- 2 spoons vinegar of grapes
- 1 spoon salt

Preparation: The milk is heated until it starts to boil. Then add the vinegar and continue stirring until it becomes cool. After the milk becomes cool, it is strained and then put into the a bowl. It is mixed with salt and rested in cold place. After having been rested for at least 1.5 months, it is ready to service.

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### **2.1.10. Dried Tomato**

#### **Necessary materials;**

- 5 kg tomato
- Rock salt
- Sunflower oil
- Yogurt (optional)

Preparation: In the summer months, tomatoes are bought the fleshy portion and cut in half and laid on a cover. A pinch of rock salt is sprinkled on their tops. (This salting will keep the tomatoes protected from insects and make them more delicious.) Tomatoes that are dried for about 7-10 days under the sun, then stringed in the air. When it is desired to prepare as an appetizer, it is softened in hot water for about 1 hour. It is roasted with sunflower oil and optionally served with yogurt after cooling.

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### **2.1.11. Dried Pepper**

**Necessary materials;**

- 5 kg green pepper
- Yoghurt

Preparation: In summer, green peppers are stringed and dried in the sun. When it is desired to serve as an appetizer, the peppers which are well dried are heated on the cooker very lightly and finely chopped and served with yogurt.

Dried pepper is fried by the hot and abundant oil which is used for fried liver, and then served with fried liver.

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### **2.1.12. Pepper with Cheese Made of Skim Milk.**

#### **Necessary materials;**

- 1 kg of green and charleston pepper
- 500 gr. cheese made of skim milk
- 1 spoon sunflower oil
- Salt

Preparation: Peppers are chopped. Sunflower oil is roasted until it softens. Afterwards, cheese made of skim milk and salt are added and cooked as much as sour cream. It is served after cold water.



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### **2.1.13. Hot Spicy Tomato Dip**

**Necessary materials;**

- Half a kilo of tomato
- 3 green peppers
- 3 cloves garlic
- Half a bunch of parsley
- 1 spoon chili pepper
- 1 lemon juice
- 4 spoon olive oil
- 1 spoon of pomegranate sour
- Salt, red pepper flakes, cumin

Preparation: After the seeds of the peppers have been removed, they are chopped very finely. Once the shells of the tomatoes are peeled and the nuclei are removed, they are chopped finely. The leaf parts of the parsley are finely chopped. Add tomato, pepper, parsley and grated garlic in a large bowl with a mixture of peppercorn, lemon juice, olive oil and pomegranate juice. The mixture is ready to be served after being rested for 30 minutes on ice.

In the Meriç region, especially served in the restaurant, the bitter crunch is a type of appetizer that is heavily demanded.

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#### **2.1.14. Albanian Style Fried Diced Liver**

**Necessary materials;**

- 500 gr. liver
- 1 cup of sunflower oil
- 2 spoons of powdered red pepper
- 2 potatoes
- 2 glasses of sunflower oil (to fry potatoes)
- 1 cup of flour
- 1 spoon of soda
- 1 piece of onion
- Tomato parsley tomorrow
- Salt

Preparation: The skin is cut into on the liver and cut into small pieces. It is mixed with salt and is kept on skimmer for filtration of blood. Then, they are mixed with flour and soda mixture and fried in hot oil. Potatoes in the shape of a cube are added to the cooked liver by dipping powdered red pepper. It is ready to serve with onion.

Key point; After mixing the liver with salt, waiting in the refrigerator overnight will make the liver taste better.

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### **2.1.15. Tomato Salad with Medicine**

#### **Necessary materials;**

- For tomatoe with medicine;
- 5 kg tomato
- 5 gr tomato medicine (salicylic acid)
- Half spoon salt
- Sunflower oil
  
- For salad;
- Medicinal tomato sauce
- 1 medium size onion
- Half a bunch of parsley
- 1 pointed pepper
- 1 piece of leek (optional)

Preparation: Chop the tomatoes and mix with tomato medicine, salt and put in glass jars. Add little sunflower oil on it and it is consrved in a cool place. In this way, medicinal tomato conserve are prepared which can be used during the winter.

The onions are chopped and rubbed with salt. Parsley and pepper are chopped finely. Depending on the wish, the white part of the leek is chopped finely. All these ingredients are mixed with a tomato sauce in a deep bowl and it is ready to service.

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### **2.1.16. Pickled Beans**

**Necessary materials;**

- 1 kg fresh beans
- 5 cups of water
- 5 cloves garlic
- 1 cup of vinegar of grapes
- 2 spoons rock salt

Preparation: Take the strings on the edge of the beans and split it in half. Boil for 15-20 minutes in boiling water. Rock salt and vinegar are added to the boiling water and mixed and left to cool. Put garlic and beans together in the jars. Put the prepared mixture of water and the pan lid is tightly closed. In a cool place that does not see the sun, it is ready to service for 20-25 days.

