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Learn About *Traditional Drinks #1*

SAHLEP



Sahlep (referring to both orchid as well as the sahlelep drink) is a flour made from grinding the dried tubers of various species of orchid, which contain a nutritious starch-like polysaccharide called basorin.



Sahlep is also the name of a beverage made from sahlelep flour, whose popularity spread beyond Turkey and the Middle East to England and Germany before the rise of coffee and tea. In England, the drink was known as "saloop".

The beverage sahlelep is sometimes referred to as Turkish Delight, though that name is more commonly used for lokum. Other desserts are also made from sahlelep flour,

including sahlelep pudding and sahlelep ice cream. The Kahramanmaraş region of Turkey is a major producer of sahlelep.

Sahlep is the hot creamy drink of cold winter days. Sahlep powder is mixed with milk and sugar and boiled. The roots are rich in starch and the mixture thickens naturally, however you can add a little bit starch for a thicker liquid.

It is served sprinkled with powdered cinnamon and is a perfect companion on a cold day.

Sahlep is drunk in coffee shops and tea gardens in winter all around Turkey. Usually it is drunk alone, but if the person wants to eat something, a pie or cake would be a good idea. Sahlep is a traditional drink and it was also served at that time of the Ottoman empire.

Moreover it is widely used to cure sore throats and coughs.

SALGAM SUYU (TURNIP JUICE)



A sour, sometimes hot, crimson drink obtained by boiling turnips and carrot in water and adding vinegar. Turnip juice is a popular beverage of southern Turkey, originating from Adana.

It is most preferred accompaniments of rakı and kebab recently. It relieves an upset stomach and also helps cope with the hot climate. Some people drink it with Rakı saying that it removes or softens the effects of alcohol.

Because it's a juice full of minerals and vitamin C, it's one of the most preferred drinks in the winter time for colder climates. It also contains Thiamin (B1) and Riboflavin (B2) vitamins, and is rich in Calcium, Potassium and iron.

History of Olive Oil



“The first recorded oil extraction mill was in what is current day Israel in 1000 B.C. “

Besides food, olive oil has been used for medicines, as a fuel in oil lamps, to make soap, as bodily decoration and as a sexual lubricant. The importance and antiquity of olive oil can be seen in the fact that the word "oil" actually derives from the same root as "olive".

The olive tree is native to the Mediterranean basin; wild olives were collected by Neolithic peoples as early as the 8th millennium BC. A widespread view holds that the first systematic cultivation of the olive tree worldwide took place in Greece, more specifically in Crete. The earliest surviving olive oil amphorae date to 3500 BC (Early Minoan times), though the production of olive is assumed to have started before 4000 BC. An alternative view retains that olives were turned into oil by 4500 BC in present-day Israel.

It is not clear when and where the olive tree was first domesticated: in Asia Minor in the 6th millennium; in Palestine or Syria in the 4th; or somewhere in the Fertile Crescent in the 3rd. Recent genetic studies suggest

that modern cultivars descend from multiple wild ancestors, but the detailed history of domestication is not yet understood.

Many ancient presses still exist in the region; some dating to the Roman period are still in use today.

Greece

Olive trees were certainly cultivated by the Late Minoan period (1500 BC) in Crete, and perhaps as early as the Early Minoan period. The Minoans used olive oil in religious ceremonies. The oil became a principal product of the Minoan civilization, where it is thought to have represented wealth. Olive oil was thus very common in Greco-Roman cuisine.

Turkey

In Central Turkey there are indications of oil pressing having taken place from 6,000 BC.

Middle East

Over 5,000 years ago oil was being extracted from olives in southern Canaan also known to the

Greeks as Philistine. In the centuries that followed, olive presses became a common sight from Crete to Egypt. Before 2,000 B.C. the Egyptians imported olive oil from Crete, Syria and Canaan so it was obviously an important item of commerce and wealth.

