

## SUN OF IZMIR

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Before Starting...

While thinking about what to do for the competition, the first thing that came to my mind was something completely healthy, but then, I could not compromise on taste.

I rolled up my sleeves to make a different and delicious recipe well-balanced in carbohydrate, protein, and vitamins.

Establishing the taste balance of the selected spices was not at all easy, but I hope that I finally created a recipe that brings the strength of explosive flavours in the right proportion to surprise your palate.

Each ingredient balances with the spice in itself, and eventually they all come together to create the most ideal flavor.

I hope our recipe İzmir Güneşi - Sun of İzmir is loved and admired by you.

**Cihan GÖRGÜ DEMİRCİ**



Servings: 04



Prep. time: 10 minutes



Cook time: 15 minutes



Starter / Entrée meal

## 1.1

### 1.2 SUN OF İZMİR

Sun of İzmir is a light starter meal that will stimulate your palate and whet your appetite with the spices it contains. The vibrant colours that it brings to table resonates the aesthetics of the rising sun from where it derives its name from.

## Ingredients

Pumpkin, 500 g  
Cibez, 100 g  
Boiled chickpeas, 150 g  
White fat cow's cheese, 100 g  
One and half lemon juice, 75 ml  
Olive oil, 150 ml  
Salt, 1 tsp  
Black pepper, 1 tsp  
Garlic, 1 tsp  
Chili flakes, 1 tbs  
Nutmeg, 1 tsp  
Mace, ½ tbs  
Cinnamon, 1 tsp

Mint, 1 tbs



## CİBEZ

It is a weed from the roots of cabbage and cauliflower left in the soil after cutting and harvesting. If you cannot find cibez for this recipe, you can also use spinach.

## Cooking Steps

1. Cut the pumpkin into 3 large pieces, peel and cut into slices. Place the pumpkins in baking tray. Add olive oil, salt, black pepper, garlic, grated nutmeg onto the pumpkins and apply the mix evenly over the pumpkin slices. Bake it in preheated oven at 200 degrees for 15 minutes.
2. Bring a large pot of water to a boil. Put 2 pinches of salt in boiling water. Cut the cibez into half, throw them in the boiling water and cook for 5 minutes. While they are boiling, start preparing cold sauce. Mix until smooth the juice of one and a half lemon and twice the quantity of olive oil, a few pinches of salt, black pepper, and garlic. Add white fat cow cheese into it.
3. Take the boiled cibez from the pot, pass it through cold water and leave it to drain. Pour olive oil into the wok pan heated over high heat and add the boiled chickpeas. Roast the chickpeas for about 3 minutes. Add salt, black pepper, cinnamon, mace and stir. After 1 minute, add the boiled cibez and cook through, for about 2 minutes more.
4. Get the pumpkins from oven and allow them to cool for 1 minute. Meantime, prepare hot sauce. Add olive oil, hot chili peppers and mint to the heated pan and roast until they begin to release their aroma.
5. Arrange the pumpkins in the shape of the sun and place the mixture with cibez and chickpeas right in the middle of the plate. Combine all the flavors by pouring the cold sauce first, and then the hot sauce.

**Bon Appetit / Afiyet Olsun...**