



TANATAR

MiiTi Recipe Booklet



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Contents	1
1. Grilled Meatballs	2
2. Kadınbudu Meatballs	3
3. Veal Külbastı.....	4
4. Beef Chop	5
5. Liver Külbastı.....	6
6. Hünkâr Beğendi (Sultan’s Delight).....	7
7. Kaytan Kebab	8
8. Yogurt Marinated Skewered Kebab	9
9. Cızbız Meatballs	10
10. Lamb Chops	11
11. Lamb Chops	12
12. Turkey Meatballs	13
13. Turkey Meatballs	14
14. Chicken Wings	15
15. Chicken Chops.....	16
16. Chicken Wrap	17
17. Sea Bream Fillet	18
18. Sea Bass Turkish Delight	19
19. Grilled Trout.....	20
20. Salmon Shish Kebab	21
21. Grilled Shrimp	22
22. Spinach Moussaka on Lavash.....	23
23. Mixed Vegetable Shish Kebab.....	24
24. Eggplant Pastry	25
25. Grilled Mushrooms	26
26. Apple Dessert	27
27. Orange Dessert	28
References	29

Preface

Looking through the lens of history, while people in the hunter-gatherer era struggled merely to fill their stomachs, the agricultural society replaced this with a more structured act of nourishment. Over time, evolving habits brought along not only the concept of nutrition but also the notions of taste and flavor into societal life. In recent years, technological developments have progressed rapidly, leading to a transformation on a global scale. As technology and digitalization advance, both products and production methods are changing. Today, developments in technological fields are influencing not only industry and production through automation systems, computers, and communication technologies, but also all areas of life and every sector. Because technological advancements ease daily life and offer new products and services, they are widely accepted by societies and find practical uses. As a result, the structure of products and services is changing across every field and sector.

In the food and beverage sector, ideas have been developed on how technology can be used. Especially in areas such as sustainability, energy efficiency, and time management, it is evident that technology has entered the kitchen. To achieve consistent flavor in foods, it is essential that ingredients used and cooking temperatures remain stable and homogeneous. At this point, the IR-Grill cooking equipment, developed for residential and industrial kitchens, offers significant advantages to consumers. Its ability to rapidly reach high temperatures, cook products quickly and in a controlled manner, and offer energy efficiency, meets expectations. With this recipe booklet, the aim is to allow consumers to prepare meals easily and ensure that dishes are served with consistent quality.

The recipes for the IR-Grill were selected through expert interviews conducted with four faculty members from the Culinary Program and the Department of Gastronomy and Culinary Arts, together with head chefs from four restaurants in Eskişehir. These recipes were tested using commonly available ingredients and evaluated through IR-Grill trials. The recipes that passed initial evaluations were improved and standardized. Practical and unit measurements were used wherever possible, and the preparation steps were written in clear, simple language for everyone to understand.

Although 25 recipes were originally planned, two more were standardized during the process, making a total of 27 recipes presented. The IR-Grill is a very practical cooking tool suitable for both professional and personal use at home. Of course, many more recipes can be created with it. This book includes just 27 recipes to inspire and guide you. You can expand and diversify these recipes based on your needs and creativity.

We wish you a delightful cooking experience...

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1. Grilled Meatballs

Ingredients	Approx		5 services
	Practical Measure	Unit Measure	Description
Ground beef	—	500 g	Minced from beef chuck
Onion	1 piece		Grated, juice squeezed out
Tomato	1 piece		
Green pepper (çarliston)	1 piece		
Cumin	1 teaspoon		
Black pepper	1 teaspoon		
Ground red pepper	1 teaspoon		
Salt	1 teaspoon		

Preparation

1. Mix ground beef, onion juice, cumin, black pepper, ground red pepper, and salt until a homogeneous texture is achieved.
2. Let the mixture rest in a covered container in the refrigerator for one hour.
3. Shape the mixture into oval meatballs.
4. Heat the IR-Grill to medium, and grill the meatballs for about 6 minutes, turning halfway through.
5. Slice the tomato into rings and grill together with the whole green pepper on medium heat.
6. Serve the meatballs with the grilled vegetables on a serving plate while hot.



