

Issue #29 December 2023

# Lifestyle

Magazine



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## EDITORIAL

*IWI Lifestyle Magazine* is brought to you  
by our Magazine team:  
Ursula Dokumacigil - Editor  
Stefanie Kreisman - Editorial Designer

If you will like to contribute  
writing or sending photos for  
future issues, or for any  
comments or inquiries, please  
email [magazine@iwistanbul.org](mailto:magazine@iwistanbul.org)  
For any other IWI inquiries:  
[info@iwistanbul.org](mailto:info@iwistanbul.org)

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# MESSAGE FROM THE CHAIRWOMAN

December is here and the Winter Bazaar is right around the corner.

So much preparation and planning was done last month and I am so grateful to our team of dedicated board members for their service. I know this 2023 Bazaar at the Dedeman in Gayrettepe will be a success because all of you have been eagerly awaiting this event and the out-pour of volunteers has been such a blessing. We have over 65 stall holders, a third of which, I am proud to announce, are

our own members. As the IWI business membership grows, we see just how many talented and resourceful women make up the IWI.

The Winter Bazaar is our annual signature event, it is a tradition stretching back through the decades and it is our aim to not only continue but to make it better and better. This event is a powerful way for us to come together as a community, have some holiday fun, and celebrate the richness and diversity of our community. It is a showcase of what we are doing here in Istanbul and what we have to offer to the world. Please share the bazaar flyer with your school, work, family, and friends on WhatsApp and Instagram. Together we are going to get a great turnout and make this event a success.

The Christmas lunch will be held at the Hilton in Taksim on the 13th of December from 12-3pm. The Hilton in Taksim is very festive this time of year and has been the venue of many of our activities and bazaars over the past years. Having a delicious buffet with friends is a great way to treat yourself and have a good time. It will be a nice way to unwind after the bazaar and to relax before having kids and family over for the holidays.

It's because of you that we are strong and have been around for so long. Let's bring in a wonderful new year for the IWI.

Wishing you and your loved ones all a hopeful, happy, and healthy 2024. Happy holidays!

*With Love, Jasmine*





# WOMEN'S RUN

A few of our members and friends joined the "Women's Run" over the Sultan Yavuz Selim Bridge from Europe to Asia and back. This run was part of many the celebrations for the 100th Anniversary of the Republic Türkiye all over the city and country. Everyone of us finished the 5k and received a medal in the end.





# NOVEMBER NEIGHBORHOOD MEETUPS





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# NOVEMBER NEIGHBORHOOD MEETUPS





# KNOW YOUR NM

## Neighborhood Meetups



**Mums 'n' Kids**  
All locations



**Yesil**  
Bakirkoy, Beylikduzu, Merter,  
SultanAhmet, etc



**Sari**  
Istinye, Sariyer, Yenikoy, Emirgan,  
Tarabya, Vadi Istanbul, etc



**Mavi**  
Gokturk, Kemerburgaz,  
Eyupsultan, etc



**Mor**  
Sisli, Nisantasi, Beyoglu, Fatih,  
Golden Horn, Mecidiyekoy, the  
islands, etc



**Lacivert**  
Umraniye, Sile, Beykoz,  
Cekmekkoy, Syltanbeyli,  
Tuzla, etc



**Beyaz**  
Besiktas, Ulus, Ortakoy, Etiler,  
Levent



**Kirmizi**  
Uskudar, Kadikoy, Cengelkoy,  
Atasehir, Pendik, etc



**Pembe**  
Bebek, Rumelihisar, Kurucesme,  
Arnavutkoy, etc



## IWI COMMUNITY TEAM (NM & MNK Coords)

	Area Color Code	Neighbourhoods
1	Pembe	Bebek, Rumelihisar, Kurucesme, Arnavutkoy etc
2	Mor	Sisli, Nisantasi, Beyoğlu, Fatih, Golden Horn, Mecidiyeköy, the Islands etc
3	Beyaz	Beşiktaş, Ulus, Ortakoy, Etiler, Levent
4	Sarı	Istinye, Sarıyer, Yenikoy, Emirgan, Tarabya, Vadi Istanbul etc
5	Mavi	Gokturk, Kemerburgaz, Eyupsultan etc
6	Yeşil	Bakirkoy, Beylikdüzü , Merter, SultanAhmet etc
7	Lacivert	Ümraniye, Sile, Beykoz, Cekmekkoy, Sultanbeyli, Tuzla etc
8	Kırmızı	Üsküdar, Kadikoy, Cengelkoy, Ataşehir, Pendik etc
	Mums'n'Kids (MnK)	ALL
	Community Lead	<a href="mailto:community@iwistanbul.org">community@iwistanbul.org</a>





WINTER

*Bazaar*

Sunday, December 10, 2023

11 a.m. - 5 p.m.