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## **2.2. Soups**

### **2.2.1. Wedding Soup**

#### **Necessary materials;**

- 500 gr. lamb
- 6 cups of water
- 2 spoons flour
- Half a glass yogurt
- 1 egg yolk
- Half lemon juice
- Butter
- Salt
- Powdered pepper

Preparation: Lamb chops are boiled on low heat. The boiled lamb is separated from the bones of the neck and is pickled. When the lamb begins to boil by adding boiled water to the meat, it is cooked with a mixture of flour, yogurt, egg yolk and lemon and is cooked from the cooker. When served, the pepper is roasted with butter.

Lamb can be used instead of mince, in this stage finishing process is done by roasting.

Key point; it is very important that the mixture is slowly added to the soup while the finishing process is being carried out.

*This project is financed by 2014-2020 INTERREG-IPA Bulgaria-Turkey Cross-Border Cooperation Programme through European Union.*

### **2.2.2. Cut Soup**

#### **Necessary materials;**

- For soup;
- 1 medium onion
- 4 tablespoons sunflower oil
- Salt
- Red powdered pepper
- For the dough;
- 1 egg
- Half a spoon of water
- 1 tspoon sunflower oil
- Flour
- Salt

Preparation: Onion is roasted in sunflower oil after a little bit. Water and salt are added to it and it is left to boil. In the boiling water, the dough prepared with eggs, water, salt and flour and cut in the shape of matches is added. It is served when cooked.

Key point; it is recommended to dry the cut soup to be cut with the knife while preparing the dough.

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### **2.2.3. Labada Soup**

#### **Necessary materials;**

- 1 bunch of labada
- 1 medium onion
- 1 cup bulgur
- 2 tablespoons tomato slices
- 1 egg yolk
- Half lemon juice
- Flour
- 1 spoon yogurt
- Salt, black pepper

Preparation: Onion is chopped finely and add salt and roast in sunflower oil. Inside the finely chopped labada and tomato sauce, add the black pepper and continue to roast. Water is then added to boil. When it starts to boil, add bulgur and continue boiling until the bulgur is swell. Flour, salt, eggs, yoghurt and lemon juice are prepared and served.

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#### **2.2.4. Marbled-Shaped Çorbasi**

**Necessary materials;**

- 150 gr. mince
- Half glass of brass
- Flour
- 1 egg yolk
- Half lemon juice
- 1 spoon yogurt
- Salt
- Cumin
- Black pepper
- Butter
- Mint

Preparation: minced meat, rice, salt are kneaded into marble-shaped squares. The mugs are laid out in pans with flour. Meat balls are put in the boiling water slowly. When the meat balls are cooked, they are seasoned with flour, yoghurt, lemon juice or egg whites. Then salt and pepper are added and then it is cooked. The melted butter is served over the soup.



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### **2.2.5. Leek Soup**

#### **Necessary materials;**

- 1 bunch of leeks
- 1 spoon rice
- 1 small onion
- Flour
- 1 egg yolk
- Half a cup of yogurt
- 1 spoon butter
- 2 spoons sunflower oil
- Dry mint
- 5-6 cup hot water
- Half lemon juice
- Salt

Preparation: The onions are chopped and roasted. The leeks are chopped and added and roasting is continued. Water is then added to the boil. When it is started to boil, rice and salt are added. After the rice is cooked, it is cooked with flour, yogurt, egg yolk and lemon juice. It is served with butter and mint.

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### **2.2.6. Fresh Broad Bean Soup**

**Necessary materials;**

- 450 gr. fresh beans
- 1 medium size onion
- Half a spoon yogurt
- 2 spoons flour
- 1 egg yolk
- 1 bunch of dill
- 2 spoons oil
- 1 spoon tomato paste
- 1 cube sugar
- Salt, chili powder pepper

Preparation: The onion is roasted with the tomato paste. Divide into two and add the prepared beans and roast for a while. Afterwards, add 1.5 cups of hot water and baked beans are expected to be cooked. The legs are cooked with flour, yogurt, egg yolk and flour. When salt and dill are added, it is cooked. Chili powder pepper is added and serve.

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### **2.2.7. Liver Soup**

**Necessary materials;**

- 250 gr. lamb
- 1 onion
- 4 cups of broth
- Half glass of rice
- 2 spoon vinegar of grapes
- 1 egg yolk
- Mint
- Salt, black pepper, chili powder pepper

Preparation: The liver is chopped into small cubes. Rinse thoroughly. The onion is roasted in oil. Liver is added on the roasted onions and roasted in a little while. Salt, black pepper and broth are added. After boiling, rice is added and cooked. After the rice is cooked, it is cooked using flour, yoghurt, lemon juice and vinegar. It is served with mint and chili powder pepper when it is cooked.

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### **2.2.8. Squash Soup**

**Necessary materials;**

- 2 medium size squash
- 2 spoons flour
- 2 glasses of milk
- 2 cups water
- salt, black pepper
- Dill
- 1 piece of cut sugar

Preparation: The pumpkins are peeled and finely chopped. Put the oil in the pot and roast it until the flour is pink. Add water and milk and mix quickly to avoid to get lumpy. Chopped squash is poured into the milk mixture and cooked for 10 min. Salt, black pepper and sugar are added. It is served after adding dill.

