

T.C. YEDİTEPE UNIVERSITY
INSTITUTE OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION AND DIETETICS

**ANALYSIS OF NUTRITIONAL VALUES OF
SELECTED TRADITIONAL FOODS FROM
POPULAR COOKBOOKS BETWEEN 1950 – 2017:
CASE IS OLIVE OIL DISHES**

MASTER THESIS

AYBÜKE SARIOĞLU

İstanbul - 2019

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TEZ ONAYI FORMU

Kurum : Yeditepe Üniversitesi Sağlık Bilimleri Enstitüsü

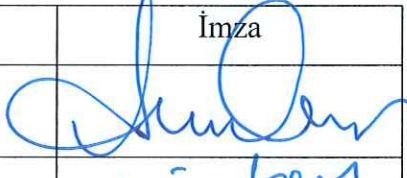

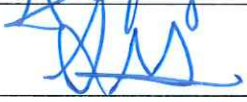
Program : Beslenme ve Diyetetik

Tez Başlığı : Analysis Of Nutritional Values Of Selected Traditional Foods From Popular Cookbooks Between 1950 – 2017: Case Is Olive Oil Dishes

Tez Sahibi : Aybüke SARIOĞLU

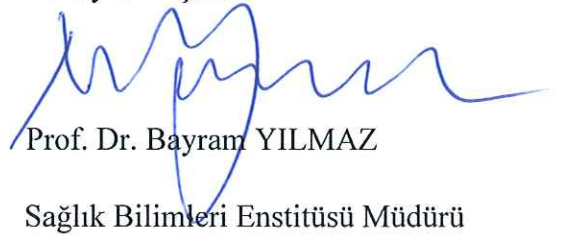
Sınav Tarihi : 16.07.2019

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ONAY

Bu tez Yeditepe Üniversitesi Lisansüstü Eğitim-Öğretim ve Sınav Yönetmeliğinin ilgili maddeleri uyarınca yukarıdaki jüri tarafından uygun görülmüş ve Enstitü Yönetim Kurulu'nun 31.07.2019 tarih ve 2019/13-46 sayılı kararı ile onaylanmıştır.


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DECLARATION

I hereby declare that this thesis is my own work and that, to the best of my knowledge and belief, it contains no material previously published or written by another person nor material which has been accepted for the award of any other degree except where due acknowledgment has been made in the text.

16.07.2019

Signature

Aybüke SARIOĞLU



ACKNOWLEDGEMENT

I would like to thank my thesis advisor Associate Prof. Dr. Sibel ÖZİLGEN who shared her valuable knowledge with me, spares her precious time for me and I can go without hesitation when I have any problems that I can offer my sincere thanks and dedication to help me with great interest.

My special thanks also go to all the contributors who furnish me with information that will allow me to be an expert on my field in the future in the Nutrition and Dietetics department, especially Assist Prof Dr Arzu DURUKAN, who have always supported me with their help, knowledge and experience throughout my master and graduate education.

In addition, I would also like to thank my dear instructors from Yeditepe University, Nutrition and Dietetics Department; Prof. Dr. Baki Serdar ÖZTEZCAN, Asst. Prof. Binnur OKAN BAKIR, Assist. Prof. İrem KAYA CEBİOĞLU, Assist. Prof. Hülya DEMİR and Lecturer Gözde DUMLU BİLGİN.

Finally, I would like to express my grateful thanks to my dear parents who bring me to these days by raising in a way that will know the meaning of the words love and respect, and who always provide full support.

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LIST OF SYMBOLS AND ABBREVIATIONS

UOC	Universitat Oberta de Catalunya
UNESCO	United Nations Educational, Scientific and Cultural Organization
UNITWIN	University Twinning and Networking Programme
WHO	World Health Organization
USDA	United States Department of Agriculture
EuroFIR	European Food Information Resource
TRUEFOOD	Traditional United Europe Food
FDA	U.S. Food and Drug Administration
T.C.	Türkiye Cumhuriyeti
g	gram
mg	miligram
kcal	kilocalorie

ABSTRACT

Sarioğlu, A. (2019). “Analysis Of Nutritional Values Of Selected Traditional Foods From Popular Cookbooks Between 1950 – 2017: Case is Olive Oil Dishes”. Yeditepe University, Institute of Health Sciences, Department of Nutrition and Dietetics. Master's Thesis. Istanbul.

This study examines the changes of olive oil in traditional Turkish recipes as a cultural heritage with changing and developing food technology and in order to investigate the possible effects of these changes on the differences in nutritional values of the same food over the years. From the 1950s to the present period, the Turkish cookbooks, which have the highest number of prints in their period (with the aim of achieving accessibility), were selected and the recipe contents were compared between fixed periods. Stuffed green peppers with olive oil, artichokes with olive oil and green bean with olive oil recipes in the books used in the research were evaluated with raw material and after cooking calculations. Changes in nutritional values and calories during the transition of food from raw to cooked state in recipes were calculated by following 10 steps according to EuroFIR recommendation and using the specified formulas.

As a result of the study, there was no regular increase or decrease when calorie values were observed by years. Although there were losses in the weight of raw ingredients during preparation for cooking, energy increase was found in cooked foods compared to raw due to losing water, fat uptake and nutrient values changes due to cooking method. One reason for this increase is that olive oil is commonly used in all meals.

President of Universitat Oberta de Catalunya (UOC), one of Spain's leading universities, UNESCO / UNITWIN chair on “Food, Culture and Development” of the program; the project, which is carried out in partnership with Yeditepe University Department of Gastronomy and Culinary Arts, was provided data with olive oil dishes which are traditional dishes of Turkish cuisine.

Key Words: Culture, Traditional Turkish Food, Cookbook, Olive Oil, Recipe Calculation

ABSTRACT (TURKISH)

Sariođlu, A. (2019). “1950 - 2017 Arası Popöler Yemek Kitaplarından Seçilmiş Geleneksel Yiyeceklerin Besinsel Deđerlerinin Analizi: Zeytinyađlı Yemeklerde Durum”. Yeditepe Üniversitesi Sađlık Bilimleri Enstitüsü, Beslenme ve Diyetetik Anabilim Dalı. Yüksek Lisans Tezi. İstanbul.

Bu alıřma deđiřen ve geliřen gıda teknolojisi ile birlikte, költürel miras olarak geleneksel Türk yemek tariflerinde belirlenen zeytinyađlıların deđiřimlerinin incelenmesi ve bu deđiřimlerin aynı yemeđin yıllar içinde besinsel deđerlerindeki farklılıkları üzerine olası etkisini arařtırmak amacıyla yapılmıřtır. 1950’lerden günümüze belirlenmiř periyotlarla kendi döneminde en ok baskı sayısına (ulařılabilirlik saptanması amacıyla) sahip olan Türk Yemek Kitapları seçilmiř, belirlenen tarif içerikleri sabit periyotlar arasında karřılařtırılmıřtır. Arařtırmada kullanılan kitaplardaki zeytinyađlı biber dolması, zeytinyađlı enginar ve zeytinyađlı fasulye tarifleri iđ malzeme ve piřirme sonrası hesaplamaları ile deđerlendirilmiřtir. Yemek tariflerinde verilen besinin iđden piřmiř durumuna geiři sırasında besin deđerlerinde ve kalorisinde meydana gelen deđiřiklikler EuroFIR tavsiyesine göre 10 adım takip edilerek ve belirtilen formüller kullanılarak hesaplanmıřtır.

alıřmanın sonunda yıllara göre kalori deđerleri karřılařtırıldıđında düzenli artış veya azalma görölmemiřtir. Yemeklerin malzemelerinin ađırlıklarında piřirmeye hazırlık sırasında kayıplar olsa da, piřirme yöntemine bađlı olarak piřirme sırasında su kaybetme, yađ ekme ve besin deđerleri deđiřikliđi nedeniyle iđe göre piřmiř yemeklerde enerji artışı bulunmuřtur. Bu artışın bir nedeni de yemeklerin tamamında ortak olarak zeytinyađı kullanılmasıdır.

Bu alıřma ile İspanya’nın önemli üniversitelerinden Universitat Oberta de Catalunya (UOC)’nın başkanlıđını yaptıđı, UNESCO/UNITWIN programının “Food Culture and Development” kürsüsünün; Yeditepe Üniversitesi Gastronomi ve Mutfak Sanatları Bölümü ortaklıđıyla yürüttüđü projeye, Türk mutfađının geleneksel yemeklerinden olan zeytinyađlılar ile veri sađlanmışır.

Anahtar Kelimeler: Költür, Geleneksel Türk Yemekleri, Yemek Kitabı, Zeytinyađı, Tarif Hesaplaması

1. INTRODUCTION

Throughout the historical process, people have formed their own habits according to the identity, geographical climate, characteristic features and cultural heritage of the region and have tended to transfer these habits that they have adopted in every field of life to the next generation. Thus, each society has its own behavior (1). The term in the folklore “tradition sense”; it has been defined as “the way of producing and using information, movement and material products that have been continuing since the past, gained through informal means and methods and transferred from generation to generation and which allow a certain degree of individual creativity, change, development in each generation according to the needs of time” (2). Also tradition; by using the sources of knowledge and experience from the past of the society, it plays a supporting role in the change and development of the process in the future (3).

According to the UNESCO in 1972, the cultural heritage, which is considered to be a group of monuments, buildings and protected areas, was added to the meeting in 2003 as part of the traditional life culture and traditional food culture in terms of knowledge and skill. Recipes based on information obtained from the ancestors of the communities are considered as cultural heritage (4). Traditional foods are influential on the transfer of the cultural heritage formed by the local identities of the society to future generations and the interaction of this heritage with other cultures (5).

Turkish cuisine which has an important place in world food culture; through the immigration that took place throughout the history and the influence of the states it established, it became rich due to the geography and climates it has lived (6, 7). By combining these resources, today's Turkish cuisine has been formed. Traditional Turkish cuisine, known as one of the three richest cuisines in the World contains more than 2500 kinds of recipes (8, 9).

Given the importance of the books in transferring cultural heritage to the next generations, an excess of publications on traditional food would be expected. While it is possible to easily access any information today, Turkey has managed to maintain its presence in the books published in the past and reaching the wide audience (10).

The industrial revolution that started in England in the 18th century and the differences in the production, storage and equipment of the Turkish cuisine caused by technological changes in the Turkish kitchen as in Europe have been observed (11).

Developments in the food industry; improvement of storage and storage conditions, shortening of food preparation time, as well as the loss of flavor by using solid substances and as a result of rapid urbanization has led to negative consequences such as the necessity of consumers eating outside the home (12). Universalizations of the results of the industrial revolution, with new technologies in agriculture and industry as a result of developments have occurred in Turkey (13).

Olive although it was cultivated for the first time in the BC 4000s as a culture plant, the removal of the olive oil took place after 1500-2000 years. In the antiquity, the lighting of oil lamps, the production of olives and olive oil used for pharmaceutical and cosmetic purposes have a very important place in the food culture (14). Olive oil has become an indispensable food of Turkish culinary culture due to its importance and widespread use in Mediterranean and Aegean culinary culture (15). In addition, monounsaturated fatty acids, vitamin E and phenolic components in the content of olive oil have an important effect on healthy nutrition (16).

In addition to being a cultural element, food is also valuable for human health. According to the World Health Organization (WHO) data, cases with an individual's body mass index (BMI) of 30 and above are included in the obesity classification. According to the data in 2014; more than 1.9 billion adults over 18 years of age are overweight and over 600 million are obese. About 13% of the World's adult population (11% of men and 15% of women) is obese. Turkey Statistical Institute (TSI) in 2015, according to a study from 2008 to 2014 that point showed an increase of 31.1% obesity in Turkey (17, 18). Olive oil is one of the building blocks of the Mediterranean Diet; in addition to obesity, cardiovascular disease, metabolic syndrome, type 2 diabetes and hypertension are associated with reduced risk (19).

Traditional Turkish dishes with olive oil dishes; due to the change in social culture and the development of industry over the years, it is thought that the diversity of materials used and the modernization of cooking methods will create differences in calorie values. The aim of this thesis, which is one of the pioneering studies in the field, is to provide data on the calorie and nutrient values changes of olive oil dishes in addition to the cultural part of traditional Turkish dishes. Another purpose is to compare energy of raw food ingredients with the energy values after cooking.

2. INFORMATION

2.1. Definition of Culture and Tradition in Society

Culture has been a distinctive value in shaping the attitudes and behaviors of people throughout life and creating inter-communal differences. Although, culture was firstly used to prepare the field for cultivation from the word 'culture' in English, it gained new meanings after the Industrial Revolution and finally it was defined as the lifestyle of society in all its aspects. It is not possible to define the concept of culture which covers many common elements as plain and clear (20). Looking at the definitions of different researchers; in the framework of culture beliefs and convictions, the system of adopting a specific idea as a common by Bolay, the whole of individuals covering the talents, skills and habits learned in different fields by Tylor, the whole life style of people by Featherstone, according to attitudes, as well as the social self of the past, including the future by Erdoğan (21, 22, 23, 24). The most appropriate and as simple as possible to the modern approach of today is that culture is a heritage that develops over time and is transferred to the future through the interaction between the individuals of the society. Culture has a great impact on the interaction and continuity among the individuals who make up the society. It is a product of the society in which it is created (20).

The concept of tradition in folklore, It has been defined as the way of revealing and using the information, movements and materials that have been going on since the past, which have emerged through informal ways and methods and which are transferred to the next generations by changing and developing according to the needs of time (25). Tradition has the power of sanction in society. It can include cultural remains like family, law, religion, politics, art, food, and can be defined as ongoing habits, information, and behavior. In 2006 the Council of Europe defined the 'traditional'; it has proven to be the use of a generation of people who will prove intergenerational transfer within the community at least 25 years by the society (1, 25).

Culture and traditions are undeniable building blocks in shaping society (26). Cultural habits, the events under which the community is influenced from the past to the present and the lifestyle have a great influence on the eating habits of traditions (27). The process of preparing and presenting food, which has returned to a scientific and

artistic activity, has become one of the prominent areas of popular culture with the investigation of the food culture and history intensified today (28).

There is a section about nutrition in the cultural structure of every nation. This cultural structure is defined as culinary and the culinary culture consists of the food and beverages, preparation, tools and equipments of the society. Nutritional culture includes what people eat, when people eat, and how food is prepared and cooked (29).

2.2. Food Culture and Traditional Food

Food culture is an important cultural system consisting of material and spiritual cultural elements that arise from the production of food to its consumption in a society. The technological environment of the food products that can be produced affects the kinds of foods that can be found for consumption such as processing, storage and marketing of food. Socio-cultural environment; social and economic structure, cultural norms and so on affects the choice of food available. Personal factors, together with the influence of environmental factors, make up one's lifestyle and food culture (30).

Traditional food is defined simply as food components used and transmitted for generations and community-specific cooking methods (31). According to EuroFIR, traditional dishes can easily be distinguished from other dishes in terms of their traditional ingredients or traditional compositions. Traditional food has contributed to the traditions of different cultures and regions for thousands of years as part of society. Today, changes in lifestyles are also one of the reasons for changes in traditional dishes. Therefore, it is very important to register it. Traditional foods have been played in a major role in the past (27). As a result of the study conducted during TRUEFOOD in 2007, the traditional foods are defined as often consumed or related to certain celebrations and / or seasons, transferred from generation to generation, made carefully according to the gastronomic heritage, with little or no processing and are distinguished due to these characteristics, known, a certain the region or country (32). Culture and ethnicity are the determinants of the distribution of traditional foods to the world and another important factor is the geography where people live. Food habits vary between communities since these habits are cultural part of societies. The life style of a society reflects the nutrition culture of that society (12). For example; Turkey has the diet of communities located in the Mediterranean Sea where the Mediterranean Diet been

called. Vegetables and cereals, especially olive oil is an important part of the traditional foods of this region (9, 12).

Cultural and ecological assessments are needed to understand the relationship between traditional food and nutrition (3, 32). Food selection of individuals in the community; cultural preference, socio-economic status, educational level, and biological needs, physical state, exercise and health status are all effective features (31, 33). Among all these factors, people have formed a culinary culture by finding a way of feeding in a sufficient, delicious, environmental and acceptable way from the first ages to the present (34). Increasing interest in fast and standard products with globalization; and the regional and universal food crises and economic inconsistencies supported this situation. Against these, the fact that traditional products include concepts such as taste, cultural and social belonging, health and environment increased the interest in consumption (35). Traditional foods are potentially healthy products in general because they are tested and accepted by the public over time. In addition, the positive health effects of many of them have been proved by scientific studies (9).

Throughout history, the Turkish people blended traces of nomadic lifestyles from much geography and reflected this diversity as richness in food cultures (36). One of the reasons for the richness and diversity of Turkish cuisine; the variety of products grown in the Asian and Anatolian lands, the presence of newly developed flavors in the Seljuk and Ottoman palaces, the presence of Mesopotamian origin, such as the Anatolian cuisine (12, 27). Traditional Turkish Cuisine; Hittite, Persian and Byzantine carry traces of many different cultures. After the adoption of Islam, the influence of Arab cuisine was also seen; they forbade the horse, donkey, pork, weeds and wine that were forbidden by religion (27). They used different storage methods such as fermentation, concentration and drying in order to make many perishable foods resistant due to the fact that Turks lived in nomadic life in the past (37).

Another reason for the richness of traditional Turkish food; meat and fermented dairy products in Central Asia, Mesopotamia's wide product range includes cereals, vegetables, fruits and seafood from the Mediterranean region, and spices from South Asia (38). Due to the mild climate in the western part of Turkey, it can grow a variety of fruits, vegetables and olives thus; both hot and cold foods with olive oil are consumed in these regions. Many traditional Turkish foods are added currants, cinnamon, pine

nuts, pepper, mint, parsley, dill or cumin such as rice. Artichokes, beans, beets, chard, peas, onions, peppers, spinach and tomatoes are the vegetables grown in Turkey in general. One of the popular ways to consume these vegetables is Dolma, which is consumed with yoghurt (27). Because of the high habit of eating at home compared to Europe, Turkish people do not give up traditional dishes even if they migrate from rural to urban areas. As a result, modernization and industrial developments have started the production of traditional foods by enterprises (37). According to Onurlubaş's survey conducted in 2017 the possibility of consuming traditional foods it has been identified as approximately 98% in Turkey (35). It has been concluded that Turkish cuisine, enriched by the influence of different civilizations, is one of the three richest cuisines in the world along with French and Chinese cuisines and has the most nutritious food in the world (38, 39).

2.3. Cookbooks

Cookbooks are a written tool to understand the historical events, health conditions, social events and culture of the society in which it was written and to convey it to future generations (40). Recipes are lists that describe the ingredients in the dishes, how they are prepared and presented. Recipes are written specifying the number of nutrients, the method and duration of cooking used the number of servings. Expression visuals can be used according to the period in which the recipe is written (41). First of all, the detailed writings of the ingredients in the recipes are based on a 50-60 year history written in the cookbooks. In earlier times, only the name of the material was included. In fact, the ingredient list was not presented separately, it was written with the expression in the recipe. Turkey has managed to maintain its presence in cookbooks to get past the post and wide readership (10).

Looking at the history of Turkish food culture, the first written cookbook is accepted as "Ağdiye Risalisi" which includes Ottoman cuisine in the 18th century. His first printed cookbook was "Melce'üt Tabbahin" (Aşçıların Sığınağı) written by Mehmet Kamil Efendi in 1884. This work includes 235 recipes and includes Western foods as well as traditional foods (35, 42).

In 1862, Turabi Efendi wrote the first cookbook in a foreign language "Turkish Cookery Book A Collection of Recipes", which is the translation of Mehmet Kamil Efendi's book (39). Today's cookbooks, unlike the past, provide detailed measurements of the ingredients used in the recipes, visualize the preparation steps of the food with

photographs, and show different units of measurement with tables. With the development of technology, not only in printed publications, but also in electronic media, fast and practical way to reach food recipes (43). Cookbooks generally offer a taste and type of food that people have never tried before. Today, the best-selling books with the effect of globalization and body perception are cookbooks and diet / slimming books (44). In the studies on food and culture by examining the cookbooks, it was concluded that cookbooks are one of the rich cultural sources of history. To guide the reader, consumer, food preparation, presentation and consumption approach to understanding consumer culture; it is emphasized that cookbooks are more than the recipes they contain (45).

2.4. EuroFIR

In 2005, the EuroFIR project started with the contributions of many organizations, research institutes and universities in 26 European countries. EuroFIR, an international, member-based, non-profit association under Belgian law (www.eurofir.org), was set up in 2009 to ensure sustained advocacy for food information in Europe. Its purpose is to develop, publish and exploit food composition information, and promote international cooperation and harmonisation of standards to improve data quality, storage and access. The main objective of EuroFIR is to establish a common database by standardizing and harmonizing internationally available food composition data in Europe (46). The cooked calculation of recipes is based on factors that take into account the amount of ingredients given in a recipe for a meal, changes in the nutritional composition and nutrient content (retention factors) and weight (yield factors) of the components during preparation. The other purpose of this method is to reduce artificial errors and individual interpretations by creating a common food language (47). The benefits of harmonised recipe calculation procedures include the improved quality, availability and compatibility of food composition data (46).

The changes in nutritional values during the transition from raw to cooked state of the food given in the recipes were followed by 10 steps with reference to the EuroFIR recommendation and calculated using the specified formulas (47).

The change in weight of the ingredients is taken into account by using yield factors which are determined by the cooking or processing method during cooking. Not only due to cooking, but also the weight of food ingredients is lost during preparation. The

peeling, trimming and chopping losses of raw ingredient in preparation for cooking were determined by reference to the 1994 “Nutrient Losses and Gains in the Preparation of Foods” a report issued by Bergström (48). Cooking of dishes can lead to fat uptake in ingredients by using fat as heating (e.g. frying in pan). The retention factors of the food components indicate content of nutrients retained after food preparation. The main source of data for retention factors is Bognar tables (list of nutrients; protein, fat, carbohydrate and fibre) (49). Calculation with retention factors differ according to the cooking methods of dishes. For each nutrient component, its nutrient retention factor is multiplied and then the nutrient content of cooked food per 100 grams was calculated after cooking. Sufficient retention factors are used for the component by multiple cooking methods. The last values found are rounded according to the Guidance Document (47, 50). The harmonization of EuroFIR's recipe calculation procedures has been concluded as follows:

- Weight yield factors should be applied at recipe level,
- Nutrient retention factors should be applied at the level of the ingredients of the dishes (51).

2.5. Modernization in Culinary Culture with Industrial Revolution

The Industrial Revolution, which began in England in the 18th century, brought about many technological changes and changes in production. Due to the widespread use of water and steam-powered machines, the industrial workforce has replaced the agricultural labor force (13). The industrial revolution has made changes in technological, socioeconomic and cultural fields. With the industrial revolution, technological renovations have been made in the kitchen (52).

Potato peeling machines, dough rolling machines for large enterprises reduce workload and time spent in the kitchen, but lead to an increase in unemployment (11). Technological and chemical inventions have also changed culinary culture. The introduction of milk powder, the use of butter instead of margarine, the production of kitchen appliances with heat-setting, the change of tools and equipment used in the kitchen (mixer, microwave), processed foods started to take place in the kitchen with the taste and flavor of food has changed. This has changed the traditional food preparation and cooking methods, feeding habits and nutritional culture in the kitchen (12, 53).

2.6. The Building Block of the Mediterranean Diet: Olive Oil

As a result of epidemiological, experimental and clinical studies conducted in different countries of the world, it has been determined that the diseases are related to the nutrition types of the societies. Comparative studies, particularly in Northern Europe and the Mediterranean region, have shown that deaths from coronary heart disease are much lower in the Mediterranean region than in northern countries. The reason for this is related to the nutritional habits specific to the Mediterranean region. Olive and olive oil is known to be used in the first region of the Mediterranean. For this reason, olive oil has become indispensable for the dietary habits of the communities in this region and has taken place as a culture (54, 55, 56).

Consequently, olive oil is the most important food represented in the traditional Mediterranean Diet (19). The Mediterranean Diet is a nutritional model seen in Mediterranean Basin where olive production is made mainly with olive oil and vegetables, fruits and cereals (56, 57). Foods of animal origin are less common, while the cornerstones of the diet are foods of plant origin. Total fat consumption in the diet constitutes more than 35% of calories (57). The beneficial effects of the Mediterranean Diet as a source of energy is thought to be due to the consumption of more olive oil than other diet models (54).

Recent studies have consistently supported the notion that the mediterranean diet rich in olive oil is compatible with healthier aging and longer life. In countries where olive oil is the main source of oil, cancer incidence is lower than in other countries. Experimental and human studies have provided new evidence of the potential protective effect of olive oil on cancer (19, 56).

The Turks know olive oil when they are nomadic but they do not use it widely. With their arrival in Anatolia in the 11th century, the Central Asian tribes began to use olive and olive oil in fish dishes and salads. The Turks could not get used to the use of olive oil because of the butter habit. Until the 19th century, olive oil was included in very few recipes (54, 58). “La Bonne Cuisine Turque” is a French cookbook published in Istanbul in 1921, shows that traditional Turkish dishes include fresh beans with olive oil, piled beans with olive oil, fresh beans with olive oil, artichoke with olive oil and the use of olive oil is being used effectively in Turkish cuisine (54, 59). This classification differs in Turkish cuisine, even if the dishes with olive oil are evaluated in the category

of starter food in the world. In Turkey, the preferred olive oil for a light meal and cool on hot summer days, especially among the main courses are accepted in the Aegean region (58, 60).

When the Turkish Culinary Culture is examined; “silkmeler, bastılar, musakka ve oturtmalar”, wrap and stuffed vegetables, including dishes with olive oil. Olive oil is used for salads prepared with different ingredients in addition to meals and to increase the flavor with lemon and vinegar (61).



3. MATERIALS AND METHOD

In this section, the methods and tools used in the steps followed during research are explained with the subheadings.

3.1. Sampling Selection of the Research

The target population of the study consists of printed publications containing traditional Turkish dishes between 1950-2017. The sample of the study is in the Turkish cookbooks which have the highest number of pressures (in order to determine accessibility) in their own period with the determined periods since 1950s; stuffed peppers with olive oil, artichoke with olive oil and green beans with olive oil.

The cookbooks containing traditional Turkish dishes were included in the study which was published between 1950 and 2017, which can be easily understood by non-professionals, reached the highest number of pressures in the period when it was released, allowing the comparison between periods of up to 10 years, in which the amount or ratio of the main material of the food was given in the recipe contents.

Turkish cookbooks that do not contain the specified olive oil dishes, are not within the specified year range, have not reached sufficient number of editions, and do not have the standard of ingredients and/or cooking methods of the recipe are excluded from the study.

3.2. Data Collection

Cookbooks with traditional Turkish dishes, which are the data of the olive oil dishes and which are the reference of the study, were determined as the year of publication, the name of the book, the publishing house and the author.

The cookbooks included for the recipe of stuffed peppers with olive oil are given in the Appendix 1. “Kolay Yemek Kitabı” was excluded from the study due to the uncertainty in the amount of the ingredients in the recipe content.

The cookbooks included for the recipe of artichokes with olive oil are given in the Appendix 1. “1001 Çeşit Alaturka ve Alafranga Yemek, Tatlı, Pasta Kitabı” was excluded from the study due to the uncertainty in the amount of the ingredients in the recipe content.

The cookbooks included for the recipe of green bean with olive oil are given in the Appendix 1. “1001 Çeşit Alaturka ve Alafranga Yemek, Tatlı, Pasta Kitabı” was excluded from the study due to the uncertainty in the amount of the ingredients in the recipe content. While string beans and french beans were included in the study, the recipes used in red beans were excluded from the study.

3.3. The EuroFIR Recipe Calculation Guideline

The changes in nutritional values during the transition from raw to cooked state of the food given in the recipes were followed by 10 steps with reference to the EuroFIR recommendation and calculated using the specified formulas (47).

Step 1. List of ingredients

The input ingredients of the recipes to be calculated from the reference cookbooks are listed exactly (Appendix 2).

Step 2. Weight of input ingredients

All of the input ingredients in the recipe were standardized in grams. For converting household measures to grams; Prof. Dr. Ayşe Baysal’s “Beslenme” and Prof. Dr. Türkan Kutluay Merdol’s “Standart Yemek Tarifleri” books were used.

For recipes that do not specify the amount of salt proportion was made using Dr. Ayşe Baysal et al. “Türk Mutfağından Örnekler”. It was calculated as 100 g stuffed pepper for stuffed peppers with olive oil 1,04 g salt, 100 g artichoke for artichokes with olive oil 0.62 g salt and for 100 g beans for bean with olive oil 0.5 g salt.

Step 3. Total raw weight of input ingredients

The sum of the weights of the raw ingredients was calculated. Energy values and nutrient components (water, protein, total fat, carbohydrate, calcium, iron, phosphorus, sodium) according to the raw weight of input ingredients used in the recipes of the dishes are listed with the data in the “Türkomp Ulusal Gıda Kompozisyon Veri Tabanı”. For ingredients not included in this database “United States Department of Agriculture (USDA) Agricultural Research Service; Food Composition Database” is used (Appendix 3).

The recipes for 3 olive oil dishes determined; number of ingredients, cooking methods, portion size, number of portion and calorie per 100 grams were listed

(Appendix 4). Taking into account the applications in the recipes; cooking methods are classified according to EuroFIR and Bognar (49, 51).

The ratio of the weight of raw ingredients to the total weight and the ratio of the energy of raw ingredients to the total energy were calculated (Appendix 5). In other words, the grams and the energy values of raw ingredients in the recipes were calculated and the percentages of each ingredient for total dish in terms of weight and calories were found.

Step 4. Weight of cooked food

The peeling, trimming and chopping losses of raw ingredient in preparation for cooking were determined by reference to the 1994 “Nutrient Losses and Gains in the Preparation of Foods” a report issued by Bergström (48) (Appendix 6).

According to the cooking methods, yield factor related to cooking was calculated by Bognar and Bergström (Appendix 6).

An uptake of fat was calculated on the basis of data in Bognar by cooking of foods (Appendix 6).

Yield Factor (YF) = Total Cooked Weight (g) / Total Weight of Raw Ingredients (g)

Step 5. Food composition data of input ingredients

“Türkomp Ulusal Gıda Kompozisyon Veri Tabanı” and “United States Department of Agriculture (USDA) Agricultural Research Service; Food Composition Database” were used to obtain nutrient contents which are protein, fat, carbohydrate and fibre, of ingredients per 100 g edible part (Appendix 7).

Step 6. Calculation – content of nutrients in cooked food without retention factors

Changes in content of nutrients are not taken into account during cooking or food preparation at this stage. Calculate the content of nutrient per 100 g of cooked weight without retention factors adjusted (Appendix 7).

Nutrient X per 100 g of Cooked Food = (Nutrient Content X per 100 g Ingredient (g) * Raw Weight of Ingredient (g)) / Total Cooked Weight (g)

Step 7. Retention factors

The main source of data for retention factors is Bognar tables (list of nutrients; protein, fat, carbohydrate and fibre) (Appendix 7).

Step 8. Calculation – content of nutrients in cooked food with retention factors

For each nutrient component, its nutrient retention factor is multiplied and then the nutrient content of cooked food per 100 grams was calculated after cooking (Appendix 7). A sufficient number of retention factors were used for ingredient with more than one cooking methods.

Since the energy contribution to the recipe in Appendix 7 is the highest input olive oil, the fat in g per 100 g olive oil for cooked foods values of all meals are then calculated in Appendix 8 for evaluation.

Nutrient X per 100 g of Cooked Food = [(Nutrient Content per 100 g Ingredient (g) * Raw Weight of Ingredient (g)) / Total Cooked Weight (g)] * Retention Factor

Step 9. Rounding of final values

The final values found are rounded according to Guidance Document (49). In the numerical values, two digits are taken after the comma and the values ending with the number 5 are rounded up.

Step 10. Calculation of energy value

The energy values of the cooked dishes in kcal were calculated using conversion factors (Appendix 7).

Energy (in kcal) = 4 * (Total weight of Pro) + 9 * (Total weight of Fat) + 4 * (Total weight of Cho) + 2 * (Total weight of Fib)

Table 3.1. Conversion Factor for the Calculation of Energy

Protein	17 kj/g – 4 kcal/g
Fat	37 kj/g – 9 kcal/g
Carbohydrate	17 kj/g – 4 kcal/g
Fiber	8 kj/g – 2 kcal/g

4. RESULTS AND DISCUSSION

In the popular cookbooks between 1950 and 2017, the raw and cooked states of the ingredients are calculated by using and the results of this study were determined in order to find the changes in energy and macro nutrients between the recipes by years.

Sample solution according to the EuroFIR recipe calculation guide is given in Appendix 8.