Dedeman Istanbul Hotel

Gayrettepe - Istanbul







# WINTER

# Bazaar

**We Need Your Help at the IWI!**

We're looking for volunteers to assist with various tasks on the event day. This includes decorating the venue, setting up Santa's Corner, and managing the lottery, among other activities.

Join us in bringing holiday cheer to everyone!

Volunteers will receive free entry and food as a thank you for their time.

Contact [info@iwistanbul.org](mailto:info@iwistanbul.org)

**SUNDAY, DECEMBER 10, 2023**  
**DEDEMAN ISTANBUL HOTEL**  
**GAYRETTEPE - ISTANBUL**





# FOLLOW US ON INSTAGRAM



Stay up to date with all the latest events and news that IWI has to offer

[@iwistanbul\\_org](#)

[@iwi\\_nextgen](#)



FOLLOW US







# MINDFUL HOLIDAYS

By: Shahla Raza

The most joyful time of the year is the holiday season!

This year though it's completely understandable if you, like me, are feeling a sense of guilt or conflict when thinking of celebrations in the midst of global challenges like wars, widespread suffering and climate disasters.

Many people are grappling with similar feelings, as these issues can weigh heavily on our collective consciousness.

Do we give up celebrating altogether or can we still honor our cultures and keep our traditions going for our children while being mindful of what the rest of the world is going through?





Below are some suggestions for celebrating mindfully:

## Acknowledge

Recognize and acknowledge the suffering our planet is going through. Understanding and empathizing with the struggles of others is an important first step in fostering compassion and global awareness.

## Balance Celebration with Compassion

Consider incorporating an element of compassion into your holiday celebrations. This could involve making a donation to a charitable organization, volunteering your time to help those in need or local efforts to help the environment, or finding other ways to contribute positively to the community or the world at large.

## Raise Awareness

The old adage of 'each one teach one' works well at family and community level and the holiday season is a good time to share information in family and friends gatherings, social media and community events. Making mindful choices in how you set your table, buy your gifts and celebrate can all be a way to show your values

## Find Meaningful Traditions

Reevaluate your holiday traditions and consider incorporating activities that align with your values and contribute to the well-being of the planet and the community. This might involve sharing your celebrations with people you might not normally celebrate with; setting aside some gifts for children who cannot afford gifts; visiting a children's home or elder

## Encourage Acts of Kindness

Small gestures can make a difference, whether helping a neighbor, reaching out to someone who may be lonely, or supporting local businesses.

## Foster Connection

Use the holiday season as a time to foster connections with others. Sharing experiences, offering support, and creating a sense of community can be powerful ways to address the challenges faced by the world.



***May these holidays be joyful for you and  
make sure you are making them joyful  
for the world too!!***



# DECEMBER INTERNATIONAL DAYS

## December 1st World AIDS Day

Every year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS.

The world can end AIDS, with communities leading the way. Organisations of communities living with, at risk of, or affected by HIV are the frontline of progress in the HIV response. Communities connect people with person-centered public health services, build trust, innovate, monitor the implementation of policies and services, and hold providers accountable.

This World AIDS Day is more than a celebration of the achievements of communities; it is a call to action to enable and support communities in their leadership roles.



## December 9th International Anti-Corruption

Today's world faces major challenges that threaten global prosperity and stability, with corruption being a key issue in many of these challenges. Corruption harms all aspects of society, contributing to conflict, instability, and undermining social and economic progress, democratic institutions, and the rule of law. It not only results from conflict but often causes it, fueling further unrest and hindering peace efforts.

Addressing corruption, increasing transparency, and strengthening institutions are essential to achieve the Sustainable Development Goals.

This year marks the 20th anniversary of the UN Convention against Corruption (UNCAC). As we celebrate this milestone, we recognize the positive impact of the Convention and also identify ongoing issues that need to be addressed to ensure its continued effectiveness.





# YOGA FOR BEGINNERS

By Certified & Registered Yoga Teacher, Rachel Smith-Bahadir

Yoga is an ancient practice originating and rooted in India, which has been adopted widely and globally over the last 100 years. The study of yoga can be a transformative experience especially for beginners, offering a path to physical well-being, mental clarity, inner peace, self-discovery and enlightenment.

The word "yoga" itself means union, reflecting the practice's goal of fostering harmony within oneself and with the world



## The Eight Limbs Of Yoga

Yoga is more than just physical postures and stretching; it is a holistic approach to life that encompasses physical, mental, and spiritual well-being. These eight limbs serve as a guide for individuals seeking a deeper connection with themselves and the world around them.

