

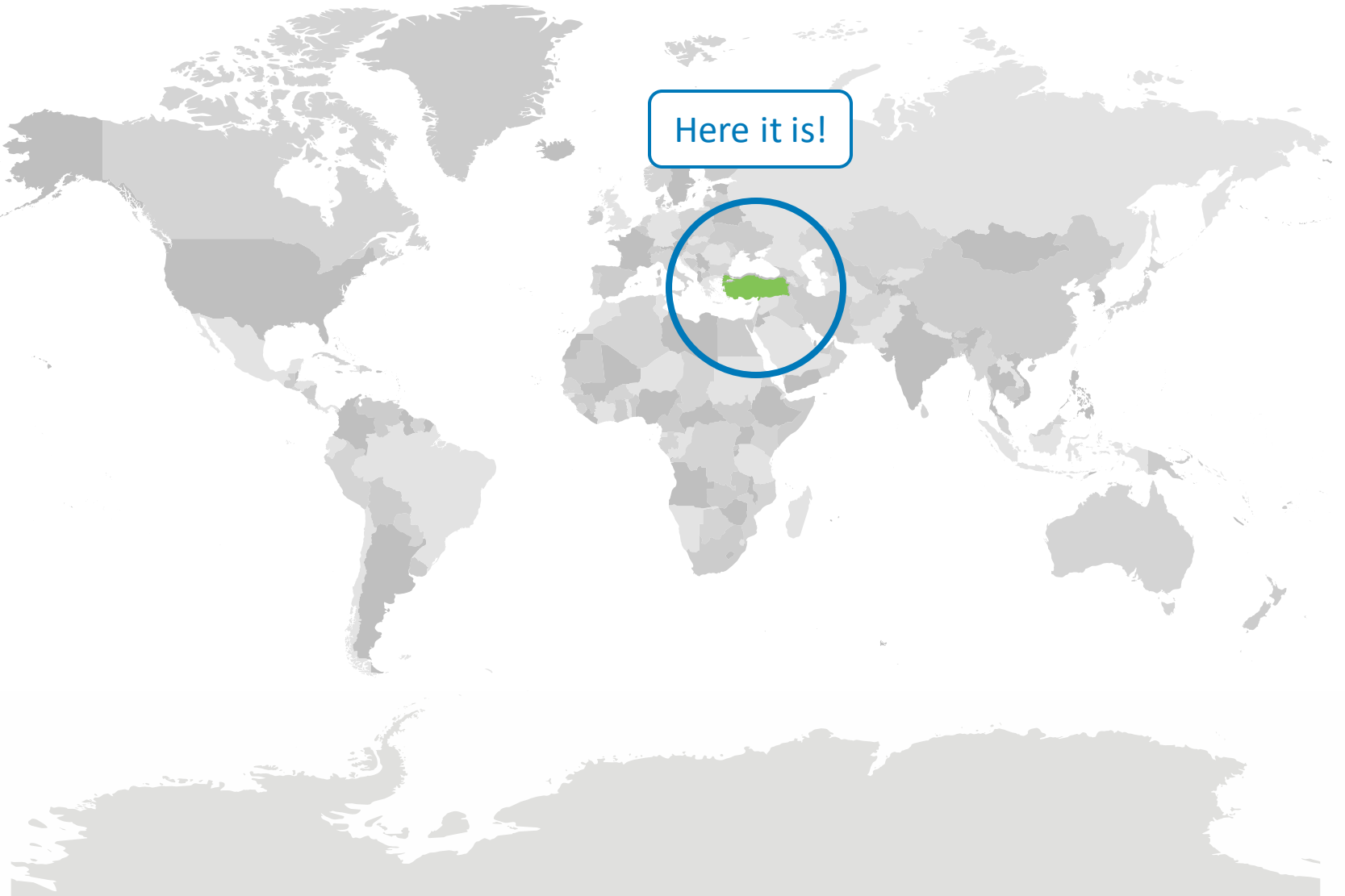
Foods from Turkey



Let's learn about Turkey



Where is Turkey?



Flag of Turkey



Have you tried Turkish food before?