2. Grated Fried Meatballs

Ingredients	Approx		5 servings
	Practical Measure	Unit Measure	Description
Ground beef	—	500 g	From fatty part
Onion	1 piece		Finely chopped, juice squeezed out
Egg	2 pieces		—
Rice	½ tea glass		Boiled until slightly tender
Cumin	1 teaspoon		
Black pepper	1 teaspoon		
Salt	1 teaspoon		
Breadcrumbs	1 tea glass		
Wheat flour	1 tea glass		
Water	2 tablespoons		
Preparation			
1. Divide the ground meat in half. Cook one half in a non-stick pan with 2–3 tablespoons of water. 2. Just before removing from heat, add grated, juice-squeezed onions. Sauté, then allow to cool. 3. In a separate pot, parboil the rice (until just tender). 4. In a large bowl, mix the cooled cooked meat, raw ground meat, and drained rice. 5. Add the eggs and spices. 6. Knead the mixture until it reaches a homogeneous consistency. 7. Let the mixture rest in the refrigerator for 1 hour. 8. Shape into large oval meatballs. 9. Coat each meatball in a deep bowl of mixed flour and breadcrumbs, then dip in beaten egg. 10. Grill with the IR-Grill on medium until all sides are cooked and golden. 11. Serve hot with mashed potatoes or grilled vegetables, as desired.			



3. Veal Külbastı

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Veal tenderloin	—	500 g	Marinated
Black pepper	1 teaspoon		—
Thyme	1 teaspoon		—
Salt	1 teaspoon		—
Olive oil	4 tablespoons		—
Red bell pepper	1 piece		Cleaned and diced
Green bell pepper	1 piece		Cleaned and diced
Yellow bell pepper	1 piece		Cleaned and diced
Preparation			
1. Tenderize the veal tenderloin with a meat mallet, marinate it with black pepper, thyme, salt, and olive oil, and let it rest for 12 hours. 2. Cook the meat on the IR-Grill at medium heat, flipping to grill both sides evenly. 3. Sauté the vegetables briefly on the IR-Grill. 4. Serve hot with the vegetables placed underneath and the veal on top.			



4. Beef Rib Steak

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Beef rib steak	1 piece	500 g	Marinated
Onion	1 tsp		Grated and drained
Black pepper	1 tsp		
Thyme	1 tsp		
Salt	4 tbsp		
Olive oil	1 piece		
Tomato	1 piece		
Preparation			
1. Tenderize the beef with a mallet and marinate with black pepper, thyme, salt, onion juice, and olive oil for 12 hours. 2. Cook in the IR-Grill at medium setting with both upper and lower heat. 3. Slice tomatoes into rings and briefly grill in the IR-Grill. IRServe hot with beef placed over the tomatoes on a plate.			



5. Grilled Liver

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Veal liver		500 g	Membrane removed, sliced thin
Onion	1 piece		Julienned
Red pepper flakes	1 tsp		
Thyme	1 tsp		
Salt	1 tsp		
Olive oil	4 tbsp		
Tomato	1 piece		Diced
Preparation			
1. Clean the liver by removing membranes and veins. IR-Grill de orya ayarda kısa süreli ızgara edilir. 2. Slice thin and mix with olive oil. 3. Grill briefly over medium heat using the IR-Grill. 4. Add red pepper flakes, thyme, and salt after grilling. 5. Serve hot with onions and tomatoes.			



6. Sultan's Delight (Hünkâr Beğendi)

Ingredients	Approx		5 servings
	Practical Measure	Unit Measure	Description
Lamb meat		1 kg	Fatty, diced
Onion	3 pieces		Grated and drained
Milk		500 ml	
Eggplant		1 kg	
Tomato juice	2 cups		Boiled
Red pepper	1 tsp		
Black pepper	1 tsp		
Salt	1 tsp		
Preparation			
1. Mix lamb meat with milk and onion juice. Cover and marinate for at least three hours in a cool place. 2. Grill the eggplants on low heat by turning them until well cooked. 3. Peel and mash the insides with salt and pepper. 4. Add boiled tomato juice and mix, then place on a plate. 5. Skewer and grill the meat in the IR-Grill. 6. Serve meat over the eggplant mash while hot.			



7. Kaytan Kebab

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Lamb leg		500 g	Boneless, diced approx. 7 cm
Onion	3 pieces		Grated and drained
Salt	1 tsp		
Red pepper	½ tsp		
Cinnamon	½ tsp		
Butter	1 tbsp		Melted
Allspice	¼ tsp		
Clove	½ piece		Crushed
Onion	2 pieces		Julienned
Parsley	1/5 bunch		Finely chopped
Preparation			
1. Rub the meat with onion juice, salt, and red pepper. Marinate in a cool place for at least two hours. 2. Skewer the pieces lengthwise. 3. Mix cinnamon, allspice, clove, and melted butter together.			



