



# Classical Turkish Cooking: Traditional Turkish Food for the America

*Ayla E. Algar*

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Turkish food is one of the world's great cuisines. Its taste and depth place it with French and Chinese; its simplicity and healthfulness rank it number one. Turkish-born Ayla Algar offers 175 recipes for this vibrant and tasty food, presented against the rich and fascinating backdrop of Turkish history and culture. Tempting recipes for kebabs, pilafs, *meze* (appetizers), dolmas (those delicious stuffed vegetables or vine leaves), soups, fish, *manti* and other pasta dishes, lamb, poultry, yogurt, bread, and traditional sweets such as baklava are introduced here to American cooks in accessible form. With its emphasis on grains, vegetables, fruits, olive oil, and other healthful foods, Turkish cooking puts a new spin on familiar ingredients and offers culinary adventure coupled with satisfying and delicious meals.



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