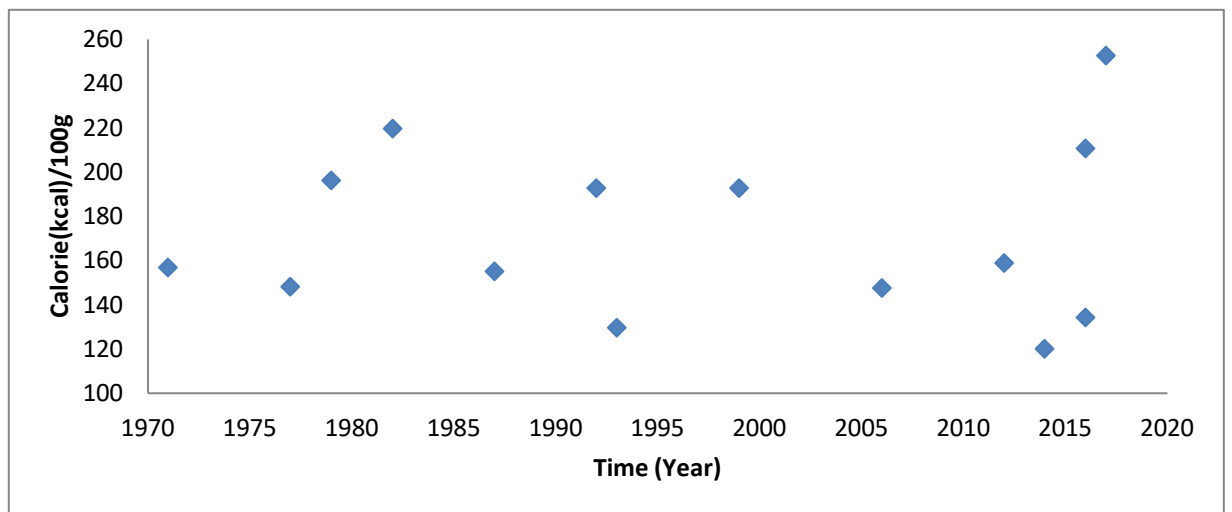
The recipes for 3 olive oil dishes determined; number of ingredients, cooking methods, portion size, number of portion and calorie per 100 grams were listed (Appendix 4). Taking into account the applications in the recipes; cooking methods are classified according to EuroFIR and Bognar (48, 50). Portion size; the total raw weight of ingredients, was found by dividing the number of portion specified in the recipe. The number of portion is not given; the number of portion was found by means of the arithmetic average of grams of 1 portion in the recipes given. The arithmetic average of 1 portion size for stuffed green peppers with olive oil was 456 grams, the arithmetic average of 1 portion size for artichoke with olive oil was 490 grams and the arithmetic mean of 1 portion size for green bean with olive oil was 383 grams.

The ratio of the weight of raw ingredients to the total weight and the ratio of the energy of raw ingredients to the total energy were calculated (Appendix 5). In other words, the grams and the energy values of raw ingredients in the recipes were calculated and the percentages of each ingredient for total dish in terms of weight and calories were found. In common in 3 dishes, the weight of the main raw ingredient, regardless of years, has the highest percentage of the total weight of the meal. Fresh stuffed peppers contributed between 30.96% and 58.96% in the total weight of stuffed green peppers with olive oil recipe, fresh artichoke contributed between 44.08% and 67.86% in the total weight of the artichokes with olive oil recipe, fresh green beans contributed between 47.53% and 75.93% in the total weight of the bean with olive oil recipe. The percentages of energy values provided by olive oil ingredient to total meal were compared, it was found in the range of 39-73.4% in stuffed green peppers with olive oil, 50.09-77.83% in artichokes with olive oil and 38.3-82.8% in green bean with olive oil. On the same table, when the contribution of the energy of the ingredients to the energy of the total meal was compared, it was found that although all of the recipes included in the study were published in different years, olive oil which is a common ingredient, had

the highest percentage. Although the weight of the main material of the dish is high; because the main ingredients of the food are vegetables and the contribution of olive oil to energy value is high, olive oil was the highest energy value contribution of the dish in the uncooked state.

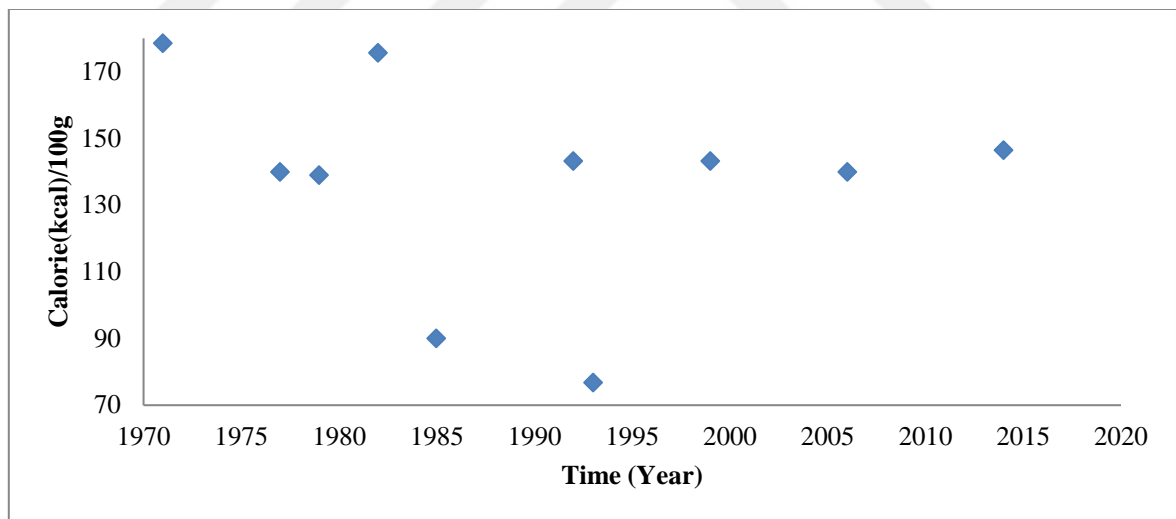
The calorie values of 100 grams of raw ingredients were compared separately for 3 types of foods according to their years. The calorie values of 100 grams of uncooked stuffed green peppers with olive oil by years is given in Table 4.1. The minimum value is 120,14 kcal/g in 2014 and the maximum value is 252,51 kcal/g in 2017. It was found that the energy values of the recipes were the same in the cookbooks written by the same author (Necip Usta) on different dates (192,67 kcal/g in 1979-1992-1999). Similarly, the energy values of the recipes in the cookbooks written by the same author (Ekrem Muhittin Yeğen) on different dates were similar but not identical (148,16 kcal/g in 1977 - 147,45 kcal/g in 2006). In contrast, in Leman Cılızoğlu's in 1971 recipe, the energy values were 156,82 kcal/g, whereas in 2014 the energy value of the cookbook decreased by 120.14 kcal/g. If we look at the recipes in two recent cookbooks by Gönül Candaş, we can say that the energy value of 100 grams increased in 2016 (210,76 kcal/g) compared to 2012 (158,92 kcal/g). When two cookbooks published in 2016 were examined, it was found that there was a difference between calorie values of 100 g. In general, calorie of 100g for uncooked stuffed green peppers with olive oil, from 1971 to the present, there is no regular increase or decrease. The reason for the high calorie value in 2017 is the high energy provided by the olive oil used as raw ingredient (Appendix 5).

Table 4.1. Calorie/100g of uncooked stuffed green peppers with olive oil



Calorie values of 100 grams of uncooked artichokes with olive oil over the years is given in Table 4.2. The minimum value was 76,75 kcal/g in 1993 and the maximum value was 178,47 kcal/g in 1971. Although the calorie values of the recipes in 1992 and 1999 are the same (143,11kcal/g) from the cookbooks written by Necip Usta, the calorie value in the book he wrote in 1979 is 138,96 kcal/g. It was found that the calorie values of the recipes were the same in the cookbooks written by Ekrem Muhittin Yeğen, on different dates (139,86 kcal/g in 1977 - 2006). Leman Cılızoğlu's recipe in the 1971 cookbook published the highest calorie value of uncooked artichokes with olive oil, while the calorie value decreased by 146,38 kcal/g in 2014. In total, 10 different cookbooks belonging to different years were examined and the majority of uncooked artichokes with olive oil was found to have a calorie value of 100 grams of uncooked ingredients around 140 kcal/g. The reason for the high calorie value in 1971 is the high energy provided by the olive oil used as raw ingredient. In 1985 and 1993, the energy contribution of olive oil was the same. But in 1993, the raw weight of the dish is more than 100 grams of calories in 100 grams compared to 1985 (Appendix 5).

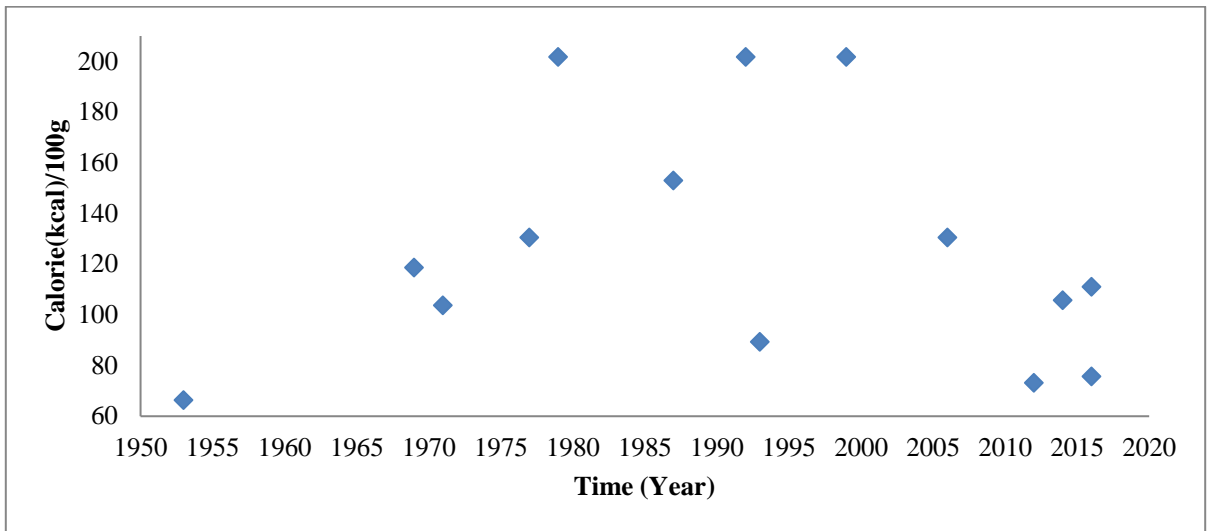
Table 4.2. Calorie/100 g of uncooked artichokes with olive oil



Calorie values of 100 grams of uncooked green bean with olive oil by years is given in Table 4.3. The minimum value was 66,53 kcal/g in 1953 and the maximum value was 201,74 kcal/g in 1979-1992 and 1999 by Necip Usta. It was found that the energy values of the recipes were the same in the cookbooks written by Ekrem Muhittin Yeğen on different dates (130,76 kcal/g in 1977-2006). Similarly, the energy values of the recipes in the cookbooks written by the same author (Leman Cılızoğlu) on different dates were similar but not identical (103,76 kcal/g in 1971 – 105,79 kcal/g in 2014). In

contrast, in Gönül Candaş's in 2012 recipe, the energy values were 73,22 kcal/g, whereas in 2016 the energy value of the cookbook increase by 111,20 kcal/g. It was found that there was a difference between calorie values of 100 g for green bean with olive oil (111,20 kcal/g - 75,73 kcal/g) when two cookbooks published in 2016 were examined. In general, calorie of 100g of uncooked green bean with olive oil, from 1953 to the present, there is no regular increase or decrease. The reason for the high calorie values in 1979 - 1992 and 1999 are the high energy provided by the olive oil used as raw ingredient (Appendix 5). In these cookbooks written by the same author in different years, it has been determined that the author has not changed his recipes over the years.

Table 4.3. Calorie/100 g of uncooked green bean with olive oil



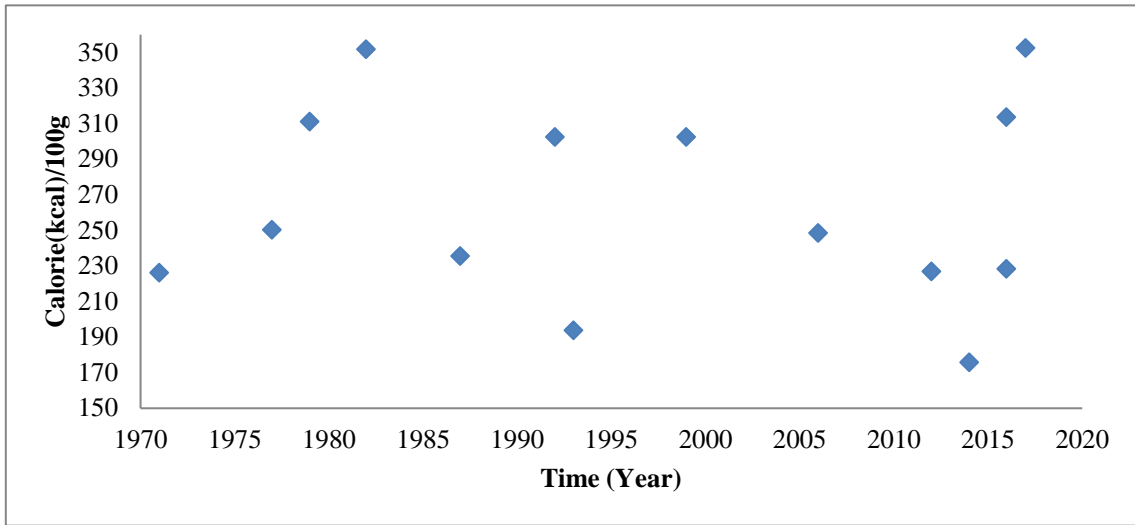
When compared the contents of stuffed green peppers with olive oil between years; no external excess changes except for the main ingredients were observed. Spices, dill, parsley, currants and pine nuts were used to sweeten the stuffing. The taste of the dishes is increased by using a wide variety of ingredients and spices in different ways in Turkish cuisine (7). There was no change in the inputs for artichoke with olive oil. In addition to the main vegetables, potatoes and carrots have been widely used. Differently, two recipes include celery, which is not included in Turkish traditional foods. Although traditional Turkish food culture did not show the decoration of the dishes, it was found that in some recipes of olive oil artichokes, boiled green peas were added. When recipe of the green bean with olive oil which have less ingredient than the other two recipes were examined, it was concluded that there were no ingredient changes that caused continuity. Traditional ingredients are commonly used in Turkish traditional dishes and are transferred to the next generations in this way (60). Turkish

cuisine has common features throughout the country, but when considered as a whole it is not homogeneous. Therefore, although the food is traditional, there may be slight differences between the regions (27).

EuroFIR Recipe Calculation Guideline was followed in order to calculate the calories values of 100 g of cooked contents of the all dishes. The required yield factor, fat uptake and retention factor calculations were applied according to the cooking method and were compared for 100 grams. The calorie values of 100 grams of cooked ingredients were compared separately for 3 types of foods according to their years.

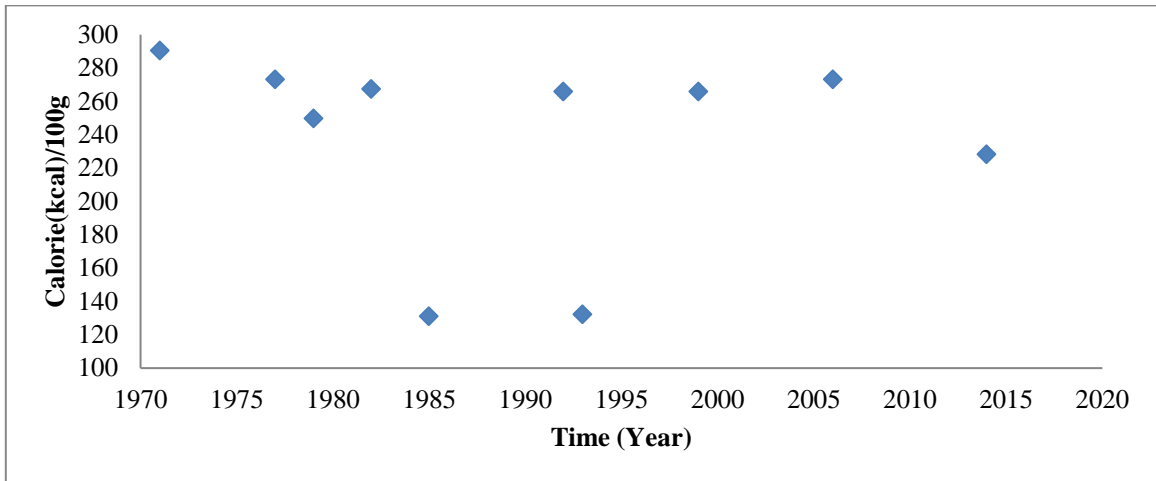
The calorie values of 100 grams of cooked stuffed green peppers with olive oil by years is given in Table 4.4. The minimum calorie value is 175,55 kcal/g in 2014 and the maximum calorie value is 352,3 kcal/g in 2017. Although the calorie values of the recipes in 1992 and 1999 are the same (302,46 kcal/g) from the cookbooks written by Necip Usta, the calorie value in the book he wrote in 1979 is 311,02 kcal/g. Similarly, the calorie values of the recipes in the cookbooks written by the same author (Ekrem Muhittin Yeğen) on different dates were similar but not identical (250,39 kcal/g in 1977 – 248,38 kcal/g in 2006). In contrast, the calorie values were 225,95 kcal/g in Leman Cılızoğlu's in 1971 recipe, whereas in 2014 the calorie value of the cookbook decreased by 175,55 kcal/g. If we look at the recipes in two recent cookbooks by Gönül Candaş, can say that the calorie value of 100 grams increased in 2016 (313,72 kcal/g) compared to 2012 (226,82 kcal/g). When two cookbooks published in 2016 were examined, it was found that there was a difference between calorie values of 100 g cooked stuffed green peppers with olive oil. In general, calorie of 100g for cooked stuffed green peppers with olive oil, from 1971 to the present, there is no regular increase or decrease.

Table 4.4. Calorie/100 g of cooked stuffed green peppers with olive oil



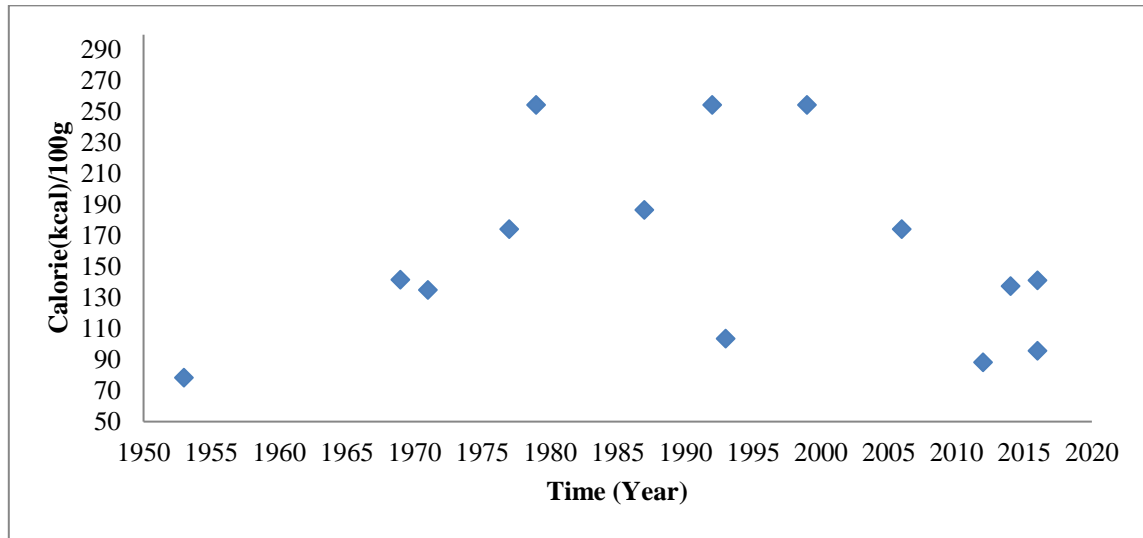
The calorie values of 100 grams of cooked artichokes with olive oil by years is given in Table 4.5. The minimum calorie value is 131,14 kcal/g in 1985 and the maximum calorie value is 290,30 kcal/g in 1971. Although the calorie values of the recipes in 1992 and 1999 are the same (265,81 kcal/g) from the cookbooks written by Necip Usta, the calorie value in the book he wrote in 1979 is 249,58 kcal/g. It was found that the calorie values of the recipes were the same in the cookbooks written by Ekrem Muhittin Yeğen, on different dates (273,16 kcal/g in 1977 - 2006). Leman Cılızoğlu's recipe in the 1971 cookbook published the highest calorie value of cooked artichokes with olive oil, while the energy value decreased by 228,30 kcal/g in 2014. In total, 10 different cookbooks belonging to different years were examined and the majority of cooked artichokes with olive oil were found to have a calorie value of 100 grams of cooked ingredients around 260 kcal/g. Although 1993 had minimum calories in uncooked ingredients, it was 1985 in cooked food. The reason for this was determined as the use of onions in 1993 and shallots in 1985. Since the loss rate of onion was higher, it affected the total weight more.

Table 4.5. Calorie/100g of cooked artichokes with olive oil



The calorie values of 100 grams of cooked green bean with olive oil by years is given in Table 4.6. The minimum calorie value is 78,14 kcal/g in 1953 and the maximum calorie value is 254,61 kcal/g in 1979-1992-1999 by Necip Usta's recipes. It was found that the calorie values of the recipes were the same in the cookbooks written by Ekrem Muhittin Yeğen on different dates (174,03 kcal/g in 1977-2006). Similarly, the calorie values of the recipes in the cookbooks written by the same author (Leman Cılızoğlu) on different dates were similar but not identical (134,95 kcal/g in 1971 – 137,35 kcal/g in 2014). In contrast, in Gönül Candaş's recipe in 2012, the energy values were 88,04 kcal/g, whereas in 2016 the energy value of the cookbook increase by 141,26 kcal/g. It was found that there was a difference between calorie values of 100 g for cooked green bean with olive oil (141,26 kcal/g – 95,70 kcal/g) when two cookbooks published in 2016 were examined. In general, calorie of 100g of cooked green bean with olive oil, from 1953 to the present, there is no regular increase or decrease.

Table 4.6. Calorie/100 g of cooked green bean with olive oil



When the amount of olive oil is examined for all three dishes, there is no regular increase or decrease. Sociocultural and socioeconomic conditions also affect the variety and quantity ingredients of the traditional recipes. Olive oil production and consumption has been seen as a rapid increase and rapid decrease since 1927s. In 1927, the “Zeytincilik Kanunu Layihası” was adopted and olive and olive oil became a state policy. It continued rapidly during the period covering 1929-1950 and did not stop during the 1950-1960 period, but lost its speed compared to the first period. The low productivity and high cost in the 1970s adversely affected the profitability and this reduced production. Fluctuations observed in olive and olive oil production due to both economic and climatic changes between 1995 and 2008. In addition, today production has increased with recent supports. This situation is reflected to the consumer (43, 60, 62, 63). In the 1980s, as a result of the dismantling of olive trees and the destruction of olive groves, the slowdown in olive oil production was reflected in consumption. When looking at the graphs of all three olive oil dishes in 1980-1990 may be the cause of the decline in calories. As a result of state policy, there have been periodic efforts to encourage or reduce consumption of olive oil. As an example of this situation, as a result of the Marshall Plan, in order to increase the export of corn extract oil from the USA, the song “Zeytinyağlı yiyemem aman” was written (59, 60, 64). With the improvement of olive and olive oil policies changed by the new laws in 2000s and after, positive developments have been experienced (59, 64)

When the frequency of the use of olive oil was investigated, 45% of the housewives who have olive oil in their house stated that they use olive oil only in salad

and the reasons given as the reason for this, with the majority of 84% being the expensive olive oil (43).

On the other hand, the use of animal fats from health concerns has decreased and sunflower, margarine and olive oil are mostly used (35).

When the three traditional foods were examined separately, there was no regular change in energy values over the years. However, when the energy values of raw and cooked ingredients of the dishes are compared, it is concluded that the cooking methods increases the energy values.

This increase in energy can be attributed to the use of olive oil in cooking methods. Frying and roasting in oil shows the effect of increasing the amount of fat in ingredients (61). Cooking in steam or pressurized pots both maintains nutritional value and does not increase the amount of energy compared to traditional cooking methods (65). At the same time, due to water loss due to cooking, the amount of dry matter increased the calorie value compared to the uncooked content.

5. CONCLUSION

This thesis is an examination of the changes in the traditional Turkish dishes with olive oil recipes together with the changing and developing food technology and a case study to clarify the possible effects of these changes on the differences in calorie values of the same dish over the years. The data of the research were obtained by examining the popular cookbooks of different years and were evaluated according to the recipe calculations guideline by EuroFIR.

There were no significant changes in the number of ingredients used in dish by years. The effects of technological advances caused by the industrial revolution were not observed in the cooking methods used in the production of traditional dishes. Although raw materials have lost weight due to pre-cooking processes, there has been an increase in energy due to fat uptake and changes in nutrient content during cooking. When the calorie value of 100 grams was examined for all three meals, there was no continuous decrease or increase. It is concluded that there is an energy difference between raw and cooked dishes because all dishes are made with olive oil.

6. RECOMMENDATIONS

If the number of cookbooks included by reducing the time between years in the study was increased, more meaningful results could be achieved.

Dietitians should be trained in recipe calculations in order to make suitable nutrition planning. These calculations showed us that not only calorie values but also changes in nutrient contents.

In order to develop the traditional Turkish food culture and transfer it correctly to future generations, such studies should be increased.



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8. APPENDICES

APPENDIX 1 Reference Cookbooks of Olive Oil Dish

Reference Cookbooks of Stuffed Peppers with Olive Oil			
1953	Kolay Yemek Kitabı	Muallim Fuad Gücüyener Yayınevi	Fatma Fuat Gücüyener
1971	Yemek Pişirme Temel Metod ve Uygulamaları	Mars Matbaası	Leman Cılızoğlu
1977	Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü	Yelken Matbaası	Ekrem Muhittin Yeğen
1979	Türk Mutfak Sanatı 10. Baskı	Nadir Basımevi	Necip Usta (Necip Ertürk)
1982	Aşçım	Ayyıldız Matbaası	Sonay Nurettin Kılınçer
1987	İzahlı Yemek Kitabı	Bedir Yayınevi	İnci Beşoğul
1992	Türk Mutfak Sanatı 3. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
1993	Türk Mutfağından Örnekler	T.C. Kültür Bakanlığı Yayınları	Ayşe Baysal ve ark.
1999	Türk Mutfak Sanatı 7. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
2006	Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri	İnkılap Kitabevi	Ekrem Muhittin Yeğen
2012	Gönül Candaş'ın Mutfağından	Arkadaş Yayınevi	Gönül Candaş
2014	Türk Mutfağından Seçme Yemekler	Remzi Kitabevi	Leman Cılızoğlu Eryılmaz
2016	Bereketli Olsun	Arkadaş Yayınevi	Gönül Candaş
2016	Büyük Yemek Kitabı	İnkılap Kitabevi	Emine Bedel
2017	Arda'nın Mutfağı	Doğan Egmont Yayıncılık ve Yapımcılık	Arda Türkmen

APPENDIX 1 (continued) Reference Cookbooks of Olive Oil Dish

Reference Cookbooks of Artichokes with Olive Oil			
1962	1001 Çeşit Alaturka ve Alafranga Yemek, Tatlı, Pasta Kitabı	İnkılap ve Aka Kitabevleri/ Tan Gazetesi ve Matbaası	Fahriye Nedim
1971	Yemek Pişirme Temel Metod ve Uygulamaları	Mars Matbaası	Leman Cılızoğlu
1977	Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü	Yelken Matbaası	Ekrem Muhittin Yeğen
1979	Türk Mutfak Sanatı 10. Baskı	Nadir Basımevi	Necip Usta (Necip Ertürk)
1982	Aşçım	Ayyıldız Matbaası	Sonay Nurettin Kılınçer
1985	Ağız Tadı	Pencere Yayınları	Sevim Tanör
1992	Türk Mutfak Sanatı 3. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
1993	Türk Mutfağından Örnekler	T.C. Kültür Bakanlığı Yayınları	Ayşe Baysal ve ark.
1999	Türk Mutfak Sanatı 7. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
2006	Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri	İnkılap Kitabevi	Ekrem Muhittin Yeğen
2014	Türk Mutfağından Seçme Yemekler	Remzi Kitabevi	Leman Cılızoğlu Eryılmaz

APPENDIX 1 (continued) Reference Cookbooks of Olive Oil Dish

Reference Cookbooks of Green Bean with Olive Oil			
1953	Kolay Yemek Kitabı	Muallim Fuad Gücüyener Yayınevi	Fatma Fuat Gücüyener
1962	1000 Çeşit Alaturka ve Alafranga Yemek, Tatlı, Pasta Kitabı	İnkılap ve Aka Kitabevleri/ Tan Gazetesi ve Matbaası	Fahriye Nedim
1969	Altın Tabak	Güzel Sanatlar Matbaası	Ergun Birol
1971	Yemek Pişirme Temel Metod ve Uygulamaları	Mars Matbaası	Leman Cılızoğlu
1977	Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü	Yelken Matbaası	Ekrem Muhittin Yeğen
1979	Türk Mutfak Sanatı 10. Baskı	Nadir Basımevi	Necip Usta (Necip Ertürk)
1987	İzahlı Yemek Kitabı	Bedir Yayınevi	İnci Beşoğul
1992	Türk Mutfak Sanatı 3. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
1993	Türk Mutfağından Örnekler	T.C. Kültür Bakanlığı Yayınları	Ayşe Baysal ve ark.
1999	Türk Mutfak Sanatı 7. Baskı	Remzi Kitabevi	Necip Usta (Necip Ertürk)
2006	Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri	İnkılap Kitabevi	Ekrem Muhittin Yeğen
2012	Gönül Candaş'ın Mutfağından	Arkadaş Yayınevi	Gönül Candaş
2014	Türk Mutfağından Seçme Yemekler	Remzi Kitabevi	Leman Cılızoğlu Eryılmaz
2016	Bereketli Olsun	Arkadaş Yayınevi	Gönül Candaş
2016	Büyük Yemek Kitabı	İnkılap Kitabevi	Emine Bedel

APPENDIX 2 The Input Ingredients From the Cookbooks

1971 Yemek Pişirme Temel Metod ve Uygulamaları

Mars Matbaası-Leman Cılızoğlu-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar (gr)
Dolmalık Biber	1 kg	1000
Soğan	5 adet	250
Zeytinyağı (dolma içi)	1 bardak	210
Pirinç	300 g	300
Tereotu	1/3 Demet	20
Taze Nane	1/3 Demet	20
Domates	3 adet	300
Şeker	1 Kaşık	20
Tuz	* Tuz için Ayşe Baysal Kitabı kullanılmıştır. (%1,04)	10,4
Tarçın	-	0
Yeni bahar	-	0
Çam Fıstığı	1 Kaşık	18
Kuş Üzüümü	1 Kaşık	13
Maydanoz	1/3 Demet	20
Limon	1 adet	100
Su (tencereye)	2 bardak	400

Hazırlama

Zeytinyağlı Dolma İçinin Hazırlanması

Pirinç	500g
Zeytinyağı	2,5 bardak
Soğan	yarım veya 1kg
Şeker	1 kaşık

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Fıstık	3 kaşık
Üzüm	3 kaşık
Maydanoz	1 Demet
Nane	1 Demet
Dereotu	1 Demet
Baharat	
Su (dolma içi)	
Limon	2 adet
Tuz	
Karabiber	
Yenibahar	
Tarçın	

- 1) Soğanları soyup yemek soğanı şeklinde (kare doğrama) doğrayıp, orta büyüklükteki bir tencereye koyunuz.
- 2) Fıstığı yıkayıp kurulayıp soğana ilave ediniz.
- 3) Yağını da koyup hepsini ateş üzerinde bir kevgirle karıştırarak fıstıkların hafif pembeleşinceye kadar kavurunuz.
- 4) Pirinci ayıklayıp yıkayıp 20 dakika kadar el dayanabilecek kadar sıcak suda ıslatınız.
- 5) Fıstıklar hafif pembeleşince, suyunu süzüp pirinci ilave ediniz.
- 6) Kevgirle karıştırarak, pirinçler şeffaflaşınca kadar kavurunuz.
- 7) Üzerine çıkacak kadar su koyup, yıkanmış üzümü, tuzu ve şekeri koyunuz.
- 8) Kapağını kapatıp suyunu çekinceye kadar orta hararetli ateşte pişiriniz.
- 9) Ateşten alınca baharatlarını, maydanoz, nane, dereotunu kıyarak koyunuz.
- 10) Limon suyunu da koyup hepsini birden karıştırınız.
- 11) Sonra istediğiniz malzemenin içine koyup doldurunuz. Tariflerdeki üzere pişiriniz.

Zeytinyağlı Biber Dolması;

Dolmalık Biber	1 Kg
Pirinç	300 g
Zeytinyağı	1 Bardak
Domates	3 adet
Soğan	5 adet
Şeker	1 Kaşık
Fıstık	1 Kaşık
Üzüm	1 Kaşık
Maydanoz	1/3 Demet
Nane	1/3 Demet
Dereotu	1/3 Demet

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Su (tencere ii)	2 bardak
Limon	1 adet

- 1) Biberleri eti biber dolmasındaki tarif üzere hazırlayıp yıkayınız.
- 2) Zeytinyaęlı dolma iini hazırlayınız.
- 3) Pirinler hafif ŐeffaflaŐınca 2 domatesin kabuklarını soyup fındık byklęnde doęrayıp bununla da kavurup suyunu koyunuz.
- 4) Biberlerin iine kafi derecede bu ii doldurunuz. ok sıkı olmasın
- 5) zerlerine bir domatesi muntazam kesip kapak gibi yapınız.
- 6) 2 bardak su ilave edip orta hararetili ateŐte biber ve pirinler yumuŐayıncaya kadar piŐiriniz.
- 7) Kabında soęutup servis tabaęına silerek yerleŐtiriniz.

Limon dilimleri ve maydanozla ssleyip servis yapınız.