8. Yogurt Shish Kebab

Ingredients	Approx		6 servings
	Practical Measure	Unit Measure	Description
Lamb leg		1 kg	Diced
Onion	2 pieces		Grated and drained
Salt	1 tsp		
Flatbread	3 pieces		
Butter	1 tbsp		
Yogurt		500 g	Lukewarm
Garlic	3 cloves		Mashed
Broth	½ cup		Hot
Butter		100 g	Hot
Preparation			
1. Marinate the meat in onion juice and salt for at least two hours. 2. Skewer the meat pieces evenly and grill in the IR-Grill. 3. Grill the flatbreads with butter in the IR-Grill, cut into slices and place on a plate. 4. Place grilled meat on bread slices. 5. Whisk yogurt with garlic and pour over the dish. 6. Drizzle hot broth and butter over it before serving.			



9. Grilled Meatballs (Cızbiz Köfte)

Ingredients	Approx		5 servings
	Practical Measure	Unit Measure	Description
Ground lamb		500 g	From leg
Onion	2 pieces		Grated
Black pepper	1 tsp		
Salt	1 tsp		
Parsley	½ bunch		Finely chopped
Clarified butter	1 tbsp		
Broth	¼ cup		
Preparation			
1. Knead the ground meat, grated onion, black pepper, salt, and parsley for ten minutes. 2. Brush with clarified butter and place on the IR grill. 3. Brush with the meat juices while turning. 4. Serve hot.			



10. Skewered Meatballs (Şiş Köfte)

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Ground lamb		500 g	Leg, double-ground.
Breadcrumbs	½ cup		
Onion	2 pieces		Grated.
Parsley	½ bunch		Finely chopped.
Eggs	1 piece		
Flour	1 tablespoon		
Clarified butter		150 g	
Black pepper	1 teaspoon		
Salt	1 teaspoon		
Garlic	1 clove		Pounded.
Preparation			
1. Knead the ground meat, breadcrumbs, grated onion, parsley, egg, salt, pepper, and garlic for ten minutes. 2. Thread onto a skewer and cook on an IR grill.			



11. Lamb Chop

Ingredients	Approx		5 servings
	Practical Measure	Unit Measure	Description
Chops		1 kg	Sheep or lamb.
Onion	2 pieces		Grated, drained.
Thyme	1 teaspoon		
Clarified Butter	1 tablespoon		Melted.
Broth	½ cup		Boiled.
Salt	1 teaspoon		
Preparation			
1. Rub the chops with onion juice and salt, and marinate them, covered, in a cold place for at least two hours. 2. Brush them with clarified butter and sprinkle with thyme, then grill them on an IR grill. 3. Brush with the meat juices when turning. 4. Serve hot.			



12. Turkey Meatballs

Ingredients	Approx		6 servings
	Practical Measure	Unit Measure	Description
Turkey breast		500 g	
Onion	2 pieces		
Salt	1 teaspoon		
Black pepper	1 teaspoon		
Bread crumbs	2 slices		
Eggs	2 pieces		
Flour	1 tablespoon		
Clarified butter		100 g	Melted.
Potatoes	4 pieces		Sliced into very thin sheets.
Preparation			
1. Finely chop the turkey breast, onion, breadcrumbs, salt, and pepper. 2. Crack the egg and knead for ten minutes. 3. Form long, very thin meatballs, coat them in flour, and dip them in clarified butter. 4. Fry them on the IR grill, turning occasionally. 5. Dip the potatoes in the clarified butter in a similar manner, then fry them on the IR grill, turning occasionally. 6. Serve hot.			



13. Grilled Chicken Breast

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Chicken breast		500 g	
Salt	1 teaspoon		
Clean honey	1 tablespoon		
Black pepper	1 teaspoon		
Clarified butter	1 tablespoon		Molten.
Preparation			
1. Rub the chicken breast with salt, honey, and black pepper, then marinate it, covered, in a cool place for at least one hour. 2. Brush with clarified butter and fry on an IR grill.			



14. Chicken Wingd

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Chicken wings		500 g	
Black pepper	1 teaspoon		
Red pepper powder	1 teaspoon		
Thyme	1 teaspoon		
Salt	1 teaspoon		
Olive oil	4 tablespoons		
Tomato	1 piece		Chopped into rings.
Pepper	1 piece		
Onion	1 piece		Chopped into rings.
Preparation			
1. Season the chicken wings with black pepper, red pepper flakes, thyme, and salt. 2. Let them rest for two hours. 3. Grill the seasoned wings on a medium-high IR grill until golden brown on both sides. 4. Grill the vegetables briefly on the IR grill. 5. Serve hot with grilled tomatoes, onions, and peppers.			