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### **2.2.9. Rice Soup With Milk**

**Necessary materials;**

- 2 coffee cups of rice
- 2 glasses of water
- 2 glasses of milk
- Salt
- Black pepper

Preparation: The water is put the pot and add rice after it boils. When the rice reaches the cooking stage, milk is added and boiled for another 15 minutes. After adding salt and black pepper, it is ready to service.

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### **2.2.10. Tarhana Soup**

**Necessary materials;**

- 3 spoons powder tarhana
- 1 spoon tomato slice
- 1 spoon butter
- Salt
- Black pepper

Preparation: The butter is melted in a pan and put 1 spoon tomato pasta and 3 tablespoons of powdered tarhana. After a little time roasting, cold water is added and mixed until boiling. After 5 minutes more boiling, it is ready to service.

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## **2.3. Main Course**

### **2.3.1. Liver Wrapped**

#### **Necessary materials;**

- 1 kg lambs
- 1 caul fat
- 1 glass of rice
- 1 medium onion
- 1 egg
- 1 cup of water
- 1 spoon olive oil
- Salt, black pepper

Preparation: First, the skin of the liver is peeled and chopped into small cubes, washed and left to be filtered. Cut the onion into thin cubes and roast and add the livers and roast for another 5 minutes. Add the rice, add water, salt and black pepper on it and let it boil until the water is drawn.

The caul fat is boiled in boiling water. The boiled caul fats are cut to the desired size and filled with the appropriate amount of special ingredients and closed the pan lid. Sprinkle egg yolk on it and cook for 15 minutes at 200 degrees, it is ready to service.

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### **2.3.2. Fried Catfish**

**Necessary materials;**

- 1 catfish (1,5 kg)
- Egg
- 500 gr sunflower oil
- Flour
- Salt

Preparation: The catfish are cleaned, cut to length and salted. After the sunflower oil is thoroughly fried, the pieces of the catfish are first baked and then cooked in hot oil. The pieces are fried until it becomes golden flesh, it is ready to service.



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### **2.3.3. Shuck Bean**

**Necessary materials;**

- 500 gr. haricot bean
- 4 spoons sunflower oil
- 1 medium size onion
- 2 pieces of green pepper
- 0.5 tablespoon chili pepper
- 1 spoon tomato paste
- 3 cups of water
- 1 spoon powder red pepper
- Salt

Preparation: Beans are kept in warm water for 1 night. After that, it is boiled and taken to the side. Dried onion and green pepper are cut and roasted in sunflower oil. Add pepper paste, tomato paste, salt and powdered pepper and continue roasting. Pre-boiled dry beans are added to the boiled. Dry beans are cooked when they are softened.

Shuck bean is a type of bean planted to the wheat field after wheat harvest in the Thrace region. It is known in the region with its small and delicious taste.

You can add fresh mint and serve it according to your wishes when cooked.

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#### **2.3.4. Labada Stuffed**

**Necessary materials;**

- labada leaf
- 2 medium size onions
- 1 glass of brass
- Half glass of bulgur
- 1 spoon tomato paste
- 2 tomatoes
- Salt
- Black pepper, cumin, mint
- Sunflower oil

Preparation: The leaves in the labada are boiled in hot water and the haft are cut. If the vein passing through the middle is not sufficiently softened, it is scraped from the top with the help of a knife. Finely chopped onions are cooked until the rice is over and rice and bulgur are added. Tomato paste is put in order to give the tomato aroma after a while roasted. Water is put on it and it is ready to cook. It is important that the rice remain alive at this stage. After it is cooked then released to the heat. It spreads the leaves on the bench and puts the special ingredients in it, as if it is wrapped around the leaves. They are arranged in a single row in a medium sized oven vessel. Set the salt and put in a glass of water and cook for 30 minutes at 180 degrees. Depending on the situation, water can be added. When it is cooked, it is ready to service.

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### **2.3.5. Stuffed Vine Leaves**

**Necessary materials;**

- 500 gr. vine leaf
- 2 cups of rice
- 4 onion
- 1.5 poons olive oil
- 1 spoon dry mint
- 1 spoon black pepper
- 1 spoon powder red pepper
- 4 grated tomatoes
- Salt, black pepper

Preparation: the vine leaves are boiled in water as much as the color change. Place the oil in a deep bowl and add the chopped dried onions and cook until golden brown. Then add the rice and roast a little more. After the rice is roasted, add the grated tomatoes and roast for another 2 minutes and add salt and pepper. Finally, a little water is added and the rice is cooked to a low heat until it softens. After that, it is taken from the oven and left to cool. Finally the vine leaves are filled with special ingredients and wrapped. The oil and water are added to the leaves wrapped in the pot and left to cook. Cooked leaf wrappers become ready to service.