1977 Alaturka-Alafranga Yemek ęretimi ve Sofra Dzeni-Sofra Grgs Yelken Matbaası-Ekrem Muhittin Yeęen-Zeytinyaęlı Biber Dolması

Tarif

Malzemeler	li	Miktar
Dolmalık Biber	800gr	800
Soęan	7 Byk adet	750
Zeytinyaęı (dolma ii)	3/4 Bardak	165
Zeytinyaęı (tencereye)	eyrek bardak	55
Pirin	3 Kahve Fincanı	200
Tereotu	1/2 Demet	30
Domates	2 Kk	200
Tuz	1 silme orba kaŐıęı	10
Tuz (tencereye)	yarım orba kaŐıęı	10
am Fıstıęı	1 orba KaŐıęı	18
KuŐ zm	2 orba KaŐıęı	13
Su (dolma ii)	1/2 bardak	100
Su (tencereye)	1 bardak	200

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Hazırlama

Dolma İçi;

- 1) Bir tepsiye; 3 silme kahve fincanı pirinç koyarak, taş ve darılarını ayıklamalı, sonra da pirincin üstünü iyice kaplayabilecek kadar sıcakça, fakat kaynar halde olmayan su koyulduktan sonra, su iyice soğuyuncaya kadar bir tarafa bırakılmalıdır.
- 2) Su soğuyunca, dökmeli ve pirinçlerden duru bir su çıkıncaya kadar fazla bastırmadan ovalayarak birkaç kez yıkanmalı ve iyice süzerek bir tarafa bırakılmalıdır.
- 3) Diğer taraftan bir tencereye; üç çeyrek bardak zeytinyağı, küçük kesilmiş 7 büyükçe soğan, yarım kahve fincanı çam fıstığı ile 1 silme çorba kaşığı da tuz koyarak, soğanlar pembemsi bir renk alıncaya kadar kuvvetli ateşte, karıştırılarak 20 – 30 dakika arasında kavurulmalıdır.
- 4) Sonra, soğanlara; süzmüş olduğumuz pirinçleri koyarak, karıştırılmalı, bir 10 dakika daha kavurmalı, sonra bu pirinçli soğanlara; yarım bardak su, kabuğu çıkmış ve küçük kesilmiş 1 büyükçe domates, ya da yarım kahve fincanı domates salçası, yarım kahve fincanı siyah kuru üzüm, 2 kahve kaşığı karabiber, 2 kahve kaşığı baharat (arzuya bağlı), üç çeyrek çorba kaşığı toz şeker, küçük kesilmiş yarım demet nane (arzu edilirse) ile 1 demet dereotu koymalı ve tekrar iyie bir karıştırdıktan sonra, pirinçler suyunu çekip de uzayıncaya kadar tencerenin kapağı kapatılmış olarak küçük ateşte tekrar 15 – 20 dakika daha pişirilmeli ve ateşten alarak, ılınması için bir tarafa bırakılmalı ve reçetelerimizde anlatıldığı gibi kullanılmalıdır.

Not: Dolmayı yağlıca sevenler, zeytinyağı miktarını, 165 gram (üç çeyrek bardak) dan 220 gram (1 bardak) a çıkarabilirler.

Biber Dolması;

- 1) Dolma içi bölümünde gösterilen malzeme ile, (567) sayılı reçetede anlatıldığı gibi, dolma içi yaparak, ısınmaya bırakılmalıdır.
- 2) İlininca, bunu; saplı tarafından ince bir kapak kesildikten sonra, çekirdekler çıkarılmış ve hepsi aşağı yukarı aynı boyda olan 800 gram dolmalık biberlerin içlerini; pek sıkı olmamak üzere doldurmalı, sonra da içleri doldurulmuş bu biberleri, kapak tarafları üste getirilmiş olarak bir tencereye yerleştirmeli, üzerlerine de; 1 bardak su, yarım çorba kaşığı tuz ile çeyrek bardak zeytinyağını katarak, tencerenin kapağını kapatmalı ve tenceredeki su çekip de biberler yumuşak bir hal alıncaya kadar orta kuvvetteki ateşte aşağı yukarı 45 – 60 dakika arasında pişirilmeli sonra tencereye ateşten alarak, dolma iyice soğuduktan sonra tabağa almalı ve servis yapılmalıdır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1979 Türk Mutfak Sanatı 10. Baskı

Nadir Basımevi-Necip Usta (Necip Ertürk)-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	22 Orta Boy	1320
Soğan		750
Zeytinyağı (dolma içi)		250
Zeytinyağı (tencereye)	3 Kahve Fincanı	300
Pirinç		250
Tereotu		30
Taze Nane	***	30
Domates	5 Küçük	400
Şeker	2 Çay Kaşığı	6
Şeker Tencereye		1,5
Tuz		12,5
Tuz (tencereye)	1/4 Tatlı Kaşığı	1,25
Yeni bahar	***	2,5
Çam Fıstığı		25
Kuş Üzümü		25
Maydanoz		30
Su (dolma içi)		250
Su (tencereye)	3/4 Su Bardağı	150

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Hazırlama

21. Reçete, Zeytinyağlı Dolma İçi

Pirinç	500g
Zeytinyağı	500
Soğan	1500 g
Şeker	1 çay kaşığı
Fıstık	50 g
Üzüm	50 g
Maydanoz	1 Demet
Nane	1 Demet
Dereotu	1 Demet
Su (dolma içi)	500 g
Tuz	25 g
Yenibahar	1 tatlı kaşığı

Pirinci 1 saat önce ılık, tuzlu bolca suda bir saat ıslayıp 4-5 defa suyunu değiştirerek yıkayınız. Sonra süzülmesi için bir süzgece çıkarınız. Zeytinyağını genişçe bir tencereye koyup hafifçe kızdırıp fıstığı ilave ederek fıstıklar hafif sararıncaya kadar 30 saniye kadar karıştırıp soğanı ilave ederek devamlı süratte ağır ağır karıştırarak tencerenin kenarlarına bulaştırmadan ve yakmadan orta kuvvetli hararete soğanlar hafif sarı bir renk almıncaya kadar karıştırarak kavurunuz ve hemen pirinci ilave edip karıştırarak 4-5 dakika daha kavurup tuzunu, şekerini, yenibahar ve kuş üzümünü ilave ederek bir kere karıştırdıktan sonra kaynar olarak suyunu ilave ediniz ve bir kere kaynayıp karıştırıp tencerenin kapağını kapatınız. Gayet ağır ateşte, fırın mevcutsa fırında, 15 dakika pişiriniz. Sonra bir tepsiye boşaltıp tereotu, maydanoz ve nanesini ilave edip 1 kere karıştırınız. İçiniz hazırdır.

Dolma içi: Arzuunuza göre 21 veya 22 nolu reçetelerdeki dolma içinin yarı miktarlarını hazırlayınız. (21 nolu reçete seçildi)

Biberleri yırtmadan saplarını çıkartıp yıkayınız. Bir süzgece çıkarıp baş aşağı çevirerek suyunu süzdürünüz. Domatesin saplarını çıkarıp dörde bölünüz. Biberlerin içlerini dolma içi ile doldurup ağızlarını birer parça domates ile kapatınız. Biberlerin ağızlarını yukarı getirerek küçük bir tencereye diziniz.

Tuzunu, şekerini, suyunu ve yağını ilave edip evvela orta, sonra ağır ateşte 45 dakika suyunu tamamen çekinceye kadar kontrol ederek pişiriniz. Ateşten alıp soğutarak servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1982 Aşçım

Ayyıldız Matbaası-Sonay Nurettin Kılınçer-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	500 g	500
Soğan	6 adet	300
Zeytinyağı (dolma içi)	1 Su Bardağı	210
Pirinç	1/2 Su Bardağı	95
Tereotu	1/2 Çorba Kaşığı	7
Kuru Nane	1/2 Çorba Kaşığı	8,5
Şeker(tencereye)	1/2 Kahve Kaşığı	5
Tuz (tencereye)	1/2 Kahve Kaşığı	5
Yeni bahar	1/2 Kahve Kaşığı	2,5
Çam Fıstığı	1 Çorba Kaşığı	18
Kuş Üzümü	1 Çorba Kaşığı	13
Maydanoz	1/2 Çorba Kaşığı	7
Limon Suyu	1/2 adet	30
Karabiber	1/2 Kahve Kaşığı	2,5
Su (dolma içi)	2 su bardağı	400
Su (tencereye)	2 su bardağı	400

Hazırlama

- 1) Bir tavada biraz zeytinyağı ile, soğan ve fıstığı, hafif pembe kavurunuz. Pirinci katıp karıştırınız.
- 2) 2 su bardağı su ekleyip, orta ateşte suyunu çekinceye kadar pişirip, 10-15 dakika buharı ile demleyiniz.
- 3) Buna maydanoz, dereotu, nane, üzüm, yeni bahar, karabiber, limon suyunu koyup karıştırınız.
- 4) Hazırlanan harcı, biberlere doldurunuz. Tencereye dizerek, iki su bardağı su, tuz, şeker ve yağı ekleyip, orta ateşte 45-50 dakika pişirip servis yapınız.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1987 İzahlı Yemek Kitabı

Bedir Yayınevi-İnci Beşoğul-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	1 Kilogram	1000
Soğan	4 orta boy	750
Zeytinyağı (dolma içi)	250gr	250
Pirinç	500gr	500
Domates	500 g	500
* Tuz için Ayşe Baysal Kitabı kullanılmıştır.		
Tuz	(% 1,04)	10,4 g
Yeni bahar	1/2 paket	5
Çam Fıstığı	50 g	50
Kuş Üzümü	50 g	50
Maydanoz	1 demet	60
Limon	1/2 adet	50
Karabiber	1/2 paket	5
Su (dolma içi)	yarım kilo	500
Su (tencereye)	yarım kilo	500

Hazırlama

Bir tencereye zeytinyağı konur ve fıstıklarla kızartılır. Lira şeklinde doğranmış soğanlar da ilave edilerek pembeleştirilir. 5 defa süzülerek yıkanmış pirinç buna katılır. 5-10 dakika kavrulur; su, domates, üzüm konur, yarım kilo kaynamış su ilave edilir, hafif ateşte yirmi dakika bırakılarak pişirilir. Sonra ateşten alınarak bir tepsiye dökülür ve soğutulur. Bütün baharatlarla karıştırılır. İçleri çıkarılmış biberlere bu malzeme pek sıkı olmamak üzere doldurulur. Ağızları domatesle kapatılarak tencereye dizilir. Yarım kilo su ilave edilerek dolmaların üstüne muhtelif yerlerinden delinmiş bir yağlı kağıt konur. Ve ocakta bir defa kaynatıldıktan sonra, fırında 25 veya 30 dakika pişirilir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1992 Türk Mutfak Sanatı 3. Baskı

Remzi Kitapevi-Necip Usta (Necip Ertürk)-Zeytinyağılı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	8 orta boy	480
Soğan		375
Zeytinyağı (dolma içi)		112,5
Zeytinyağı (tencereye)	1 kahve fincanı	100
Pirinç		125
Tereotu		15
Kuru Nane		15
Domates	2 küçük	160
Şeker (tencereye)	1/2 çay kaşığı	1,5
Şeker		3
Tuz		5
Yeni bahar		1,25
Çam Fıstığı		12,5
Kuş Üzüümü		10,4
Maydanoz		15
Su (dolma içi)		125
Su (tencereye)	1 kahve fincanı	80

Hazırlama 21. Reçete, Zeytinyağılı Dolma İçi

Pirinç	2,5 bardak (500 g)
Zeytinyağı	1/2 Litre
Soğan	1500 g
Şeker	1 çay kaşığı
Fıstık	1 Fincan (50 g)
Üzüm	1 Fincan
Maydanoz	1 Demet
Nane	1 Demet

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Dereotu	1 Demet
Su (dolma ii)	2,5 Su Bardađı
Tuz	1 orba Kaşıđı
Yenibahar	1 tatlı kaşıđı

- 1) Pirinci 1 saat nce ılık, tuzlu bolca suda bir saat ıslayıp 4-5 defa suyunu deđiřtirerek yıkayınız. Sonra szlmesi iin bir szgece ıkarınız.
- 2) Zeytinyađını geniřçe bir tencereye koyup hafife kızıdırınız.
- 3) Fıstıđı ilave ederek fıstıklar hafif sararıncaya kadar yaklaşık 30 saniye karıřtırınız.
- 4) Sođanı ilave ediniz. Devamlı sratte ađır ađır karıřtırarak tencerenin kenarlarına bulařtırmadan ve yakmadan orta kuvvetli hararete sođanlar hafif sarı bir renk alıncaya kadar karıřtırarak kavurunuz
- 5) Hemen pirinci ilave edip karıřtırarak 4-5 dakika daha kavurup tuzunu, řekerini, yenibahar ve kuř zmn ekleyerek bir kere karıřtırdıktan sonra kaynar olarak suyunu ilave ediniz
- 6) Bir kere kaynayıp karıřtırıp tencerenin kapađını kapatınız. Gayet ađır ateřte, fırın mevcutsa fırında, 15 dakika piřiriniz.
- 7) Sonra bir tepsiye bořaltıp tereotu, maydanoz ve nanesini ilave edip 1 kere karıřtırınız.

Dolma ii: İsteđinize gre 21 veya 22 sayılı reetelerdeki dolma iinin 1/4 ini hazırlayınız. (21 nolu reete seildi)

- 1) Biberleri yırtmadan saplarını ıkartıp yıkayınız. Bir szgece ıkarıp bař ařađı evirerek suyunu szdrnz. Domatesin saplarını ıkartıp drde blnz.
- 2) Biberlerin ilerini dolma ii ile doldurup ađızlarını birer para domates ile kapatınız. Biberlerin ađızlarını yukarı getirerek kk bir tencereye diziniz.
- 3) Tuzunu, řekerini, suyunu ve yađını ilave edip evvela orta, sonra ađır ateřte 45 dakika suyunu tamamen ekinceye kadar kontrol ederek piřiriniz.
- 4) Ateřten alıp sođutarak servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1993 Türk Mutfağından Örnekler

T.C. Kültür Bakanlığı Yayınları-Ayşe Baysal ve ark.-Zeytinyağılı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	12 orta boy	850
Soğan	6 büyük boy	600
Zeytinyağı (dolma içi)	3/4 Su Bardağı	150
Pirinç	1/3 Su Bardağı	240
Tereotu	1 Küçük demet	30
Taze Nane	10-15 yaprak	10
Domates	3 küçük boy	250
Şeker	3 Tatlı Kaşığı	18
Tuz	3 tatlı kaşığı	18
Yeni bahar	3/4 Tatlı Kaşığı	1,5
Çam Fıstığı	2 Yemek Kaşığı	20
Kuş Üzümü	2 Yemek Kaşığı	20
Maydanoz	1 Küçük demet	40
Limon Suyu	2 Yemek Kaşığı	20
Karabiber	3/4 Tatlı Kaşığı	1,5
Su (dolma içi)	1 su bardağı	200

Hazırlama

Soğanı soy, yıka, ince ince doğra, yağ ve fıstıkla birlikte tencereye koy, kapağı kapat, kısık ateşte, ara sıra karıştırarak 20 dakika öldür, fıstıkların sararması için birkaç dakika açık olarak karıştır. Pirinci yıka, süz, tencereye ekle, birkaç kez daha çevir. Domatesleri yıka, birini ayır, diğerlerini tencereye rende, 2 tatlı kaşığı tuz, şeker ve 1 su bardağı su ile tencereye kat, karıştır, üzerine kuş üzümünü serp, önce orta, sonra kısık ateşte suyunu çekene değin, 10 dakika pişir. Diğer yandan biber, maydanoz ve dereotunu yıka, biberin sap kısımlarını bastırarak çıkar ve çekirdeklerini boşalt, içlerine kalan tuzu serp. Maydanoz ve dereotunu ayıkla, ince ince kıy, nane, baharat ve limon suyu ile birlikte pilava ekle, 10 dakika dinlenir. Kalan domatesi dörde bölüp, yarım santimetre kalınlıkta doğra. Biberleri hazırlanan içle doldur, üzerini domates dilimleriyle kapat, yayvan bir tencereye diz, en üste ısıya dayanıklı düz tabak koy. Kalan 1/4 su bardağı sıcak suyu ekle, yaklaşık 50 dakika pişir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1999 Türk Mutfak Sanatı 7. Baskı

Remzi Kitabevi-Necip Usta (Necip Ertürk)-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	8 orta boy	480
Soğan		375
Zeytinyağı (dolma içi)		112,5
Zeytinyağı (tencereye)	1 kahve fincanı	100
Pirinç		125
Tereotu		15
Kuru Nane		15
Domates	2 küçük	160
Şeker (tencereye)	1/2 çay kaşığı	1,5
Şeker		3
Tuz		5
Yeni bahar		1,25
Çam Fıstığı		12,5
Kuş Üzümü		10,4
Maydanoz		15
Su (dolma içi)		125
Su (tencereye)	1 kahve fincanı	80

Hazırlama

21. Reçete, Zeytinyağlı Dolma İçi

Pirinç	2,5 bardak (500 g)
Zeytinyağı	1/2 Litre
Soğan	1500 g
Şeker	1 çay kaşığı
Fıstık	1 Fincan (50 g)
Üzüm	1 Fincan
Maydanoz	1 Demet
Nane	1 Demet

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Dereotu	1 Demet
Su (dolma ii)	2,5 Su Bardađı
Tuz	1 orba Kaşıđı
Yenibahar	1 Tatlı kaşıđı

- 1) Pirinci ılık, tuzlu bolca suda bir saat ıslayıp 4-5 defa suyunu deđiřtirerek yıkayınız. Sonra süzülmesi için bir süzgece çıkarınız.
- 2) Zeytinyađını geniřçe bir tencereye koyup hafifçe kızdırınız.
- 3) Fıstıđı ilave ederek fıstıklar hafif sararıncaya kadar yaklaşık 30 saniye karıřtırınız.
- 4) Sođanı ilave ediniz. Devamlı surette ağır ağır karıřtırarak tencerenin kenarlarına bulařtırmadan ve yakmadan orta kuvvetli hararete sođanlar hafif sarı bir renk alıncaya kadar karıřtırarak kavurunuz
- 5) Hemen pirinci ilave edip karıřtırarak 4-5 dakika daha kavurup tuzunu, řekerini, yenibahar ve kuř özümünü ekleyerek bir kere karıřtırdıktan sonra kaynar olarak suyunu ilave ediniz
- 6) Bir kere kaynayıp karıřtırıp tencerenin kapađını kapatınız. Gayet ağır ateřte, fırın mevcutsa fırında, 15 dakika piřiriniz.
- 7) Sonra bir tepsiye boşaltıp tereotu, maydanoz ve nanesini ilave edip 1 kere karıřtırınız.
- 8) Dolma ii: İsteđinize göre 21 veya 22 sayılı reetelerdeki dolma iinin 1/4 ini hazırlayınız. (21 nolu reete seildi)
- 9) Biberleri yırtmadan saplarını çıkartıp yıkayınız. Bir süzgece çıkarıp bař ařađı çevirerek suyunu süzdürünüz. Domatesin saplarını çıkarıp 4 e bölünüz.
- 10) Biberlerin ilerini dolma ii ile doldurup ađızlarını birer para domates ile kapatınız. Biberlerin ađızlarını yukarı getirerek küçük bir tencereye diziniz.
- 11) Tuzunu, řekerini, suyunu ve yađını ilave edip evvela orta, sonra ağır ateřte 45 dakika suyunu tamamen çekinceye kadar kontrol ederek piřiriniz.
- 12) Ateřten alıp sođutarak servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2006 Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri
İnkılap Kitabevi-Ekrem Muhittin Yeğen-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	800 g	800
Soğan	7 büyük	750
Zeytinyağı (dolma içi)	3/4 Bardak	165
Zeytinyağı (tencereye)	çeyrek bardak	55
Pirinç	3 kahve fincanı	200
Tereotu	1/2 Demet	30
Domates	2 küçük	200
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(% 1,04)	8,32
Tuz (tencereye)	yarım çorba kaşığı	10
Çam Fıstığı	1 Çorba Kaşığı	18
Kuş Üzümü	2 Çorba Kaşığı	26
Su (dolma içi)	1/2 bardak	100
Su (tencereye)	1 bardak	200

Hazırlama

Dolma İçi;

Ayıklanmış pirinç bir tepsiye koyulup, üzerini iyice kaplayacak kadar sıcak, fakat kaynar olmayan suda, su soğuyana kadar bekletilir.

Sonra suyu dökülür ve pirinçten duru bir su çıkına kadar fazla bastırmadan ovalayarak birkaç defa yıkanır ve iyice süzülür.

Diğer tarafta, küçük doğranmış soğanlar; zeytinyağında, çam fıstığı ile 1 silme çorba kaşığı tuz ilavesiyle, esmerleşene kadar kuvvetli ateşte karıştırılarak 20 – 30 dakika kavrulur.

Soğanlara süzmüş pirinçler katılır ve karıştırılarak 10 dakika daha kavrulur. Sonra kavrulan pirinç ve soğana, yarım bardak su, kabuğu soyulup, küçük doğranmış domates veya yarım kahve fincanı salça, yıkanmış, çöp kısımları ayıklanmış kuru üzüm, 2 kahve kaşığı karabiber, 2 kahve kaşığı yenibahar (isteğe bağlı), 3 çeyrek çorba kaşığı toz şeker, küçük doğranmış yarım demet nane (isteğe bağlı) ve kıyılmış dereotu ilave edilerek, malzeme tekrar iyice bir karıştırılır. Sonra pirinçler suyunu çekip de uzayınca kadar tencerenin kapağı kapalı

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

olarak, kısık ateşte tekrar 15 – 20 dakika daha pişirilir. Ateşten alınarak, ılımması için bir tarafa bırakılır ve reçetelerde tarif edildiği şekilde kullanılır.

Not: Dolmayı yağlı sevenler, zeytinyağı miktarını arttırarak 1 bardak, yani 220 gram zeytinyağı kullanabilirler.

Biber Dolması;

(262) numaralı reçetedeği gibi, dolma içi hazırlanır ve ılmaya bırakılır.

Sap taraflarından ince bir kapak kesilip, çekirdekleri çıkarılmış ve ayıklanmış hemen hemen hepsi aynı boyda dolmalık biberlerin içlerine; çok sıkı olmamak üzere doldurulur. Sonra içleri doldurulmuş biberler, kapak tarafları üste gelecek şekilde tencereye yerleştirilir. Üzerlerine; 1 bardak su, yarım çorba kaşığı tuz ile çeyrek bardak zeytinyağını ilave edilir ve tencerenin kapağı kapatılarak, içindeki su çekip de biberler yumuşak bir hal alana kadar orta ateşte 45 – 60 dakika pişirilir. Sonra tencere ateşten alınarak dolmanın iyice soğuması beklenir. Tabağa alınarak, servis yapılır.



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2012 Gönül Candaş'ın Mutfağından

Arkadaş Yayınevi-Gönül Candaş-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	18-20 orta boy	1140
Soğan	7-8 adet	375
Zeytinyağı (dolma içi)	1 su bardağı	210
Pirinç	2 su bardağı (her biber için 1 çorba kaşığı)	380
Tereotu	yarım demet	30
Kuru Nane	2 çay kaşığı	2
Domates	1 adet	100
Şeker	2 çay kaşığı	6
Tuz	2 çay kaşığı	10
Tarçın	1 çay kaşığı	2
Yeni bahar	1 çay kaşığı	2
Çam Fıstığı	1 çorba kaşığı	18
Kuş Üzümü	2 çorba Kaşığı	26
Maydanoz	1/2 Demet	30
Limon	1 adet	100
Karabiber	1 çay kaşığı	2
Su (dolma içi)	2 bardak	400
Su (tencereye)	1 bardak	200

Hazırlama

- 1) Pirinçler yıkanıp ayıklanır. Ilık suda 20 dakika bekletilir.
- 2) İnce doğranmış soğan, maydanoz, dereotu sapları ve fıstık yağda hafifçe kavrulur. Süzölmüş pirinç konup birkaç kez karıştırılır.
- 3) İki bardak sıcak su konup kaynadıktan sonra ateş azaltılarak suyunu çekinceye kadar pişirilir. 10-15 dakika kapak kapalı olarak buharı ile demlendirilir.
- 4) İnce doğranmış maydanoz, dereotu, nane, temizlenip yıkanmış kuş üzümü, tarçın, yenibahar, karabiber, tuz, şeker, limon suyu konup karıştırılır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

- 5) Hazırlanan biberlere doldurulur. Üzerlerine birer parça domates kapatılır ve tencereye dizilir. Kenardan bir bardak su konur. Kaynadıktan sonra ateş hafifletilerek suyunu çekinceye kadar pişirilir. Kapak aralık tutularak soğutulur.



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2014 Türk Mutfağından Seçme Yemekler

Remzi Kitabevi-Leman Cılızoğlu Eryılmaz-Zeytinyağılı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	1 kg	1000
Soğan	5 adet	250
Zeytinyağı (dolma içi)	1 çay bardağı	100
Pirinç	1,5 su bardağı	285
Tereotu	1 demet	60
Taze Nane	1 demet	60
Domates	3 adet	300
Şeker	1 kaşık	
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(% 1,04)	10,4
Tarçın		0
Yeni bahar		0
Çam Fıstığı	1 kaşık	18
Kuş Üzüümü	1 kaşık	13
Maydanoz	1 demet	60
Limon	1 adet	100
Karabiber		0
Su (dolma içi)		0
Su (tencereye)	2 bardak	400

Hazırlama

Zeytinyağılı Dolma İçinin Hazırlanması

Pirinç	1,5 su bardağı
Zeytinyağı	1 bardak
Soğan	5-6 adet
Şeker	1 kaşık

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Fıstık	1 kaşık
Üzüm	1 kaşık
Maydanoz	1 Demet
Nane	1 Demet
Dereotu	1 Demet
Su (dolma içi)	
Limon	1 adet
Tuz	
Karabiber	
Tarçın	

- 1) Soğanları soyup, yemek soğanı şeklinde (kare doğrama) doğrayıp, orta büyüklükteki bir tencereye koyunuz.
- 2) Fıstığı yıkayıp, soğana ilave ediniz.
- 3) Yağını da koyup, hepsini ateş üzerinde bir kevgirle karıştırarak, fıstıklar hafif pembeleşinceye kadar kavurunuz.
- 4) Pirinci ayıklayıp 20 dakika kadar, el dayanabilecek kadar sıcak suda ıslatınız.
- 5) Fıstıklar, hafif pembeleşince suyunu süzüp, pirinci ilave ediniz.
- 6) Kevgirle karıştırarak, pirinçler şeffaflaşınca kadar kavurunuz.
- 7) Üzerine çıkacak kadar su koyup, yıkanmış üzümü, tuzu ve şekeri koyunuz.
- 8) Kapağını kapatıp, suyunu çekinceye kadar orta hararetli ateşte pişiriniz.
- 9) Ateşten alınca baharatlarını, maydanoz, nane, dereotunu kıyarak koyunuz.
- 10) Limon suyunu da koyup, hepsini birden karıştırınız.
- 11) Sonra istediğiniz malzemenin içine koyup, doldurunuz.
- 12) Tariflerdeki üzere pişiriniz.

Zeytinyağlı Biber Dolması;

Dolmalık Biber	1 Kg
Pirinç	1,5 su bardağı
Zeytinyağı	1 Çay Bardağı
Domates	3 adet
Soğan	5 adet
Şeker	1 Kaşık
Fıstık	1 Kaşık
Üzüm	1 Kaşık
Maydanoz	
Nane	
Dereotu	
Baharat	
Su (tencere içi)	2 bardak

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

- 1) Biberleri, eti biber dolmasındaki gibi hazırlayıp yıkayınız.
- 2) Zeytinyađlı dolma iini hazırlayınız.
- 3) Pirinler hafif ŐeffaflaŐınca 2 domatesin kabuklarını soyup fındık byklğnde dođrayıp, bununla da kavurup, suyunu koyunuz. Diđer basamaklar zeytinyađlı dolma iinin hazırlanmasındaki gibi olacaktır.
- 4) Biberlerin iine kafi derecede bu ii doldurunuz. (ok sıkı olmasın)
- 5) zerlerine 1 domatesi muntazam paralara kesip, kapak gibi kapatınız.
- 6) 2 bardak su ilave edip, orta hararetili ateŐte biber ve pirinler yumuŐayıncaya kadar piŐiriniz.
- 7) Kabında sođutup, servis tabađına dizerek, yerleŐtiriniz.
- 8) Limon dilimleri ve maydanozla ssleyip, servis yapınız.



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2016 Bereketli Olsun

Arkadaş Yayınevi-Gönül Candaş-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	750 g	750
Soğan	7-8 adet	375
Zeytinyağı (dolma içi)	1 su bardağı	210
Zeytinyağı (tencereye)	1/2 kahve fincanı	50
Pirinç	2 su bardağı (her biber için 1 çorba kaşığı)	380
Dereotu	yarım demet	30
Kuru Nane	2 çay kaşığı	2
Şeker	1 çay kaşığı	3
Tuz	2 çay kaşığı	10
Tarçın	1 çay kaşığı	2
Yeni bahar	1 çay kaşığı	2
Çam Fıstığı	1 çorba kaşığı	18
Kuş Üzüümü	2 çorba Kaşığı	26
Maydanoz	1/2 Demet	30
Limon	1 adet	100
Su (dolma içi)	2 bardak	400

Hazırlama

- 1) Soğan rendelenir, maydanoz, dereotu sapları ince doğranır. Fıstıkla beraber zeytinyağı ile pembe kavrulur.
- 2) Ayıklanıp yıkanmış pirinç katılıp birkaç kere çevrilir.
- 3) İki bardak sıcak su konup orta ateşte suyunu çekinceye kadar pişirilir. 10-15 dakika kapak kapalı olarak buharı ile demlendirilir.
- 4) İnce kıyılmış maydanoz, dereotu, nane, temizlenmiş üzüm, tarçın, yenibahar, karabiber, tuz, şeker, limon suyu konup karıştırılır.
- 5) Hazırlanan sebzelere doldurulur veya sarılır. Tencereye dizilip 2 bardak sıcak su konur. Orta ateşte suyunu çekinceye kadar pişirilir. Üzerine yarım kahve fincanı zeytinyağı gezdirilir.
- 6) Soğuyuncaya kadar kapak aralık tutulur (kurumaması ve parlak olması için) Tabaga dizilip, limon dilimleri ve maydanoz yaprakları ile süslenir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2016 Büyük Yemek Kitabı

İnkılap Kitabevi-Emine Bedel-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	1 kg	1000
Soğan	4 orta boy	200
Zeytinyağı (dolma içi)	3/4 Çay Bardağı	75
Zeytinyağı (tencereye)	1/4 kahve fincanı	25
Pirinç	1 su bardağı+1 çorba kaşığı	205
Tereotu	1/2 Demet	30
Taze Nane	1/2 Demet	30
Şeker	3 tatlı kaşığı	30
Tuz	* Tuz için Ayşe Baysal Kitabı kullanılmıştır. (% 1,04)	10,4
Tarçın	1/2 Çay Kaşığı	1
Yeni bahar	1/2 Çay Kaşığı	1
Çam Fıstığı	1 Çorba Kaşığı	18
Kuş Üzümü	1 Çorba Kaşığı	13
Maydanoz	1/2 Demet	30
Limon Suyu	4 Çorba Kaşığı	40
Karabiber	1 Çay Kaşığı	2
Kekik	1 Çay Kaşığı	1
Kimyon	1 Çay Kaşığı	2
Su (dolma içi)	1/2 Su Bardağı	100
Su (tencereye)		

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

Hazırlama

Tencereye zeytinyağını alıp fıstıkları ve küp doğranmış soğanları ekleyerek pembeleştirilim. Pirinci yıkayıp ekleyerek şeffaflaşana dek kavuralım. 1/2 su bardağı suyu, kuş üzümünü, tuzu, şekeri ilave edip pirinler suyunu çekene dek pişirelim ve ateşten alalım. Kıyılmış maydanozu, naneyi, dereotunu, limon suyunu ve baharatları da ekleyip karıştıralım. Biberlerin üst kısmından kapak kesip çekirdek yataklarını çıkaralım. Biberlerin alt kısmını bıçak ucu ile delelim. Dolma içini biberlerin içine gevşekçe doldurarak kapaklarını kapatalım ve biberleri tencereye dik olarak dizip üzerlerine 1/4 kahve fincanı sıvı yağ gezdirelim. Tencereye, biberlerin yarısına gelecek kadar sıcak su ekleyip dolmaları ağır ateşte pişirelim. Soğutarak servis yapalım. 5-6 kişilik



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2017 Arda'nın Mutfağı

Doğan Egmont Yayıncılık ve Yapımcılık-Arda Türkmen-Zeytinyağlı Biber Dolması

Tarif

Malzemeler	Ölçü	Miktar
Dolmalık Biber	16 adet	960
Soğan	7 büyük boy	110
Zeytinyağı (dolma içi)	1,5 Su Bardağı	315
Zeytinyağı (tencereye)	1/2 Su Bardağı	105
Pirinç	3 Su Bardağı	570
Kuru Nane	3-4 Yemek Kaşığı	59,5
Domates	3-4 adet	350
Şeker	2,5 Yemek Kaşığı	50
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(% 1,04)	9,36
Yeni bahar	1 Yemek Kaşığı	18
Karabiber		0
Su (dolma içi)	3 Su Bardağı	600
Su (tencereye)		0

Hazırlama

Soğanları ince yemeklik doğrayın.

Zeytinyağını bir tencereye alın ve soğanları ekleyip orta ateşte hafifçe pişirin.

Pirinçleri nişastasını gidene kadar yıkayın.

Soğanlar yumuşadıktan sonra pirinci ekleyin ve kavurun.