### **Yama (Restraints):**

The first limb, Yama, consists of ethical principles that serve as guidelines for how we interact with the external world. There are five Yamas:

1. Ahimsa (Non-violence): Compassion and avoiding harm
2. Satya (Truthfulness): In thoughts, words, and actions
3. Asteya (Non-stealing)
4. Brahmacharya (Moderation): Practicing self-control
5. Aparigraha (Non-attachment): non-possessive, including material

### **Niyama (Observances)**

Niyama, the second limb, focuses on personal disciplines and observances that contribute to spiritual growth. The five Niyamas are:

1. Saucha (Purity) in body and mind
2. Santosha (Contentment): Cultivating gratitude & finding satisfaction
3. Tapas (Discipline): Practicing self-discipline and determination
4. Svadhyaya (Self-study): Engaging in self-reflection
5. Ishvara Pranidhana (Surrender to the Divine): Surrendering one's ego
6. Asana (Physical Postures)



## Asana

The third limb is what most people associate with yoga. It involves the practice of physical postures to develop strength, flexibility, and balance. The purpose of asanas is not just physical well-being but also to prepare the body for meditation and spiritual practices.

## Pranayama (Breath Control)

Pranayama, the fourth limb, focuses on breath control. Practitioners learn to control their breath/life force (prana), leading to improved physical health, mental clarity, heightened awareness, stress management, and improved concentration.

## Pratyahara (Withdrawal of the Senses)

Pratyahara, the fifth limb, teaches practitioners to detach from external distractions and cultivate inner focus, a crucial step in the journey toward meditation.

## Dharana (Concentration)

Dharana, the sixth limb, is the practice of concentration. Mental focus and clarity sets the stage for the deeper stages of meditation.

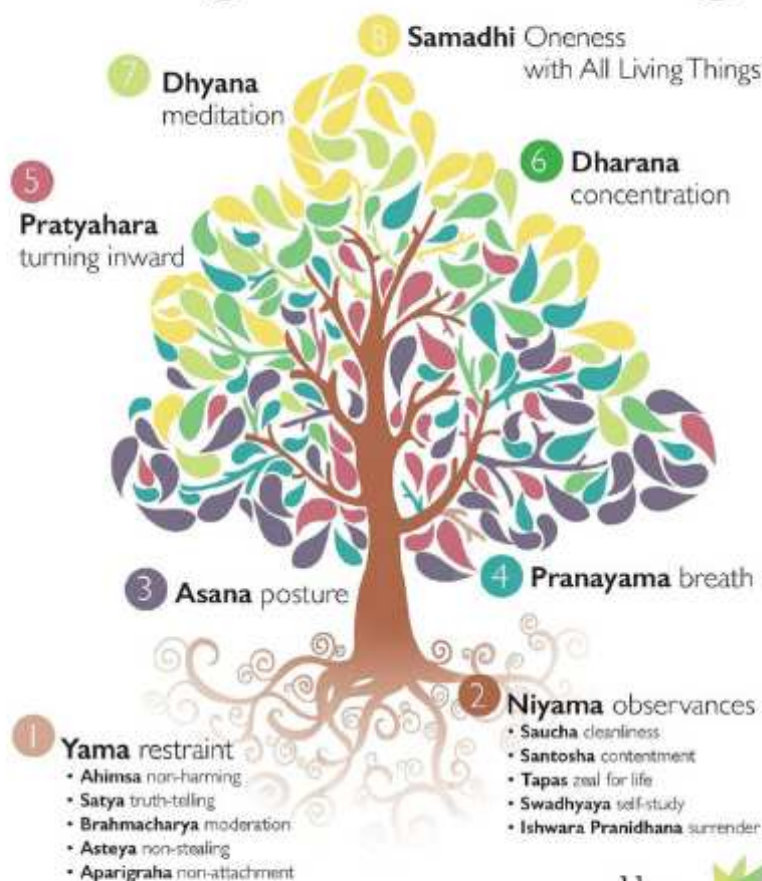
## Dhyana (Meditation)

Dhyana, the seventh limb, is the state of meditation itself. During which a practitioner experiences a profound sense of connection and oneness. Meditation leads to inner peace, self-awareness, and spiritual awakening.

## Samadhi (Union)

The eighth limb, Samadhi, is the ultimate goal of yoga. It is a state where the individual transcends the ego and experiences union with the divine.

## The Eight-Limbs of Yoga





## Where to start?

Beginners usually start with Yoga Asanas and/or Meditation, then Pranayama.

Your yoga practice should be a sustainable and fulfilling practice that nourishes both body and mind. Invest in a block & strap and don't be afraid to modify poses or use extra padding to accommodate your flexibility and comfort level.

Remember, the essence of yoga lies in the journey. Each step on the mat brings you closer to a *harmonious and balanced life and that is the prize* NOT the achievement of difficult physical poses.



