

# Colourful Istanbul

What would you say to a short trip among the vibrant citrus trees of Istanbul, one of the most magical cities of the world, rich in gastronomy and history?



When you arrive in Taksim, it is recommended you take a walk along Istiklal Street, one of the world's most crowded main thoroughfares



Istanbul is one of the most cosmopolitan, spectacular and colourful cities in the world. The city's sights, shoreline and historic places never fail to attract both domestic and international tourists. There is a multitude of places to see and things to do in Istanbul, indeed a "centre of the world," and home to many of the world's great civilisations. In Istanbul, it is possible to witness the beauty of life, admiring flowers in its lush gardens one day and discovering ancient ruins the next.

Uncovering Istanbul's allure is not a feat that can be accomplished in just a few days. One of the best ways to discover this city is by exploring it on foot. You probably have a list that covers dozens of places to visit once you arrive. One neighbourhood common to all lists must be Taksim and Beyoğlu, the place where the heart of Istanbul beats. These locations are very suitable for exploring on foot. As we have already mentioned, Taksim is the place where the heart of the city pulses. It is the place everyone visiting Istanbul for the first time will visit. When you arrive in Taksim, it is recommended you take a walk along Istiklal Street, one of the world's most crowded main thoroughfares.

## Colourful fruit kiosks

A neighbourhood that bears that same name as the famous tower, Galata is a part of Beyoğlu boasting a huge number of historic features. A fabulous treat would be to grab a bite to eat and a drink at the base of the Galata Tower! The smaller kiosks and restaurants here



offer a number of choices to appease hunger during a walking tour. Delicious grilled meatballs, a toasted sandwich with tasty fillings, or if you prefer, a local dish. Having a glass of vitamin-rich, freshly squeezed orange or mixed fruit juice will keep you refreshed and energetic for the rest of your journey. It is almost impossible to resist the colourful citrus and other fruits you will see in the kiosks in this area. Your freshly squeezed oranges come from cities such as Adana, Mersin and Antalya, Turkey's citrus heavens. If you feel like continuing up to Sultanahmet, let us remind you that some of the restaurants here offer you the best examples of the citrus-based dishes of traditional Ottoman cuisine. Here, it is particularly hard to get enough of orange sherbet, or traditional Turkish cordial. It is even possible to buy some tasty fruit from the roadside grocers and eat them on the way to your next destination.



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## *Istanbul has a number of small street markets where it is possible to buy fresh fruit*

Closed to vehicles, it stretches for almost a mile and has been very popular since the end of the 19th century. Along this street, you will come across several churches, mosques, shops, exhibition halls, cafes and restaurants. As you get close to the end of Istiklal Street and follow the curve that leads to a downward slope, you will encounter the Galata Tower. Built in 528 A.D., it is one of the oldest towers in the world. You must climb the stairs to get to the top of this fascinating structure and delight in a panoramic view of Istanbul! When you walk from the Galata Tower toward the coast, you will reach the sea and the Galata Bridge. The Galata Bridge is, in fact, much more than an architectural beauty. It is a real poetic icon that lies at the very core of the lives of Istanbul's residents. It is a special treat for most to watch people fishing on the bridge and the tour boats and ferries on the water. The fish sandwich restaurants on the lower level of the bridge are a great place for a short break. After crossing the Galata Bridge on foot, you will reach Eminönü, the home of Yeni Cami, or the New Mosque, a place visited by thousands of people every day. On the shores of Istanbul, Yeni Cami is the centrepiece of the city's silhouette and one of the most magnificent mosques of the sultans. The nearby Spice Bazaar is also a must-see. Dried fruits, spices and seasonings, desserts and deli products are sold in this marketplace. From the Spice Bazaar you can walk to Sultanahmet, better known as the "historic peninsula." There is so much to see in Sultanahmet, you may in fact want to leave it for another day.



Yeni Cami, or the New Mosque, a place visited by thousands of people every day

# Lamb Shanks with Oranges



How about cooking a delicious dinner using the marvellous combination of lamb and succulent Turkish oranges? You will definitely enjoy this delectable dish full of protein and vitamin C that is pleasing both to the eye and to the palate.

### **Ingredients:**

- 4 lamb shanks**
- 2 handfuls pearl onions**
- 8-10 baby carrots**
- 8-10 new potatoes, cut in half**
- 1 large celeriac, chopped into wedges**
- 1 orange, cut into 8 pieces**
- 2 cloves of garlic, whole**
- 3-4 sprigs of fresh thyme**
- 4-5 black peppercorns**
- Juice of 1 orange**
- Olive oil**
- Salt**
- Black pepper**

### **Method:**

Season the shanks with the salt, black pepper and olive oil. Brown the shanks all over in a warm pan and then put them aside on a plate. Caramelize the onions using the same pan you used to cook the shanks. Spread the onions and the rest of the ingredients in a layer on a baking tray. Place the shanks on top and cover the tray with aluminium foil, making sure there are no places for steam to escape. Bake in a preheated oven at 200C for 1.5 hours. Remove the foil and bake for another 30 minutes.



