

Çilbir

from my favorite cookbook

prep time

10 mins

cook time

10 mins



things you need

2 cup plain Greek yogurt (made with whole milk, at room temperature)

2 to 4 garlic cloves (finely minced)

4 eggs

6 tablespoons extra virgin olive oil

2 to 4 tablespoons vinegar (optional)

4 teaspoons Aleppo pepper (or red pepper flakes)

Instructions

Mix yoghurt and garlic

Boil water then add vinegar

Crack all eggs into bowl

Swirl water with spoon and add eggs

Cook for 2-3 mins

1 egg at a time

Warm olive oil and pepper over low heat.

Order: Yoghurt, eggs, sauce

Eat with toast

Egg drop soup

from my favorite cookbook

prep time

10 mins

cook time

10 mins



things you need

2 cubes chicken stock

1/2 teaspoon sesame oil

3/4 teaspoon salt

1/8 teaspoon sugar

1/8 teaspoon white pepper

1/2 teaspoon turmeric (Or 5 drops yellow food coloring. Optional, but if you want "the look...")

3 tablespoons cornstarch (mixed with 1/3 cup water)

3 eggs (lightly beaten)

□ 1 scallion (chopped)

1/4 teaspoon MSG (increase amount to personal preference)

Instructions

Add everything to pot except egg, scallion, and cornstarch

Stir soup while dropping in beaten egg

Sweet and sour chicken

from my favorite cookbook

prep time

10 mins

cook time

15 mins



things you need

3 chicken breast fillets chopped into bite-size pieces

Garlic salt
Pepper
Cornstarch
2 eggs
Paprika
90g flour
Salt

Sauce:

Vegetable oil
1 onion
1 red pepper
1 green pepper
2 cloves of garlic
1 tsp minced ginger
Ketchup
Vinegar
Brown sugar 2 tbsp
Pineapple

rice

Instructions

Heat the oil in a wok or large frying pan until very hot.

5 tbsp vegetable oil

Whilst the oil is heating, place the egg in one shallow bowl and the cornflour in another shallow bowl. Add the flour, salt, pepper, garlic salt and paprika to another shallow bowl and mix together.

2 eggs lightly beaten, 3 tbsp cornflour (cornstarch), 90 g (¾ cup) plain (all-purpose) flour, ½ tsp salt, ½ tsp pepper, ½ tsp garlic salt, 2 tsp paprika

Dredge the chicken in the cornflour, then dip it in the egg (make sure all of the chicken is covered in egg wash), and finally dredge it in the seasoned flour. Add to the wok and cook on a high heat for 6-7 minutes, turning two or three times during cooking, until well browned. You may need to cook in two batches (I find I can do it in one batch so long as it's no more than 3 chicken breasts). Remove from the pan and place in a bowl lined with kitchen towels.

3 chicken breast fillets

Whilst the chicken is cooking, you can start on your sauce.

Add the oil to a large frying pan/skillet, heat it up on a medium-to-high heat and add in the onions. Cook for 3 minutes, stirring every now and then, until the onions start to go translucent.

1 tbsp vegetable oil, 1 large onion

Add the peppers and cook for a further minute.

Chicken Burger

from my favorite cookbook

prep time

15 mins

cook time

10 mins



things you need

SEASONING:

1/3 cup /80g flour (any white)

1 tsp salt

1/2 tsp black pepper

3/4 tsp paprika

1 tsp thyme

1/2 tsp garlic powder

1/2 tsp onion powder

BURGERS:

2 tbsp olive oil

2 large onions , halved them sliced (white, brown or yellow)

400 – 500g / 14 oz – 1 lb chicken breast (2 pieces) , cut in half horizontally into 2 thin steaks

4 – 8 slices Swiss or other melting cheese slices (Note 1)

4 soft rolls (I used brioche burger buns)

1 avocado

Lettuce

2 large tomatoes

GARLIC MAYO:

1/2 cup mayonnaise (I use whole egg)

1 large garlic clove , minced

ON THE SIDE

French fries

Baked potato wedges

Instructions

Mix Garlic Mayo ingredients in a small bowl, set aside for 20+ minutes.

Mix Seasoning in a flat bowl / dish.

If required, pound chicken to about 1 cm / 2/5" thick. If wanting to be exact, trim to shape of rolls BUT ensure it is about 15% larger (it shrinks) (Note 2). Heat 1 tbsp oil in a skillet over high heat (if doing on BBQ, drizzle flat plate).

Add onion and cook, turning regularly, for 5 minutes until golden. Season with salt and pepper, toss, then remove.

While cooking the onions, preheat oven to 160C/320F. Split rolls, then lightly toast / warm the rolls (if using BBQ, just toast the cut side until crispy). Leave in turned off oven with door ajar while you cook chicken.

Heat 1 tbsp oil into the same skillet, still on high heat. Dredge chicken in Seasoning, shake off excess, then place in skillet. Repeat.

Cook for 2 1/2 minutes until golden, then flip.

Top with cheese then leave for 1 1/2 minutes. When the underside is golden, if the cheese is not yet melted, place lid on for 15 seconds (or tray or foil). Remove chicken from skillet onto plate. Cover loosely with foil while you start assembling the burgers.

BURGERS:

Smear base of roll with avocado, sprinkle with salt and pepper. Top with chicken, onion, lettuce then tomato.

Smear lid of roll with Garlic Mayo, place on burger.