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### **2.3.6. Stew of Chicken with Rice**

**Necessary materials;**

- 2.5 cups of rice
- 1 medium onion
- 1 teaspoon margarine
- Chicken meat (chicken leg or shank)
- 6 glasses of water
- Sunflower oil
- Salt
- Black pepper

Preparation: Firstly chicken meat is boiled in low heat and left to cool. The onion is roasted in a pan. Then add rice and continue to roast. Roasted rice is laid on the oven tray. Put it on top of chicken meat and water. Add salt and pepper and cook in a 200 degree oven for 35-40 min. After 20 minutes of cook, it is ready to servicey.

According to some recipes, the boiled water of chickens can be made by adding onions.

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### **2.3.7. Rumelia Begendi**

**Necessary materials;**

- Half a kilo of eggplant
- 250 gr. meat cubed
- 1 medium size onion
- 1 clove garlic
- Quarter tea cup of oil
- A spoonful of tomato paste
- 1 spoon vinegar
- 1 spoon sugar
- 1 spoon flour
- Half glass of milk
- Half a glass of grated cheese
- Salt

Preparation: The eggplants are cooked well in the oven and the shells are peeled and chopped into small pieces. The chopped eggplant is crushed thoroughly. Afterwards, the onions are cooked in the oil until they are pink and cooked, meat cubes are added until its water shrink. Then add vinegar, sugar, tomato paste, salt and garlic.

On the other side, flour is lightly roasted and left to cool. Milk is added to it and it is cooked until the beğendi consistency is reached. This mixed with the aubergines added to the beğendi. Meat is placed on the slightly pitted beğendi and served with cheese on top.

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### **2.3.8. Rockling Meal**

**Necessary materials;**

- 2 medium sized onions
- 500 gr. rockling
- 2 glasses of milk
- 2 spoons butter
- Salt
- Black pepper

Preparation The onions are roasted in the form of edible oil and cooked with butter and until golden brown. After the onions become pink, add the rockling and salt and pepper and roast for a few more minutes. Cold milk is added to it and left to cook. After 15 minutes, it is ready to service.

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### **2.3.9. Lamb Cassellore With Yoghurt**

**Necessary materials;**

- 500 gr. lamb meat (boned)
- 1 cup of flour
- 1 cup yogurt
- 2 eggs
- 2 spoons butter
- 1 medium size onion
- 1 cup water
- Salt, pepper, pepper flakes
- 5 spoons kashar cheese with feta cheese

Preparation: Onion is lightly roasted and the lambs are put into a small amount and roasted, then water is put on the cooked at a low heat. The cooked meats are separated from their bones and placed in a bowl. In another bowl, the flour, egg and yogurt are mixed homogeneously and poured over the meat and cooked in 180-degree fry until 20-25 min. Remove it from the oven and serve it either with white cheese or the kashar cheese.

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### **2.3.10. Tapkana Cuska**

**Necessary materials;**

- 6 pieces of dried red pepper (çarliston)
- 1 medium onion
- 150 gr. dry bean (preferably shuck beans)
- 1 spoon flour
- Half tea glass sunflower oil
- 1 spoon butter
- 1 spoon tomato paste
- 1 spoon çubritsa or thyme
- half a glass of pickled water
- Salt, black pepper, red pepper

Preparation: The dry beans prewet overnight is boiled. On the other side, dried peppers are boiled and taken to another side. Onions are chopped and roasted into oil and roasted with tomato paste, flour, red pepper, black pepper, salt and çubritsa and a little bit roasted. Then add the dry beans and stuffed the beans with boiled dry chili without crushing. They are placed on the oven tray and the butter is put on them and fried with pickled water. It is ready to service after it has been baked in the oven.



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### **2.3.11. Roasting Onion Meal**

**Necessary materials;**

- 250 gr. meat roast
- 5 medium sized onions
- 4 eggs
- 2 tomatoes
- 2 green peppers
- 1 spoon tomato paste
- 4 spoon olive oil
- Salt, thyme, black pepper

Preparation: The onions and green peppers are cut and roasted. Afterwards, the meat roast, tomato paste and tomato grate are roasted for a while. Add salt, thyme, black pepper and continue to roast. The egg is broken on the mixture and mixed gently. The servings are ready when the eggs are cooked.

It is also known as the leaking onion meal in the region.

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### **2.3.12. Menemen With Cheese Made of Skim Milk**

#### **Necessary materials;**

- 3 eggs
- 2 pointed peppers
- 150 gr. cheese made with skim milk
- 2 medium tomatoes
- 1 spoon butter
- Salt, black pepper

Preparation: The seeds of the green pepper are cleaned and finely chopped and roasted with the butter. Chopped tomatoes with peeled shells and cut in cubes are added to the roasted peppers. Salt and black pepper are added and cooked until the water begins to decrease. Then cucumbers are added over and cooked for a while. The eggs are broken and mixed gently. It is ready to service when the eggs are cooked.

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### **2.3.13. Çılbır**

#### **Necessary materials;**

- 4 eggs
- 1 cup yogurt
- 1 clove garlic
- 4 spoons grape juice
- 4 cups water
- 1 spoon butter
- Salt, chili pepper

Preparation: Vinegar and salt are added into the boiling water to re-boil. Swirl the water in the same direction to create a whirlpool, and the eggs are broken, After a few minutes of boiling and after the eggs are cooked, they are removed from the pot with the aid of a strainer. Garlic and yogurt are mixed and poured over and served with it.