Until 1500 BC, Greece - particularly Mycenae - was the area most heavily cultivated. With the expansion of the Greek colonies, olive culture reached Southern Italy in the eighth century B.C., then spread into Southern France. Olive trees were planted in the entire Mediterranean basin under Roman rule.

The first recorded oil extraction mill was in what is current day Israel in 1000 B.C. Over 100 olive presses have been found in Tel Mique Akron, where the Philistines first produced oil.

Olive trees and oil production in the Middle East can be traced in the archives of the ancient city-state Ebla, around a dozen documents, dated 2400 BC.

Recipe: Leek in Olive Oil



Recipe by Binnur

- and chopped, bite size
- 75 ml extra virgin olive oil (half for cooking, half for after)
- 2 tbsp rice, washed
- Juice from half a lemon
- 1 cup water
- 1 tsp sugar
- Salt

water. Cover the lid halfway and cook for about 30 minutes on medium-low heat.

After cooking, put on a service plate and pour the remaining olive oil over top. Let cool for a while, then refrigerate. Serve it cold.

Ingredients:

- 1 bunch of leeks, washed and cut, in chunks
- 1 medium sized carrot, washed

Method:

Place all the ingredients except half of the olive oil in a medium-sized pot. If needed, you can add more

Recipe: Turkish Shortbread



Recipe by Binnur

Ingredients:

- 250 ml unsalted butter, room temperature
- 1/2 cup powdered sugar

- 1 tsp vanilla
- 2 cups flour
- 1/2 tsp baking powder

Garnish:

- 1/2 cup powdered sugar

Method:

Cream the powdered sugar and vanilla with butter, then slowly add the flour and baking powder. Make sure everything's well mixed. Make chestnut sized balls with your hands. Put parchment paper on an oven tray and arrange them on it.

Preheat the oven to 375 F and bake for about 15 minutes. Immediately sprinkle some powdered sugar on top using a small strainer after you take them out of the oven.

Makes 18-20 pieces.

Travel to *Ain Soukhna*



Ain Soukhna on the Egyptian Red Sea Coast (actually on the Gulf of Suez) has often been referred to as a town, but is really not.



Ain Soukhna can be translated as "hot spring" and the name originates from sulfur springs in Gebal Ataqa, a nearby Eastern Desert mountain. It is a region that stretches from just south of Suez down the coast for about sixty kilometers, and mostly consists of a port along with a series of resort complexes, with a few independent restaurants,

gas stations and other facilities scattered along the coastal road. It seems only natural for this region to be so developed, considering that it represents the closest beaches to Cairo, one of the largest cities in the world.



Traditionally, Ain Soukhna is a purely Egyptian retreat, only recently becoming an international destination. In fact, most of the the resort complexes consist mainly of vacation villas owned by Upper and Upper Middle Class Egyptians. However, many though certainly not all of the complexes also provide hotel accommodations. These range from rather quaint facilities for

Middle Class Egyptians and probably some Europeans to International Five Star Hotels, which we may expect to see more of for a number of reasons. As an international tourist destination, Ain Soukhna makes considerable sense.



Europeans with a beach vacation in mind would fly into Cairo, see some of the sights, and then take the short journey to Ain Soukhna for the remainder of their visit to Egypt. However, whether a beach vacation is primary or secondary to a more classical tour, Ain Soukhan can offer a convenient itinerary to several other nearby sites.

New Arrivals

Ulker Icim White Cheese
 Byblos Tooma Cheese
 Tekin Sheep Feta Cheese
 Ziyad Jameed
 Indo Euro Kashk
 Moomtaz Makdous
 Avo's Breadsticks
 Mid East Pearl Barley
 Indo Euro Canned Fava Beans

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5575 Hollister Ave. Ste. A
Goleta, CA 93117
(next to Sizzler Restaurant)

Store Hours:
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Phone: 805-696-9323
E-mail: getinfo@mediterramarket.com