Ardından tuz, karabiber, 1 yemek kaşığı kuru nane ve toz şekeri ekleyip iyice karıştırın.

Suyunu ilave edip 15 dakika kadar pişirdikten sonra demlenmeye bırakın.

Pilav demlendikten sonra içine yenibaharı ve geri kalan kuru naneyi ekleyip karıştırın.

Dolmalık biberlerin saplı kısımlarını kesin ve iç çekirdeklerini çıkartın.

Hazırladığınız iç pilavı biberlerin içine doldurun.

Domatesleri kalın olacak şekilde doğrayın ve doldurduğunuz biberlerin ağız kısımlarına pirinçler dışarı taşmayacak şekilde yerleştirin.

Hazırladığınız dolmaları geniş bir tencereye dizin. Üzerine yarım bardak su bardağı zeytinyağı gezdirin ve dolmaların yarısını geçmeyecek kadar su ilave edip orta ateşte 30-40 dakika pişirin.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1971 Yemek Pişirme Temel Metod ve Uygulamaları
Mars Matbaası-Leman Cılızoğlu-Zeytinyağı Enginar
Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 adet	960
Arpacık Soğan	150 g	150
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,62)	5,95
Zeytinyağı	1,5 Su Bardağı	315
Havuç	2 adet	200
Patates	3 adet	300
Dereotu	1 demet	60
Şeker	1 Kaşık	20
Limon Suyu	yarım limonun	30

Enginarları Bekletmek için

Limon	yarım adet	30
Un	2 Kaşık	60
Su		0

Hazırlama

- 1) Kök kısımları sert yeşil ve canlı enginarları alınız.
- 2) Dal kısımlarını alttan 4 – 5 cm bırakarak kesiniz.
- 3) 5cm uzunlukta bırakıp uç kısmından fazlasını kesiniz.
- 4) Çanak yapraklar yarım veya 1 cm bırakılarak taze kısmına kadar ayıklayınız.
- 5) Sap kısımlarını bıçakla körpe kısmına kadar kesiniz.
- 6) Limonla ovarak, limonlu, unlu suya atınız.
- 7) Patatesleri soyup, sarımsak şekli vererek kesip hazırlayınız.
- 8) Havuçları da kazıyıp dörde bölün birer cm.lik verev parçalara kesiniz.
- 9) Arpacık soğanları da soyup yıkayınız.
- 10) Temiz bir tencereye enginarların sap kısımları ortaya gelecek şekilde diziniz.
- 11) Ortasına doğranmış havuç, soğan, demet halinde dereotu koyunuz.
- 12) Zeytinyağını, tuzu, şekeri, suyu ve yarım limon suyunu koyunuz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

- 13) Üzerini kağıtla kapatıp orta hararetili ateşte pişiriniz.
- 14) İnmesine yakın patatesi koyup pişiriniz.
- 15) Sebzeler ve enginar yumuşayınca kadar pişirip ateşten alınız.
- 16) Kağıdını açmadan soğutunuz.
- 17) Servis tabağına enginarların göbek kısmı yukarı gelecek şekilde parçalamadan diziniz.
- 18) Ortalarına kaşıkla sebzelerden kafi miktarda koyunuz.
- 19) Kalan sebzeleri de enginarların etrafına koyup suyunu da üzerlerine döküp servis yapınız.



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1977 Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü Yelken Matbaası-Ekrem Muhittin Yeğen-Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Büyük adet	1590
Arpacık Soğan	18 adet	72
Tuz	1/2 Çorba Kaşığı	10
Zeytinyağı	1,25 Su Bardağı	275
Havuç	3 küçük	90
Patates	3 Büyük	150
Şeker	1/2 Çorba Kaşığı	10
Kereviz Kökü	1 Orta Boy	80
Limon Suyu	Yarım Limonun	30
Su	Enginarın beklediği sudan 5 bardak	414,4
Enginarları Bekletmek için		
Limon	1 adet	60
Un	2 Silme Çorba Kaşığı	12
Su	10 bardak su	2000

Hazırlama

- 1) Büyükçe bir tencereye; 10 bardak su, 2 silme çorba kaşığı un ile 1 adet büyükçe limonun suyunu koyup iyice karıştırmalı, sonra bu unlu ve limonlu suya; 18 adet arpacık soğanı, soyulmuş ve dörde bölünmüş 3 sarı patates, siyah kabuğu derince kesilmiş ve yine dörde bölünmüş 1 baş kereviz (varsa), kazınmış ve ikiye bölünmüş 3 küçük havuç ile körpe yaprakları teker teker koparılmış ce alt tarafı orta kısmından kesilmek ve içinin tüylü kısmı hafifçe alınmak suretiyle, (şekil:41), kart ise üst ve yanları elma soyulur gibi soyulmak suretiyle yaprak ve içleri ayıklanmış (şekil:42) 6 büyükçe enginar koymalıdır.
- 2) (Her enginar ayıklanır ayıklanmaz hemen un ve limon karışımı bulunan suya atılmalıdır.)
- 3) Sonra, enginarları sudan çıkararak, orta büyüklükte bir tencereye, yan yana döşemeli ve etraflarına da diğer sebzeleri yerleştirdikten sonra bunlara; bir, bir çeyrek bardak zeytinyağı, yarım çorba kaşığı toz şeker, yarım limonun suyu, yarım çorba kaşığı tuz ile, 5 bardak da enginarların içine atıldığı un ve limonlu sudan koymalı, üstlerine de ıslatılmış, sonra da buruşturulmuş bir yağ kağıdı örttükten sonra tencerenin kapağını sıkıca kapatmalı ve ateşe oturtarak enginarlar suyunu çekip de yumuşak bir hal alıncaya kadar önce kuvvetlice, sonra da orta ateşte olmak üzere aşağı yukarı bir – bir buçuk saat pişirmeli ve ateşten alarak iyice soğuduktan sonra tabağa almalı ve servis yapmalıdır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1979 Türk Mutfak Sanatı 10. Baskı

Nadir Basımevi-Necip Usta (Necip Ertürk)-Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Büyük	1590
Arpacık Soğan	20 adet	80
Tuz	1 tatlı kaşığı	10
Zeytinyağı	3 kahve Fincanı	300
Havuç	1 orta boy	100
Patates	2 orta boy	300
Dereotu	1 Bağ	60
Şeker	1 çay kaşığı	3
Limon Suyu	2 adet	120
Bezelye	2 Çorba Kaşığı	54
Su	5 bardak	1000
Un	2 çay kaşığı	6

Hazırlama

Enginarları 497 nolu reçetede tarif ettiğim gibi saplı olarak ayıklayınız. Havuç ve patatesleri soyup zar gibi doğrayınız. Soğanların başlarını hafif kesip soyunuz. Küçük bir tencereye enginarları yan yana yatırarak daire şeklinde diziniz. Patates, havuç ve soğanları yıkayıp üzerine ilave ediniz.

Bir kabın içerisinde, tuzu, unu, şekeri ve suyu iyice karıştırıp enginarların üzerine ilave ediniz. Üzerlerine bir yağlı kağıt kapatıp kağıdın üzerine de bir tabak kapatarak 1 kere kaynattıktan sonra ağır ateşte 1 saat 15 dakika pişiriniz.

Ateşten alarak soğutup üzerine haşlanmış bezelyesini ve tereotunu serpip servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1982 Aşçım

Ayyıldız Matbaası-Sonay Nurettin Kılınçer-Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Orta Boy	960
Kuru Soğan	1 adet	50
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,62)	5,95 g
Zeytinyağı	1 Su Bardağı	210
Dereotu	1 Çorba Kaşığı	14
Domates		
Salçası	2 Çorba Kaşığı	20
Su	Enginarın beklediği su	400
Enginarları Bekletmek için		
Limon Suyu	6 Çorba Kaşığı	60
Un	4 çorba kaşığı	120
Su	1 Su Bardağı	220

Hazırlama

- 1) Bir kapta limon suyu ile unu çırpıp, suyu ekleyerek 2-3 dakika daha çırpınız.
- 2) Enginarları bu karışıma yerleştirip, dış yüzeyleri tamamen ıslanana kadar çeviriniz. Enginarları delikli kepçeyle çıkarıp, bir kenara bırakınız.
- 3) Geniş bir tencerede, yağ ile soğanı 5 dakika kavurunuz. Limon, un, su karışımını, dereotu ve tuzu ekleyip karıştırarak, kaynatınız.
- 4) Enginarları ters çevirip, 20-25 dakika daha enginarları, pişinceye kadar hafif hafif kaynatınız.
- 5) Enginarları bir servis tabağına alıp, tenceredeki sosu üstüne dökerek, servis yapınız.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1985 Ağız Tadı

Pencere Yayınları-Sevim Tanör-Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	5 adet	800
Arpacık Soğan	1 avuç	28
Taze Soğan	1 Demet	418
* Tuz için Ayşe Baysal Kitabı kullanılmıştır.		
Tuz	(%0,62)	4,96 g
Zeytinyağı	1 çay bardağı	100
Havuç	1 adet	100
Patates	2 adet	200
Dereotu	1 demet	60
Şeker	1 kaşık	20
Limon Suyu	1/2 limondan	30
Bezelye		54
Enginarları Bekletmek için		
Limon	1/2 limon ile ovulur	30

Hazırlama

Enginarlar sapları ve içleri ayrılarak temizlenir. Tuza batırılmış yarım limonla her tarafı ovulur, yıkanır ve tencereye yerleştirilir. İnce dilimlenmiş havuç, temizlenmiş arpacık soğanı, doğranmış taze soğan serpiştirilerek konur. Zeytinyağı ve yarım limon suyu eklenir, üzerini örtecek kadar su konup ağzı kapatılır ve yarım saat pişirilir. Fındık büyüklüğünde doğranmış patates ilave edilir, enginarları iyice yumuşayınca kadar pişirilir. Ateşin altı kapatılır ve kabında soğutulur. Servis tabağına düzgün bir şekilde alınır; üzerine kıyılmış dereotu ve yeşil bezelye serpilir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1992 Türk Mutfak Sanatı 3. Baskı

Remzi Kitabevi-Necip Usta (Necip Ertürk) - Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Büyük	1590
Arpacık Soğan	20 adet	80
Tuz	1 tatlı Kaşığı	10
Zeytinyağı	3 kahve Fincanı	300
Havuç	1 orta boy	100
Patates	2 orta boy	300
Dereotu	1 Bağ	60
Şeker	1 çay kaşığı	3
Limon Suyu	½ adet	30
Bezelye	2 Çorba Kaşığı	54
Su	5 bardak	1000
Un	2 çay kaşığı	6

Hazırlama

- 1) Enginarları 497 nolu reçetede tarif ettiğim gibi saplı olarak ayıklayınız. Havuç ve patatesleri soyup zar gibi doğrayınız. Soğanların başlarını hafif kesip soyunuz.
- 2) Küçük bir tencereye enginarları yan yana yatırarak daire şeklinde diziniz. Yağın koyunuz. Havuç, patates ve soğanları yıkayıp üzerine ilave ediniz.
- 3) Bir kabin içerisinde, tuzu, unu, şekeri ve suyu iyice karıştırıp enginarların üzerine ilave ediniz.
- 4) Üzerlerine bir yağlı kağıt kapatıp kağıdın üzerine de bir tabak kapatarak 1 kere kaynattıktan sonra ağır ateşte 1,5 saat pişiriniz.
- 5) Ateşten alarak soğutup üzerine haşlanmış bezelyesini ve tereotunu serpip servis yapınız.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1993 Türk Mutfağından Örnekler

T.C. Kültür Bakanlığı Yayınları-Ayşe Baysal ve ark.- Zeytinyağı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	8 orta boy	1500
Kuru Soğan	2 orta boy	120
Tuz	2 tatlı kaşığı	12
Zeytinyağı	1/2 Su Bardağı	100
Havuç	2 orta boy	200
Patates	2 orta boy	200
Dereotu	1 Demet	40
Şeker	2 tatlı kaşığı	8
Limon Suyu	2,5 Su Bardağı	80
Bezelye	1/2 Su Bardağı	75
Su	1+1/4 Su bardağı	250
Un	1 yemek kaşığı	6

Enginarları Bekletmek için

Limon Suyu 0,5 Yemek Kaşığı 15

Su

Hazırlama

Sebzeleri yıka. Keskin bir bıçakla enginarların baş kısmını 2,5 santimetre genişliğinde kes. Dıştaki kalın yapraklarını ayıkla, yıka, 2 ½ yemek kaşığı limon suyu konmuş su içine koy ve diğer işlemleri tamamlayana değin bekle. Soğanları soy, yıka, dört parçaya böl ve 0,5 santimetre kalınlıkta daire şeklinde doğra. Havuçları kazı, 1 santimetre kalınlıkta doğra. Enginarları limonlu sudan çıkar ve yayvan bir tencereye diz. Üzerlerine soğan, havuç ve bezelyeyi yerleştir, kendi sapıyla sıkı bağlanmış 1/2 demet dereotunu koy. Tuz ve şekeri serp. Zeytinyağı, 4 yemek kaşığı limon suyu ve 1 1/4 su bardağı sıcak su ekle. Kapağı kapat, 30-35 dakika pişir. Patatesleri soy, 1 santimetre küp irilikte kes, enginara ekle, patates yumuşayınca değin pişir. Unu soğuk suda ez, kalan limon suyunu kat, karıştırarak pişen sebzelere ekle. Servis tabağına enginarları açık tarafları üste gelecek şekilde koy, kalan sebzeleri üzerine yerleştir. Kalan dereotunu kıy, yemeğin üzerine serp. Soğuk servis yap.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1999 Türk Mutfak Sanatı 7. Baskı

Remzi Kitabevi-Necip Usta (Necip Ertürk) - Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Büyük	1590
Arpacık Soğan	20 adet	80
Tuz	1 tatlı kaşığı	10
Zeytinyağı	3 kahve Fincanı	300
Havuç	1 orta boy	100
Patates	2 orta boy	300
Dereotu	1 Bağ	60
Şeker	1 çay kaşığı	3
Limon Suyu	1/2 adet	30
Bezelye	2 Çorba Kaşığı	54
Su	5 bardak	1000
Un	2 çay kaşığı	6

Hazırlama

- 1) Enginarları (497) sayılı reçetedeki gibi saplı olarak ayıklayınız. Havuç ve patatesleri soyup zar gibi doğrayınız. Soğanların başlarını hafif kesip soyunuz.
- 2) Küçük bir tencereye enginarları yan yana yatırarak daire şeklinde diziniz. Yağını koyunuz. Havuç, patates ve soğanları yıkayıp üzerine ilave ediniz.
- 3) Bir kabin içerisinde, tuzu, unu, tozşekeri ve limonun suyunu ve suyu iyice karıştırıp enginarların üzerine ilave ediniz.
- 4) Üzerlerine bir yağlı kağıt kapatıp kağıdın üzerine de bir tabak kapatarak 1 kere kaynattıktan sonra ağır ateşte 1,5 saat pişiriniz.
- 5) Ateşten alarak soğutup üzerine haşlanmış bezelyesini ve dereotunu serpip servis yapınız.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2006 Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri
İnkılap Kitabevi-Ekrem Muhittin Yeğen - Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	6 Büyük Adet	1590
Arpacık Soğan	18 adet	72
Tuz	1/2 Çorba Kaşığı	10
Zeytinyağı	1,25 su bardağı	275
Havuç	3 küçük	90
Patates	3 küçük	150
Şeker	1/2 Çorba Kaşığı	10
Kereviz Kökü	1 Orta Boy	80
Limon Suyu	Yarım Limonun	30
Su	Enginarın beklediği sudan 5 bardak	414,4
Enginarları Bekletmek için		
Limon	1 adet	60
Un	2 Silme Çorba Kaşığı	12
Su	10 bardak su	2000

Hazırlama

- 1) Un ve limon suyu 10 bardak suda iyice karıştırılır. Soyulmuş arpacık soğanlar, soyulmuş ve dörde bölünmüş patatesler, kabuğu derince kesilmiş ve yine dörde bölünmüş kereviz, kazınarak ikiye bölünmüş havuçlar hazırlanan suya atılır. Taze ise yaprakları kopartılmış, alt tarafı orta kısmından kesilmiş ve içinin tüylü kısmı hafifçe alınmış, değilse, üstü ve yanları elma gibi soyulmuş, içi taş gibi olana kadar içi kaşıkla çıkartılmış, ayıklanmış enginarlar diğer sebzelerin olduğu suya ilave edilir.
- 2) (Her enginar ayıklanın ayıklanmaz hemen un ve limon karışımı bulunan suya atılmalıdır.)
- 3) Orta büyüklükte bir tencereye, enginarlar yan yana döşenir, etraflarına diğer sebzeleri yerleştirilir. Zeytinyağı, toz şeker, yarım limon suyu, yarım çorba kaşığı tuz ile, 5 bardak enginarların ayıklandığı unlu limonlu sudan eklenir, üzerlerine ıslatılmış, buruşturulmuş yağlı kağıt örtülür. Tencerenin kapağını kapatılarak ve ateşe oturtulur, enginarlar suyunu çekip yumuşayana kadar önce kuvvetli, sonra orta ateşte 1 – 1,5 saat pişirilir. Ocaktan alınır. İyice soğuduktan sonra tabağa alınarak servis yapılır.

(Enginar suyunu çekmesine rağmen pişmemişse, bir miktar daha su katmalıdır.)

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2014 Türk Mutfağından Seçme Yemekler

Remzi Kitabevi-Leman Cılızoğlu Eryılmaz - Zeytinyağlı Enginar

Tarif

Malzemeler	Ölçü	Miktar
Enginar	5 adet	800
Arpacık Soğan	150 g	150
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,62)	4,96 g
Zeytinyağı	1,5 bardak	210
Havuç	2 adet	200
Patates	3 adet	300
Dereotu	1 demet	60
Şeker	1 Kaşık	20
Limon Suyu	Yarım Limonun	30
Su		

Enginarları Bekletmek için

Limon Suyu

Un 2 Kaşık 60

Su

Hazırlama

- 1) Kök kısımları sert yeşil ve canlı enginarları alınız.
- 2) Dal kısımlarını alttan 4 – 5 cm bırakarak kesiniz.
- 3) Yaprak kısmını 5cm uzunlukta bırakıp, uç kısmından fazlasını kesiniz.
- 4) Çanak yapraklar yarım veya bir santim bırakılarak taze kısmına kadar kırarak ayıklayınız.
- 5) Sap kısımlarını bıçakla körpe kısmına kadar kesiniz. Orta kısımdaki tüyleri kaşıkla temizleyiniz.
- 6) Limonla ovarak, limonlu, unlu suya atınız.
- 7) Patatesleri soyup, sarımsak şekli vererek kesip hazırlayınız.
- 8) Havuçları da kazıyıp dörde bölün birer santimlik verev parçalara kesiniz.
- 9) Arpacık soğanları da soyup, yıkayınız.
- 10) Temiz bir tencereye enginarların sap kısımları ortaya gelecek şekilde diziniz.
- 11) Ortasına doğranmış havuç, soğan, demet halinde dereotu koyunuz.
- 12) Zeytinyağını, tuzu, şekerini, suyu ve yarım limon suyunu koyunuz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

- 13) Üzerini kağıtla kapatıp, orta hararetle ateşte pişiriniz.
- 14) İnmesine yakın patatesi koyup, pişiriniz.
- 15) Sebzeler ve enginar yumuşayınca kadar pişirip ateşten alınız.
- 16) Kağıdını açmadan soğutunuz.
- 17) Servis tabağına enginarların göbek kısmı yukarı gelecek şekilde parçalamadan diziniz.
- 18) Ortalarına kaşıkla sebzelerden kafi miktar koyunuz.
- 19) Kalan sebzeleri de enginarların etrafına koyup, suyunu da üzerlerine döküp, servis yapınız.



APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1953 Kolay Yemek Kitabı

Muallim Fuad Gücüyener Yayımevi-Fatma Fuat Gücüyener- Zeytinyağı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye		2000
Kuru Soğan		400
Domates		560
Tuz		16
Zeytinyağı	2 kiloya 1 çay fincanı	100
SU (tencereye)	2 kiloya 1 çay fincanı	

Hazırlama

Fasulyeler ayıklanıp yıkandıktan sonra, istenildiği kadar taze ve kuru soğanı ve domatesi ayıklayıp tuzunu serpmeli. Hep beraber bir tencereye koymalı (orta derecede yağlı olması istenirse) iki kiloya bir çay fincanı çiğ zeytinyağı ve bir çay fincanı su koyup üst üste iki kapak kapamalı. Orta derecede bir ateşte pişirmeli, harlı ateş olursa suyunu çabuk çeker, tekrar su konursa lezzeti gider.

Yeditepe Üniversitesi Güzel Sanatlar Fakültesi Gastronomi ve Mutfak Sanatları Bölümü

Öğretim Görevlisi Chef Fahri DEMİR reçetesi referans alındı;

1250 g Fasulye

250 g soğan

350 g domates

10 g tuz

220 ml zeytinyağı

1300 ml su

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1969 Altın Tabak

Güzel Sanatlar Matbaası-Ergun Birol - Zeytinyağı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	750 g	750
Kuru Soğan	1 Büyük	110
Domates	1 Büyük	170
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,5)	3,75
Zeytinyağı	1/2 bardak	105
SU (tencereye)	5-6 bardak+1 kahve fincanı	190

Hazırlama

Fasulyenin yanlarındaki ipliksi kılçıkları bir bıçakla sıyrırçasına kesip attıktan sonra bunları uzunlamasına ikiye veya üçe bölerek keseli. Sonra bunları bol suda iyice yıkamalı.

Ayıklanmış ve yıkandıktan sonra suyu süzölmüş fasulyeyi bir tencereye koymalı.

İnce ince doğranmış soğanla kabuğu soyulmuş ve çekirdekleri çıkarıldıktan sonra ince dilimlere doğranmış domatesi ve yeteri kadar tuzu kattıktan sonra tenceredekileri ovalarcasına karıştırmalı. Sonra tencereyi orta ısıllı bir ateşe oturtmalı.

Yarım bardak zeytinyağıyla bir kahve fincanı su dökmeli ve vakit vakit tencereyi sallayarak fasulyeleri sarımtırak bir renk alıncaya kadar yani 25-30 dakika kadar böylece pişirmeli.

Fasulyelerin renkleri iyice sararınca 5-6 bardak sıcak su dökmeli, tencere kapağını örtmeli ve fasulyeler iyice yumuşak bir hal alıncaya kadar bunları pişirmeli. Fasulyeler pişip da suyu çekince tencereyi ateşten indirmeli ve böylece soğumaya bırakmalı.

Fasulyeler soğuyunca bunları kevgirle servis tabağına aktarmalı ve böylece soğuk olarak servis yapmalı.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1971 Yemek Pişirme Temel Metod ve Uygulamaları
Mars Matbaası-Leman Cılızoğlu- Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 adet	100
Domates	2 adet	200
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,5)	5
Zeytinyağı	1/2 bardak	105
SU (tencereye)		0

Hazırlama

- 1) Fasulyelerin kılçıklarını bıçakla hafifçe keserek çıkarınız.
- 2) Bütün veya 2 ye bölüp yıkayınız.
- 3) Bir tencereye yağı, kıyılmış soğanı koyup hafifçe öldürünüz.
- 4) Fasulyeleri koyup kapağını kapatıp hafifçe börttürünüz (Tencereyi silkeleyerek)
- 5) Kabukları soyulmuş ve fındık büyüklüğünde doğranmış domatesi koyup onunla da domatesler ölünceye kadar silkeleyerek pişiriniz.
- 6) Kafi miktar su, tuz koyup harlı ateşte pişiriniz.
- 7) Kabında soğutup servis tabağına koyup servis yapınız.

Not: Hepsi çiğ olarak koyup düdüklü tencerede de pişirilir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1977 Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü Yelken Matbaası-Ekrem Muhittin Yeğen - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1250 g	1250
Kuru Soğan	3 orta boy	250
Domates	2 büyük	350
Tuz	Yarım Çorba Kaşığı	5
Zeytinyağı	1 bardak	220
Şeker	1 tatlı kaşığı	4
SU (tencereye)	5-6 bardak	1100

Hazırlama

- 1) Bir tencereye; küçük doğranmış 3 orta soğan, kabukları çıkarılmış ve küçük parçalara doğranmış 2 büyük domates ile yarım çorba kaşığı da tuz koyarak, avuçla mıncıklamak suretiyle iyice ezilmelerini sağlamalı, sonra bunlara; yanlarındaki kılçıkları bıçakla sıyırmak suretiyle alınmış (Şekil:39) ve ortalarından ikiye bölünmüş ve yıkanmış kart olmayan 1250 gram çalı, ya da ayşekadın fasulyesi koyarak, yuvarlarcasına tekrar iyice bir karıştırdıktan sonra bunlara; 1 bardak zeytinyağı ile 1 tatlı kaşığı da toz şeker koymalı ve kapağı kapatılmış olarak tencereyi arada bir sallamak suretiyle, fasulyeler az sarımsı bir renk alıncaya kadar kuvvetli ateşte aşağı yukarı 10 – 15 dakika arasında pişmeye bırakmalıdır.
- 2) Fasulyelerin renkleri sararınca bunlara; 5 – 6 bardak sıcak su koyarak, fasulyeler suyunu çekip de iyice yumuşak bir hal alıncaya kadar pişirmeli ve tencereyi ateşten alarak iyice soğuduktan sonra fasulyeleri tabağa almalı ve servis yapmalıdır. (Bazı fasulyeler kartça olduklarından daha geç pişmektedirler. O durumda fasulyeler yumuşak bir hal alıncaya kadar bir miktar daha sıcak su katmalıdır)

Not: Kart olan fasulyeler, iki üç defada olmak üzere tavada kızdırılmış 1 bardak zeytinyağına atılarak, her bir parti beşer dakika kadar yağda kavrulduktan sonra, içinde kavruldukları yağ ile birlikte tencereye alınmak, sonra da, önce soğanı beş dakika, sonra da diğer malzemeleri katılmak suretiyle pişirmelidir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1979 Türk Mutfak Sanatı 10. Baskı

Nadir Basımevi -Necip Usta (Necip Ertürk) - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 orta boy	100
Domates	2 orta boy	200
Tuz	1/2 tatlı kaşığı	5
Zeytinyağı	3 kahve fincanı	300
Şeker	1 kahve kaşığı	10
SU (tencereye)	1,5 Su bardağı	300

Hazırlama

Not Fasulyeyi ateşten alırken kontrol ediniz. İçinde çok az su kalmalıdır.

Fasulyelerin uçlarını koparıp kılçıklarını keskin bir bıçakla keserek temizleyip yıkayınız. Sonra süzgece çıkarıp küçük bir kuşhaneye daire şeklinde dizip üzerine tuzunu zeytinyağını koyunuz. Soğanları temizlenmiş olarak ortadan enine yarıp, fasulyenin üzerine diziniz. Kapağını da kapatıp ağır ateşe oturtunuz. Fasulyelerin bırakacakları duyu çekip sarı bir renk alınca kadar 20-25 dakika pişirip suyunu ilave ederek 1 saat 15 dakika pişiriniz.

Domateslerin kabuklarını soyup çekirdeklerini çıkararak kuşbaşı doğrayıp Fasulyelerin üstüne serpiniz. 15 dakika daha pişirip ateşten alınız. Soğuyunca servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1987 İzahlı Yemek Kitabı

Bedir Yayınevi-İnci Beşođul - Zeytinyađlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	500 g	500
Kuru Sođan	2 küçük boy	60
Domates	1 orta boy	100
Tuz	1 çay kaşıđı	5
Zeytinyađı	1 çay bardađı	100
Şeker	1 çay kaşıđı	3
SU (tencereye)	1 su bardađı	200

Hazırlama

Fasulyeler temizlenir. Sođanların kabukları soyularak rendenin ince tarafından geçirilir. Tencerenin içine bu sođanlar ve zeytinyađı ilave edilip, orta derecedeki ateşte renkleri hafif sararıncaya kadar pişirilir. Kızarmış sođanların üzerine temizlenen fasulyeler ve dilimlenmiş domatesler konur. Üzerine 1 çay kaşıđı tuz, bir çay kaşıđı şeker ve bir su bardađı su ilave edilir.

Orta sıcaklıktaki bir ateşte pişirilir. Sođuk olarak servis yapılır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1992 Türk Mutfak Sanatı 3. Baskı

Remzi Kitabevi-Necip Usta (Necip Ertürk) - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 orta boy	100
Domates	2 orta boy	200
Tuz	1/2 tatlı kaşığı	5
Zeytinyağı	3 kahve fincanı	300
Şeker	1 kahve kaşığı	10
SU (tencereye)	1,5 Su bardağı	300

Hazırlama

Not Fasulyeyi ateşten alırken kontrol ediniz. İçinde çok az su kalmalıdır.

- 1) Fasulyelerin uçlarını koparıp kılıçıklarını keskin bir bıçakla keserek temizleyip yıkayınız.
- 2) Sonra süzgece çıkarıp küçük bir kuşhaneye daire şeklinde dizip üzerine tuzunu ve zeytinyağını koyunuz.
- 3) Soğanları temizlenmiş olarak ortadan enine yarıp, fasulyenin üzerine diziniz. Kapağını da kapatıp ağır ateşe oturtunuz.
- 4) Fasulyelerin bırakacakları duyu çekip sarı bir renk alıncaya kadar 20-25 dakika pişirip suyunu ilave ederek 1,5 saat pişiriniz.
- 5) Domateslerin kabuklarını soyup çekirdeklerini çıkararak kuşbaşı doğrayıp Fasulyelerin üstüne serpiniz.
- 6) 15 dakika daha pişirip ateşten alınız. Soğuyunca servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1993 Türk Mutfağından Örnekler

T.C. Kültür Bakanlığı Yayınları-Ayşe Baysal ve ark.- Zeytinyağı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 büyük	200
Domates	3 orta Boy	400
Tuz	2 tatlı kaşığı	12
Zeytinyağı	8 yemek kaşığı	80
Şeker	3 tatlı kaşığı	12
Sarımsak	3 diş	400
SU (tencereye)	1/4 Su Bardağı	50

Hazırlama

Fasulye ve domatesi yıka. Fasulyeyi ayıkla, yarısını boyuna iki-üç parçaya böl. Yayvan bir tencerenin ortasına kabuğu soyulmuş 1 domatesi bütün olarak yerleştir. Etrafına bölünmemiş fasulyeleri daire şeklinde düzgünce diz, üzerine bölünmüş fasulyeleri yay, aralarına soyulmuş sarımsakları diz. Soğanı soy, yıka. Domatesin kalanını ve soğanı daire şeklinde doğra ve fasulyenin üzerine yerleştir. Tuz, şeker, yağ ve suyu-koy, sebzeler yumuşayıncaya değin, 45-50 dakika kadar pişir. Soğuyunca servis tabağına ters çevir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

1999 Türk Mutfak Sanatı 7. Baskı

Remzi Kitabevi-Necip Usta (Necip Ertürk) - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 orta boy	100
Domates	2 orta boy	200
Tuz	1/2 tatlı kaşığı	5
Zeytinyağı	3 kahve fincanı	300
Şeker	1 kahve kaşığı	10
SU (tencereye)	1,5 Su bardağı	300

Hazırlama

Not Fasulyeyi ateşten alırken kontrol ediniz. İçinde çok az su kalmalıdır.

- 1) Fasulyelerin uçlarını koparıp kılıçıklarını keskin bir bıçakla keserek temizleyip yıkayınız.
- 2) Sonra süzgece çıkarıp küçük bir kuşhaneye daire şeklinde dizip üzerine tuzunu, tozşekerini ve zeytinyağını koyunuz.
- 3) Soğanları temizlenmiş olarak ortadan enine yarıp, fasulyenin üzerine diziniz. Kapağını da kapatıp ağır ateşe oturtunuz.
- 4) Fasulyelerin bırakacakları suyu çekip sarı bir renk alıncaya kadar 20-25 dakika pişirip suyunu ilave ederek 1,5 saat pişiriniz.
- 5) Domateslerin kabuklarını soyup çekirdeklerini çıkararak kuşbaşı doğrayıp fasulyelerin üstüne serpiniz.
- 6) 15 dakika daha pişirip ateşten alınız. Soğuyunca servis ediniz.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2006 Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri
İnkılap Kitabevi-Ekrem Muhittin Yeğen - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1250 g	1250
Kuru Soğan	3 orta boy	250
Domates	2 büyük	350
Tuz	Yarım Çorba Kaşığı	5
Zeytinyağı	1 bardak	220
Şeker	1 tatlı kaşığı	4
SU (tencereye)	5-6 bardak	1100

Hazırlama

Küçük doğranmış soğanlar ve kabukları çıkarılıp küçük doğranmış domatesler, yarım çorba kaşığı tuz ilavesiyle, avuçla iyice ezilir. Kılçıkları ayıklanmış, ortalarından ikiye bölünmüş, yıkanmış fasulyeler malzemeye katılıp, tekrar ovalayarak karıştırılır. Zeytinyağı ve toz şeker ilave edilir. Tencerenin kapağı kapatılır ve arada bir sallayarak, fasulyeler sararıncaya kadar kuvvetli bir ateşte 10 – 15 dakika pişirilir. Sonra 5 – 6 bardak sıcak su katılır. Fasulyeler suyunu çekip yumuşayana kadar pişirilir. Ateşten alarak iyice soğuduktan sonra tabağa alınarak ve servis yapılır. Kart fasulye geç pişeceğinden, biraz daha sıcak su eklenmelidir.