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### **2.3.14. Rockling Meatballs**

**Necessary materials;**

- 500 gr. rockling
- 1 medium onion
- 2 eggs
- 1 glass of milk
- 1 cup of flour
- 2 spoons sprinkle toast
- Salt, pepper, red pepper
- 1 cup of sunflower oil

Preparation: Egg, milk, baking soda, flour, salt, black pepper finely chopped onion and finely chopped rockling are added to a mixing bowl. This mixture is kneaded to the dough consistency. It is prepared in pieces in the size of meatballs. It is fried in the hot sunflower. On demand, it is served with yoghurt.

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### **2.3.15. Roasted Duck in Oven**

**Necessary materials;**

- 2 kg. duck meat
- 1 spoon sunflower oil
- 1 cup water
- Salt, black pepper

Preparation: Duck meat is divided into portions and placed in the oven tray. Sunflower oil and a mixture of salt and pepper on it. Pour the remaining water and sunflower oil on the meat. Cooked for 1-1.5 hours in a 180 degree oven. When its colour become golden, it is ready to service.

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### **2.3.16. Frog Legs (Water Bulbul)**

**Necessary materials;**

- 20 frog legs
- 1 cup of flour
- Salt, black pepper
- 1 cup of sunflower oil

Preparation: The frog legs are thoroughly washed and allowed to soak. Dried frog legs are placed on a bench and sprinkled with flour, pepper, salt and mixed thoroughly and fried in hot sunflower oil. When the frog legs' colour becomes golden yellow color, they are ready to service.

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### **2.3.17. Damat Paçası**

#### **Necessary materials;**

- 5 pieces of pastry
- 1 whole chicken

For sauce;

- 6 cups of chicken juice
- 3 spoons flour
- 3 spoons yogurt
- 2 eggs
- 2 cloves of garlic
- 2 spoons vinegar of grapes

For the top of the pastry;

- 2 spoons butter
- Powdered red pepper
- Salt, black pepper

Preparation: The pastry is wrapped in rolls and cut into 5 cm size and placed on top. It is fried in a 180 degree oven and left to cool. 3-4 cups of warm chicken broth are poured over the cold pastry. For the sauce, 3 cups of chicken broth, 3 spoon flour, 3 spoon yogurt, 2 eggs, 2 cloves of garlic and 2 spoons of vinegar are cooked with mixing. The sauce is poured on the cooked pastry. Put boiled chicken meat on it. Finally, butter and powdered pepper are served on top.

It is made with dry pastry which is usually prepared in winter in Meriç region.

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### **2.3.18. Fried Meat**

**Necessary materials;**

- 1 kg. beef
- 1 medium size onion
- Sunflower oil
- Salt, black pepper

Preparation: The beef is made into cubes and is roasted without adding anything. When the meat starts releasing the water, add some oil and continue to cook with low heat. Add onions and salt, which are chopped in the form of cooking, and continue to fry. When the meat is cooked, it is ready to service.

Often the preparation of the meat for the winter months, especially on the sacrificial feast is taking place in the kitchen. In the Meriç district, the name of the meal also known as the leaking of meat.



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### **2.3.19. Grilled Meatballs**

**Necessary materials;**

- 750 gr. fatty ground meat
- 1 medium onion
- 2 cloves of garlic
- 1.5 spoons dried stale bread or semolina
- 1 egg
- Half tea glass oil
- Salt, black pepper, cumin

Preparation: Onion and garlic are grated with minced meat, bread, semolina, eggs, oil and spices. Prepared meatballs are rested in the refrigerator for 2 hours. Then it is removed from the fridge and made into meatballs and baked on the grill. It is served with garnish and bitter sauce.

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### **2.3.20. Kaçamak**

**Necessary materials;**

- 2 cup corn flour
- 6 cups of water
- 100 gr butter
- 1 tspoon chili powder
- Salt

Preparation: Water is put on a deep and large pot and wait for boiling. Salt is added to the boiling water and then the corn flour is added rapidly with stirring. It is cooked until it becomes pulp. It is served with butter and powdered pepper over it.

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### **2.3.21. Milk Slurry**

**Necessary materials;**

- 1 glass of milk
- 1 cup water
- 3.5 spoons flour
- 6 spoons oil
- Salt

Preparation: The oil is heated in a pan, and milk and water are added. Then flour is added slowly so that it does not clump slowly and it is cooked until the custard consistency. Salt is added and then it is taken from the furnace. Powdered pepper and butter are poured over it and it is ready to service.