## Books to learn more about yoga:

Yoga Sutras of Patanjali

The Yamas & Niyamas by Deborah Adele

Yoga, The Iyengar Way by B.K.S. Iyengar

### **About the writer:**

Rachel Smith-Bahadir, E-RYT200, RYT500, YACEP, RCYT, RPYT is a certified & registered Yoga Alliance Teacher, continuing education provider and owner of Balancing Life Yoga, LLC for the last 12 years.



MERRY  
*Christmas*  
AND HAPPY NEW YEAR





# HOLIDAY TRAVEL STYLE GUIDE

Inspiration for your upcoming travels

by personal stylist Chrissy Güleç

For many IWI families, the holiday season wouldn't be complete without holiday travel. Whether you're hitting the slopes, escaping to a sun-soaked destination, or simply heading home for the holidays, let me help you get away this winter in style!

## HITTIN' THE SLOPES

*Play in the snow in style*

The key to great ski style is finding the balance between function and fashion. My tip is to pick a favorite outfit element and gather the rest of the look based on that. This will help you make sure your look is intentional. For me, I love bold colors and patterns on the slopes, so I compose the rest of my look with pieces that coordinate with my printed ski jacket.

This year everything from one-piece ski suits to head-to-toe coordinated puffer-boot-glove-hat combos go. Metallics continue to be a theme this winter, as are monochromatic black & white looks, and anything that falls into the loud and proud bright color and playful prints category.



Whatever your ski bunny look is, don't forget about après ski! While sipping on mulled wine or bubbly mid-afternoon, make sure your thermal inner layer not just keeps you warm, but also gets you some serious style points.



## SUN-SOAKED ESCAPES

*Stylish beach looks*

Dressing for the sun in the middle of winter is always a treat! Remember to pack versatile pieces that can transition you from day to night. A simple midaxi sundress (when the hem hits between the maxi and midi lengths) can take you into the evening with the addition of some sparkly sandals and statement accessories. Lightweight flowy pants can double as a cover-up during the day and turn into an elegant resort look at night.



Resort wear trends are favoring cinched and shown waists. Gold and silver is seen everywhere this season, including at the beach - not only the sun gets to shine! And as far as what to wear in the water, high-waisted bikinis, one-piece swimsuits, bold prints and colors, and cutouts are where it's at.

And don't leave it up to SPF alone to protect your winter skin... A chic sunhat is a must when you're traveling to warmer climates. A wide-brimmed boater or fedora will keep your face protected from the sun's rays and add a touch of glam to the simplest of outfits.



# JET-SETTING LUXURY

*Elegant travel looks*

Not all holidays mean a glorious get-away to the sun or snow. Maybe you're headed back home to visit family. The key to ANY good travel capsule wardrobe is versatility! Preparing outfits that include multifunctional pieces that you can mix and match, and that can take you from day to night, will eliminate outfit and overpacking stress.

My pro tip is to pack lean with a capsule wardrobe mindset and snap a pic of each look before you pack it - I even include the jewelry and handbag I'll wear. Then drop those photos into a new album on your phone and voila! It's like you have a personal stylist each day reminding you what to wear!



**See these looks fully come to life in my Holiday Travel Style catalog**

And in the holiday spirit, I have 2 gifts to offer IWL members to help you prepare for your winter break travels:

1

I'll style 5 items and create fresh holiday looks for you using items from your own wardrobe

2

I'll create a travel capsule wardrobe for each day and night of your holiday and show you how to mix and match pieces for an outfit-efficient and luggage-friendly travel experience



I hope this information inspired you! DM me @ChrissyGülecStyle ([www.instagram.com/ChrissyGulecStyle](https://www.instagram.com/ChrissyGulecStyle)) to learn about the holiday offers and for more style advice.





REMINDER

# MEMBERSHIP CARDS ARE NOW DIGITAL



Your IWI Membership Card is now digital and comes with a QR code, this means you can access it at all times from your phone.

The idea is to make it easier for you to check your membership status and benefits from the numerous discounts our partners offer. You just need to present them with the new QR card!

This system works for **ALL** our members: *Classic, Business, NextGen* and even *Honorary*.



To access your new digitalized membership card, you just need to follow these steps.

- 1 Download the Wild Apricot (MEMBERS) app on your phone.
- 2 Open the app and log in with your usual login information (the same that you use to log into the IWI website).
- 3 Your profile will appear with a blue 'MY CARD' button under your name. Just click on it and the QR code will be displayed.

If you are experiencing any difficulties with this new system or the instructions, please reach out to our super IT Lead, Silvia, at [it@iwistanbul.org](mailto:it@iwistanbul.org).