15. Chicken Chop

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Chicken Chops		500 g	
Black Pepper	1 teaspoon		
Red Pepper Powder	1 teaspoon		
Thyme	1 teaspoon		
Salt	1 teaspoon		
Olive Oil	4 tablespoons		
Tomato	1 piece		Chopped into rings.
Pepper	1 piece		
Onion	1 piece		Chopped into rings.
Preparation			
1. Season the chicken chops with black pepper, red pepper flakes, thyme, and salt. 2. Let them rest for two hours. 3. Grill on a medium heat (IR grill) until golden brown on both sides. 4. Grill the vegetables briefly on the IR grill. 5. Serve hot with grilled tomatoes, onions, and peppers.			



16. Stuffed Chicken Breast

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Chicken breast		500 g	Tenderized under stretch film
Salt	1 tsp		
Tomato juice	½ cup		
Potato		500 g	Peeled
Salt	1 tsp		
Milk	½ cup		
Kashar cheese		100 g	Grated
Clarified butter		50 g	Melted
Preparation			
1. Marinate flattened chicken breasts with salt and tomato juice under cover in a cool place for one hour. 2. Boil potatoes in milk until soft and evaporated. 3. When almost dry, add salt and mix rapidly. 4. Add grated cheese, mix and cover with a lid. 5. Place a spoonful of mashed potato in the center of chicken, roll with stretch film and chill for 1 hour. 6. Fry in the IR-Grill with clarified butter.			



17. Sea Bream Fillet

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Sea Beam Fillet		500 g	
Black Pepper	1 tsp		
Lemon	¼ piece		
Bay Leaf	2 piece		
Salt	1 teaspoon		
Olive Oil	4 tablespoon		
Potato	1 piece		Diced
Butter	1 tablespoon		
Parsley	2-3 leaves		Grated and drained
Preparation			
1. Fillet the sea bream. 2. Season the fillet with lemon, black pepper, bay leaf, salt, and olive oil. 3. Boil the potatoes and dice them. 4. Sauté the diced potatoes in butter and add parsley. 5. Grill the fish fillet on both sides over medium heat on an IR grill. 6. Serve hot with the potatoes.			



18. Sea Bass Turkish Delight

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Sea Bass Fillet		500 g	
Black Pepper	1 1 teaspoon		
Lemon	¼ piece		
Bay Leaf	2 piece		
Salt	1 teaspoon		
Olive Oil	4 tablespoon		
Arugula	8 dal		Washed.
Cherry tomatoes	5 piece		
Preparation			
1. Remove the sea bass fillet, open it up, and fold it in half, taking care not to cut the skin. 2. Season the fillet with lemon, black pepper, bay leaf, salt, and olive oil. 3. Grill the sea bass fillet on both sides over medium heat on an IR grill. 4. Serve hot with arugula and cherry tomatoes			



19. Grilled Trout

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Trout Fillet		500 g	
Black Pepper	1 teaspoon		
Lemon	¼ piece		
Bay Leaf	2 pieces		
Salt	1 teaspoon		
Olive Oil	4 tablespoons		
Seasonal Greens			Washed.
Cherry Tomatoes	5 pieces		
Preparation			
1. Fillet the trout. 2. Season the fillet with lemon, black pepper, bay leaves, salt, and olive oil. 3. Grill the trout fillet on both sides over medium heat on the IR grill. 4. Serve hot with seasonal greens and cherry tomatoes.			



20. Salmon Shish Kebab

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Salmon fillet		300 g	Bones removed.
Cherry tomatoes	2 pieces		Washed.
Charlotte peppers	2 pieces		Washed.
Lemon	2 pieces		
Olive oil	2 tablespoons		
Salt	1 teaspoon		
Black pepper	1 teaspoon		
Red onion	1 piece		Diced lettuce.
Preparation			
1. Cut the salmon into large pieces. 2. Quarter the tomatoes lengthwise. De-seed the Charleston peppers and chop them into large pieces. 3. Slice the lemons lengthwise into large slices. 4. Thread the fish, lemon, tomato, and pepper onto skewers in an alternating order. 5. Brush the fish with olive oil. 6. Grill over medium heat until golden brown on all sides. 7. Serve hot with arugula, lemon, and red onion.			