Not: Kart olan fasulyeler, iki üç seferde tavada kızdırılmış 1 bardak zeytinyağında beşer dakika kavrulur. Kavruldukları yağla tencereye alınıp, önce soğan katılır. 5 dakika pişirilir. Sonra da diğer malzemeler eklenir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2012 Gönül Candaş'ın Mutfağından

Arkadaş Yayınevi-Gönül Candaş - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 adet	100
Domates	3 adet	300
Tuz	2 çay kaşığı	10
Zeytinyağı	6 çorba kaşığı	60
Şeker	1 çay kaşığı	3
Sarımsak	3 diş	4,5
Sivri biber	1 adet	29
SU (tencereye)	1 kahve fincanı	80

Hazırlama

- 1) Fasulye yıkanır, ayıklanıp tencereye doğranır.
- 2) Üzerine soğan, sarımsak, biber doğranır, domates rendelenir. Şeker atılır, sıvı yağ kaşık kaşık gezdirilir ve hepsi karıştırılıp harmanlanır.
- 3) Tencerenin kenarından bir kahve fincanı su konur. Hafif ateşte yavaş yavaş pişirilir.
- 4) Fasulyeler yumuşayınca tuz atılır. 5 dakika daha ocakta tutulup ateş kapatılır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2014 Türk Mutfağından Seçme Yemekler

Remzi Kitabevi-Leman Cılızoğlu Eryılmaz - Zeytinyağı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 adet	100
Domates	2 adet	200
* Tuz için Ayşe Baysal Kitabı kullanılmıştır.		
Tuz	(%0,5)	5
Zeytinyağı	1/2 bardak	105
Şeker	1 tatlı kaşığı	10
Salça	1 kaşık	10
SU (tencereye)	Kafi	0

Hazırlama

- 1) Fasulyelerin kılçıklarını hafifçe keserek çıkarınız.
- 2) Bütün veya ikiye bölüp, yıkayınız.
- 3) Bir tencereye yağlı, kıyılmış soğanı koyup hafifçe öldürünüz.
- 4) Fasulyeleri koyup kapağını kapatıp hafifçe börttürünüz (Tencereyi silkeleyerek)
- 5) Kabukları soyulmuş ve fındık büyüklüğünde doğranmış domatesi koyup onunla da domatesler ölünceye kadar silkeleyerek pişiriniz.
- 6) Kafi miktar su, şeker koyup orta ateşte pişiriniz.
- 7) Kabında soğutup servis tabağına koyup, servis yapınız.

Not: Hepsini çiğ olarak koyup, düdüklü tencerede de pişirilir.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2016 Bereketli Olsun

Arkadaş Yayınevi-Gönül Candaş - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1 kg	1000
Kuru Soğan	2 adet	100
Domates	2 adet	200
	* Tuz için Ayşe Baysal Kitabı kullanılmıştır.	
Tuz	(%0,5)	5
Zeytinyağı	1/2 su bardak	105
Şeker	1-2 çay kaşığı	4,5
Salça	veya yarım kaşık	5
SU (tencereye)	1-1,5 Su bardağı	225

Hazırlama

- 1) Sebzeler yıkanır, ayıklanır ve doğranır.
- 2) İnce doğranmış soğan zeytinyağında hafif pembeleşene kadar kavrulur. Kabuğu soyulup doğranmış domates veya salça katılır.
- 3) Sebzeler ve şeker ilave edilip karıştırılır. Kapak örtülüp 5-10 dakika kavrulur.
- 4) Su konup orta ateşte pişirilir (1-1,5 bardak su). Kapak aralanarak soğutulur. (kurumaması ve kararmaması için).

Not: Düdüklü tencerede yemek pişirirken buharlaşma az olacağından daima daha az su konulmalıdır.

APPENDIX 2 (continued) The Input Ingredients From the Cookbooks

2016 Büyük Yemek Kitabı

İnkılap Kitabevi-Emine Bedel - Zeytinyağlı Fasulye

Tarif

Malzemeler	Ölçü	Miktar
Fasulye	1/2 kg	500
Kuru Soğan	2 Orta Boy	100
Domates	3 Orta Boy	300
* Tuz için Ayşe Baysal Kitabı kullanılmıştır.		
Tuz	(%0,5)	2,5
Zeytinyağı	4 Çorba Kaşığı	40
Şeker	1/2 Çorba Kaşığı	10
Sarımsak	5-6 Diş	8
Toz Kırmızı Biber		

Hazırlama

Fasulyeleri ayıklayıp boyuna ikiye keselim ve ortadan bölelim. Soğanı küp doğrayıp tencereye alalım. Soğanların üzerine fasulyeleri ve küp doğradığımız domatesleri alalım. Sıvı yağı sebzelerin üzerine gezdirelim. Tuzu, şekerini, toz biberini ve doğranmış sarımsakları da ekleyip yemeği ağır ateşte pişirerek ateşten indirelim. Soğutarak servis yapalım.

Not: yemeği basınçlı bir tencerede veya düdüklü tencerede pişirebilirsiniz.

3-4 kişilik

APPENDIX 3 Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)										
1971									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1000,00	933,80	6,80	1,10	42,30	100,00	4,00	260,00	20,00	230,00
Onion	250,00	222,35	2,90	0,45	19,70	77,50	0,58	90,00	15,00	100,00
Olive Oil (stuffed)	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Rice	300,00	39,45	20,52	10,38	227,01	15,00	1,38	339,00	45,00	1023,00
Dill	20,00	17,42	0,59	0,19	1,05	46,20	0,88	11,80	25,00	9,20
Mint	20,00	17,20	0,67	0,18	0,32	41,80	1,14	12,60	1,00	8,20
Tomato	300,00	282,87	2,67	0,60	8,58	30,00	1,02	81,00	12,00	57,00
Sugar	20,00	0,01	0,00	0,00	19,98	0,20	0,03	3,20	2,80	80,00
Salt	10,40	0,00	0,00	0,00	0,02	4,16	0,06	1,04	1,56	0,10
Cinnamon	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Pimento	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
Parsley	20,00	17,61	0,68	0,11	0,56	29,20	0,95	7,60	15,00	7,40
Lemon	100,00	88,70	0,44	0,23	71,53	34,00	0,11	16,00	3,00	43,00
TOTAL	2281,40									3577,59

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)										
1977									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	800,00	747,04	5,44	0,88	33,84	80,00	3,20	208,00	16,00	184,00
Onion	750,00	667,05	8,70	1,35	59,10	232,50	1,73	270,00	45,00	300,00
Olive Oil (stuffed)	165,00	0,00	0,00	165,00	0,00	0,00	0,00	0,00	0,00	1485,00
Olive Oil (in pan)	55,00	0,00	0,00	55,00	0,00	0,00	0,00	0,00	0,00	495,00
Rice	200,00	26,30	13,68	6,92	151,34	10,00	0,92	226,00	30,00	682,00
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Salt (in pan)	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
TOTAL	2246,00									3327,64

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))										
1979									Number of Portion:	11
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1320,00	1232,62	8,98	1,45	55,84	132,00	5,28	343,20	26,40	303,60
Onion	750,00	667,05	8,70	1,35	59,10	232,50	1,73	270,00	45,00	300,00
Olive Oil (stuffed)	250,00	0,00	0,00	250,00	0,00	0,00	0,00	0,00	0,00	2250,00
Olive Oil (in pan)	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Rice	250,00	32,88	17,10	8,65	189,18	12,50	1,15	282,50	37,50	852,50
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Mint	30,00	25,79	1,01	0,26	0,48	62,70	1,71	18,90	1,50	12,30
Tomato	400,00	377,16	3,56	0,80	11,44	40,00	1,36	108,00	16,00	76,00
Sugar (in pan)	6,00	0,00	0,00	0,00	6,00	0,06	0,01	0,96	0,84	24,00
Sugar	1,50	0,00	0,00	0,00	1,50	0,02	0,00	0,24	0,21	6,00
Salt	12,50	0,01	0,00	0,00	0,03	5,00	0,07	1,25	1,88	0,13
Salt (in pan)	1,25	0,00	0,00	0,00	0,00	0,50	0,01	0,13	0,19	0,01
Pimento	2,50	2,33	0,03	0,05	0,13	0,15	0,04	0,43	0,35	0,58
Pine Nut	25,00	1,52	2,96	16,67	0,72	0,00	0,00	0,00	0,00	168,75
Currant	25,00	20,49	0,37	0,10	3,85	13,75	0,39	14,75	0,50	15,75
Parsley	30,00	26,42	1,02	0,17	0,85	43,80	1,43	11,40	22,50	11,10
TOTAL	3433,75									6734,51

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Aşım, Sonay Nurettin Kılınçer)										
1982									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	500,00	466,90	3,40	0,55	21,15	50,00	2,00	130,00	10,00	115,00
Onion	300,00	266,82	3,48	0,54	23,64	93,00	0,69	108,00	18,00	120,00
Olive Oil (stuffed)	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Rice	95,00	12,49	6,50	3,29	71,89	4,75	0,44	107,35	14,25	323,95
Dill	7,00	6,10	0,21	0,07	0,37	16,17	0,31	4,13	8,75	3,22
Dry Mint	8,50	0,63	1,80	0,35	2,13	116,37	4,37	21,68	3,74	24,57
Sugar	5,00	0,00	0,00	0,00	5,00	0,05	0,01	0,80	0,70	20,00
Salt (in pan)	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Pimento	2,50	2,33	0,03	0,05	0,13	0,15	0,04	0,43	0,35	0,58
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
Parsley	7,00	6,16	0,24	0,04	0,20	10,22	0,33	2,66	5,25	2,59
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Black Pepper	2,50	0,02	0,50	0,09	0,62	1,00	0,01	0,00	0,38	7,43
TOTAL	1203,50									2643,67

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (İzahlı Yemek Kitabı, İnci Beşoğul)										
1987									Number of Portion:	7
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1000,00	933,80	6,80	1,10	42,30	100,00	4,00	260,00	20,00	230,00
Onion	750,00	667,05	8,70	1,35	59,10	232,50	1,73	270,00	45,00	300,00
Olive Oil (stuffed)	250,00	0,00	0,00	250,00	0,00	0,00	0,00	0,00	0,00	2250,00
Rice	500,00	65,75	34,20	17,30	378,35	25,00	2,30	565,00	75,00	1705,00
Tomato	500,00	471,45	4,45	1,00	14,30	50,00	1,70	135,00	20,00	95,00
Salt	10,40	0,00	0,00	0,00	0,02	4,16	0,06	1,04	1,56	0,10
Pimento	5,00	4,66	0,06	0,10	0,26	0,30	0,08	0,85	0,70	1,15
Pine Nut	50,00	3,04	5,91	33,33	1,44	0,00	0,00	0,00	0,00	337,50
Currant	50,00	40,98	0,73	0,21	7,69	27,50	0,77	29,50	1,00	31,50
Parsley	60,00	52,83	2,03	0,34	1,69	87,60	2,86	22,80	45,00	22,20
Lemon	50,00	44,35	0,22	0,12	35,77	17,00	0,06	8,00	1,50	21,50
Black Pepper	5,00	0,04	1,00	0,17	1,23	2,00	0,03	0,00	0,75	14,85
TOTAL	3230,40									5008,80

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))
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1992									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	480,00	448,22	3,26	0,53	20,30	48,00	1,92	124,80	9,60	110,40
Onion	375,00	333,53	4,35	0,68	29,55	116,25	0,86	135,00	22,50	150,00
Olive Oil (stuffed)	112,50	0,00	0,00	112,50	0,00	0,00	0,00	0,00	0,00	1012,50
Olive Oil (in pan)	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Rice	125,00	16,44	8,55	4,33	94,59	6,25	0,58	141,25	18,75	426,25
Dill	15,00	13,06	0,44	0,15	0,79	34,65	0,66	8,85	18,75	6,90
Mint	15,00	12,90	0,51	0,13	0,24	31,35	0,86	9,45	0,75	6,15
Tomato	160,00	150,86	1,42	0,32	4,58	16,00	0,54	43,20	6,40	30,40
Sugar (in pan)	1,50	0,00	0,00	0,00	1,50	0,02	0,00	0,24	0,21	6,00
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Pimento	1,25	1,16	0,01	0,02	0,06	0,08	0,02	0,21	0,18	0,29
Pine Nut	12,50	0,76	1,48	8,33	0,36	0,00	0,00	0,00	0,00	84,38
Currant	10,40	8,52	0,15	0,04	1,60	5,72	0,16	6,14	0,21	6,55
Parsley	15,00	13,21	0,51	0,08	0,42	21,90	0,71	5,70	11,25	5,55
TOTAL	1431,15									2757,41

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)										
1993									Number of Portion:	6

Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	850,00	793,73	5,78	0,94	35,96	85,00	3,40	221,00	17,00	195,50
Onion	600,00	533,64	6,96	1,08	47,28	186,00	1,38	216,00	36,00	240,00
Olive Oil (stuffed)	150,00	0,00	0,00	150,00	0,00	0,00	0,00	0,00	0,00	1350,00
Rice	240,00	31,56	16,42	8,30	181,61	12,00	1,10	271,20	36,00	818,40
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Mint	10,00	8,60	0,34	0,09	0,16	20,90	0,57	6,30	0,50	28,90
Tomato	250,00	235,73	2,23	0,50	7,15	25,00	0,85	67,50	10,00	47,50
Sugar	18,00	0,01	0,00	0,00	17,99	0,18	0,03	2,88	2,52	72,00
Salt	18,00	0,01	0,00	0,00	0,04	7,20	0,10	1,80	2,70	0,18
Pimento	1,50	1,40	0,02	0,03	0,08	0,09	0,03	0,26	0,21	0,35
Pine Nut	20,00	1,22	2,36	13,33	0,57	0,00	0,00	0,00	0,00	135,00
Currant	20,00	16,39	0,29	0,08	3,08	11,00	0,31	11,80	0,40	12,60
Parsley	40,00	35,22	1,36	0,22	1,13	58,40	1,90	15,20	30,00	14,80
Lemon Juice	20,00	18,46	0,07	0,05	1,38	1,20	0,02	1,60	0,20	4,40
Black Pepper	1,50	0,01	0,30	0,05	0,37	0,60	0,01	0,00	0,23	4,46
TOTAL	2269,00									2937,88

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))										
1999									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	480,00	448,22	3,26	0,53	20,30	48,00	1,92	124,80	9,60	110,40

Onion	375,00	333,53	4,35	0,68	29,55	116,25	0,86	135,00	22,50	150,00
Olive Oil (stuffed)	112,50	0,00	0,00	112,50	0,00	0,00	0,00	0,00	0,00	1012,50
Olive Oil (in pan)	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Rice	125,00	16,44	8,55	4,33	94,59	6,25	0,58	141,25	18,75	426,25
Dill	15,00	13,06	0,44	0,15	0,79	34,65	0,66	8,85	18,75	6,90
Mint	15,00	12,90	0,51	0,13	0,24	31,35	0,86	9,45	0,75	6,15
Tomato	160,00	150,86	1,42	0,32	4,58	16,00	0,54	43,20	6,40	30,40
Sugar (in pan)	1,50	0,00	0,00	0,00	1,50	0,02	0,00	0,24	0,21	6,00
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Pimento	1,25	1,16	0,01	0,02	0,06	0,08	0,02	0,21	0,18	0,29
Pine Nut	12,50	0,76	1,48	8,33	0,36	0,00	0,00	0,00	0,00	84,38
Currant	10,40	8,52	0,15	0,04	1,60	5,72	0,16	6,14	0,21	6,55
Parsley	15,00	13,21	0,51	0,08	0,42	21,90	0,71	5,70	11,25	5,55
TOTAL	1431,15									2757,41

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)										
2006									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	800,00	747,04	5,44	0,88	33,84	80,00	3,20	208,00	16,00	184,00
Onion	750,00	667,05	8,70	1,35	59,10	232,50	1,73	270,00	45,00	300,00

Olive Oil (stuffed)	165,00	0,00	0,00	165,00	0,00	0,00	0,00	0,00	0,00	1485,00
Olive Oil (in pan)	55,00	0,00	0,00	55,00	0,00	0,00	0,00	0,00	0,00	495,00
Rice	200,00	26,30	13,68	6,92	151,34	10,00	0,92	226,00	30,00	682,00
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	8,32	0,00	0,00	0,00	0,02	3,33	0,05	0,83	1,25	0,08
Salt (in pan)	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	26,00	21,31	0,38	0,11	4,00	14,30	0,40	15,34	0,52	16,38
TOTAL	2262,32									3335,86

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Gönül Candaş'ın Mutfağından, Gönül Candaş)										
2012									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1140,00	1064,53	7,75	1,25	48,22	114,00	4,56	296,40	22,80	262,20
Onion	375,00	333,53	4,35	0,68	29,55	116,25	0,86	135,00	22,50	150,00
Olive Oil (stuffed)	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00

Rice	380,00	49,97	25,99	13,15	287,55	19,00	1,75	429,40	57,00	1295,80
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Dry Mint	2,00	0,15	0,42	0,08	0,50	27,38	1,03	5,10	0,88	5,78
Tomato	100,00	94,29	0,89	0,20	2,86	10,00	0,34	27,00	4,00	19,00
Sugar	6,00	0,00	0,00	0,00	6,00	0,06	0,01	0,96	0,84	24,00
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Cinnamon	2,00	0,21	0,08	1,06	1,61	20,04	0,17	1,28	0,20	7,50
Pimento	2,00	1,86	0,02	0,04	0,10	0,12	0,03	0,34	0,28	0,46
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	26,00	21,31	0,38	0,11	4,00	14,30	0,40	15,34	0,52	16,38
Parsley	30,00	26,42	1,02	0,17	0,85	43,80	1,43	11,40	22,50	11,10
Lemon	100,00	88,70	0,44	0,23	71,53	34,00	0,11	16,00	3,00	43,00
Black Pepper	2,00	0,02	0,40	0,07	0,49	0,80	0,01	0,00	0,30	5,94
TOTAL	2433,00									3866,56

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)										
2014									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1000,00	933,80	6,80	1,10	42,30	100,00	4,00	260,00	20,00	230,00
Onion	250,00	222,35	2,90	0,45	19,70	77,50	0,58	90,00	15,00	100,00
Olive Oil (stuffed)	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Rice	285,00	37,48	19,49	9,86	215,66	14,25	1,31	322,05	42,75	971,85
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60

Mint	60,00	51,59	2,02	0,53	0,96	125,40	3,42	37,80	3,00	173,40
Tomato	300,00	282,87	2,67	0,60	8,58	30,00	1,02	81,00	12,00	57,00
Sugar	20,00	0,01	0,00	0,00	19,98	0,20	0,03	3,20	2,80	80,00
Salt	10,40	0,00	0,00	0,00	0,02	4,16	0,06	1,04	1,56	0,10
Cinnamon	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Pimento	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
Parsley	60,00	52,83	2,03	0,34	1,69	87,60	2,86	22,80	45,00	22,20
Lemon	100,00	88,70	0,44	0,23	71,53	34,00	0,11	16,00	3,00	43,00
Black Pepper	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
TOTAL	2276,40									2734,84

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Bereketli Olsun, Gönül Candaş)										
2016									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	750,00	700,35	5,10	0,83	31,73	75,00	3,00	195,00	15,00	172,50
Onion	375,00	333,53	4,35	0,68	29,55	116,25	0,86	135,00	22,50	150,00
Olive Oil (stuffed)	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Olive Oil (in pan)	50,00	0,00	0,00	50,00	0,00	0,00	0,00	0,00	0,00	450,00
Rice	380,00	49,97	25,99	13,15	287,55	19,00	1,75	429,40	57,00	1295,80
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Dry Mint	2,00	0,15	0,42	0,08	0,50	27,38	1,03	5,10	0,88	5,78

Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Cinnamon	2,00	0,21	0,08	1,06	1,61	20,04	0,17	1,28	0,20	7,50
Pimento	2,00	1,86	0,02	0,04	0,10	0,12	0,03	0,34	0,28	0,46
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	26,00	21,31	0,38	0,11	4,00	14,30	0,40	15,34	0,52	16,38
Parsley	30,00	26,42	1,02	0,17	0,85	43,80	1,43	11,40	22,50	11,10
Lemon	100,00	88,70	0,44	0,23	71,53	34,00	0,11	16,00	3,00	43,00
TOTAL	1988,00									4189,92

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Büyük Yemek Kitabı, Emine Bedel)										
2016									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	1000,00	933,80	6,80	1,10	42,30	100,00	4,00	260,00	20,00	230,00
Onion	200,00	177,88	2,32	0,36	15,76	62,00	0,46	72,00	12,00	80,00
Olive Oil (stuffed)	75,00	0,00	0,00	75,00	0,00	0,00	0,00	0,00	0,00	675,00
Olive Oil (in pan)	25,00	0,00	0,00	25,00	0,00	0,00	0,00	0,00	0,00	225,00
Rice	205,00	26,96	14,02	7,09	155,12	10,25	0,94	231,65	30,75	699,05
Dill	30,00	26,13	0,89	0,29	1,58	69,30	1,32	17,70	37,50	13,80
Mint	30,00	25,79	1,01	0,26	0,48	62,70	1,71	18,90	1,50	86,70
Sugar	30,00	0,01	0,00	0,00	29,98	0,30	0,04	4,80	4,20	120,00
Salt	10,40	0,00	0,00	0,00	0,02	4,16	0,06	1,04	1,56	0,10

Cinnamon	1,00	0,11	0,04	0,53	0,81	10,02	0,08	0,64	0,10	3,75
Pimento	1,00	0,93	0,01	0,02	0,05	0,06	0,02	0,17	0,14	0,23
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
Parsley	30,00	26,42	1,02	0,17	0,85	43,80	1,43	11,40	22,50	11,10
Lemon Juice	40,00	36,92	0,14	0,10	2,76	2,40	0,03	3,20	0,40	8,80
Black Pepper	2,00	0,02	0,40	0,07	0,49	0,80	0,01	0,00	0,30	5,94
Thyme	1,00	0,09	0,09	0,07	0,27	0,00	0,00	0,00	0,00	2,88
Cumin	2,00	0,16	0,36	0,45	0,88	18,62	1,33	9,98	3,36	7,50
TOTAL	1713,40									2299,54

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Arda'nın Mutfağı, Arda Türkmen)										
2017									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	960,00	896,45	6,53	1,06	40,61	96,00	3,84	249,60	19,20	220,80
Onion	110,00	97,83	1,28	0,20	8,67	34,10	0,25	39,60	6,60	44,00
Olive Oil (stuffed)	315,00	0,00	0,00	315,00	0,00	0,00	0,00	0,00	0,00	2835,00
Olive Oil (in pan)	105,00	0,00	0,00	105,00	0,00	0,00	0,00	0,00	0,00	945,00
Rice	570,00	74,96	38,99	19,72	431,32	28,50	2,62	644,10	85,50	1943,70
Dry Mint	59,50	4,44	12,61	2,46	14,89	814,56	30,62	151,73	26,18	171,96
Tomato	350,00	330,02	3,12	0,70	10,01	35,00	1,19	94,50	14,00	66,50
Sugar	50,00	0,02	0,00	0,00	49,96	0,50	0,07	8,00	7,00	200,00
Salt	9,36	0,00	0,00	0,00	0,02	3,74	0,05	0,94	1,40	0,09
Pimento	18,00	16,76	0,20	0,34	0,92	1,08	0,30	3,06	2,52	4,14
Black Pepper	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
TOTAL	2546,86									6431,19

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)										
1971									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	960,00	856,51	23,62	1,92	25,15	950,40	8,45	489,60	624,00	307,20
Shallot	150,00	119,70	3,75	0,15	25,20	55,50	1,80	90,00	18,00	108,00
Salt	5,95	0,00	0,00	0,00	0,01	2,38	0,03	0,60	0,89	0,06
Olive Oil	315,00	0,00	0,00	315,00	0,00	0,00	0,00	0,00	0,00	2835,00
Carrot	200,00	178,14	1,78	0,40	13,00	68,00	0,26	52,00	104,00	74,00
Potato	300,00	245,04	4,44	0,69	43,11	18,00	1,53	153,00	9,00	204,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	20,00	0,01	0,00	0,00	19,98	0,20	0,03	3,20	2,80	80,00
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
TOTAL	2040,95									3642,46

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)

1977									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	1590,00	1418,60	39,11	3,18	41,66	1574,10	13,99	810,90	1033,50	508,80
Shallot	72,00	57,46	1,80	0,07	12,10	26,64	0,86	43,20	8,64	51,84
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	275,00	0,00	0,00	275,00	0,00	0,00	0,00	0,00	0,00	2475,00
Carrot	90,00	80,16	0,80	0,18	5,85	30,60	0,12	23,40	46,80	33,30
Potato	150,00	122,52	2,22	0,35	21,56	9,00	0,77	76,50	4,50	102,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
Cellery Root	80,00	72,14	0,66	0,23	4,00	30,40	0,27	53,60	83,20	24,80
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Lemon	30,00	26,61	0,13	0,07	21,46	10,20	0,03	4,80	0,90	12,90
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2343,00									3277,00

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))										
1979									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	1590,00	1418,60	39,11	3,18	41,66	1574,10	13,99	810,90	1033,50	508,80
Shallot	80,00	63,84	2,00	0,08	13,44	29,60	0,96	48,00	9,60	57,60
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Carrot	100,00	89,07	0,89	0,20	6,50	34,00	0,13	26,00	52,00	37,00
Potato	300,00	245,04	4,44	0,69	43,11	18,00	1,53	153,00	9,00	204,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Lemon Juice	120,00	110,77	0,42	0,29	8,28	7,20	0,10	9,60	1,20	26,40
Green Peas	54,00	40,21	3,50	0,44	6,60	14,04	0,82	85,86	1,08	49,68
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2623,00									3644,84

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Aşım, Sonay Nurettin Kılınçer)										
1982									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	960,00	856,51	23,62	1,92	25,15	950,40	8,45	489,60	624,00	307,20
Onion	50,00	44,47	0,58	0,09	3,94	15,50	0,12	18,00	3,00	20,00
Salt	5,95	0,00	0,00	0,00	0,01	2,38	0,03	0,60	0,89	0,06
Stock,Beef	100,00	95,89	1,97	0,09	1,20	8,00	0,27	31,00	198,00	13,00
Olive Oil	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Dill	14,00	12,19	0,41	0,14	0,74	32,34	0,62	8,26	17,50	6,44
Tomato Paste	20,00	14,34	0,39	0,10	3,33	5,00	0,30	0,00	0,00	19,40
Lemon Juice	60,00	55,39	0,21	0,14	4,14	3,60	0,05	4,80	0,60	13,20
Wheat Flour	120,00	16,03	14,38	1,99	87,04	18,00	1,08	116,40	2,40	433,20
TOTAL	1539,95									2702,50

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Ağz Tadı, Sevim Tanör)										
1985									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	800,00	713,76	19,68	1,60	20,96	792,00	7,04	408,00	520,00	256,00
Shallot	28,00	22,34	0,70	0,03	4,70	10,36	0,34	16,80	3,36	20,16
Spring Onion	418,00	382,30	5,48	0,79	19,35	330,22	8,61	142,12	104,50	121,22
Salt	4,96	0,00	0,00	0,00	0,01	1,98	0,03	0,50	0,74	0,05
Olive Oil	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Carrot	100,00	89,07	0,89	0,20	6,50	34,00	0,13	26,00	52,00	37,00
Potato	200,00	163,36	2,96	0,46	28,74	12,00	1,02	102,00	6,00	136,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	20,00	0,01	0,00	0,00	19,98	0,20	0,03	3,20	2,80	80,00
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Green Peas	54,00	40,21	3,50	0,44	6,60	14,04	0,82	85,86	1,08	49,68
TOTAL	1814,96									1634,31

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))										
1992									Number of Portion:	6

Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	1590,00	1418,60	39,11	3,18	41,66	1574,10	13,99	810,90	1033,50	508,80
Shallot	80,00	63,84	2,00	0,08	13,44	29,60	0,96	48,00	9,60	57,60
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Carrot	100,00	89,07	0,89	0,20	6,50	34,00	0,13	26,00	52,00	37,00
Potato	300,00	245,04	4,44	0,69	43,11	18,00	1,53	153,00	9,00	204,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Green Peas	54,00	40,21	3,50	0,44	6,60	14,04	0,82	85,86	1,08	49,68
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2533,00									3625,04

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)										
1993									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	1500,00	1338,30	36,90	3,00	39,30	1485,00	13,20	765,00	975,00	480,00
Onion	120,00	106,73	1,39	0,22	9,46	37,20	0,28	43,20	7,20	48,00
Salt	12,00	0,00	0,00	0,00	0,03	4,80	0,07	1,20	1,80	0,12
Olive Oil	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Carrot	200,00	178,14	1,78	0,40	13,00	68,00	0,26	52,00	104,00	74,00
Potato	200,00	163,36	2,96	0,46	28,74	12,00	1,02	102,00	6,00	136,00
Dill	40,00	34,84	1,18	0,39	2,11	92,40	1,76	23,60	50,00	18,40
Sugar	8,00	0,00	0,00	0,00	7,99	0,08	0,01	1,28	1,12	32,00
Lemon Juice	80,00	73,85	0,28	0,19	5,52	4,80	0,06	6,40	0,80	17,60
Green Peas	75,00	55,85	4,87	0,62	9,17	19,50	1,14	119,25	1,50	69,00
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2341,00									1796,78

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))										
1999									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy

Artichoke	1590,00	1418,60	39,11	3,18	41,66	1574,10	13,99	810,90	1033,50	508,80
Shallot	80,00	63,84	2,00	0,08	13,44	29,60	0,96	48,00	9,60	57,60
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Carrot	100,00	89,07	0,89	0,20	6,50	34,00	0,13	26,00	52,00	37,00
Potato	300,00	245,04	4,44	0,69	43,11	18,00	1,53	153,00	9,00	204,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Green Peas	54,00	40,21	3,50	0,44	6,60	14,04	0,82	85,86	1,08	49,68
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2533,00									3625,04

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)

2006									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	1590,00	1418,60	39,11	3,18	41,66	1574,10	13,99	810,90	1033,50	508,80
Shallot	72,00	57,46	1,80	0,07	12,10	26,64	0,86	43,20	8,64	51,84
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	275,00	0,00	0,00	275,00	0,00	0,00	0,00	0,00	0,00	2475,00
Carrot	90,00	80,16	0,80	0,18	5,85	30,60	0,12	23,40	46,80	33,30
Potato	150,00	122,52	2,22	0,35	21,56	9,00	0,77	76,50	4,50	102,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
Cellery Root	80,00	72,14	0,66	0,23	4,00	30,40	0,27	53,60	83,20	24,80
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Lemon	30,00	26,61	0,13	0,07	21,46	10,20	0,03	4,80	0,90	12,90
Wheat Flour	6,00	0,80	0,72	0,10	4,35	0,90	0,05	5,82	0,12	21,66
TOTAL	2343,00									3277,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Seçme Yemekler, Leman Cızoğlu Eryılmaz)

2014									Number of Portion:	4
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Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Artichoke	800,00	713,76	19,68	1,60	20,96	792,00	7,04	408,00	520,00	256,00
Shallot	150,00	119,70	3,75	0,15	25,20	55,50	1,80	90,00	18,00	60,00
Salt	4,96	0,00	0,00	0,00	0,01	1,98	0,03	0,50	0,74	0,05
Olive Oil	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Carrot	200,00	178,14	1,78	0,40	13,00	68,00	0,26	52,00	104,00	74,00
Potato	300,00	245,04	4,44	0,69	43,11	18,00	1,53	153,00	9,00	204,00
Dill	60,00	52,25	1,77	0,58	3,16	138,60	2,64	35,40	75,00	27,60
Sugar	20,00	0,01	0,00	0,00	19,98	0,20	0,03	3,20	2,80	80,00
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
TOTAL	1774,96									2598,25

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kolay Yemek Kitabı, Fatma Fuat Gücüyener)										
1953									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	2000,00	1751,60	44,00	7,40	139,80	1220,00	21,80	1240,00	20,00	880,00
Onion	400,00	355,76	4,64	0,72	31,52	124,00	0,92	144,00	24,00	160,00
Tomato	560,00	528,02	4,98	1,12	16,02	56,00	1,90	151,20	22,40	106,40
Salt	16,00	0,01	0,00	0,00	0,04	6,40	0,09	1,60	2,40	0,16
Olive Oil	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
TOTAL	3076,00									2046,56

Name of the Dish: ZEYTİNYAĞLI FASULYE (Altın Tabak, Ergun Birol)										
1969									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	750,00	656,85	16,50	2,78	52,43	457,50	8,18	465,00	7,50	330,00
Onion	110,00	97,83	1,28	0,20	8,67	34,10	0,25	39,60	6,60	44,00
Tomato	170,00	160,29	1,51	0,34	4,86	17,00	0,58	45,90	6,80	32,30
Salt	3,75	0,00	0,00	0,00	0,01	1,50	0,02	0,38	0,56	0,04
Olive Oil	105,00	0,00	0,00	105,00	0,00	0,00	0,00	0,00	0,00	945,00
TOTAL	1138,75									1351,34

Name of the Dish: ZEYTİNYAĞLI FASULYE (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)										
1971									Number of	4

Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Portion:	
									Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	105,00	0,00	0,00	105,00	0,00	0,00	0,00	0,00	0,00	945,00
TOTAL	1410,00									1463,05

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)										
1977									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1250,00	1094,75	27,50	4,63	87,38	762,50	13,63	775,00	12,50	550,00
Onion	250,00	222,35	2,90	0,45	19,70	77,50	0,58	90,00	15,00	100,00
Tomato	350,00	330,02	3,12	0,70	10,01	35,00	1,19	94,50	14,00	66,50
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	220,00	0,00	0,00	220,00	0,00	0,00	0,00	0,00	0,00	1980,00
Sugar	4,00	0,00	0,00	0,00	4,00	0,04	0,01	0,64	0,56	16,00
TOTAL	2079,00									2712,55

