



EBRU KAYNAR

Ebru Kaynar was born in 1970 Istanbul. As a dedicated cooking lover, Kaynar has been cooking since her early ages. Right after high school, she started taking many different certification programs to enhance her knowledge of cooking. She began her professional career as a cabin attendant in Turkish Airlines and has traveled to more than 50 countries while learning about different cultures and their cuisines. Up until now, she has been working towards amplifying her catering company as well as her Instagram account “KA by Area”.

Ebru Kaynar recently graduated from Izmir University of Economics’ Gastronomy and Culinary Arts department as an honor student with high distinction. Currently, she has been studying Nutrition Coaching certificate program at Altinbas University.

THE RECIPE OF STUFFED KOKOREÇ

200 gr of the mutton intestine
1 tablespoon of olive oil
50 gr of onion
50 gr of green peppers
4 piece of cherry tomatoes
1 tablespoon of Çemen
1/4 teaspoon of oregano
1/4 teaspoon of red chili pepper
1/4 teaspoon of cumin
Salt and black pepper

ÇEMEN

2 tablespoon of red chili peppers
2 cloves of garlic
1/4 teaspoons of cinnamon
1/4 teaspoons of cumin
1/4 teaspoons of fenugreek
1 tablespoon of water
2 tablespoons olive oil

BÉCHAMEL SAUCE WITH URLA MASTIC ARTICHOKE

2 tablespoons of all-purpose flour
2 tablespoons of butter
200 ml of milk
3 pieces of boiled Urla Mastic artichoke
A pinch of grounded nutmeg and
1/4 teaspoons of grounded mace
1 tablespoon of grounded walnut
1/4 teaspoons of cinnamon
Salt and black peppers

For Presentation

Fried Urla Mastic artichoke
Micro springs

PREPARATION

- Make a Çemen as a paste of Kokoreç by mixing all ingredients of Çemen until obtaining a paste form.
- Keep it at room temperature for use later on in the Kokoreç.
- Saute with olive oil to the mutton intestine on medium heat until getting brown color.
- Add red chili, cumin, oregano, salt, black pepper, and 1 tablespoon of Çemen. Mix properly all of the ingredients. Take out of it from the frying pan.
- Add onion, green peppers, cherry tomatoes to the rest of the olive oil on the pan. Saute them until cooking. Combine all ingredients and keep at the room temperature.
- Make a blond roux for bechamel sauce. Add some milk and cook of it until get thickened. Season it with mace, nutmeg, cinnamon, salt and black pepper. Finally add boiled artichokes and crushed walnuts. Make a puree by helping a hand blender.
- Cut the Baklava phyllo in shape of a square. Put a tablespoon of Kokokeç mixture on the square Baklava phyllo. Roll it like a cigar. Make two pieces cigar shaped pastry stuffed with Kokoreç. Fry them on high heat with vegetable oil. Fry 3 pieces of artichokes for decoration. Dilute the rest of Çemen as a decoration sauce. Decorate with micro spring.

Enjoy your meal