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## **2.4. Pastry**

### **2.4.1. Akitma**

#### **Necessary materials;**

- 4 eggs
- 2 glasses of milk
- 4 spoon water
- 2 spoons sunflower oil
- 12 spoons flour
- 1 spoon salt
- 2 packages of baking soda
- 2 spoons of sugar

Preparation: The eggs are mixed in a large bowl and mixed with milk, water, sunflower oil, flour, baking soda, salt, sugar until a smooth consistency is obtained. It is rested for 30 minutes. A non-deep frying pan is heated and a small amount of oil is placed and the dough spreads in the form of a thin layer with the help of a bucket. When the upper side is clear, the other side is turned. The other face is cooked, and then served with a sprinkle of margarine on top.

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#### **2.4.2. Çarşaf Borek**

**Necessary materials;**

- 1 glass of water Milk
- 1 spoon sugar
- 1 spoon salt
- Half glass oil
- 4 glasses of flour
- 1 spoon dry yeast
- 500 gr. Village Cheese
- Half a bunch of parsley
- 1 egg yolk
- Sunflower oil

Preparation: First of all, to prepare the dough, it is kneaded in a deep bowl with milk, sugar, salt, oil, flour and yeast. It is divided into 8 pieces and waited for 30 minutes. While resting, the village cheese is grated and mixed with finely chopped parsley. The dough is rolled and put in a mixture of cheese and parsley. Put the dough that has been rolled into the oiled oven tray. The other doughs are arranged by putting them in the same way. It is cooked in a 200 degree oven for 30 minutes until it is overdone by applying mixture of egg yolk and oil on it. When removed from the oven, it is covered with a cloth to protect its softness. It can be served with ayran beside it.

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### **2.4.3. Albanian Borek**

#### **Necessary materials;**

- 4 glasses of flour
- Warm water
- Half kg of leek
- 1 spoon parsley oil
- Salt, pepper, red pepper

Preparation: Flour, salt and water are mixed to obtain dough consistency and left to rest for 20 minutes. To prepare the special ingredients, the leeks are chopped finely and mixed with salt, pepper and red pepper in sunflower oil. The carrots are then roasted and then taken from the furnace. The resting dough is divided into 8 pieces and greased by sunflower oil in tray size. On the grease furnace tray, the inner special ingredients spreads on top of 3 pieces of dough. Place two times more dough and spread the special ingredients evenly. Lastly, 3 layers of pastry are put on top and oiled with sunflower oil and baked for 20 minutes in a 180 degree oven. The puff pastry becomes ready for service.

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#### **2.4.4. Rolled Borek wth Bulgur and Cheese Made of Skim Milk**

**Necessary materials;**

- 6 eggs
- 250 gr yogurt
- Half a spoon of water
- Half glass oil
- 1 cup large bulb
- 2 cups of watercress
- 2 medium sized onions
- Salt, pepper, pepper flakes

Preparation: The onions are chopped finely and roasted until it becomes pink. Water is added by adding washed bulgur to the inside. After a little swelling, it is taken from the furnace and waited for puffing up. After the bulgur is thoroughly washed, put salt, black pepper, chili pepper and cheese made of skim milk. Eggs, yogurt, oil and flour are mixed to obtain a dough in another bowl. It is left to rest for 25 minutes while the dough consistency is obtained. After the dough is rested, it is divided into 6 pieces and made into flour. After the special ingredients is put into the pastry, it is made in the form of a roll and the oil is placed in the oven tray. Spread egg, yogurt and sunflower oil mixture on it and cook for 20 minutes in 180 degree oven. When its top becomes red, it is ready to service.

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#### **2.4.5. Salt Cake with Corn Flour**

**Necessary materials;**

- 3 eggs
- 1 cup yogurt
- 1 water glass measure of oil
- 1 cup corn flour
- 1 cup of flour
- Half a bunch of creeks out
- 1 packet of baking powder
- 1 spoon sunflower oil
- Salt, black pepper

Preparation: Eggs are scrambling and yogurt, oil, salt, pepper are added. Corn flour is mixed by adding wheat flour and baking soda. It is baked in a 180 degree oven until it is ready to serve.



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#### **2.4.6. Curl Borek**

**Necessary materials;**

- 3 pieces of pastry
- 250 gr. cottage cheese
- Half a bunch of parsley
- 1 glass of milk
- 3 eggs
- Half glass of sunflower oil
- 500 gr yogurt

Preparation: 1 cup milk, 3 egg yolks and sunflower oil are mixed. For special ingredients, the cheese made of skim milk and finely chopped parsley are mixed together with the salt. Pastry is rolled on the bench, it is wetted with milk and sunflower mixture on each side. Put the mixture of parsley and cheese made of skim milk in the middle of the pastry and fold the lower and upper sides and shrink to the front. The furnace thus is oily and placed in the tray. After doing the same process with the other pastry, the remaining mixture is added to pastry by adding yogurt. It is cooked for about 20-25 minutes in the oven at 200 degrees and then it is ready to service when it is top becomes red.