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))										
1979									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
TOTAL	1615,00									3258,05

Name of the Dish: ZEYTİNYAĞLI FASULYE (İzahlı Yemek Kitabı, İnci Beşoğlu)										
1987									Number of Portion:	4

Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	500,00	437,90	11,00	1,85	34,95	305,00	5,45	310,00	5,00	220,00
Onion	60,00	53,36	0,70	0,11	4,73	18,60	0,14	21,60	3,60	24,00
Tomato	100,00	94,29	0,89	0,20	2,86	10,00	0,34	27,00	4,00	19,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	100,00	0,00	0,00	100,00	0,00	0,00	0,00	0,00	0,00	900,00
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
TOTAL	768,00									1175,05

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))										
1992									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
TOTAL	1615,00									3258,05

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)										
1993									Number of Portion:	6
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	200,00	177,88	2,32	0,36	15,76	62,00	0,46	72,00	12,00	80,00
Tomato	400,00	377,16	3,56	0,80	11,44	40,00	1,36	108,00	16,00	76,00
Salt	12,00	0,00	0,00	0,00	0,03	4,80	0,07	1,20	1,80	0,12
Olive Oil	80,00	0,00	0,00	80,00	0,00	0,00	0,00	0,00	0,00	720,00
Sugar	12,00	0,00	0,00	0,00	11,99	0,12	0,02	1,92	1,68	48,00
Garlic	400,00	263,52	20,84	2,16	97,92	64,00	3,76	624,00	28,00	516,00
TOTAL	2104,00									1880,12

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))										
1999									Number of Portion:	5
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00

Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	300,00	0,00	0,00	300,00	0,00	0,00	0,00	0,00	0,00	2700,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
TOTAL	1615,00									3258,05

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)										
2006									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1250,00	1094,75	27,50	4,63	87,38	762,50	13,63	775,00	12,50	550,00
Onion	250,00	222,35	2,90	0,45	19,70	77,50	0,58	90,00	15,00	100,00
Tomato	350,00	330,02	3,12	0,70	10,01	35,00	1,19	94,50	14,00	66,50
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	220,00	0,00	0,00	220,00	0,00	0,00	0,00	0,00	0,00	1980,00
Sugar	4,00	0,00	0,00	0,00	4,00	0,04	0,01	0,64	0,56	16,00
TOTAL	2079,00									2712,55

Name of the Dish: ZEYTİNYAĞLI FASULYE (Gönül Candaş'ın Mutfağından, Gönül Candaş)										
2012									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	300,00	282,87	2,67	0,60	8,58	30,00	1,02	81,00	12,00	57,00
Salt	10,00	0,00	0,00	0,00	0,02	4,00	0,06	1,00	1,50	0,10
Olive Oil	60,00	0,00	0,00	60,00	0,00	0,00	0,00	0,00	0,00	540,00
Sugar	3,00	0,00	0,00	0,00	3,00	0,03	0,00	0,48	0,42	12,00
Garlic	4,50	2,96	0,23	0,02	1,10	0,72	0,04	7,02	0,32	5,81
Pepper,long	29,00	26,63	0,22	0,04	1,41	2,61	0,14	10,15	0,58	8,12
TOTAL	1506,50									1103,03

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)										
2014									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	200,00	188,58	1,78	0,40	5,72	20,00	0,68	54,00	8,00	38,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	105,00	0,00	0,00	105,00	0,00	0,00	0,00	0,00	0,00	945,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
Tomato Paste	10,00	7,17	0,20	0,05	1,66	2,50	0,15	0,00	0,00	9,70
TOTAL	1430,00									1512,75

Name of the Dish: ZEYTİNYAĞLI FASULYE (Bereketli Olsun, Gönül Candaş)										
2016									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	1000,00	875,80	22,00	3,70	69,90	610,00	10,90	620,00	10,00	440,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	100,00	94,29	0,89	0,20	2,86	10,00	0,34	27,00	4,00	19,00
Salt	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Olive Oil	105,00	0,00	0,00	105,00	0,00	0,00	0,00	0,00	0,00	945,00
Sugar	4,50	0,00	0,00	0,00	4,50	0,05	0,01	0,72	0,63	18,00
Tomato Paste	2,50	1,79	0,05	0,01	0,42	0,63	0,04	0,00	0,00	2,43
TOTAL	1317,00									1464,48

APPENDIX 3 (continued) Energy and Nutrient Components of the Raw Weight of Input Ingredient

Name of the Dish: ZEYTİNYAĞLI FASULYE (Büyük Yemek Kitabı, Emine Bedel)										
2016									Number of Portion:	4
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydrate	Ca	Fe	P	Na	Energy
Green Bean	500,00	437,90	11,00	1,85	34,95	305,00	5,45	310,00	5,00	220,00
Onion	100,00	88,94	1,16	0,18	7,88	31,00	0,23	36,00	6,00	40,00
Tomato	300,00	282,87	2,67	0,60	8,58	30,00	1,02	81,00	12,00	57,00
Salt	2,50	0,00	0,00	0,00	0,01	1,00	0,01	0,25	0,38	0,03
Olive Oil	40,00	0,00	0,00	40,00	0,00	0,00	0,00	0,00	0,00	360,00
Sugar	10,00	0,00	0,00	0,00	9,99	0,10	0,01	1,60	1,40	40,00
Garlic	8,00	5,27	0,42	0,04	1,96	1,28	0,08	12,48	0,56	10,32
Ground Red Pepper	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
TOTAL	960,50									727,35



APPENDIX 4 Calorie per 100g for Raw Ingredients

Name of the Book, Author: Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu	
Year	1971
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	15
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	456,28
Number of Portion**	5
Calorie/100gr	156,82

Name of the Book, Author: Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen	
Year	1977
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	9
Cooking Method	Fry in pan, Stew, Braise
Portion Size	748,67
Number of Portion	3
Calorie/100gr	148,16

Name of the Book, Author: Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk)	
Year	1979
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	13
Cooking Method	Fry in pan, Stew, Braise
Portion Size	312,16
Number of Portion	11
Calorie/100gr	196,13

Name of the Book, Author: (Aşçım, Sonay Nurettin Kılınçer)	
Year	1982
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	14
Cooking Method	Fry in pan, Stew, Braise
Portion Size	401,17
Number of Portion**	3
Calorie/100gr	219,66

Name of the Book, Author: İzahlı Yemek Kitabı, İnci Beşoğlu	
Year	1987
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	12
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	461,49
Number of Portion**	7
Calorie/100gr	155,05

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk)	
Year	1992

Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	13
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	357,79
Number of Portion	4
Calorie/100gr	192,67

Name of the Book, Author: Türk Mutfağından Örnekler, Ayşe Baysal ve ark.	
Year	1993
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	15
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	378,17
Number of Portion	6
Calorie/100gr	129,48

Name of the Book, Author: Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk)	
Year	1999
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	13
Cooking Method	Fry in pan, Stew, Braise
Portion Size	357,79
Number of Portion	4
Calorie/100gr	192,67

Name of the Book, Author: Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen	
Year	2006
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	9
Cooking Method	Fry in pan, Stew, Braise
Portion Size	754,11
Number of Portion	3
Calorie/100gr	147,45

Name of the Book, Author: Gönül Candaş'ın Mutfağından, Gönül Candaş	
Year	2012
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	16
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	486,60
Number of Portion**	5
Calorie/100gr	158,92

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz	
Year	2014
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	16
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	455,28
Number of Portion**	5

Calorie/100gr	120,14
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Name of the Book, Author: Bereketli Olsun, Gönül Candaş	
Year	2016
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	14
Cooking Method	Fry in pan, Stew, Braise
Portion Size	497,00
Number of Portion**	4
Calorie/100gr	210,76

Name of the Book, Author: Büyük Yemek Kitabı, Emine Bedel	
Year	2016
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	17
Cooking Method	Fry in pan, Stew, Braise
Portion Size	285,57
Number of Portion	6
Calorie/100gr	134,21

Name of the Book, Author: Arda'nın Mutfağı, Arda Türkmen	
Year	2017
Name of Dish	Stuffed Green Peppers with Olive Oil
Number of Ingredients	10
Cooking Method	Fry in pan, Stew, Braise
Portion Size	424,48
Number of Portion**	6
Calorie/100gr	252,51

Average Weight of All Meals:	456,32
** with average of all meals calculated	

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu	
Year	1971
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	9
Cooking Method	Stew
Portion Size	510,24
Number of Portion**	4
Calorie/100gr	178,47

Name of the Book, Author: Alaturka-Alafranga Yemek Öğretimi ve Sofra	
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Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen	
Year	1977
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew
Portion Size	781,00
Number of Portion	3
Calorie/100gr	139,86

Name of the Book, Author: Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk)	
Year	1979
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew, Boil
Portion Size	437,17
Number of Portion	6
Calorie/100gr	138,96

Name of the Book, Author: Aşım, Sonay Nurettin Kılınçer	
Year	1982
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	9
Cooking Method	Fry in pan, Stew, Braise, Boil
Portion Size	513,00
Number of Portion**	3
Calorie/100gr	175,49

Name of the Book, Author: Ağız Tadı, Sevim Tanör	
Year	1985
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew, Boil
Portion Size	453,74
Number of Portion**	4
Calorie/100gr	90,05

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk)	
Year	1992
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew, Boil
Portion Size	422,17
Number of Portion	6
Calorie/100gr	143,11

Name of the Book, Author: (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)	
Year	1993
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew

Portion Size	390,17
Number of Portion	6
Calorie/100gr	76,75

Name of the Book, Author: Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk)	
Year	1999
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew, Boil
Portion Size	422,17
Number of Portion	6
Calorie/100gr	143,11

Name of the Book, Author: Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen	
Year	2006
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	11
Cooking Method	Stew
Portion Size	468,60
Number of Portion**	5
Calorie/100gr	139,86

Name of the Book, Author: Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz	
Year	2014
Name of Dish	Artichokes with Olive Oil
Number of Ingredients	9
Cooking Method	Stew
Portion Size	443,74
Number of Portion**	4
Calorie/100gr	146,38

Average Weight of All Meals:	490,53
** with average of all meals calculated	

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Kolay Yemek Kitabı, Fatma Fuat Gücüyener	
Year	1953
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	5
Cooking Method	Stew
Portion Size	384,50
Number of Portion**	8
Calorie/100gr	66,53

Name of the Book, Author: Altın Tabak, Ergun Birol	
Year	1969
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	5
Cooking Method	Stew
Portion Size	284,69
Number of Portion	4
Calorie/100gr	118,67

Name of the Book, Author: Yemek Pişirme Temel Metod ve Uygulamaları,	
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Leman Cılızoğlu	
Year	1971
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	5
Cooking Method	Fry in pan, Braise
Portion Size	352,50
Number of Portion**	4
Calorie/100gr	103,76

Name of the Book, Author: Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen	
Year	1977
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Braise
Portion Size	693,00
Number of Portion	3
Calorie/100gr	130,47

Name of the Book, Author: Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk)	
Year	1979
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Stew, Braise
Portion Size	323,00
Number of Portion	5
Calorie/100gr	201,74

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: İzahlı Yemek Kitabı, İnci Beşoğlu	
Year	1987
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Stew, Braise
Portion Size	192,00
Number of Portion	4
Calorie/100gr	153,00

Name of the Book, Author: Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk)	
Year	1992
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Stew, Braise
Portion Size	323,00
Number of Portion	5
Calorie/100gr	201,74

Name of the Book, Author: Türk Mutfağından Örnekler, Ayşe Baysal ve ark.	
Year	1993
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	7
Cooking Method	Stew

Portion Size	350,67
Number of Portion	6
Calorie/100gr	89,36

Name of the Book, Author: Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk)	
Year	1999
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Stew, Braise
Portion Size	323,00
Number of Portion	5
Calorie/100gr	201,74

Name of the Book, Author: Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen	
Year	2006
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	6
Cooking Method	Fry in pan, Braise
Portion Size	693,00
Number of Portion	3
Calorie/100gr	130,47

APPENDIX 4 (continued) Calorie per 100g for Raw Ingredients

Name of the Book, Author: Gönül Candaş'ın Mutfağından, Gönül Candaş	
Year	2012
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	8
Cooking Method	Stew
Portion Size	376,63
Number of Portion	4
Calorie/100gr	73,22

Name of the Book, Author: Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz	
Year	2014
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	7
Cooking Method	Fry in pan, Braise
Portion Size	357,50
Number of Portion**	4
Calorie/100gr	105,79

Name of the Book, Author: Bereketli Olsun, Gönül Candaş	
Year	2016
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	7
Cooking Method	Fry in pan, Braise
Portion Size	439,00
Number of Portion**	3
Calorie/100gr	111,20

Name of the Book, Author: Büyük Yemek Kitabı, Emine Bedel	
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Year	2016
Name of Dish	Green Bean with Olive Oil
Number of Ingredients	8
Cooking Method	Fry in pan
Portion Size	274,43
Number of Portion	4
Calorie/100gr	75,73

Average Weight of All Meals:	383,34
** with average of all meals calculated	

APPENDIX 5 Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılzoğlu)				
1971				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1000,00	43,83	230,00	6,43
Onion	250,00	10,96	100,00	2,80
Olive Oil (for stuffed)	210,00	9,20	1890,00	52,83
Rice	300,00	13,15	1023,00	28,59
Dill	20,00	0,88	9,20	0,26
Mint	20,00	0,88	8,20	0,23
Tomato	300,00	13,15	57,00	1,59
Sugar	20,00	0,88	80,00	2,24
Salt	10,40	0,46	0,10	0,00
Cinnamon	0,00	0,00	0,00	0,00
Pimento	0,00	0,00	0,00	0,00
Pine Nut	18,00	0,79	121,50	3,40
Currant	13,00	0,57	8,19	0,23
Parsley	20,00	0,88	7,40	0,21
Lemon	100,00	4,38	43,00	1,20
TOTAL	2281,40	100,00	3577,59	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)				
1977				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	800,00	35,62	184,00	5,53
Onion	750,00	33,39	300,00	9,02
Olive Oil (for stuffed)	165,00	7,35	1485,00	44,63
Olive Oil (in pan)	55,00	2,45	495,00	14,88
Rice	200,00	8,90	682,00	20,50
Dill	30,00	1,34	13,80	0,41
Tomato	200,00	8,90	38,00	1,14
Salt	5,00	0,22	0,05	0,00
Salt (in pan)	10,00	0,45	0,10	0,00
Pine Nut	18,00	0,80	121,50	3,65
Currant	13,00	0,58	8,19	0,25
TOTAL	2246,00	100,00	3327,64	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))				
1979				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1320,00	38,44	303,60	4,51
Onion	750,00	21,84	300,00	4,45
Olive Oil (for stuffed)	250,00	7,28	2250,00	33,41
Olive Oil (in pan)	300,00	8,74	2700,00	40,09
Rice	250,00	7,28	852,50	12,66
Dill	30,00	0,87	13,80	0,20
Mint	30,00	0,87	12,30	0,18
Tomato	400,00	11,65	76,00	1,13
Sugar (in pan)	6,00	0,17	24,00	0,36
Sugar	1,50	0,04	6,00	0,09
Salt	12,50	0,36	0,13	0,00
Salt (in pan)	1,25	0,04	0,01	0,00
Pimento	2,50	0,07	0,58	0,01
Pine Nut	25,00	0,73	168,75	2,51
Currant	25,00	0,73	15,75	0,23
Parsley	30,00	0,87	11,10	0,16
TOTAL	3433,75	100,00	6734,51	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Aşçım, Sonay Nurettin Kılınçer)				
1982				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	500,00	41,55	115,00	4,35
Onion	300,00	24,93	120,00	4,54
Olive Oil (for stuffed)	210,00	17,45	1890,00	71,49
Rice	95,00	7,89	323,95	12,25
Dill	7,00	0,58	3,22	0,12
Dry Mint	8,50	0,71	24,57	0,93
Sugar	5,00	0,42	20,00	0,76
Salt (in pan)	5,00	0,42	0,05	0,00
Pimento	2,50	0,21	0,58	0,02
Pine Nut	18,00	1,50	121,50	4,60
Currant	13,00	1,08	8,19	0,31
Parsley	7,00	0,58	2,59	0,10
Lemon Juice	30,00	2,49	6,60	0,25
Black Pepper	2,50	0,21	7,43	0,28
TOTAL	1203,50	100,00	2643,67	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (İzahlı Yemek Kitabı, İnci Beşoğul)				
1987				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1000,00	30,96	230,00	4,59
Onion	750,00	23,22	300,00	5,99
Olive Oil (for stuffed)	250,00	7,74	2250,00	44,92
Rice	500,00	15,48	1705,00	34,04
Tomato	500,00	15,48	95,00	1,90
Salt	10,40	0,32	0,10	0,00
Pimento	5,00	0,15	1,15	0,02
Pine Nut	50,00	1,55	337,50	6,74
Currant	50,00	1,55	31,50	0,63
Parsley	60,00	1,86	22,20	0,44
Lemon	50,00	1,55	21,50	0,43
Black Pepper	5,00	0,15	14,85	0,30

TOTAL	3230,40	100,00	5008,80	100,00
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Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))				
1992				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	480,00	33,54	110,40	4,00
Onion	375,00	26,20	150,00	5,44
Olive Oil (for stuffed)	112,50	7,86	1012,50	36,72
Olive Oil (in pan)	100,00	6,99	900,00	32,64
Rice	125,00	8,73	426,25	15,46
Dill	15,00	1,05	6,90	0,25
Mint	15,00	1,05	6,15	0,22
Tomato	160,00	11,18	30,40	1,10
Sugar (in pan)	1,50	0,10	6,00	0,22
Sugar	3,00	0,21	12,00	0,44
Salt	5,00	0,35	0,05	0,00
Pimento	1,25	0,09	0,29	0,01
Pine Nut	12,50	0,87	84,38	3,06
Currant	10,40	0,73	6,55	0,24
Parsley	15,00	1,05	5,55	0,20
TOTAL	1431,15	100,00	2757,41	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfagından Örnekler, Ayşe Baysal ve ark.)				
1993				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	850,00	37,46	195,50	6,65
Onion	600,00	26,44	240,00	8,17
Olive Oil (for stuffed)	150,00	6,61	1350,00	45,95
Rice	240,00	10,58	818,40	27,86
Dill	30,00	1,32	13,80	0,47
Mint	10,00	0,44	28,90	0,98
Tomato	250,00	11,02	47,50	1,62
Sugar	18,00	0,79	72,00	2,45
Salt	18,00	0,79	0,18	0,01
Pimento	1,50	0,07	0,35	0,01
Pine Nut	20,00	0,88	135,00	4,60
Currant	20,00	0,88	12,60	0,43
Parsley	40,00	1,76	14,80	0,50
Lemon Juice	20,00	0,88	4,40	0,15
Black Pepper	1,50	0,07	4,46	0,15
TOTAL	2269,00	100,00	2937,88	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))				
1999				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	480,00	33,54	110,40	4,00
Onion	375,00	26,20	150,00	5,44
Olive Oil (for stuffed)	112,50	7,86	1012,50	36,72
Olive Oil (in pan)	100,00	6,99	900,00	32,64
Rice	125,00	8,73	426,25	15,46
Dill	15,00	1,05	6,90	0,25
Mint	15,00	1,05	6,15	0,22
Tomato	160,00	11,18	30,40	1,10
Sugar (in pan)	1,50	0,10	6,00	0,22
Sugar	3,00	0,21	12,00	0,44
Salt	5,00	0,35	0,05	0,00
Pimento	1,25	0,09	0,29	0,01
Pine Nut	12,50	0,87	84,38	3,06
Currant	10,40	0,73	6,55	0,24
Parsley	15,00	1,05	5,55	0,20

TOTAL	1431,15	100,00	2757,41	100,00
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Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)				
2006				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	800,00	35,36	184,00	5,52
Onion	750,00	33,15	300,00	8,99
Olive Oil (for stuffed)	165,00	7,29	1485,00	44,52
Olive Oil (in pan)	55,00	2,43	495,00	14,84
Rice	200,00	8,84	682,00	20,44
Dill	30,00	1,33	13,80	0,41
Tomato	200,00	8,84	38,00	1,14
Salt	8,32	0,37	0,08	0,00
Salt (in pan)	10,00	0,44	0,10	0,00
Pine Nut	18,00	0,80	121,50	3,64
Currant	26,00	1,15	16,38	0,49
TOTAL	2262,32	100,00	3335,86	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Gönül Candaş'ın Mutfağından, Gönül Candaş)				
2012				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1140,00	46,86	262,20	6,78
Onion	375,00	15,41	150,00	3,88
Olive Oil (for stuffed)	210,00	8,63	1890,00	48,88
Rice	380,00	15,62	1295,80	33,51
Dill	30,00	1,23	13,80	0,36
Dry Mint	2,00	0,08	5,78	0,15
Tomato	100,00	4,11	19,00	0,49
Sugar	6,00	0,25	24,00	0,62
Salt	10,00	0,41	0,10	0,00
Cinnamon	2,00	0,08	7,50	0,19
Pimento	2,00	0,08	0,46	0,01
Pine Nut	18,00	0,74	121,50	3,14
Currant	26,00	1,07	16,38	0,42
Parsley	30,00	1,23	11,10	0,29
Lemon	100,00	4,11	43,00	1,11
Black Pepper	2,00	0,08	5,94	0,15
TOTAL	2433,00	100,00	3866,56	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)				
2014				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1000,00	43,93	230,00	8,41
Onion	250,00	10,98	100,00	3,66
Olive Oil (for stuffed)	100,00	4,39	900,00	32,91
Rice	285,00	12,52	971,85	35,54
Dill	60,00	2,64	27,60	1,01
Mint	60,00	2,64	173,40	6,34
Tomato	300,00	13,18	57,00	2,08
Sugar	20,00	0,88	80,00	2,93
Salt	10,40	0,46	0,10	0,00
Cinnamon	0,00	0,00	0,00	0,00
Pimento	0,00	0,00	0,00	0,00
Pine Nut	18,00	0,79	121,50	4,44
Currant	13,00	0,57	8,19	0,30
Parsley	60,00	2,64	22,20	0,81
Lemon	100,00	4,39	43,00	1,57

Black Pepper	0,00	0,00	0,00	0,00
TOTAL	2276,40	100,00	2734,84	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Bereketli Olsun, Gönül Candaş)				
2016				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	750,00	37,73	172,50	4,12
Onion	375,00	18,86	150,00	3,58
Olive Oil (for stuffed)	210,00	10,56	1890,00	45,11
Olive Oil (in pan)	50,00	2,52	450,00	10,74
Rice	380,00	19,11	1295,80	30,93
Dill	30,00	1,51	13,80	0,33
Dry Mint	2,00	0,10	5,78	0,14
Sugar	3,00	0,15	12,00	0,29
Salt	10,00	0,50	0,10	0,00
Cinnamon	2,00	0,10	7,50	0,18
Pimento	2,00	0,10	0,46	0,01
Pine Nut	18,00	0,91	121,50	2,90
Currant	26,00	1,31	16,38	0,39
Parsley	30,00	1,51	11,10	0,26
Lemon	100,00	5,03	43,00	1,03
TOTAL	1988,00	100,00	4189,92	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Büyük Yemek Kitabı, Emine Bedel)				
2016				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	1000,00	58,36	230,00	10,00
Onion	200,00	11,67	80,00	3,48
Olive Oil (for stuffed)	75,00	4,38	675,00	29,35
Olive Oil (in pan)	25,00	1,46	225,00	9,78
Rice	205,00	11,96	699,05	30,40
Dill	30,00	1,75	13,80	0,60
Mint	30,00	1,75	86,70	3,77
Sugar	30,00	1,75	120,00	5,22
Salt	10,40	0,61	0,10	0,00
Cinnamon	1,00	0,06	3,75	0,16
Pimento	1,00	0,06	0,23	0,01
Pine Nut	18,00	1,05	121,50	5,28
Currant	13,00	0,76	8,19	0,36
Parsley	30,00	1,75	11,10	0,48
Lemon Juice	40,00	2,33	8,80	0,38
Black Pepper	2,00	0,12	5,94	0,26
Thyme	1,00	0,06	2,88	0,13
Cumin	2,00	0,12	7,50	0,33
TOTAL	1713,40	100,00	2299,54	100,00

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Arda'nın Mutfağı, Arda Türkmen)				
2017				
Ingredients	Weight	Weight %	Energy	Energy %
Sweet Bell Pepper	960,00	37,69	220,80	3,43
Onion	110,00	4,32	44,00	0,68
Olive Oil (for stuffed)	315,00	12,37	2835,00	44,08
Olive Oil (in pan)	105,00	4,12	945,00	14,69
Rice	570,00	22,38	1943,70	30,22
Dry Mint	59,50	2,34	171,96	2,67
Tomato	350,00	13,74	66,50	1,03
Sugar	50,00	1,96	200,00	3,11
Salt	9,36	0,37	0,09	0,00
Pimento	18,00	0,71	4,14	0,06
Black Pepper	0,00	0,00	0,00	0,00
TOTAL	2546,86	100,00	6431,19	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)				
1971				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	960,00	47,04	307,20	8,43
Shallot	150,00	7,35	108,00	2,97
Salt	5,95	0,29	0,06	0,00
Olive Oil	315,00	15,43	2835,00	77,83
Carrot	200,00	9,80	74,00	2,03
Potato	300,00	14,70	204,00	5,60
Dill	60,00	2,94	27,60	0,76
Sugar	20,00	0,98	80,00	2,20
Lemon Juice	30,00	1,47	6,60	0,18
TOTAL	2040,95	100,00	3642,46	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)				
1977				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1590,00	67,86	508,80	15,53
Shallot	72,00	3,07	51,84	1,58
Salt	10,00	0,43	0,10	0,00
Olive Oil	275,00	11,74	2475,00	75,53
Carrot	90,00	3,84	33,30	1,02
Potato	150,00	6,40	102,00	3,11
Sugar	10,00	0,43	40,00	1,22
Cellery	80,00	3,41	24,80	0,76
Lemon Juice	30,00	1,28	6,60	0,20
Lemon	30,00	1,28	12,90	0,39
Wheat Flour	6,00	0,26	21,66	0,66
TOTAL	2343,00	100,00	3277,00	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))				
1979				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1590,00	60,62	508,80	13,96
Shallot	80,00	3,05	57,60	1,58
Salt	10,00	0,38	0,10	0,00
Olive Oil	300,00	11,44	2700,00	74,08
Carrot	100,00	3,81	37,00	1,02
Potato	300,00	11,44	204,00	5,60
Dill	60,00	2,29	27,60	0,76
Sugar	3,00	0,11	12,00	0,33

Lemon Juice	120,00	4,57	26,40	0,72
Green Peas	54,00	2,06	49,68	1,36
Wheat Flour	6,00	0,23	21,66	0,59
TOTAL	2623,00	100,00	3644,84	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Aşım, Sonay Nurettin Kılınçer)				
1982				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	960,00	62,34	307,20	11,37
Onion	50,00	3,25	20,00	0,74
Salt	5,95	0,39	0,06	0,00
Stock,Beef	100,00	6,49	13,00	0,48
Olive Oil	210,00	13,64	1890,00	69,94
Dill	14,00	0,91	6,44	0,24
Tomato Paste	20,00	1,30	19,40	0,72
Lemon Juice	60,00	3,90	13,20	0,49
Wheat Flour	120,00	7,79	433,20	16,03
TOTAL	1539,95	100,00	2702,50	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Ağz Tadı, Sevim Tanör)				
1985				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	800,00	44,08	256,00	15,66
Shallot	28,00	1,54	20,16	1,23
Spring Onion	418,00	23,03	121,22	7,42
Salt	4,96	0,27	0,05	0,00
Olive Oil	100,00	5,51	900,00	55,07
Carrot	100,00	5,51	37,00	2,26
Potato	200,00	11,02	136,00	8,32
Dill	60,00	3,31	27,60	1,69
Sugar	20,00	1,10	80,00	4,90
Lemon Juice	30,00	1,65	6,60	0,40
Green Peas	54,00	2,98	49,68	3,04
TOTAL	1814,96	100,00	1634,31	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))				
1992				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1590,00	62,77	508,80	14,04
Shallot	80,00	3,16	57,60	1,59
Salt	10,00	0,39	0,10	0,00
Olive Oil	300,00	11,84	2700,00	74,48
Carrot	100,00	3,95	37,00	1,02
Potato	300,00	11,84	204,00	5,63
Dill	60,00	2,37	27,60	0,76
Sugar	3,00	0,12	12,00	0,33
Lemon Juice	30,00	1,18	6,60	0,18
Green Peas	54,00	2,13	49,68	1,37
Wheat Flour	6,00	0,24	21,66	0,60
TOTAL	2533,00	100,00	3625,04	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)				
1993				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1500,00	64,08	480,00	26,71
Onion	120,00	5,13	48,00	2,67
Salt	12,00	0,51	0,12	0,01
Olive Oil	100,00	4,27	900,00	50,09
Carrot	200,00	8,54	74,00	4,12
Potato	200,00	8,54	136,00	7,57
Dill	40,00	1,71	18,40	1,02
Sugar	8,00	0,34	32,00	1,78
Lemon Juice	80,00	3,42	17,60	0,98
Green Peas	75,00	3,20	69,00	3,84
Wheat Flour	6,00	0,26	21,66	1,21

TOTAL	2341,00	100,00	1796,78	100,00
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Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))				
1999				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1590,00	62,77	508,80	14,04
Shallot	80,00	3,16	57,60	1,59
Salt	10,00	0,39	0,10	0,00
Olive Oil	300,00	11,84	2700,00	74,48
Carrot	100,00	3,95	37,00	1,02
Potato	300,00	11,84	204,00	5,63
Dill	60,00	2,37	27,60	0,76
Sugar	3,00	0,12	12,00	0,33
Lemon Juice	30,00	1,18	6,60	0,18
Green Peas	54,00	2,13	49,68	1,37
Wheat Flour	6,00	0,24	21,66	0,60
TOTAL	2533,00	100,00	3625,04	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)				
2006				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	1590,00	67,86	508,80	15,53
Shallot	72,00	3,07	51,84	1,58
Salt	10,00	0,43	0,10	0,00
Olive Oil	275,00	11,74	2475,00	75,53
Carrot	90,00	3,84	33,30	1,02
Potato	150,00	6,40	102,00	3,11
Sugar	10,00	0,43	40,00	1,22
Cellery	80,00	3,41	24,80	0,76
Lemon Juice	30,00	1,28	6,60	0,20
Lemon	30,00	1,28	12,90	0,39
Wheat Flour	6,00	0,26	21,66	0,66
TOTAL	2343,00	100,00	3277,00	100,00

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)				
2014				
Ingredients	Weight	Weight %	Energy	Energy %
Artichoke	800,00	45,07	256,00	9,85
Shallot	150,00	8,45	60,00	2,31
Salt	4,96	0,28	0,05	0,00
Olive Oil	210,00	11,83	1890,00	72,74
Carrot	200,00	11,27	74,00	2,85
Potato	300,00	16,90	204,00	7,85
Dill	60,00	3,38	27,60	1,06
Sugar	20,00	1,13	80,00	3,08
Lemon Juice	30,00	1,69	6,60	0,25
TOTAL	1774,96	100,00	2598,25	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kolay Yemek Kitabı, Fatma Fuat Gücüyener)				
1953				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	2000,00	65,02	880,00	43,00
Onion	400,00	13,00	160,00	7,82
Tomato	560,00	18,21	106,40	5,20
Salt	16,00	0,52	0,16	0,01
Olive Oil	100,00	3,25	900,00	43,98
TOTAL	3076,00	100,00	2046,56	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Altın Tabak, Ergun Birol)				
1969				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	750,00	65,86	330,00	24,42
Onion	110,00	9,66	44,00	3,26
Tomato	170,00	14,93	32,30	2,39
Salt	3,75	0,33	0,04	0,00
Olive Oil	105,00	9,22	945,00	69,93
TOTAL	1138,75	100,00	1351,34	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)				
1971				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	70,92	440,00	30,07
Onion	100,00	7,09	40,00	2,73
Tomato	200,00	14,18	38,00	2,60
Salt	5,00	0,35	0,05	0,00
Olive Oil	105,00	7,45	945,00	64,59
TOTAL	1410,00	100,00	1463,05	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)				
1977				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1250,00	60,13	550,00	20,28
Onion	250,00	12,03	100,00	3,69
Tomato	350,00	16,84	66,50	2,45
Salt	5,00	0,24	0,05	0,00
Olive Oil	220,00	10,58	1980,00	72,99
Sugar	4,00	0,19	16,00	0,59
TOTAL	2079,00	100,00	2712,55	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))				
1979				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	61,92	440,00	13,51
Onion	100,00	6,19	40,00	1,23
Tomato	200,00	12,38	38,00	1,17
Salt	5,00	0,31	0,05	0,00
Olive Oil	300,00	18,58	2700,00	82,87
Sugar	10,00	0,62	40,00	1,23
TOTAL	1615,00	100,00	3258,05	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (İzahlı Yemek Kitabı, İnci Beşoğlu)				
1987				

Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	500,00	65,10	220,00	18,72
Onion	60,00	7,81	24,00	2,04
Tomato	100,00	13,02	19,00	1,62
Salt	5,00	0,65	0,05	0,00
Olive Oil	100,00	13,02	900,00	76,59
Sugar	3,00	0,39	12,00	1,02
TOTAL	768,00	100,00	1175,05	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))				
1992				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	61,92	440,00	13,51
Onion	100,00	6,19	40,00	1,23
Tomato	200,00	12,38	38,00	1,17
Salt	5,00	0,31	0,05	0,00
Olive Oil	300,00	18,58	2700,00	82,87
Sugar	10,00	0,62	40,00	1,23
TOTAL	1615,00	100,00	3258,05	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)				
1993				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	47,53	440,00	23,40
Onion	200,00	9,51	80,00	4,26
Tomato	400,00	19,01	76,00	4,04
Salt	12,00	0,57	0,12	0,01
Olive Oil	80,00	3,80	720,00	38,30
Sugar	12,00	0,57	48,00	2,55
Garlic	400,00	19,01	516,00	27,45
TOTAL	2104,00	100,00	1880,12	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))				
1999				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	61,92	440,00	13,51
Onion	100,00	6,19	40,00	1,23
Tomato	200,00	12,38	38,00	1,17
Salt	5,00	0,31	0,05	0,00
Olive Oil	300,00	18,58	2700,00	82,87
Sugar	10,00	0,62	40,00	1,23
TOTAL	1615,00	100,00	3258,05	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)				
2006				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1250,00	60,13	550,00	20,28
Onion	250,00	12,03	100,00	3,69
Tomato	350,00	16,84	66,50	2,45
Salt	5,00	0,24	0,05	0,00
Olive Oil	220,00	10,58	1980,00	72,99
Sugar	4,00	0,19	16,00	0,59
TOTAL	2079,00	100,00	2712,55	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Gönül Candaş'ın Mutfağından, Gönül Candaş)				
2012				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	66,38	440,00	39,89
Onion	100,00	6,64	40,00	3,63
Tomato	300,00	19,91	57,00	5,17
Salt	10,00	0,66	0,10	0,01
Olive Oil	60,00	3,98	540,00	48,96

Sugar	3,00	0,20	12,00	1,09
Garlic	4,50	0,30	5,81	0,53
Pepper,long	29,00	1,92	8,12	0,74
TOTAL	1506,50	100,00	1103,03	100,00

APPENDIX 5 (continued) Ration of Raw Input Ingredient Weight to the Total Weight and Ration of the Energy of Raw Input Ingredient to the Total Energy

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Seçme Yemekler, Leman Cihzoğlu Eryılmaz)				
2014				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	69,93	440,00	29,09
Onion	100,00	6,99	40,00	2,64
Tomato	200,00	13,99	38,00	2,51
Salt	5,00	0,35	0,05	0,00
Olive Oil	105,00	7,34	945,00	62,47
Sugar	10,00	0,70	40,00	2,64
Tomato Paste	10,00	0,70	9,70	0,64
TOTAL	1430,00	100,00	1512,75	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Bereketli Olsun, Gönül Candaş)				
2016				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	1000,00	75,93	440,00	30,04
Onion	100,00	7,59	40,00	2,73
Tomato	100,00	7,59	19,00	1,30
Salt	5,00	0,38	0,05	0,00
Olive Oil	105,00	7,97	945,00	64,53
Sugar	4,50	0,34	18,00	1,23
Tomato Paste	2,50	0,19	2,43	0,17
TOTAL	1317,00	100,00	1464,48	100,00

Name of the Dish: ZEYTİNYAĞLI FASULYE (Büyük Yemek Kitabı, Emine Bedel)				
2016				
Ingredients	Weight	Weight %	Energy	Energy %
Green Bean	500,00	52,06	220,00	30,25
Onion	100,00	10,41	40,00	5,50
Tomato	300,00	31,23	57,00	7,84
Salt	2,50	0,26	0,03	0,00
Olive Oil	40,00	4,16	360,00	49,50
Sugar	10,00	1,04	40,00	5,50
Garlic	8,00	0,83	10,32	1,42
Ground Red Pepper	0,00	0,00	0,00	0,00
TOTAL	960,50	100,00	727,35	100,00

APPENDIX 6 Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BIBER DOLMASI (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	5
1971	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1000,00
Onion	250,00
Olive Oil (stuffed)	210,00
Rice	300,00
Dill	20,00
Mint	20,00
Tomato	300,00
Sugar	20,00
Salt	10,40
Cinnamon	0,00
Pimento	0,00
Pine Nut	18,00
Currant	13,00
Parsley	20,00
Lemon	100,00
TOTAL	2281,40
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from (fry in pan)	-12%
Weight yield factor for tomato barrowed from Bergström (braise)	-12%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (boiled)	-15%
Weight yield factor for lemon, juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for sweet bell pepper	697,00
Cooked weight for onion	138,84
Cooked weight for rice	547,08
Cooked weight for tomato	139,39
TOTAL COOKED WEIGHT	1903,19

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BIBER DOLMASI (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	3
1977	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	800,00
Onion	750,00
Olive Oil (stuffed)	165,00
Olive Oil (in pan)	55,00
Rice	200,00
Dill	30,00
Tomato	200,00
Salt	5,00
Salt (in pan)	10,00
Pine Nut	18,00
Currant	13,00
TOTAL	2246,00
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	347,68
Cooked weight for onion	416,52
Cooked weight for rice	364,72
Cooked weight for tomato	105,60
TOTAL COOKED WEIGHT	1510,50

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	11
1979	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1320,00
Onion	750,00
Olive Oil (stuffed)	250,00
Olive Oil (in pan)	300,00
Rice	250,00
Dill	30,00
Mint	30,00
Tomato	400,00
Sugar (in pan)	6,00
Sugar	1,50
Salt	12,50
Salt (in pan)	1,25
Pimento	2,50
Pine Nut	25,00
Currant	25,00
Parsley	30,00
TOTAL	3433,75
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	573,67
Cooked weight for onion	416,52
Cooked weight for rice	455,90
Cooked weight for tomato	211,20
TOTAL COOKED WEIGHT	2344,54

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BIBER DOLMASI (Aşçım, Sonay Nurettin Kılınçer)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	3
1982	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	500,00
Onion	300,00
Olive Oil (stuffed)	210,00
Rice	95,00
Dill	7,00
Dry Mint	8,50
Sugar	5,00
Salt (in pan)	5,00
Pimento	2,50
Pine Nut	18,00
Currant	13,00
Parsley	7,00
Lemon Juice	30,00
Black Pepper	2,50
TOTAL	1203,50
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Cooked weight for sweet bell pepper	217,30
Cooked weight for onion	166,61
Cooked weight for rice	173,24
TOTAL COOKED WEIGHT	859,18

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (İzahlı Yemek Kitabı, İnci Beşoğul)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	7
1987	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1000,00
Onion	750,00
Olive Oil (stuffed)	250,00
Rice	500,00
Tomato	500,00
Salt	10,40
Pimento	5,00
Pine Nut	50,00
Currant	50,00
Parsley	60,00
Lemon	50,00
Black Pepper	5,00
TOTAL	3230,40
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (boiled)	-15%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (baked)	-12%
Weight yield factor for lemon, juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	613,36
Cooked weight for onion	416,52
Cooked weight for rice	911,80
Cooked weight for tomato	264,00
TOTAL COOKED WEIGHT	2655,58

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	4
1992	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	480,00
Onion	375,00
Olive Oil (stuffed)	112,50
Olive Oil (in pan)	100,00
Rice	125,00
Dill	15,00
Mint	15,00
Tomato	160,00
Sugar (in pan)	1,50
Sugar	3,00
Salt	5,00
Pimento	1,25
Pine Nut	12,50
Currant	10,40
Parsley	15,00
TOTAL	1431,15
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	208,61
Cooked weight for onion	208,26
Cooked weight for rice	227,95
Cooked weight for tomato	84,48
TOTAL COOKED WEIGHT	1007,28

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	6
1993	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	850,00
Onion	600,00
Olive Oil (stuffed)	150,00
Rice	240,00
Dill	30,00
Mint	10,00
Tomato	250,00
Sugar	18,00
Salt	18,00
Pimento	1,50
Pine Nut	20,00
Currant	20,00
Parsley	40,00
Lemon Juice	20,00
Black Pepper	1,50
TOTAL	2269,00
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (boiled)	-15%
Weight yield factor for tomato barrowed from Bergström (boiled)	-22%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	592,45
Cooked weight for onion	333,21
Cooked weight for rice	437,66
Cooked weight for tomato	127,00
TOTAL COOKED WEIGHT	1791,03

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	4
1999	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	480,00
Onion	375,00
Olive Oil (stuffed)	112,50
Olive Oil (in pan)	100,00
Rice	125,00
Dill	15,00
Mint	15,00
Tomato	160,00
Sugar (in pan)	1,50
Sugar	3,00
Salt	5,00
Pimento	1,25
Pine Nut	12,50
Currant	10,40
Parsley	15,00
TOTAL	1431,15
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	208,61
Cooked weight for onion	208,26
Cooked weight for rice	227,95
Cooked weight for tomato	84,48
TOTAL COOKED WEIGHT	1007,28

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	3
2006	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	800,00
Onion	750,00
Olive Oil (stuffed)	165,00
Olive Oil (in pan)	55,00
Rice	200,00
Dill	30,00
Tomato	200,00
Salt	8,32
Salt (in pan)	10,00
Pine Nut	18,00
Currant	26,00
TOTAL	2262,32
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	347,68
Cooked weight for onion	416,52
Cooked weight for rice	364,72
Cooked weight for tomato	105,60
TOTAL COOKED WEIGHT	1526,30

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Gönül Candaş'ın Mutfağından, Gönül Candaş)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	5
2012	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1140,00
Onion	375,00
Olive Oil (stuffed)	210,00
Rice	380,00
Dill	30,00
Dry Mint	2,00
Tomato	100,00
Sugar	6,00
Salt	10,00
Cinnamon	2,00
Pimento	2,00
Pine Nut	18,00
Currant	26,00
Parsley	30,00
Lemon	100,00
Black Pepper	2,00
TOTAL	2433,00
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (boiled)	-15%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (boiled)	-22%
Weight yield factor for lemon juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Cooked weight for sweet bell pepper	794,58
Cooked weight for onion	208,26
Cooked weight for rice	692,97
Cooked weight for tomato	46,80
TOTAL COOKED WEIGHT	2121,07

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Seçme Yemekler, Leman Cızoğlu)

Eryılmaz)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	5
2014	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1000,00
Onion	250,00
Olive Oil (stuffed)	100,00
Rice	285,00
Dill	60,00
Mint	60,00
Tomato	300,00
Sugar	20,00
Salt	10,40
Cinnamon	0,00
Pimento	0,00
Pine Nut	18,00
Currant	13,00
Parsley	60,00
Lemon	100,00
Black Pepper	0,00
TOTAL	2276,40
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, stuffed with rice barrowed from Bergström (boiled)	-15%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (boiled)	-22%
Weight yield factor for tomato barrowed from (fry in pan)	-12%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for lemon, juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for sweet bell pepper	697,00
Cooked weight for onion	138,84
Cooked weight for rice	519,73
Cooked weight for tomato	139,80
TOTAL COOKED WEIGHT	1852,25

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Bereketli Olsun, Gönül Candaş)

Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	4
2016	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	750,00
Onion	375,00
Olive Oil (stuffed)	210,00
Olive Oil (in pan)	50,00
Rice	380,00
Dill	30,00
Dry Mint	2,00
Sugar	3,00
Salt	10,00
Cinnamon	2,00
Pimento	2,00
Pine Nut	18,00
Currant	26,00
Parsley	30,00
Lemon	100,00
TOTAL	1988,00
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Weight yield factor for lemon juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Cooked weight for sweet bell pepper	325,95
Cooked weight for onion	208,26
Cooked weight for rice	692,97
TOTAL COOKED WEIGHT	1650,64

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Büyük Yemek Kitabı, Emine Bedel)	
Raw Product:	Raw, Dried, Fresh

Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	6
2016	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	1000,00
Onion	200,00
Olive Oil (stuffed)	75,00
Olive Oil (in pan)	25,00
Rice	205,00
Dill	30,00
Mint	30,00
Sugar	30,00
Salt	10,40
Cinnamon	1,00
Pimento	1,00
Pine Nut	18,00
Currant	13,00
Parsley	30,00
Lemon Juice	40,00
Black Pepper	2,00
Thyme	1,00
Cumin	2,00
TOTAL	1713,40
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for parsley with tough stalks barrowed from Bergström (stalks removed, chopped)	-20%
Weight yield factor for currant barrowed from Bergström (stalks removed)	-4%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Cooked weight for sweet bell pepper	434,60
Cooked weight for onion	111,07
Cooked weight for rice	373,84
TOTAL COOKED WEIGHT	1201,89

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Arda'nın Mutfağı, Arda Türkmen)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise

Number of Portion:	6
2017	
Ingredients (ready-to-cook)	Base Recipe (g)
Sweet Bell Pepper	960,00
Onion	110,00
Olive Oil (stuffed)	315,00
Olive Oil (in pan)	105,00
Rice	570,00
Dry Mint	59,50
Tomato	350,00
Sugar	50,00
Salt	9,36
Pimento	18,00
Black Pepper	0,00
TOTAL	2546,86
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bogнар (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for rice barrowed from Bergström (fry in pan)	-6%
Weight yield factor for rice, long grain barrowed from Bergström (braising)	194%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for pepper barrowed from Bergström (stalk and seeds removed)	-18%
Weight yield factor for pepper, from Bergström (stewed)	-47%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g rice	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for sweet bell pepper	417,22
Cooked weight for onion	61,09
Cooked weight for rice	1039,45
Cooked weight for tomato	184,80
TOTAL COOKED WEIGHT	2259,42

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)

Raw Product:	Raw, Fresh
Cooking Method:	Stew
Number of Portion:	4
1971	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	960,00
Shallot	150,00
Salt	5,95
Olive Oil	315,00
Carrot	200,00
Potato	300,00
Dill	60,00
Sugar	20,00
Lemon Juice	30,00
TOTAL	2040,95
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bogнар(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Cooked weight for artichoke	220,80
Cooked weight for shallot	123,93
Cooked weight for carrot	134,78
Cooked weight for potato	291,00
TOTAL COOKED WEIGHT	1162,46

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Dried, Fresh

Cooking Method:	Stew
Number of Portion:	3
1977	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1590,00
Shallot	72,00
Salt	10,00
Olive Oil	275,00
Carrot	90,00
Potato	150,00
Sugar	10,00
Cellery Root	80,00
Lemon Juice	30,00
Lemon	30,00
Wheat Flour	6,00
TOTAL	2343,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bognar (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bognar(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bognar(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for cellery barrowed from Bergström (trimmed,cut)	-20%
Weight yield factor for cellery, pelled barrowed from Bognar(stewed)	1,11
Weight yield factor for lemon,juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for cellery root (stewed)	0
Cooked weight for artichoke	365,70
Cooked weight for shallot	59,49
Cooked weight for carrot	60,65
Cooked weight for potato	145,50
Cooked weight for cellery root	71,04
TOTAL COOKED WEIGHT	1053,48

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew, Boil
Number of Portion:	6

1979	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1590,00
Shallot	80,00
Salt	10,00
Olive Oil	300,00
Carrot	100,00
Potato	300,00
Dill	60,00
Sugar	3,00
Lemon Juice	120,00
Green Peas	54,00
Wheat Flour	6,00
TOTAL	2623,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bogнар(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for green peas barrowed from Bogнар (boiled)	0,89
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Cooked weight for artichoke	365,70
Cooked weight for shallot	66,10
Cooked weight for carrot	67,39
Cooked weight for potato	291,00
Cooked weight for green peas	48,06
TOTAL COOKED WEIGHT	1298,25

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Aşçım, Sonay Nurettin Kılınçer)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan, Stew, Braise, Boil
Number of Portion:	3
1982	

Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	960,00
Onion	50,00
Salt	5,95
Stock,Beef	100,00
Olive Oil	210,00
Dill	14,00
Tomato Paste	20,00
Lemon Juice	60,00
Wheat Flour	120,00
TOTAL	1539,95
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for onion barrowed from Bogнар (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for tomato sauce barrowed from Bergström (fried gently,simmered)	-20%
Weight yield factor for gravy(from bones) barrowed from Bogнар (braise)	1,57
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Cooked weight for artichoke	220,80
Cooked weight for onion	27,77
Cooked weight for tomato paste	16,00
Cooked weight for gravy	157,00
TOTAL COOKED WEIGHT	922,42

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGINAR (Ağız Tadı, Sevim Tanör)	
Raw Product:	Raw, Fresh
Cooking Method:	Stew, Boil
Number of Portion:	4
1985	
Ingredients (ready-to-cook)	Base Recipe (g)

Artichoke	800,00
Shallot	28,00
Spring Onion	418,00
Salt	4,96
Olive Oil	100,00
Carrot	100,00
Potato	200,00
Dill	60,00
Sugar	20,00
Lemon Juice	30,00
Green Peas	54,00
TOTAL	1814,96
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bogнар(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for flower vegetables for spring onion barrowed from Bogнар (stewed)	0,92
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for green peas barrowed from Bogнар (boiled)	0,89
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Fat uptake in gram related to 100 g flower vegetables for spring onion (stewed)	0
Cooked weight for artichoke	184,00
Cooked weight for shallot	23,13
Cooked weight for spring onion	384,56
Cooked weight for carrot	67,39
Cooked weight for potato	194,00
Cooked weight for green peas	48,06
TOTAL COOKED WEIGHT	1077,11

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))	Usta (Necip Ertürk))
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew, Boil
Number of Portion:	6
1992	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1590,00

Shallot	80,00
Salt	10,00
Olive Oil	300,00
Carrot	100,00
Potato	300,00
Dill	60,00
Sugar	3,00
Lemon Juice	30,00
Green Peas	54,00
Wheat Flour	6,00
TOTAL	2533,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bogнар(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Weight yield factor for green peas barrowed from Bogнар (boiled)	0,89
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Cooked weight for artichoke	365,70
Cooked weight for shallot	66,10
Cooked weight for carrot	67,39
Cooked weight for potato	291,00
Cooked weight for green peas	48,06
TOTAL COOKED WEIGHT	1208,25

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew
Number of Portion:	6
1993	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1500,00
Onion	120,00

Salt	12,00
Olive Oil	100,00
Carrot	200,00
Potato	200,00
Dill	40,00
Sugar	8,00
Lemon Juice	80,00
Green Peas	75,00
Wheat Flour	6,00
TOTAL	2341,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for root and tuber vegetables for onion barrowed from Bogнар(stewed)	1,02
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for green peas barrowed from Bogнар (stewed)	0,92
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%
Fat uptake in gram related to 100 g root and tuber vegetables for onion (stewed)	0
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Fat uptake in gram related to 100 g seed vegetables for green peas (stewed)	0
Cooked weight for artichoke	345,00
Cooked weight for onion	101,36
Cooked weight for carrot	134,78
Cooked weight for potato	194,00
Cooked weight for green peas	69,00
TOTAL COOKED WEIGHT	1064,14

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew, Boil
Number of Portion:	6
1999	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1590,00
Shallot	80,00
Salt	10,00

Olive Oil	300,00
Carrot	100,00
Potato	300,00
Dill	60,00
Sugar	3,00
Lemon Juice	30,00
Green Peas	54,00
Wheat Flour	6,00
TOTAL	2533,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bognar (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bognar(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bognar(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for green peas barrowed from Bognar (boiled)	0,89
Weight yield factor for dill with tough stalks barrowed from Bergström (stalks removed)	-65%

Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Cooked weight for artichoke	365,70
Cooked weight for shallot	66,10
Cooked weight for carrot	67,39
Cooked weight for potato	291,00
Cooked weight for green peas	48,06
TOTAL COOKED WEIGHT	1208,25

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGINAR (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew
Number of Portion:	5
2006	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	1590,00
Shallot	72,00
Salt	10,00
Olive Oil	275,00

Carrot	90,00
Potato	150,00
Sugar	10,00
Cellery Root	80,00
Lemon Juice	30,00
Lemon	30,00
Wheat Flour	6,00
TOTAL	2343,00
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bognar (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bognar(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bognar(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Weight yield factor for cellery barrowed from Bergström (trimmed, cut)	-20%
Weight yield factor for cellery, pelled barrowed from Bognar(stewed)	1,11
Weight yield factor for lemon, juice barrowed from Bognar (prepared by lemon squeezer)	0,33
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for cellery root (stewed)	0
Cooked weight for artichoke	365,70
Cooked weight for shallot	59,49
Cooked weight for carrot	60,65
Cooked weight for potato	145,50
Cooked weight for cellery roots	71,04
TOTAL COOKED WEIGHT	1053,48

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Seçme Yemekler, Leman Çızoğlu Eryılmaz)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew
Number of Portion:	4
2014	
Ingredients (ready-to-cook)	Base Recipe (g)
Artichoke	800,00
Shallot	150,00
Salt	4,96
Olive Oil	210,00
Carrot	200,00

Potato	300,00
Dill	60,00
Sugar	20,00
Lemon Juice	30,00
TOTAL	1774,96
Weight yield factor for artichoke barrowed from USDA (trimmed)	-75%
Weight yield factor for flower vegetables for artichoke barrowed from Bogнар (stewed)	0,92
Weight yield factor for shallot barrowed from Bergström (peeled)	-19%
Weight yield factor for root and tuber vegetables for shallot barrowed from Bogнар(stewed)	1,02
Weight yield factor for carrot barrowed from Bergström (hand-peeled)	-22%
Weight yield factor for carrot barrowed from Bergström (trimmed)	-10%
Weight yield factor for carrot barrowed from Bogнар(stewed)	0,96
Weight yield factor for potato, peeled, diced/sliced barrowed from Bergström (stewed)	-3%
Fat uptake in gram related to 100 g flower vegetables for artichoke (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for shallot (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for carrot (stewed)	0
Fat uptake in gram related to 100 g potato (stewed)	0
Cooked weight for artichoke	184,00
Cooked weight for shallot	123,93
Cooked weight for carrot	134,78
Cooked weight for potato	291,00
TOTAL COOKED WEIGHT	1058,67

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kolay Yemek Kitabı, Fatma Fuat Gücüyener)	
Raw Product:	Raw, Fresh
Cooking Method:	Stew
Number of Portion:	8
1953	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	2000,00
Onion	400,00
Tomato	560,00
Salt	16,00
Olive Oil	100,00
TOTAL	3076,00

Weight yield factor for green bean barrowed from Bergström (trimmed,cut)	-10%
Weight yield factor for green bean barrowed from Bognar (stewed)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for root and tuber vegetables for onion barrowed from Bognar(stewed)	1,02
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g seed vegetables for green bean (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for onion (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	1674,00
Cooked weight for onion	337,86
Cooked weight for tomato	295,68
TOTAL COOKED WEIGHT	2423,54

Name of the Dish: ZEYTİNYAĞLI FASULYE (Altın Tabak, Ergun Birol)	
Raw Product:	Raw, Fresh
Cooking Method:	Stew
Number of Portion:	4
1969	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	750,00
Onion	110,00
Tomato	170,00
Salt	3,75
Olive Oil	105,00
TOTAL	1138,75
Weight yield factor for green bean barrowed from Bergström (trimmed,cut)	-10%
Weight yield factor for green bean barrowed from Bognar (stewed)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%
Weight yield factor for root and tuber vegetables for onion barrowed from Bognar(stewed)	1,02
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g seed vegetables for green bean (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for onion (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	627,75
Cooked weight for onion	92,91
Cooked weight for tomato	89,76
TOTAL COOKED WEIGHT	919,17

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Braise
Number of Portion:	4
1971	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	200,00
Salt	5,00
Olive Oil	105,00
TOTAL	1410,00
Weight yield factor for green bean barrowed from Bergström (trimmed,cut)	-10%

Weight yield factor for green bean borrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean borrowed from Bognar (braise)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion borrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion borrowed from Bergström (braised)	-20%
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (fry in pan)	-12%
Weight yield factor for tomato borrowed from Bergström (braise)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	92,93
TOTAL COOKED WEIGHT	1036,87

Name of the Dish: ZEYTİNYAĞLI FASULYE (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Braise
Number of Portion:	3
1977	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1250,00
Onion	250,00
Tomato	350,00
Salt	5,00
Olive Oil	220,00
Sugar	4,00
TOTAL	2079,00
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean borrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean borrowed from Bognar (braise)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion borrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion borrowed from Bergström (braised)	-20%
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (fry in pan)	-12%
Weight yield factor for tomato borrowed from Bergström (braise)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	973,01
Cooked weight for onion	138,84
Cooked weight for tomato	162,62
TOTAL COOKED WEIGHT	1503,48

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	5
1979	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	200,00
Salt	5,00
Olive Oil	300,00
Sugar	10,00
TOTAL	1615,00
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%

Weight yield factor for green bean borrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean borrowed from Bognar (braise)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion borrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion borrowed from Bergström (braised)	-20%
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	105,60
TOTAL COOKED WEIGHT	1254,55

Name of the Dish: ZEYTİNYAĞLI FASULYE (İzahlı Yemek Kitabı, İnci Beşoğul)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	4
1987	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	500,00
Onion	60,00
Tomato	100,00
Salt	5,00
Olive Oil	100,00
Sugar	3,00
TOTAL	768,00
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion borrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion borrowed from Bergström (braised)	-20%
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean borrowed from Bognar (stewed)	0,93
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g seed vegetables for green bean (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	418,50
Cooked weight for onion	33,32
Cooked weight for tomato	52,80
TOTAL COOKED WEIGHT	612,62

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	5
1992	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	200,00
Salt	5,00
Olive Oil	300,00
Sugar	10,00
TOTAL	1615,00
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean borrowed from Bognar (fry in pan)	0,93

Weight yield factor for green bean borrowed from Bognar (braise)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion borrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion borrowed from Bergström (braised)	-20%
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	105,60
TOTAL COOKED WEIGHT	1254,55

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)	
Raw Product:	Raw, Fresh
Cooking Method:	Stew
Number of Portion:	6
1993	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	200,00
Tomato	400,00
Salt	12,00
Olive Oil	80,00
Sugar	12,00
Garlic	400,00
TOTAL	2104,00
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean borrowed from Bognar (stewed)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%
Weight yield factor for onion borrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for root and tuber vegetables for onion borrowed from Bognar (stewed)	1,02
Weight yield factor for tomato borrowed from Bergström (diced)	-40%
Weight yield factor for tomato borrowed from Bergström (stewed)	-12%
Weight yield factor for garlic borrowed from Bergström (peeled)	-12%
Fat uptake in gram related to 100 g seed vegetables for green bean (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for onion (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	837,00
Cooked weight for onion	168,93
Cooked weight for tomato	211,20
TOTAL COOKED WEIGHT	1673,13

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Stew, Braise
Number of Portion:	5
1999	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	200,00
Salt	5,00
Olive Oil	300,00
Sugar	10,00
TOTAL	1615,00
Weight yield factor for green bean borrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean borrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean borrowed from Bognar (braise)	0,93
Weight yield factor for onion borrowed from Bergström (peeled)	-9%

Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (stewed)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	105,60
TOTAL COOKED WEIGHT	1254,55

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Braise
Number of Portion:	3
2006	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1250,00
Onion	250,00
Tomato	350,00
Salt	5,00
Olive Oil	220,00
Sugar	4,00
TOTAL	2079,00
Weight yield factor for green bean barrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean barrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean barrowed from Bognar (braise)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (fry in pan)	-12%
Weight yield factor for tomato barrowed from Bergström (braise)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	973,01
Cooked weight for onion	138,84
Cooked weight for tomato	162,62
TOTAL COOKED WEIGHT	1503,48

APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Gönül Candaş'ın Mutfağından, Gönül Candaş)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Stew
Number of Portion:	4
2012	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	300,00
Salt	10,00
Olive Oil	60,00
Sugar	3,00
Garlic	4,50
Pepper, long	29,00
TOTAL	1506,50
Weight yield factor for green bean barrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean barrowed from Bognar (stewed)	0,93

Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for root and tuber vegetables for onion barrowed from Bogнар (stewed)	1,02
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (stewed)	-12%
Weight yield factor for garlic barrowed from Bergström (peeled)	-12%
Weight yield factor for pepper barrowed from Bergström (trimmed)	-20%
Weight yield factor for pepper barrowed from Bergström (stewed in olive oil)	-47%
Fat uptake in gram related to 100 g seed vegetables for green bean (stewed)	0
Fat uptake in gram related to 100 g root and tuber vegetables for onion (stewed)	0
Fat uptake in gram related to 100 g tomato (stewed)	0
Fat uptake in gram related to 100 g pepper (stewed)	0
Cooked weight for green bean	837,00
Cooked weight for onion	84,47
Cooked weight for tomato	158,40
Cooked weight for pepper	12,30
TOTAL COOKED WEIGHT	1169,12



APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Braise
Number of Portion:	4
2014	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	200,00
Salt	5,00
Olive Oil	105,00
Sugar	10,00
Tomato Paste	10,00
TOTAL	1430,00
Weight yield factor for green bean barrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean barrowed from Bogнар (fry in pan)	0,93
Weight yield factor for green bean barrowed from Bogнар (braise)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%

Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%
Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (fry in pan)	-12%
Weight yield factor for tomato barrowed from Bergström (braise)	-12%
Weight yield factor for tomato paste barrowed from Bergström (fry in pan)	-20%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	92,93
Cooked weight for tomato paste	8,00
TOTAL COOKED WEIGHT	1054,87



APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Bereketli Olsun, Gönül Candaş)	
Raw Product:	Raw, Fresh
Cooking Method:	Fry in pan, Braise
Number of Portion:	3
2016	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	1000,00
Onion	100,00
Tomato	100,00
Salt	5,00
Olive Oil	105,00
Sugar	4,50
Tomato Paste	2,50
TOTAL	1317,00
Weight yield factor for green bean barrowed from Bergström (trimmed, cut)	-10%
Weight yield factor for green bean barrowed from Bognar (fry in pan)	0,93
Weight yield factor for green bean barrowed from Bognar (braise)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed, cut)	-9%

Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for onion barrowed from Bergström (braised)	-20%
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (fry in pan)	-12%
Weight yield factor for tomato barrowed from Bergström (braise)	-12%
Weight yield factor for tomato paste barrowed from Bergström (fry in pan)	-20%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	778,41
Cooked weight for onion	55,54
Cooked weight for tomato	46,46
Cooked weight for tomato paste	2,00
TOTAL COOKED WEIGHT	996,91



APPENDIX 6 (continued) Calculation of the Weight of Cooked Foods

Name of the Dish: ZEYTİNYAĞLI FASULYE (Büyük Yemek Kitabı, Emine Bedel)	
Raw Product:	Raw, Dried, Fresh
Cooking Method:	Fry in pan
Number of Portion:	4
2016	
Ingredients (ready-to-cook)	Base Recipe (g)
Green Bean	500,00
Onion	100,00
Tomato	300,00
Salt	2,50
Olive Oil	40,00
Sugar	10,00
Garlic	8,00
Ground Red Pepper	0,00
TOTAL	960,50
Weight yield factor for green bean barrowed from Bergström (trimmed,cut)	-10%
Weight yield factor for green bean barrowed from Bognar (fry in pan)	0,93
Weight yield factor for onion barrowed from Bergström (peeled)	-9%
Weight yield factor for onion barrowed from Bergström (trimmed,cut)	-9%

Weight yield factor for onion barrowed from Bognar (fry in pan)	0,83
Weight yield factor for tomato barrowed from Bergström (diced)	-40%
Weight yield factor for tomato barrowed from Bergström (fry in pan)	-12%
Weight yield factor for garlic barrowed from Bergström (peeled)	-12%
Fat uptake in gram related to 100 g green bean (fry in pan)	0
Fat uptake in gram related to 100 g onion (fry in pan)	1
Fat uptake in gram related to 100 g tomato (fry in pan)	0
Cooked weight for green bean	418,50
Cooked weight for onion	69,42
Cooked weight for tomato	158,40
TOTAL COOKED WEIGHT	705,86