21. Grilled Shrimp

Ingredients	Approx		2 servings
	Practical Measure	Unit Measure	Description
Jumbo shrimp	8 pieces	400 g	Cleaned.
Olive oil	2 tablespoons		
Salt	1 teaspoon		
Garlic	2 cloves		Grated.
Black pepper	1 teaspoon		
Wine vinegar	2 tablespoons		
Parsley	6 sprigs		Finely chopped.
Preparation			
1. The cleaned shrimp are mixed with olive oil, salt, garlic, black pepper, and grape vinegar and left to marinate for 2 hours. 2. Grill over medium heat until the shrimp change color on all sides. 3. Transfer the shrimp to a serving platter and serve hot, garnished with parsley.			



22. Spinach Moussaka on Lavash

Ingredients	Approx		5 servings
	Practical Measure	Unit Measure	Description
Ground meat		100 g	Oily.
Onion	1 piece		Provides cooking.
Spinach		1 kg	Washed, sorted, drained, and coarsely chopped.
Broth	4 tablespoons		
Red pepper powder	½ teaspoon		
Salt	½ teaspoon		
Lavash	5 pieces		
Preparation			
1. In a suitable pot, sauté the ground meat and onion until the liquid is absorbed. 2. Add the spinach, broth, red pepper flakes, and salt, and combine. 3. Spread the mixture over lavash bread and cook on an IR grill until it changes color slightly.			



23. Mixed Vegetable Shish Kebab

Ingredients	Approx		4 servings
	Practical Measure	Unit Measure	Description
Eggplant	1 piece		Diced.
Green pepper	1 piece		Diced.
Red pepper	1 piece		Diced.
Zucchini	1 piece		Diced.
Onion	1 piece		Diced.
Olive oil	2 tablespoons		
Salt	1 teaspoon		
Preparation			
1. Clean and dry all vegetables. 2. Peel the eggplant, zucchini, and onion. 3. Dice the vegetables and mix them with olive oil and salt. 4. Thread the prepared vegetables onto skewers. 5. Grill on an IR grill at medium heat.			



24. Eggplant Fritters

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Eggplant	3 pieces	1 kg	
Cheese		250 g	
Parsley	10 sprigs		Finely chopped
Dill	10 sprigs		Finely chopped
Flour	¼ cup		
Egg	3 pieces		
Olive oil	3 tbsp		
Broth	3 tbsp		
Salt	1 tsp		
Preparation			
1. Remove the stems from the eggplant and slice it into very thin rounds. Soak it in salted water for half an hour, then drain. 2. Crumble the cheese, mix it with the dill and parsley, and place a piece between two eggplants, pressing it together. 3. Dip it in flour. Then coat it in beaten egg. 4. Place it on the IR grill. Brush with olive oil for the first rotation, then with meat broth for the second rotation, and fry.			



25. Grilled Mushrooms

Ingredients	Approx		3 servings
	Pratical Measure	Unit Measure	Description
Chanterelle mushrooms		500 g	Cleaned. Other mushrooms can also be used.
Clarified butter		50 g	Melted
Salt	1 tsp	5 g	
Preparation			
1. Place mushrooms on IR-Grill with stem side up and grill briefly. 2. Brush with clarified butter, sprinkle salt, grill until juicy. 3. Serve with the cooking juices.			



26. Apple Desert

Ingredients	Approx		5 servings
	Pratical Measure	Unit Measure	Description
Apple		1 kg	Sour, cleaned and cored
Lemon	1 piece		
Powdered sugar	3 tbsp		
Clotted cream		100 g	
Cinnamon	1 tsp		
Pistachios	3 tbsp		
Preparation			
1. Slice apples and soak in lemon juice. 2. Drain, sprinkle with powdered sugar and grill in IR-Grill until golden. 3. Place on a plate with clotted cream. 4. Sprinkle with cinnamon and pistachios.			



27. Orange Pudding Dessert

Ingredients	Approx		3 servings
	Practical Measure	Unit Measure	Description
Milk		500 ml	
Sugar		100 g	
Butter		40 g	
Egg yolks	4 pieces		
Flour		40 g	
Cornstarch		30 g	
Vanillin	½ packet	2,5 g	
Orange	2 pieces		Sliced into rounds
Ground pistachios	1 tbsp		

Preparation

1. Beat egg yolks with sugar
2. Add milk and vanillin to the pot and heat.
3. Add flour and cornstarch to egg mixture.
4. Gradually mix heated milk into egg mixture to temper.
5. Pour the tempered egg mixture into the hot milk and stir constantly.
6. Whisk until thick like pudding.
7. Remove from heat and stir in butter.
8. Let cool while whisking.
9. Grill orange slices in the IR-Grill.
10. Layer grilled oranges with pudding in 3 layers.
11. Sprinkle pistachios on top and serve.



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TANATAR

IR-Grill Tarif Kitapçığı

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