

# The Shared Table: What Turkish Village Food Taught Me About Nourishment



Simple food. Honest ingredients.  
Shared with the people who matter.

When you think of Turkish or Kurdish food, the first thing that springs to mind is usually kebab. And yes, you'll find kebabs everywhere—each region with its own version and style.

But the food served at home, in villages and family kitchens, is something quite different. It's simpler. Made with what's available. Cooked with time and care. And always meant to be shared.

If you'd like to create a traditional Turkish meal and set the ambience, I'll talk you through it...

## THE TRADITIONAL WAY



**The dinner table:** Traditionally, you won't have one! In the village, we sit on the floor around a table cloth.



**Seating style:** Cross legged.



**The courses:** There may be several but they are all laid out at the same time.



**Utensils:** There will be forks and spoons if you need them but most of the food will be dipped and dunked using your bread.



**The bread:** This is called 'ufka' — a thin flat bread made from flour, water, salt and oil and cooked on a cast iron pan over an open fire.



**The crockery:** No individual plates (unless it's soup). The food is served on plates in the middle of the cloth, or in the pan it has been cooked in.



**Cooking style:** Although village houses have kitchens, most of the cooking is done outside, either in a purpose built small outhouse or in the fresh air. A concrete base with a soba pipe is simple and effective.



**Eating style:** It's a free for all. Use your bread to scoop up whatever you fancy and yes, everyone eats from the same pan... double dipping? You'll never live it down!



**Drinks:** Water and Ayran (a drink made from yoghurt).

### A SIMPLE, BEAUTIFUL MEAL

- Ayran (yoghurt drink)
- Bostani (chilled salad-soup)
- Chicken with garlic bulgur
- Ufka flatbread

*Food is always  
better when  
it's shared.* ♥

## RECIPES

*Simple. Seasonal. Nourishing.*



### Bostani

A cooling, finely chopped salad-soup with tomatoes, cucumber, onion, rocket, a hint of chilli and pomegranate.

[VIEW RECIPE](#) →



### Chicken with Garlic Bulgur

Tender chicken cooked with bulgur, garlic and olive oil. Simple ingredients, incredible flavour.

[VIEW RECIPE](#) →



### Ayran

The Traditional Yoghurt Drink  
Cooling, creamy and perfect alongside spicy or rich dishes.

[VIEW RECIPE](#) →



### Ufka Flatbread

The perfect bread for scooping, sharing and enjoying together.

[VIEW RECIPE](#) →

Eat with gusto, laugh loudly and savour every bite.

*Afiyet Olsun!*

Which is Turkish for  
"Bon appétit!"



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