**BEST WHEN GROWN IN THE MOST SUITABLE CLIMATE, FRESH AND DELICIOUS TURKISH ORANGES CAN BRING A UNIQUE FLAVOUR TO YOUR SAVOURY DISHES AND DESSERTS.**



**CITRUS FRUITS, PARTICULARLY LEMON, PLAY A SIGNIFICANT ROLE IN TURKISH CUISINE. THE REFRESHING AND FLAVOURSOME CITRUS FRUIT GROWN IN TURKEY IS AN INDISPENSABLE INGREDIENT OF MANY NATIONAL DISHES**



# Lemon Tart

We made this recipe with piquant and juicy Turkish lemons, a great source of vitamin C. After we were done, we were able to enjoy a wonderfully fragrant warm lemon tart. Everyone will enjoy this delicious baked lemon dessert

## Ingredients:

(Serves 6)

*For the pastry: (Use a 20-23cm flan tin)*

200g flour  
5g salt  
85g butter (softened to room temperature)  
3 egg yolks  
85g granulated sugar

## For the filling:

4 eggs  
1 egg yolk

175g granulated sugar  
150ml cream  
Juice and zest of 2 lemons  
1 vanilla pod

## Method:

Sift the flour and salt and spread on a flat surface. Make a well in the centre.

Cut the softened butter into cubes and put them in the centre with the egg yolks and sugar.

Stir the flour into the mixture by moving the flour, little by little, from the outside

to the middle. Continue until you have a smooth dough. Wrap the dough in cling film and leave to rest in the fridge for three hours. Meanwhile, prepare the filling.

Whisk the eggs and egg yolk together with the sugar until the mixture becomes creamy. Add the lemon juice and zest and the vanilla extract to the mixture. Stir thoroughly, then cover and put in the fridge.

Roll out the dough with a rolling pin on a surface dusted with flour. Carefully line the tart tin with the dough, and cut off any excess. Cover the dough with baking paper and weight it down with chickpeas or another dry pulse. Bake in an oven preheated to 190C for 20 minutes. Take the pastry case out of the oven and remove the chickpeas and baking paper.

Pour the prepared filling into the pastry case and return it to the oven. Bake for 45 minutes at 150C. Take the tart out of the pan 15 minutes after removing it from the oven. Decorate with slices of lemon and blueberries. Lightly dust the top with icing sugar and serve.



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# For the Love of Food! Viva Citrus Fruits

Cooking and creating new recipes turns into a unique delight for me when citrus fruits are involved. Whether it is a dessert, a salad or a main course, I love to use citrus in a range of ways and frequently include them in my recipes



## Turkish citrus

Turkish citrus growers provide us with fruit that is not only healthy and fresh but also aromatic and delicious, grown in its natural habitat in the most fertile soil in the world. Oranges, grapefruits, lemons and mandarins, with their generous touch of the sun and enticing aromas, would make even the coldest winter day feel warmer. Other citrus fruits are available all year round, so you can use them to prepare a variety of dishes and salads. The Turkish citrus industry exports 1.5 million tons of fruit a year. Total industry exports had a value of \$842 million in 2015. Turkey exported almost 22,000 metric tons of citrus fruit, or \$13 million worth, to the United Arab Emirates in 2015. In this context, frequent discussions are held between the Turkish Citrus Promotion Group and the U.A.E., one of the most significant importers of Turkish citrus.



when citrus juice is a part of the recipe, due to its citric and ascorbic acid content. This is why citrus fruit, especially delicious Turkish-grown varieties, ranks at the top of my list of essential marinade ingredients.

## It goes well with pasta

I pair citrus with fresh herbs in the pasta sauces I cook. Fresh sage and lemon, rosemary and orange, and bay leaf and mandarin are perfect couples. If I make a cream sauce, I thin it out by adding few drops of lemon juice, and in this way achieve a palate pleasing and refreshing taste in my dishes. Citrus fruits are the first ingredients I go to for refreshment during hot summer days, and for healing in cold winter weather. Is there anything like an icy cold lemonade or lime sorbet in the summer? What is better for a common cold than a hot chicken soup with lots of lemon juice? For me, a life without citrus would be like a meal without salt or indeed taste. That's why I say, for the love of food; viva citrus fruits!

**T**ake jams, for instance. It does not matter if I am using strawberries, quinces or figs; whatever kind of preserve I am making, I always include the

juice of citrus fruit, as it never fails to go well with the main ingredient. There is no question about the secret of the delicious spiced damson plum jam I make: it is the lime I put in it. Of course, I do not use just the juice of citrus fruit. The peel I use in my fig jam not only intensifies its taste, but also gives it an eye-catching appearance. And then there are the preserves where the main ingredient is citrus itself – they are indeed the most irresistible ones. Take mandarin marmalade for example; you want to eat a whole jar of it when you have bread, butter and marmalade in front of you at breakfast time.

## Citrus sauces

The best thing about citrus is that it is so piquant it can be used as a sauce for savoury dishes. You may not have had the time to prepare at home Duck à l'Orange, or duck with orange sauce, one of the best examples of French cuisine. However, if you have at home some orange marmalade made from delicious Turkish fruit, and a chicken in the fridge waiting to be cooked, then you can prepare a quick chicken and orange dish that will taste almost like the classic French recipe. I use citrus fruits quite frequently, as they



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can be used to marinate and tenderize meat prior to cooking, and their flavours also go particularly well with poultry and seafood. It is possible to produce barbecued meat that is succulent and as soft as cotton wool