Ay Yıldız Café

MAIN DISHES



Saksuka \$6
Vegetables cooked with tomato sauce



Spinach Pide \$7
Flatbread with spinach and cheese



Adana kebab \$8
Lamb served with flatbread, vegetables, and rice

DESSERTS



Baklava \$3
Walnut or pistachio



Dondurma \$3



Kaymak \$6
Soft cream and honey, served with slices of bread



Turkish delight \$7
A mix of rose, pistachio, almond, and honey flavors

DRINKS



Turkish coffee \$3



Ayran (Turkish yogurt drink) \$4



Turkish tea \$2

Here are some Turkish foods:



Turkish Delight



Baklava

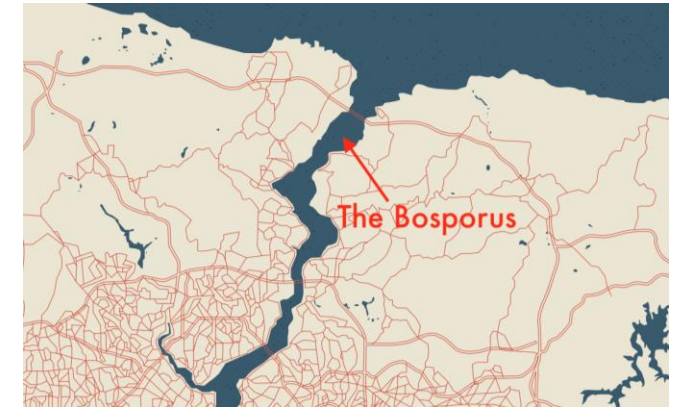


Dondurma

Fun Facts About Turkey

Where is Turkey?

Turkey is a country that has one part in Asia. The other, smaller part is in Europe.



What is the largest city in Turkey?

The largest city is Istanbul. Istanbul is the only city in the world that has land on two different continents! The city is cut in half by the water of the Bosphorus.



What does the flag of Turkey look like?

The flag of Turkey has a white moon and a star on a red flag.



Turkish Delight

What is Turkish delight?

It is a sweet made of rose water and nuts. Other flavors are often lemon, orange, and chocolate. It is colorful.



What is the Turkish word for Turkish delight?

The Turkish word for this sweet is lokum. The word comes from Arabic. In that language, Turkish delight is called “throat comfort.”

What are the main ingredients of Turkish delight?

Turkish delight is mainly a gel of starch and sugar. It comes in small cubes. They are rolled in cornstarch or powdered sugar.



Baklava

What is baklava?

It is a dessert made of thin pastry layers filled with nuts.

What kinds of nuts are used in baklava?

Pistachios or walnuts are often used in baklava.

How do you make baklava?

Baklava is usually prepared in large pans. There are many layers of dough, separated by layers of chopped nuts. Before you bake it, you cut the dough into simple shapes.



Baklava

What happens after the baklava is baked?

After it is baked, you pour a delicious syrup over it. Then you let it soak in. The syrup can include honey, rose water, or orange flower water.



How is baklava served?

It is usually served at room temperature. It goes very well with a cup of Turkish coffee.



Who ate baklava at first?

At first, it was for kings and rich people.



Dondurma



What is mastic?

Mastic is a sticky syrup that comes from the mastic tree. This tree grows in Turkey and other nearby countries. It is hard to find outside of this region.

What texture does dondurma have?

Dondurma is stretchy and sticky.

Why is dondurma a good dessert for a warm country?

It doesn't melt quickly.



Dondurma



What was dondurma made from in the past?

In the past, people who lived in the mountains made it at home. They used snow, milk, mastic, and dried orchid roots.

How do you eat dondurma?

Dondurma is so solid that you can use a knife and fork to eat it!

What is special about dondurma sellers?

The people who sell dondurma often wear traditional clothing. They like to play jokes and tricks on customers.



New Words



❖ chop *v.*

He **chops** the vegetables for dinner.
★ to cut into smaller pieces



❖ customer *n.*

The **customer** pays for her shopping.
★ a person who buys things or services

New Words



❖ **layer** *n.*

This cake has many **layers**!

★ a level of material above or under something else



❖ **melt** *v.*

Chocolate **melts** when it gets hot.

★ to become liquid or soft

New Words



❖ **pastry** *n.*

Roll the **pastry** flat to make a pie.

★ dough that is used to make pies and other baked goods



❖ **room temperature** *n. phr.*

Room temperature is usually around 20 °C..

★the normal amount of hot or cold air that people have inside their homes

New Words



❖ **separate** *v.*

The man is **separating** egg whites from the yolks.
★ to keep apart; to divide into different parts



❖ **solid** *adj.*

Ice is **solid**.
★ firm and hard

New Words



❖ starch *n.*

Mom added **starch** to make the sauce thick.
★ a white substance without any taste that is found in rice, corn, potatoes, and wheat



❖ syrup *n.*

I put lots of **syrup** on pancakes.
★ a sweet, thick sugary liquid

Reading Quiz

1. Turkish desserts have a lot of _____.

(a)



(b)



(c)



2. Turkish delight is good for your_____.

 (a) throat

(b) fingers

(c) eyes

3. What do you need to make baklava?

(a)



(c)



4. Dondurma melts quickly.

True

False



Reading Quiz

5. Turkish delight is easy to make.

True

False 

6. Dondurma sellers often wear traditional clothes.


True

False