# "HARRY POTTER SAVES CHRISTMAS"

## The Speech Bubbles Xmas Extravaganza for the Entire Family

For over three decades, Speech Bubbles has stood as a cornerstone in the Istanbulian English Theater scene, delighting audiences with their captivating musicals and spellbinding pantomimes. What sets us apart is our unwavering commitment to giving back to the community; every penny generated from Speech Bubbles productions is channeled into supporting children and education initiatives in Turkey.

**This Christmas, we are thrilled to unveil our latest original production:  
"Harry Potter Saves Christmas... (Sort Of)."**

Crafted with love and creativity, this spellbinding play is penned and directed by none other than Ozzy Oz, a distinguished performing arts teacher at Speech Bubbles. Ozzy Oz, a seasoned performer in the Istanbul arts scene, boasts a diverse repertoire as a comedian, actor, director, and improviser.

You might wonder, why blend Harry Potter with Christmas? Well, Harry's story is marked by the absence of a loving family, giving him a complex relationship with the holiday. In a twist of fate and an accidental spell, Harry erases Christmas from the memories of everyone beyond the walls of Hogwarts. To undo his blunder, Harry, along with his friends Ron and Hermione, embarks on a journey to discover the true essence of Christmas. Along the way, Harry's self-perception is challenged, and he must confront his inner demons. Packed with an array of enchanting songs, thrilling action, and a touch of delightful humor, "Harry Potter Saves Christmas... (Sort Of)" reimagines the traditional panto for modern theatergoers while preserving the essence of the hero's journey.

This labor of love isn't just for kids; it's designed to tickle the funny bone and stir the heartstrings of adults, teens, and children alike, making it a perfect choice for a family-friendly experience.

For more information, please visit us at <https://speechbubbles.org/>. We can't wait to share the magic of Christmas with you!

And if your child is a budding star of stage and screen, consider enrolling them in the Speech Bubbles School of Performing Arts for children aged 7 to 14. Who knows, they might be the star of our next Christmas pantomime.

Join us for a heartwarming holiday experience, as "Harry Potter Saves Christmas... (Sort Of)" brings the enchantment of the wizarding world to the festive season. Get your tickets today and create cherished memories with your loved ones!



**SPEECH  
BUBBLES**  
act, sing, dance

SPEECH BUBBLES PRESENTS  
A XMAS PANTOMIME



# HARRY POTTER SAVES CHRISTMAS SORT OF!

WRITTEN & DIRECTED BY  
OZZY OZDEMIR

## SHOWS:

**SATURDAY 2nd December at 15.00**

İleri Nesil Okulları  
Süleymaniye Cd. No:20B, 34782 Çekmeköy

**SATURDAY 9th December at 14.00**

Istanbul International School  
Campus B Küplüce;  
Harman Sok. No.1 / Üsküdar, Istanbul

**SUNDAY 10th December at 15.00 and 18.00**

ITI, Eski Büyükdere Cad, Sultan Selim Mah. Silahtaroglu Sok.  
No: 9 Kat: 2, 4. Levent, Kağıthane, Istanbul

**TICKETS AVAILABLE FROM: [WWW.SPEECHBUBBLES.ORG](http://WWW.SPEECHBUBBLES.ORG)**

All proceeds donated to charities supporting children and education in Turkey



# BOOK REVIEW CORNER

December Reviews by: Mary Akguner

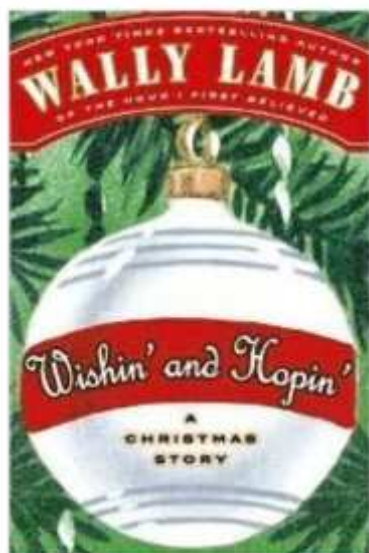
The holiday season may not be your freest time for reading. Here, though, are four works related to the season well worth including on your reading list whenever time is available. Two are dramas and the other two are guaranteed to tickle your funny bone.

## *Small Things Like These*, by Claire Keegan

It's Christmastime in the impoverished Ireland of the mid-1980s. Bill, along with his unwed mother was protected by his mother's wealthy employer. Bill, already struggling to deal fairly with employees in his coal business and to support his large family, does what he can for the community around him, including a young girl abused by the convent where she gave birth.



## *Wishin' and Hopin'*, by Wally Lamb



One of my favorite writers ever, a great storyteller. This novel reminds me of that film where a boy gets his tongue stuck on ice and gets a rifle for Christmas. This is the confession of 40-year-old Felix looking back at his misadventures as a somewhat innocent fifth grader in the sixties. Fun and nostalgic!