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#### **2.4.7. Bread With Chickpea**

**Necessary materials;**

- 6 cups of flour
- 1 spoon oil
- 1 cup of chickpeas
- 1 spoon salt
- Water

Preparation: Chickpeas are pounded and kept in a jar with water overnight. Then add a glass of flour, salt and water to prepare a dough with a soft consistency. The volume of this mixture is kept until it reaches 3 times. In a separate place, a dough is prepared with a dull consistency and combined with the chickpea dough. After waiting for one night, the swollen dough is kneaded until the dough becomes the earlobe feeling with the addition of water and salt. Put the dough on a greased pan and let it rest for about 1 hour. Cook in a 180 degree heated oven for 35-40 minutes and it is ready to service.

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#### **2.4.8. Village Bread**

**Necessary materials;**

- 4 cups warm water
- 2 spoon salt
- 12 cups of flour
- Sour yeast

Preparation: Put 2 cups of flour in a kneading bowl and add salt and sour yeast together with salt. Slowly add warm water to obtain a dough in a boza consistency. This mixture is slowly added with flour to obtain a sticky paste. The dough is covered and left to ferment in hot place. 4-5 hours after the yeast is kneaded and gas inside is removed. A piece of dough is put into a mould and rest for 1 hour blast. It is cooked in a 200 degree oven until it is ready to service.

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#### **2.4.9. Couscous**

**Necessary materials;**

- 2 glass of couscous
- 2 spoons margarine
- Salt
- Sunflower oil

Preparation: Salt and sunflower oil is put in the boiling water and wait for re-boiling. Once again, the couscous is thrown into it and cooked until it softens. Then, with the help of a colander, the couscous are filtered. The margarine is melted and couscous is thrown in. The meal is cooked and it is ready to service. Serves with optional yogurt.

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#### **2.4.10. Flaky Pastry of Trakia**

**Necessary materials;**

- Flour
- 1 bowl of yogurt juice
- Warm water
- Dry yeast
- Margarine
- Salt
- Sunflower oil

Preparation: Flour, dry yeast, yoghurt, warm water are put in a deep bowl and mixed. From this mixture a harder dough than bread dough is obtained. It is covered with a cloth and left to rubble. The pieces are removed from the resting and swollen dough by the size of the fist and rolled at the size of the plate. It is beneficial if the amount of dough that is rolled is somewhat thick. The dough is greased with margarine over it and rolled into a non-tight roll. The dough, which has become a roll, is pressed from the sides and rolled round. It is rerolled in size with plate. The doughs that are rolled are cooked in the pan in the back. Margarine is applied on the baked dough. Prepare a mixture of salt water and 1 spoon sunflower oil in a bowl and spread on the cooked layers

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### **2.4.11. Cutting**

#### **Necessary materials;**

- 5 eggs
- 2 cups water
- Half-glass of milk
- 2 kg flour
- Half a meal salt

Preparation: The wheat flour is taken to a bowl. Salt is added to the middle pool and the eggs are broken. Water and milk are gradually added to make dough. The dough is obtained in a very hard consistency that does not adhere to it. Cover with a cloth and wait for 1 night. The resting dough is divided into equal pieces and rolled with the help of a roll and cut into strips and allowed to dry. After drying, it can be stored at room temperature.

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#### **2.4.12. Kaygana**

**Necessary materials;**

- 4 eggs
- 1 cup of flour
- 1 glass of water milk
- 1 spoon of carbonate
- Parsley
- Sunflower oil
- Salt

Preparation: Firstly flour, milk and salt are mixed. Then the eggs are added. After the eggs have been scrambled, finely chopped parsley is added. In a pan, 2 spoons sunflower oil is fried and pour the prepared mixture. When the both sides becomes red, it is ready to service.

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## **2.5. Dessert**

### **2.5.1. Halva with Molasses**

#### **Necessary materials;**

- 2 cups of flour
- 1 water glass measure of oil
- 1.5 cup water
- 1.5 cup sugar
- 1 spoon molasses
- 1 cup crush walnut (optional)

Preparation: Flour is roast a deep pan and add oil on it and fry a little more. The brown of the flour is added to the sugar flour mixed with water. Afterwards molasses is added and mixed until the flour starts to bloom. At this stage, the walnut can be added to the inside. It is shaped with the help of a spoon, ready for servicing in small pieces.



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### **2.5.2. Caterpillar Baklavası**

#### **Necessary materials;**

- For dough;
- 2 eggs
- 1 spoon yogurt
- 1 spoon of water
- 1 spoon of soda
- Half glass sunflower oil
- 5 cups of flour
- 1 spoon salt
- 1 cup of starch
- For special ingredients;
- 2 cups of finely ground walnut
- 3 spoons of powdered sugar
- For syrup;
- 4 cups of powdered sugar
- 5 cups of water
- 2 spoons of lemon juice
- 250 gr. butter

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Preparation: Water and sugar are mixed at high temperature until melted and boiled for 10 minutes. Lemon juice is added and left to cool. Egg, yogurt, water, oil, soda and salt are mixed in the kneading bowl and mixed with little flour to obtain a soft dough. The dough is divided into 10 pieces and left to rest for 20 minutes. After the separated parts are rested, each one rolls as thinly as possible with the help of a rolling pin. Sprinkle 1 tablespoon a mixture of sugar and walnuts. The pastry is rolled up with the help of a rolling pin and shrinks by gathering from the edges to the center. In this way, they are placed in the greased tray. The other dough pieces are prepared in the same way. Afterwards the dessert is cut in 4 finger thickness. Spread the melted butter over it and cook it for 30-35 minutes at 180 degrees. Cold syrup is poured over and served for 30 minutes.

