



# Leek Stew

## INGREDIENTS

- 1/4 cup of olive oil
- 2 leeks - slice approximately 1cm wide (approximately 7 - 8 cups)
- 1 clove of crushed garlic (optional)
- 1 medium carrot - diced
- 1/4 cup tomato paste
- 2 Tbsp Turkish pepper paste (can replace with tomato paste)
- 1 tsp salt or to taste
- 1 tsp paprika
- cracked black pepper
- 1/4 tsp Turkish chilli flakes
- 1/4 cup medium grain rice - wash in a sieve under running water then leave to drain.
- 5 cups of water

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# Leek Stew

## METHOD

1. Place oil into a large pot or pan.
2. Turn on the heat to medium-high and add the leeks, garlic and carrot and cook for about 5 minutes, make sure to stir every so often to prevent it from sticking to the bottom (you can turn down the heat if you need to).
3. After 5 minutes, the vegetables would have wilted a little. Now add the tomato and Turkish pepper paste and stir for approximately 1 minute.
4. Add the rest of the ingredients and mix through.
5. Put the lid on at an angle (so the steam can escape).
6. Let the dish simmer on medium-high heat for approximately 20 minutes and stir occasionally (so the rice doesn't stick to the bottom).
7. After 20 minutes the rice should be cooked, and the liquid reduced.
8. Turn off the heat and put the lid on fully and let it rest for 5 minutes before serving.
9. To serve, place the stew into bowls with a squeeze of lemon on top and bread on the side.

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# Lentil Kofte

## INGREDIENTS

- 2 cups of red lentils – place the lentils into a sieve and wash under running water and then set aside
- 1 cup of fine bulgur
- 4 cups of water
- 1/4 cup of olive oil
- 2 medium onions - diced
- 1/4 cup of tomato paste
- 2 Tbsp Turkish pepper paste (can replace with tomato paste)
- Cracked black pepper
- 1 tsp cumin
- 1 tsp of sumac
- 1 tsp Turkish chilli flakes (more or less up to you)
- 2 tsp salt or to taste
- 2 tsp paprika
- 2 tsp dry mint
- 2 Tbsp pomegranate molasses (optional)
- 2 Tbsp of lemon juice (optional)
- zest of one lemon (optional)
- 1 bunch of parsley - chopped
- handful of dill - chopped
- handful of mint - chopped
- 10 shallots - sliced

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## METHOD

1. Place red lentils into a large pot, add 4 cups of water (boiled water will speed up the process), place the lid on top at an angle and turn the heat on high.
2. Once the lentils come to a boil, take the lid off and turn down the heat to low and let it simmer. Stir occasionally so the lentils don't stick to the bottom. Usually takes 20 minutes.
3. Once the lentils have cooked and gone mushy, add the fine bulgur, stir and turn off the heat.
4. Cover with the lid and set aside. The bulgur will soften with the heat from the lentils.
5. In a separate medium pan, add the oil and onions and turn the heat to medium-high.
6. Cook the onions until softened and almost caramelised for approximately 10 minutes.
7. Once the onions are ready add the tomato paste and the Turkish pepper paste and cook for almost 1 minute and then turn off the heat.
8. Add the onion mixture to the pot with the lentil and bulgur and mix through.
9. Once the lentil and bulgur mixture has cooled, add the rest of the ingredients and mix thoroughly by hand.
10. Have a taste, and make sure you like the seasoning before you start to roll into shape.
11. Using a tablespoon, scoop out the mixture and roll with your hands into an oval shape and gently press down with your fingers leaving finger markings. If the mixture sticks to your hands, wet your hands with water.
12. Continue this process until you have used up all the mixture.
13. To serve, place each Mercimek Kofte into cos lettuce or any lettuce (cut/torn to size) and squeeze lemon on top just before eating).



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