## *The French for Christmas*, by Fiona Valpy

I chose this book from the myriad new titles featuring “Christmas” because I have enjoyed other books by the author.

I’m so glad I did. To escape the tragedy and grief of her life and the pressures of

Christmas, Evie spends the holidays in southern France where the winter population shrinks to three other people,

an owl, and some farm animals. In so doing, she finds solace for her soul and courage later to open a bistro in Boston, or, as she says, “roots and wings”. Valpy

has promised 10 percent of royalties from this book to the charity Doctors Without Borders. What could be more in line with the Christmas spirit?



## *Christmas at the Vinyl Cafe*, by Stuart McLean



The stories are taken from a long-running radio program that would go on tour at Christmastime. Hilarious!





# GARDENING WITH SHADI

## INTRODUCTION TO CHRISTMAS CACTUS (SCHLUMBERGA TRUNCAT)

By: Shadi Kafaie Lotfi

The holiday season is on the way. If you are looking for an inartificial decoration for your place, let's look for Christmas cactus. It is called Yılbaşı Kaktüsü or Yılbaşı Çiçeği in Turkey. This plant is from the family Cactaceae and is native to rainforests in Brazil.

The Christmas cactus is a winter-flowering plant. Similar to other species of this family, it needs moderate care and is easy to keep at your place even if you don't have much time for gardening.



### Temperature

During the plant's growth time, between April and September, 20 - 26 Centigrade degree is recommended. After setting, buds need 12-18 Centigrade degrees and 12 hours darkness every 24 hours.



#### TOP TIPS

- During flowering periods, fertigate the plant with high potassium fertilizer every 2 weeks
- High temperature, not enough light, overwatering, and sudden change in location causes flowers to drop.

### Water

This plant is native to tropical rainforests and needs regular water to remain healthy. Always keep the soil moist during the blooming, but don't allow the pot to sit in the water. Same as most other plants you can touch the soil and if the top part is dry then you can give some water to the plant.

- You can replant it only in summer
- Keep Christmas cactus away from heating systems, frequently used doors and drafty windows as this plant does not like sudden temperature changes.

### Light

Place the Christmas cactus in a spot to receive moderate light. Direct sunlight turns leaves yellow. Lack of light also causes flowers to drop. Plant should be kept in bright, indirect light.

- If you decide to buy a Christmas cactus for your place, chose the ones without flowers, because sudden changes to their environment cause flowers to drop.



# WOULD YOU LIKE TO WRITE AN ARTICLE?



Articles are between 200-500 words, plus a title. This should be sent in a Word Doc or Email with photos sent as attachments.

The deadline for submission is the 15th of each month.

Please confirm via email **BEFORE** writing your article to ensure it matches the theme, otherwise it may be archived until later in the year when the content is more suitable.

# OR WRITE A REVIEW ON ONE OF THE PROGRAMS YOU JOINED?

Reviews are about 100 words. They should be sent in a Word Doc or Email with photos sent as attachments. Please send these within 4 days after the program.

Unfortunately, we are unable to publish any reviews on programs that run after the 27th of the month.

Please email  
[magazine@iwistanbul.org](mailto:magazine@iwistanbul.org)

# ROGALIKI

By : The Apricot Bakery



Good day, beautiful ladies! December is here, which means the best time of the year is just around the corner.

Today, I'm excited to share with you an amazing Eastern European seasonal treat that has become popular worldwide. Known as Rogaliki in Polish and Russian, Ukrainian, or crescent pastry in American cuisine, these rolled cookies have become a tradition in many households. Once you try making them, you'll likely want to make them a tradition in your house too.

The dough has a delightful texture and is easy to work with. This buttery, flaky dough is perfect for both sweet and savory fillings and is freezer-friendly!






In Eastern Europe, they are traditionally made with cooked apples and cinnamon, or fruit preserves (apricot or raspberry in my region), and nuts with sugar and cinnamon. As a savory filling, I love to use cottage cheese with parsley. However, feel free to use whatever your heart desires!

Let's get started! It's easier than it looks.







## Ingredients

-  330g all-purpose flour
-  1/4 tsp salt
-  225g cold butter, cut into 1-2 cm chunks
-  225g cold cream cheese (taze peynir, not krem peynir!)
-  1 egg yolk

## Ingredients (filling)

-  Cooked apples, walnuts, raisins + cinnamon and brown sugar, some honey for blending (optional)
-  Cottage cheese (lor peynir) + leftover cream cheese (to make the filling more creamy) + parsley

## Instructions

Combine the flour and salt in a bowl.