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### **2.5.3. Saffron and Rice Dessert**

**Necessary materials;**

- 2 cups of rice
- 12 cups of water
- 2 cups of powdered sugar
- 6 spoon wheat starch
- 2 spoons saffron or turmeric
- 2 spoons rose water
- Pine Nut
- Carnation
- Currant

Preparation: Rice is boiled in boiling water. After the rice is overcooked, sugar, saffron, rose water, carnation, pine nut, currant are added and some more boiled. The starch is melted with water and added to the pot. After 3 more minutes, put it in the bowl. After it becomes cool, currant is put to make it ready to service.

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#### **2.5.4. Ashoura**

**Necessary materials;**

- 500 gr wheat
- 1 cup beans boiled dry beans
- Half a cup of boiled chickpeas
- Half glass of brass
- 1 spoon raisins
- 12 apricots
- 8 pieces of dried fig
- Half a cup of hazelnut
- 1 medium apple
- 1 medium orange
- 3 carnations
- 1.5 cups of sugar
- 6 cups of hot water
- 1 glass of milk
- 1 pomegranate
- Half cup crushed walnut
- 1 spoon of cinnamon

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Preparations: The wheat is put in a deep bowl and put the three fingers on top of it, then let it to boil. Another the dried apricot and fig are cut into small cubes and boiled for 10 min. In another pan. In the same way, raisins are boiled in a separate pan. Apple and orange peel are peeled and chopped into small cubes. After the wheat is boiled, add boiled beans and chickpeas and add 5 cups of hot water. Add dried raisins, dried figs, dried apricots to pots. Then add rice, hazelnut, apple and orange and boil for 20 more minutes. Milk and sugar are quickly added to the pot and continue to stir and boil for another 30 minutes. It is put on the cups in a hot way and served after pouring pomegranate, cinnamon and crushed walnut.

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### **2.5.5. Halva**

**Necessary materials;**

- 100 gr. margarine
- 1 spoon sunflower oil
- 2 cups of flour
- 50 gr crushed walnut
- 2 cups of powdered sugar
- 3 cups of hot water

Preparation: Flour is baked together with margarine and oil. As soon as the brown color of the flour begins, crushed walnuts are added, add the oil and roast for another 5 minutes. The sugar dissolved in hot water is added slowly. The water is stirred until it is drawn. After it is cooked, the soup is shaped with a spoon and ready to service.

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## **2.6. Beverages**

### **2.6.1. Sloe Juice**

#### **Necessary materials;**

- 4 kg milk tea
- 12 cups of sugar
- 1 spoon lemon juice
- 12 lt water

Preparation: The sloe is put a deep pot and add lemon juice and let it boil. When the sloes are soft, they are taken from the furnace and strained it and left to boil again. Sugar is added to the boiled juice and it is boiled for 35 minutes more. It can be stored in a cool place when it is hot.

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### **2.6.2. Plum Compote**

**Necessary materials;**

- 2 kg red plums
- 2 kg water
- 3 cups of sugar

Preparation: Plums are left to boil in a deep pan. Then sugar is added and boiled for about 25 minutes. It is then left to cool down and is served cold.



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### **2.6.3. Cranberry Juice**

**Necessary materials;**

- 500 gr. cranberry
- 2 cups water
- 1 spoon lemon juice
- 2.5 cups of sugar

Preparation: Cranberries are boiled with water. After 20 minutes, filter through the strainer. After that, the filtered water is put again in the furnace and sugar, lemon juice is added and it is boiled for another 15 minutes. It becomes ready to be served after the cold.

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## CONCLUSION

Whether the history of the region or the geography of the region and the flora and fauna of the region have influenced and diversified the food culture of the region. The flavors of vegetables combined with the dough (such as the flounder pie) can also be regarded as a natural result in the food culture.

White meat, rice, flour and bakery products, milk and dairy products such as yoghurt and cheese are among the most preferred and made main dishes. The taste of the region is mostly directed towards the foods that these products are used extensively.

Yoghurt and cheese, which are produced in the region, are seen to be an important taste not only used alone but also in food. Rice is still among the indispensables of the meals for both desserts and others.

In the past, predominantly game animals have been used, but some of the food made with game animals have been left white due to the decrease in the number of game animals.

When the food culture of the region is examined, the traces of Ottoman palace cuisine (such as Liver sarma) and Western Thrace (like Rumeli) and Balkan (like Albanian Börek) are clearly visible.

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In this study; only 67 of the tastes that have been forgotten in the region but which are to be missed, admired and should not be forgotten are written. The changes in the flora and fauna of the region, the differences in the demographic structure, the effects of industrialization and fast consumption habits on the food type and culture must be an important consideration for another study.

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