Add the cubes of cold butter, cream cheese, and egg yolk, and cut through it using a pastry cutter or wooden spatula.

Once the dough can form into a ball, divide it into 8 pieces,

Cover with cling film, and refrigerate. It's even better if left overnight.

Roll each piece of dough into a large circle and slice it into 8-12 equal parts.

Spread the filling and roll each cookie up tightly.

You can brush the cookies with egg yolk before baking.

Bake at 180°C for 15-18 minutes until golden brown.

Allow the cookies to cool, and sprinkle the sweet ones with powdered sugar.



***Cheers to the magic of homemade treats and the warmth they bring to our homes. Until next time, happy baking and bon appétit!"***

# MEZZES FOR THE HOLIDAY SEASON

By: Kay Redrup



## Salmon Gravlox with Mustard and Dill Sauce

It's much easier than you think to prepare this and it freezes well.

### Ingredients

2x500g salmon fillet with skin (try to arrange two cuts of the same size as they will lie on top of each other.

Remove all pin bones (keep skin attached).

Prepare: 4 heaped tablespoons white sugar. 2 heaped tablespoon salt. 1 heaped teaspoon freshly ground black pepper. 1-2 tablespoons vodka. Mix together to form a paste. This curing mixture is flexible. Add more sugar for a sweeter mixture (this one leans on sweet) or more salt for a saltier finish.



### Instructions

On cling flim, layer  $\frac{1}{4}$  of the curing mixture and place a fillet (skin side down) on top of it.

Layer  $\frac{1}{4}$  of the curing mixture on the flesh side and place half a bunch of dill (stalks and all) over the bottom layer. Before adding the second layer (flesh side down on the dill), add  $\frac{1}{4}$  of the curing mixture.

Then cover the sides and back with the remaining cure. You should have a sandwich with dill between.

Wrap the clingfilm tightly around the fillets a few times. Pierce a few holes (with a toothpick) so any liquid can seep out and air as you bind the salmon.

Place it inside Tupperware in the fridge and weigh it down with some items you have in the fridge or a brick if you happen to have one. Leave to cure for 3 days, turning once a day and draining out any liquid at the bottom.

At the end of 3 days, remove the remains of the cure by either brushing it off or gently wiping it off with a wet cloth. You can wash the fillets but they will lose a lot of flavour.



You want to keep that sweet/salty tang to the gravlax. At this stage you can remove the skin and pack in cling film and freeze or slice directly off the skin and enjoy.

### **MUSTARD & DILL SAUCE**

5 tablespoons smooth yellow mustard  
2 tablespoons apple cider vinegar  
2 tablespoons runny honey  
2 tablespoons sunflower oil  
1 heaped teaspoon finely chopped dill.

Mix the first 4 ingredients together in a small mixer or whip by hand until combined and emulsified. Stir in the dill. Serve to the side or drizzle over the salmon.

### **Fried Helloumi & Chirozo (or Sucuk)**

Cube a block of Helloumi cheese and fry in a little olive oil until 2 sides are crisp and golden. Remove. Fry chopped chorizo sausage or sucuk, or any cured sausage you have, until most of the fat has drained out. Remove and mix in with the cheese.

Sauce: 1 tablespoon runny honey, 1 tablespoon apple cider vinegar, 1 small, finely chopped red onion. Mix well and pour over the cheese and sausage.





## Beetroot with Tamarind

2-3 large cooked beetroots,  
chopped into cubes.

1 tablespoon tamarind, known as demirhindi here and can be found in the pod form at Carrefour supermarkets, or in the dried form at spice shops, or online in liquid form at Trendyol. (Worth having if you want to cook other middle-eastern and Asian dishes) If using pods, remove a few seeds and seep in a little boiling water until cool. Use your hands to remove the pulp and use this and the water to flavour dishes. In the dried form: take a knob (1/2 tablespoon) and seep in boiling water (50ml) until cool, then use fingers to break the fibers and seeds away from the pulp, stain and use the pulp). As a substitute, you can use Pomegranate molasses or even just lemon juice.



½ red onion, finely chopped  
1 tablespoon chopped parsley  
2 tablespoons lemon juice  
½ teaspoon chilli flakes  
½ teaspoon cumin powder  
½ teaspoon salt

Mix everything together. Leave to marinade for a few hours or overnight in the fridge. Serve at room temperature.





## White Bean Puree with Gremolata Topped with Roast Carrots & Onions

3 carrots, cut into wedges  
1 large red onion cut into 8  
pieces  
1 tablespoon olive oil  
Salt and pepper to taste (I like  
to add a little red chilli pepper)

Mix all together before placing  
on a tray in a hot oven.

Remove when the vegetables  
are cooked and a little charred  
in places (about 20 minutes).  
You will have to stir them a few  
times to make sure they cook  
evenly. Set aside.



1 large tin white beans, drained well. Keep 100g of the liquid in case it is needed to reach a smooth consistency when liquidizing.

Juice and rind from 1 lemon (rind for the gremolata)

2 tablespoons olive oil

$\frac{1}{2}$  teaspoon salt

2 tablespoons chopped herbs (fresh thyme or parsley) + extra parsley for the gremolata

Liquidize the beans, lemon juice, olive oil and salt. Add more of the tinned liquid if necessary. Taste and see if you need more salt. Chop the parsley or/and thyme and stir into the puree.

Finely chop the lemon rind with more parsley leaves for the gremolata.

Serve with the puree at the base, gremolata on top of that, and roast carrots and onions on top. (The bean puree is also a great substitute for mashed potatoes).



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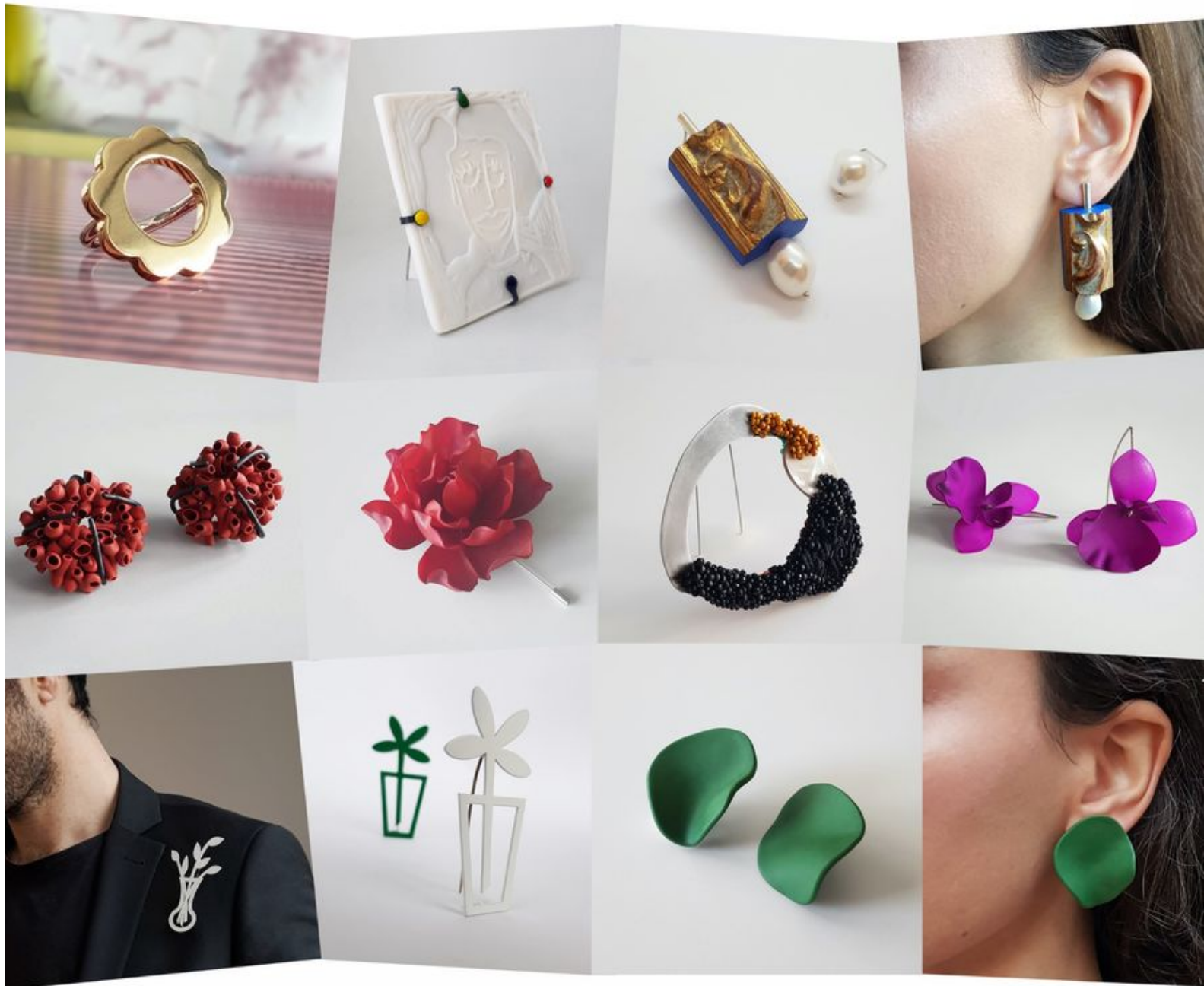






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