APPENDIX 7 Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	5								
1971									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	820,00	0,68	0,11	4,23	1,29	0,26	0,04	1,64	0,52
Onion	207,03	1,16	0,18	7,88	1,23	0,12	0,02	0,86	0,13
Olive Oil (stuffed)	210,00	0,00	100,00	0,00	0,00	0,00	11,03	0,00	0,00
Rice	547,08	6,84	0,44	75,67	3,46	1,97	0,13	21,75	0,99
Dill	7,00	2,95	0,97	5,27	1,98	0,01	0,00	0,02	0,01
Mint	20,00	3,37	0,88	1,60	6,69	0,04	0,01	0,02	0,07
Tomato	180,00	0,89	0,20	2,86	1,10	0,08	0,02	0,27	0,10
Sugar	20,00	0,00	0,00	99,92	0,00	0,00	0,00	1,05	0,00
Salt	10,40	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Cinnamon	0,00	3,99	1,24	80,59	53,10	0,00	0,00	0,00	0,00
Pimento	0,00	1,10	0,30	5,10	1,90	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,11	0,63	0,03	0,08
Currant	12,48	1,46	0,41	15,38	0,00	0,01	0,00	0,10	0,00
Parsley	16,00	3,39	0,56	2,82	3,42	0,03	0,00	0,02	0,03
Lemon	67,00	0,44	0,36	8,73	1,41	0,02	0,01	0,31	0,05
TOTAL	2134,99					2,65	11,91	26,07	1,98
Cooked Weight	1903,19								
Retention factors of root, tuber and bulb vegetables for sweet bell pepper by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	225,95								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	3								
1977									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	656,00	0,68	0,11	4,23	1,29	0,30	0,05	1,84	0,56
Onion	621,08	1,16	0,18	7,88	1,23	0,45	0,07	3,24	0,51
Olive Oil (stuffed)	165,00	0,00	100,00	0,00	0,00	0,00	10,92	0,00	0,00
Olive Oil (in pan)	55,00	0,00	100,00	0,00	0,00	0,00	3,64	0,00	0,00
Rice	364,72	6,84	0,44	75,67	3,46	1,65	0,11	18,27	0,84
Dill	10,50	2,95	0,97	5,27	1,98	0,02	0,01	0,04	0,01
Tomato	120,00	0,89	0,20	2,86	1,10	0,07	0,02	0,23	0,09
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Salt (in pan)	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,14	0,79	0,03	0,09
Currant	12,48	1,46	0,41	15,38	0,00	0,01	0,00	0,13	0,00
TOTAL	2037,78					2,64	15,61	23,78	2,10
Cooked Weight	1510,50								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	250,39								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	11								
1979									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	1082,40	0,68	0,11	4,23	1,29	0,31	0,05	1,95	0,60
Onion	621,08	1,16	0,18	7,88	1,23	0,29	0,05	2,09	0,33
Olive Oil (stuffed)	250,00	0,00	100,00	0,00	0,00	0,00	10,66	0,00	0,00
Olive Oil (in pan)	300,00	0,00	100,00	0,00	0,00	0,00	12,80	0,00	0,00
Rice	455,90	6,84	0,44	75,67	3,46	1,33	0,09	14,71	0,67
Dill	10,50	2,95	0,97	5,27	1,98	0,01	0,00	0,02	0,01
Mint	30,00	3,37	0,88	1,60	6,69	0,04	0,01	0,02	0,09
Tomato	240,00	0,89	0,20	2,86	1,10	0,09	0,02	0,29	0,11
Sugar (in pan)	6,00	0,00	0,00	99,92	0,00	0,00	0,00	0,26	0,00
Sugar	1,50	0,00	0,00	99,92	0,00	0,00	0,00	0,06	0,00
Salt	12,50	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Salt (in pan)	1,25	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	2,50	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,00
Pine Nut	25,00	11,82	66,66	2,87	7,95	0,13	0,71	0,03	0,08
Currant	24,00	1,46	0,41	15,38	0,00	0,01	0,00	0,16	0,00
Parsley	24,00	3,39	0,56	2,82	3,42	0,03	0,01	0,03	0,04
TOTAL	3086,63					2,26	24,40	19,63	1,92
Cooked Weight	2344,54								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	311,02								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Aşım, Sonay Nurettin Kılınçer)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	3								
1982									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	410,00	0,68	0,11	4,23	1,29	0,32	0,05	2,02	0,62
Onion	248,43	1,16	0,18	7,88	1,23	0,32	0,05	2,28	0,36
Olive Oil (stuffed)	210,00	0,00	100,00	0,00	0,00	0,00	24,44	0,00	0,00
Rice	173,24	6,84	0,44	75,67	3,46	1,38	0,09	15,26	0,70
Dill	2,45	2,95	0,97	5,27	1,98	0,01	0,00	0,02	0,01
Dry Mint	8,50	21,19	4,14	25,02	33,24	0,21	0,04	0,25	0,33
Sugar	5,00	0,00	0,00	99,92	0,00	0,00	0,00	5,00	0,00
Salt (in pan)	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	2,50	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,01
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,25	1,40	0,06	0,17
Currant	12,48	1,46	0,41	15,38	0,00	0,02	0,01	0,22	0,00
Parsley	5,60	3,39	0,56	2,82	3,42	0,02	0,00	0,02	0,02
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,24	0,01
Black Pepper	2,50	20,06	3,46	24,69	43,19	0,06	0,01	0,07	0,13
TOTAL	1133,70					2,61	26,10	25,44	2,33
Cooked Weight	859,18								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	351,80								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (İzahlı Yemek Kitabı, İnci Beşoğul)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	7								
1987									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	820,00	0,68	0,11	4,23	1,29	0,19	0,03	1,18	0,37
Onion	621,08	1,16	0,18	7,88	1,23	0,26	0,04	1,84	0,29
Olive Oil (stuffed)	250,00	0,00	100,00	0,00	0,00	0,00	9,41	0,00	0,00
Rice	911,80	6,84	0,44	75,67	3,46	2,35	0,15	25,98	1,19
Tomato	300,00	0,89	0,20	2,86	1,10	0,10	0,02	0,32	0,12
Salt	10,40	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	5,00	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,00
Pine Nut	50,00	11,82	66,66	2,87	7,95	0,22	1,26	0,05	0,15
Currant	48,00	1,46	0,41	15,38	0,00	0,03	0,01	0,28	0,00
Parsley	48,00	3,39	0,56	2,82	3,42	0,06	0,01	0,05	0,06
Lemon	33,50	0,44	0,36	8,73	1,41	0,01	0,00	0,11	0,02
Black Pepper	5,00	20,06	3,46	24,69	43,19	0,04	0,01	0,05	0,08
TOTAL	3102,78					3,25	10,94	29,87	2,28
Cooked Weight	2655,58								
Retention factors of root, tuber and bulb vegetables for sweet bell pepper by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	235,57								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	4								
1992									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	393,60	0,68	0,11	4,23	1,29	0,27	0,04	1,65	0,50
Onion	310,54	1,16	0,18	7,88	1,23	0,34	0,06	2,43	0,38
Olive Oil (stuffed)	112,50	0,00	100,00	0,00	0,00	0,00	11,17	0,00	0,00
Olive Oil (in pan)	100,00	0,00	100,00	0,00	0,00	0,00	9,93	0,00	0,00
Rice	227,95	6,84	0,44	75,67	3,46	1,55	0,10	17,12	0,78
Dill	5,25	2,95	0,97	5,27	1,98	0,02	0,01	0,03	0,01
Mint	15,00	3,37	0,88	1,60	6,69	0,05	0,01	0,02	0,10
Tomato	96,00	0,89	0,20	2,86	1,10	0,08	0,02	0,27	0,10
Sugar (in pan)	1,50	0,00	0,00	99,92	0,00	0,00	0,00	0,15	0,00
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,30	0,00
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	1,25	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,00
Pine Nut	12,50	11,82	66,66	2,87	7,95	0,15	0,83	0,04	0,10
Currant	9,98	1,46	0,41	15,38	0,00	0,01	0,00	0,15	0,00
Parsley	12,00	3,39	0,56	2,82	3,42	0,04	0,01	0,03	0,04
TOTAL	1306,07					2,51	22,17	22,21	2,02
Cooked Weight	1007,28								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	302,43								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	6								
1993									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	697,00	0,68	0,11	4,23	1,29	0,24	0,04	1,48	0,47
Onion	496,86	1,16	0,18	7,88	1,23	0,31	0,05	2,19	0,34
Olive Oil (stuffed)	150,00	0,00	100,00	0,00	0,00	0,00	8,38	0,00	0,00
Rice	437,66	6,84	0,44	75,67	3,46	1,67	0,11	18,49	0,85
Dill	10,50	2,95	0,97	5,27	1,98	0,02	0,01	0,03	0,01
Mint	10,00	3,37	0,88	1,60	6,69	0,02	0,00	0,01	0,04
Tomato	150,00	0,89	0,20	2,86	1,10	0,07	0,02	0,24	0,09
Sugar	18,00	0,00	0,00	99,92	0,00	0,00	0,00	1,00	0,00
Salt	18,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	1,50	1,10	0,30	5,10	1,90	0,00	0,00	0,00	0,00
Pine Nut	20,00	11,82	66,66	2,87	7,95	0,13	0,74	0,03	0,09
Currant	19,20	1,46	0,41	15,38	0,00	0,02	0,00	0,16	0,00
Parsley	32,00	3,39	0,56	2,82	3,42	0,06	0,01	0,05	0,06
Lemon Juice	20,00	0,35	0,24	6,90	0,30	0,00	0,00	0,08	0,00
Black Pepper	1,50	20,06	3,46	24,69	43,19	0,02	0,00	0,02	0,04
TOTAL	2082,22					2,56	9,36	23,79	1,99
Cooked Weight	1791,03								
Retention factors of root, tuber and bulb vegetables for sweet bell pepper by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	193,64								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	4								
1999									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	393,60	0,68	0,11	4,23	1,29	0,27	0,04	1,65	0,50
Onion	310,54	1,16	0,18	7,88	1,23	0,34	0,06	2,43	0,38
Olive Oil (stuffed)	112,50	0,00	100,00	0,00	0,00	0,00	11,17	0,00	0,00
Olive Oil (in pan)	100,00	0,00	100,00	0,00	0,00	0,00	9,93	0,00	0,00
Rice	227,95	6,84	0,44	75,67	3,46	1,55	0,10	17,12	0,78
Dill	5,25	2,95	0,97	5,27	1,98	0,02	0,01	0,03	0,01
Mint	15,00	3,37	0,88	1,60	6,69	0,05	0,01	0,02	0,10
Tomato	96,00	0,89	0,20	2,86	1,10	0,08	0,02	0,27	0,10
Sugar (in pan)	1,50	0,00	0,00	99,92	0,00	0,00	0,00	0,15	0,00
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,30	0,00
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	1,25	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,00
Pine Nut	12,50	11,82	66,66	2,87	7,95	0,15	0,83	0,04	0,10
Currant	9,98	1,46	0,41	15,38	0,00	0,01	0,00	0,15	0,00
Parsley	12,00	3,39	0,56	2,82	3,42	0,04	0,01	0,03	0,04
TOTAL	1306,07					2,51	22,17	22,21	2,02
Cooked Weight	1007,28								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	302,46								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	3								
2006									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	656,00	0,68	0,11	4,23	1,29	0,29	0,05	1,82	0,55
Onion	621,08	1,16	0,18	7,88	1,23	0,45	0,07	3,21	0,50
Olive Oil (stuffed)	165,00	0,00	100,00	0,00	0,00	0,00	10,81	0,00	0,00
Olive Oil (in pan)	55,00	0,00	100,00	0,00	0,00	0,00	3,60	0,00	0,00
Rice	364,72	6,84	0,44	75,67	3,46	1,63	0,11	18,08	0,83
Dill	10,50	2,95	0,97	5,27	1,98	0,02	0,01	0,04	0,01
Tomato	120,00	0,89	0,20	2,86	1,10	0,07	0,02	0,22	0,09
Salt	8,32	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Salt (in pan)	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,14	0,79	0,03	0,09
Currant	24,96	1,46	0,41	15,38	0,00	0,02	0,01	0,25	0,00
TOTAL	2053,58					2,63	15,45	23,66	2,08
Cooked Weight	1526,30								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	248,38								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Gönül Candaş'ın Mutfağından, Gönül Candaş)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	5								
2012									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	934,80	0,68	0,11	4,23	1,29	0,27	0,04	1,68	0,53
Onion	310,54	1,16	0,18	7,88	1,23	0,16	0,03	1,15	0,18
Olive Oil (stuffed)	210,00	0,00	100,00	0,00	0,00	0,00	9,90	0,00	0,00
Rice	692,97	6,84	0,44	75,67	3,46	2,23	0,14	24,72	1,13
Dill	10,50	2,95	0,97	5,27	1,98	0,01	0,00	0,03	0,01
Dry Mint	2,00	21,19	4,14	25,02	33,24	0,02	0,00	0,02	0,03
Tomato	60,00	0,89	0,20	2,86	1,10	0,03	0,01	0,08	0,03
Sugar	6,00	0,00	0,00	99,92	0,00	0,00	0,00	0,28	0,00
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Cinnamon	2,00	3,99	1,24	80,59	53,10	0,00	0,00	0,08	0,05
Pimento	2,00	1,10	0,30	5,10	1,90	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,10	0,57	0,02	0,07
Currant	24,96	1,46	0,41	15,38	0,00	0,02	0,00	0,18	0,00
Parsley	24,00	3,39	0,56	2,82	3,42	0,04	0,01	0,03	0,04
Lemon	67,00	0,44	0,36	8,73	1,41	0,01	0,01	0,28	0,04
Black Pepper	2,00	20,06	3,46	24,69	43,19	0,02	0,00	0,02	0,04
TOTAL	2376,77					2,92	10,72	28,58	2,15
Cooked Weight	2121,07								
Retention factors of root, tuber and bulb vegetables for sweet bell pepper by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by boil : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	226,82								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Türk Mutfağından Seçme Yemekler, Leman Cılzoğlu Eryılmaz)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	5								
2014									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	820,00	0,68	0,11	4,23	1,29	0,27	0,04	1,69	0,53
Onion	207,03	1,16	0,18	7,88	1,23	0,12	0,02	0,88	0,14
Olive Oil (stuffed)	100,00	0,00	100,00	0,00	0,00	0,00	5,40	0,00	0,00
Rice	519,73	6,84	0,44	75,67	3,46	1,92	0,12	21,23	0,97
Dill	21,00	2,95	0,97	5,27	1,98	0,03	0,01	0,06	0,02
Mint	60,00	3,37	0,88	1,60	6,69	0,11	0,03	0,05	0,22
Tomato	180,00	0,89	0,20	2,86	1,10	0,09	0,02	0,28	0,11
Sugar	20,00	0,00	0,00	99,92	0,00	0,00	0,00	1,08	0,00
Salt	10,40	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Cinnamon	0,00	3,99	1,24	80,59	53,10	0,00	0,00	0,00	0,00
Pimento	0,00	1,10	0,30	5,10	1,90	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,11	0,65	0,03	0,08
Currant	12,48	1,46	0,41	15,38	0,00	0,01	0,00	0,10	0,00
Parsley	48,00	3,39	0,56	2,82	3,42	0,09	0,01	0,07	0,09
Lemon	67,00	0,44	0,36	8,73	1,41	0,02	0,01	0,32	0,05
Black Pepper	0,00	20,06	3,46	24,69	43,19	0,00	0,00	0,00	0,00
TOTAL	2083,63					2,77	6,32	25,79	2,20
Cooked Weight	1852,25								
Retention factors of root, tuber and bulb vegetables for sweet bell pepper by boil: protein 0,9; fat 0,9; cho 0,9; fiber 0,93									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by boil : protein 1; fat 1; cho 1; fiber 1									
Calorie per 100 g	175,55								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Bereketli Olsun, Gönül Candaş)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	4								
2016									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	615,00	0,68	0,11	4,23	1,29	0,25	0,04	1,58	0,48
Onion	310,54	1,16	0,18	7,88	1,23	0,21	0,03	1,48	0,23
Olive Oil (stuffed)	210,00	0,00	100,00	0,00	0,00	0,00	12,72	0,00	0,00
Olive Oil (in pan)	50,00	0,00	100,00	0,00	0,00	0,00	3,03	0,00	0,00
Rice	692,97	6,84	0,44	75,67	3,46	2,87	0,18	31,77	1,45
Dill	10,50	2,95	0,97	5,27	1,98	0,02	0,01	0,03	0,01
Dry Mint	2,00	21,19	4,14	25,02	33,24	0,03	0,01	0,03	0,04
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,18	0,00
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Cinnamon	2,00	3,99	1,24	80,59	53,10	0,00	0,00	0,10	0,06
Pimento	2,00	1,10	0,30	5,10	1,90	0,00	0,00	0,01	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,13	0,73	0,03	0,09
Currant	24,96	1,46	0,41	15,38	0,00	0,02	0,01	0,23	0,00
Parsley	24,00	3,39	0,56	2,82	3,42	0,05	0,01	0,04	0,05
Lemon	67,00	0,44	0,36	8,73	1,41	0,02	0,01	0,35	0,06
TOTAL	2041,97					3,60	16,78	35,84	2,48
Cooked Weight	1650,64								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	313,72								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Büyük Yemek Kitabı, Emine Bedel)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	6								
2016									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	820,00	0,68	0,11	4,23	1,29	0,46	0,08	2,89	0,88
Onion	165,62	1,16	0,18	7,88	1,23	0,15	0,02	1,09	0,17
Olive Oil (stuffed)	75,00	0,00	100,00	0,00	0,00	0,00	6,24	0,00	0,00
Olive Oil (in pan)	25,00	0,00	100,00	0,00	0,00	0,00	2,08	0,00	0,00
Rice	373,84	6,84	0,44	75,67	3,46	2,13	0,14	23,54	1,08
Dill	10,50	2,95	0,97	5,27	1,98	0,03	0,01	0,05	0,02
Mint	30,00	3,37	0,88	1,60	6,69	0,08	0,02	0,04	0,17
Sugar	30,00	0,00	0,00	99,92	0,00	0,00	0,00	2,49	0,00
Salt	10,40	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Cinnamon	1,00	3,99	1,24	80,59	53,10	0,00	0,00	0,07	0,04
Pimento	1,00	1,10	0,30	5,10	1,90	0,00	0,00	0,00	0,00
Pine Nut	18,00	11,82	66,66	2,87	7,95	0,18	1,00	0,04	0,12
Currant	12,48	1,46	0,41	15,38	0,00	0,02	0,00	0,16	0,00
Parsley	24,00	3,39	0,56	2,82	3,42	0,07	0,01	0,06	0,07
Lemon Juice	40,00	0,35	0,24	6,90	0,30	0,01	0,01	0,23	0,01
Black Pepper	2,00	20,06	3,46	24,69	43,19	0,03	0,01	0,04	0,07
Thyme	1,00	8,81	7,25	26,66	40,40	0,01	0,01	0,02	0,03
Cumin	2,00	17,81	22,27	44,24	10,50	0,03	0,04	0,07	0,02
TOTAL	1641,84					3,20	9,66	30,79	2,68
Cooked Weight	1201,89								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	228,23								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Arda'nın Mutfağı, Arda Türkmen)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	6								
2017									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sweet Bell Pepper	787,20	0,68	0,11	4,23	1,29	0,24	0,04	1,47	0,45
Onion	91,09	1,16	0,18	7,88	1,23	0,04	0,01	0,32	0,05
Olive Oil (stuffed)	315,00	0,00	100,00	0,00	0,00	0,00	13,94	0,00	0,00
Olive Oil (in pan)	105,00	0,00	100,00	0,00	0,00	0,00	4,65	0,00	0,00
Rice	1039,45	6,84	0,44	75,67	3,46	3,15	0,20	34,81	1,59
Dry Mint	59,50	21,19	4,14	25,02	33,24	0,56	0,11	0,66	0,88
Tomato	210,00	0,89	0,20	2,86	1,10	0,08	0,02	0,27	0,10
Sugar	50,00	0,00	0,00	99,92	0,00	0,00	0,00	2,21	0,00
Salt	9,36	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Pimento	18,00	1,10	0,30	5,10	1,90	0,01	0,00	0,04	0,02
Black Pepper	0,00	20,06	3,46	24,69	43,19	0,00	0,00	0,00	0,00
TOTAL	2684,60					4,08	18,97	39,78	3,08
Cooked Weight	2259,42								
Retention factors of stem, flower, fruit, corn and seed vegetables for sweet bell pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by fry in pan :protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of rice by braise : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	352,30								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)									
Raw Product:	Raw, Fresh								
Cooking Method:	Stew								
Number of Portion:	4								
1971									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	240,00	2,46	0,20	2,62	4,74	0,51	0,04	0,54	0,98
Shallot	121,50	2,50	0,10	16,80	3,20	0,26	0,01	1,76	0,33
Salt	5,95	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	315,00	0,00	100,00	0,00	0,00	0,00	27,10	0,00	0,00
Carrot	156,00	0,89	0,20	6,50	2,58	0,12	0,03	0,87	0,35
Potato	300,00	1,48	0,23	14,37	1,44	0,38	0,06	3,71	0,37
Dill	21,00	2,95	0,97	5,27	1,98	0,05	0,02	0,10	0,04
Sugar	20,00	0,00	0,00	99,92	0,00	0,00	0,00	1,72	0,00
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,18	0,01
TOTAL	1209,45					1,33	27,26	8,87	2,07
Cooked Weight	1162,46								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1; fiber 1									
Calorie per 100 g	290,30								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew								
Number of Portion:	3								
1977									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	397,50	2,46	0,20	2,62	4,74	0,93	0,08	0,99	1,79
Shallot	58,32	2,50	0,10	16,80	3,20	0,14	0,01	0,93	0,18
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	275,00	0,00	100,00	0,00	0,00	0,00	26,10	0,00	0,00
Carrot	70,20	0,89	0,20	6,50	2,58	0,06	0,01	0,43	0,17
Potato	150,00	1,48	0,23	14,37	1,44	0,21	0,03	2,05	0,21
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,95	0,00
Cellery Root	64,00	0,82	0,29	5,00	2,70	0,05	0,02	0,30	0,16
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,20	0,01
Lemon	20,10	0,44	0,36	8,73	1,41	0,01	0,01	0,17	0,03
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,07	0,01	0,41	0,01
TOTAL	1091,12					1,47	26,27	6,43	2,56
Cooked Weight	1053,48								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for cellery root by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	273,16								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew, Boil								
Number of Portion:	6								
1979									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	397,50	2,46	0,20	2,62	4,74	0,75	0,06	0,80	1,45
Shallot	64,80	2,50	0,10	16,80	3,20	0,12	0,00	0,84	0,16
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	23,11	0,00	0,00
Carrot	78,00	0,89	0,20	6,50	2,58	0,05	0,01	0,39	0,16
Potato	300,00	1,48	0,23	14,37	1,44	0,34	0,05	3,32	0,33
Dill	21,00	2,95	0,97	5,27	1,98	0,05	0,02	0,09	0,03
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,23	0,00
Lemon Juice	120,00	0,35	0,24	6,90	0,30	0,03	0,02	0,64	0,03
Green Peas	54,00	6,49	0,82	12,22	5,11	0,24	0,03	0,46	0,20
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,06	0,01	0,34	0,01
TOTAL	1354,30					1,65	23,32	7,10	2,37
Cooked Weight	1298,25								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for green peas by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Calorie per 100 g	249,58								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Aşım, Sonay Nurettin Kılınçer)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan, Stew, Braise, Boil								
Number of Portion:	3								
1982									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	240,00	2,46	0,20	2,62	4,74	0,64	0,05	0,68	1,23
Onion	41,41	1,16	0,18	7,88	1,23	0,05	0,01	0,35	0,06
Salt	5,95	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Stock,Beef	100,00	1,97	0,09	1,20	0,00	0,21	0,01	0,13	0,00
Olive Oil	210,00	0,00	100,00	0,00	0,00	0,00	22,77	0,00	0,00
Dill	4,90	2,95	0,97	5,27	1,98	0,02	0,01	0,03	0,01
Tomato Paste	20,00	4,56	0,52	16,64	3,58	0,10	0,01	0,36	0,08
Lemon Juice	60,00	0,35	0,24	6,90	0,30	0,02	0,02	0,45	0,02
Wheat Flour	120,00	11,98	1,66	72,53	2,40	1,56	0,22	9,44	0,31
TOTAL	802,26					2,60	23,08	11,44	1,71
Cooked Weight	922,42								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by braise : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	267,33								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Ağız Tadı, Sevim Tanör)									
Raw Product:	Raw, Fresh								
Cooking Method:	Stew, Boil								
Number of Portion:	4								
1985									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	200,00	2,46	0,20	2,62	4,74	0,46	0,04	0,49	0,88
Shallot	22,68	2,50	0,10	16,80	3,20	0,05	0,00	0,35	0,07
Spring Onion	418,00	1,31	0,19	4,63	1,72	0,51	0,07	1,80	0,67
Salt	4,96	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	100,00	0,00	100,00	0,00	0,00	0,00	9,28	0,00	0,00
Carrot	78,00	0,89	0,20	6,50	2,58	0,06	0,01	0,47	0,19
Potato	200,00	1,48	0,23	14,37	1,44	0,27	0,04	2,67	0,27
Dill	21,00	2,95	0,97	5,27	1,98	0,06	0,02	0,10	0,04
Sugar	20,00	0,00	0,00	99,92	0,00	0,00	0,00	1,86	0,00
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,19	0,01
Green Peas	54,00	6,49	0,82	12,22	5,11	0,29	0,04	0,55	0,24
TOTAL	1148,64					1,72	9,52	8,48	2,35
Cooked Weight	1077,11								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for spring onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for green peas by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Calorie per 100 g	131,14								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew, Boil								
Number of Portion:	6								
1992									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	397,50	2,46	0,20	2,62	4,74	0,81	0,07	0,86	1,56
Shallot	64,80	2,50	0,10	16,80	3,20	0,13	0,01	0,90	0,17
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	24,83	0,00	0,00
Carrot	78,00	0,89	0,20	6,50	2,58	0,06	0,01	0,42	0,17
Potato	300,00	1,48	0,23	14,37	1,44	0,37	0,06	3,57	0,36
Dill	21,00	2,95	0,97	5,27	1,98	0,05	0,02	0,09	0,03
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,25	0,00
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,17	0,01
Green Peas	54,00	6,49	0,82	12,22	5,11	0,26	0,03	0,49	0,21
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,06	0,01	0,36	0,01
TOTAL	1264,30					1,75	25,03	7,12	2,52
Cooked Weight	1208,25								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for green peas by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Calorie per 100 g	265,81								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAGLI ENGİNAR (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew								
Number of Portion:	6								
1993									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	375,00	2,46	0,20	2,62	4,74	0,87	0,07	0,92	1,67
Onion	99,37	1,16	0,18	7,88	1,23	0,11	0,02	0,74	0,11
Salt	12,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	100,00	0,00	100,00	0,00	0,00	0,00	9,40	0,00	0,00
Carrot	156,00	0,89	0,20	6,50	2,58	0,13	0,03	0,95	0,38
Potato	200,00	1,48	0,23	14,37	1,44	0,28	0,04	2,70	0,27
Dill	14,00	2,95	0,97	5,27	1,98	0,04	0,01	0,07	0,03
Sugar	8,00	0,00	0,00	99,92	0,00	0,00	0,00	0,75	0,00
Lemon Juice	80,00	0,35	0,24	6,90	0,30	0,03	0,02	0,52	0,02
Green Peas	75,00	6,49	0,82	12,22	5,11	0,46	0,06	0,86	0,36
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,07	0,01	0,41	0,01
TOTAL	1125,37					1,97	9,66	7,92	2,86
Cooked Weight	1064,14								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for green peas by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	132,20								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew, Boil								
Number of Portion:	6								
1999									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	397,50	2,46	0,20	2,62	4,74	0,81	0,07	0,86	1,56
Shallot	64,80	2,50	0,10	16,80	3,20	0,13	0,01	0,90	0,17
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	24,83	0,00	0,00
Carrot	78,00	0,89	0,20	6,50	2,58	0,06	0,01	0,42	0,17
Potato	300,00	1,48	0,23	14,37	1,44	0,37	0,06	3,57	0,36
Dill	21,00	2,95	0,97	5,27	1,98	0,05	0,02	0,09	0,03
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,25	0,00
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,17	0,01
Green Peas	54,00	6,49	0,82	12,22	5,11	0,26	0,03	0,49	0,21
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,06	0,01	0,36	0,01
TOTAL	1264,30					1,75	25,03	7,12	2,52
Cooked Weight	1208,25								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for green peas by boil: protein 0,9; fat 0,9; cho 0,9 ; fiber 0,93									
Calorie per 100 g	265,81								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Kuşaklar Boyunca Ekrem Muhittin Yeğen’le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew								
Number of Portion:	5								
2006									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	397,50	2,46	0,20	2,62	4,74	0,93	0,08	0,99	1,79
Shallot	58,32	2,50	0,10	16,80	3,20	0,14	0,01	0,93	0,18
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	275,00	0,00	100,00	0,00	0,00	0,00	26,10	0,00	0,00
Carrot	70,20	0,89	0,20	6,50	2,58	0,06	0,01	0,43	0,17
Potato	150,00	1,48	0,23	14,37	1,44	0,21	0,03	2,05	0,21
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,95	0,00
Cellery Root	64,00	0,82	0,29	5,00	2,70	0,05	0,02	0,30	0,16
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,20	0,01
Lemon	20,10	0,44	0,36	8,73	1,41	0,01	0,01	0,17	0,03
Wheat Flour	6,00	11,98	1,66	72,53	2,40	0,07	0,01	0,41	0,01
TOTAL	1091,12					1,47	26,27	6,43	2,56
Cooked Weight	1053,48								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for cellery root by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	273,16								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI ENGİNAR (Türk Mutfağından Seçme Yemekler, Leman Cılızoğlu Eryılmaz)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew								
Number of Portion:	4								
2014									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Artichoke	200,00	2,46	0,20	2,62	4,74	0,46	0,04	0,49	0,90
Shallot	121,50	2,50	0,10	16,80	3,20	0,29	0,01	1,93	0,37
Salt	4,96	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	210,00	0,00	100,00	0,00	0,00	0,00	19,84	0,00	0,00
Carrot	156,00	0,89	0,20	6,50	2,58	0,13	0,03	0,96	0,38
Potato	300,00	1,48	0,23	14,37	1,44	0,42	0,07	4,07	0,41
Dill	21,00	2,95	0,97	5,27	1,98	0,06	0,02	0,10	0,04
Sugar	20,00	0,00	0,00	99,92	0,00	0,00	0,00	1,89	0,00
Lemon Juice	30,00	0,35	0,24	6,90	0,30	0,01	0,01	0,20	0,01
TOTAL	1063,46					1,37	20,01	9,64	2,10
Cooked Weight	1058,67								
Retention factors of stem, flower, fruit, corn and seed vegetables for artichoke by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for shallot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for carrot by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of potato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	228,30								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kolay Yemek Kitabı, Fatma Fuat Gücüyener)									
Raw Product:	Raw, Fresh								
Cooking Method:	Stew								
Number of Portion:	8								
1953									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	1800,00	2,20	0,37	6,99	2,08	1,63	0,27	5,19	1,54
Onion	331,24	1,16	0,18	7,88	1,23	0,16	0,02	1,08	0,17
Tomato	336,00	0,89	0,20	2,86	1,10	0,12	0,03	0,40	0,15
Salt	16,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	100,00	0,00	100,00	0,00	0,00	0,00	4,13	0,00	0,00
TOTAL	2583,24					1,92	4,45	6,67	1,87
Cooked Weight	2423,54								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	78,14								

Name of the Dish: ZEYTİNYAĞLI FASULYE (Altın Tabak, Ergun Birol)									
Raw Product:	Raw, Fresh								
Cooking Method:	Stew								
Number of Portion:	4								
1969									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	675,00	2,20	0,37	6,99	2,08	1,62	0,27	5,13	1,53
Onion	91,09	1,16	0,18	7,88	1,23	0,11	0,02	0,78	0,12
Tomato	102,00	0,89	0,20	2,86	1,10	0,10	0,02	0,32	0,12
Salt	3,75	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	105,00	0,00	100,00	0,00	0,00	0,00	11,42	0,00	0,00
TOTAL	976,84					1,83	11,74	6,23	1,77
Cooked Weight	919,17								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	141,40								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Yemek Pişirme Temel Metod ve Uygulamaları, Leman Cılızoğlu)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Braise								
Number of Portion:	4								
1971									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,91	0,32	6,07	1,81
Onion	82,81	1,16	0,18	7,88	1,23	0,09	0,01	0,63	0,10
Tomato	120,00	0,89	0,20	2,86	1,10	0,10	0,02	0,33	0,13
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	105,00	0,00	100,00	0,00	0,00	0,00	10,13	0,00	0,00
TOTAL	1212,81					2,10	10,49	7,03	2,03
Cooked Weight	1036,87								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	134,95								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Alaturka-Alafranga Yemek Öğretimi ve Sofra Düzeni-Sofra Görgüsü, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Braise								
Number of Portion:	3								
1977									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	1125,00	2,20	0,37	6,99	2,08	1,65	0,28	5,23	1,56
Onion	207,03	1,16	0,18	7,88	1,23	0,15	0,02	1,09	0,17
Tomato	210,00	0,89	0,20	2,86	1,10	0,12	0,03	0,40	0,15
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	220,00	0,00	100,00	0,00	0,00	0,00	14,63	0,00	0,00
Sugar	4,00	0,00	0,00	99,92	0,00	0,00	0,00	0,27	0,00
TOTAL	1771,03					1,92	14,96	6,98	1,88
Cooked Weight	1503,48								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	174,03								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 10. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	5								
1979									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,58	0,27	5,01	1,49
Onion	82,81	1,16	0,18	7,88	1,23	0,07	0,01	0,52	0,08
Tomato	120,00	0,89	0,20	2,86	1,10	0,09	0,02	0,27	0,11
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	23,91	0,00	0,00
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,80	0,00
TOTAL	1417,81					1,74	24,21	6,61	1,68
Cooked Weight	1254,55								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	254,61								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (İzahlı Yemek Kitabı, İnci Beşoğul)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	4								
1987									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	450,00	2,20	0,37	6,99	2,08	1,62	0,27	5,13	1,53
Onion	49,69	1,16	0,18	7,88	1,23	0,09	0,01	0,64	0,10
Tomato	60,00	0,89	0,20	2,86	1,10	0,09	0,02	0,28	0,11
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	100,00	0,00	100,00	0,00	0,00	0,00	16,32	0,00	0,00
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,49	0,00
TOTAL	667,69					1,79	16,63	6,54	1,74
Cooked Weight	612,62								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0.95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	186,48								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 3. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	5								
1992									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,58	0,27	5,01	1,49
Onion	82,81	1,16	0,18	7,88	1,23	0,07	0,01	0,52	0,08
Tomato	120,00	0,89	0,20	2,86	1,10	0,09	0,02	0,27	0,11
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	23,91	0,00	0,00
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,80	0,00
TOTAL	1417,81					1,74	24,21	6,61	1,68
Cooked Weight	1254,55								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0.95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	254,61								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Örnekler, Ayşe Baysal ve ark.)									
Raw Product:	Raw, Fresh								
Cooking Method:	Stew								
Number of Portion:	6								
1993									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,18	0,20	3,76	1,12
Onion	165,62	1,16	0,18	7,88	1,23	0,11	0,02	0,78	0,12
Tomato	240,00	0,89	0,20	2,86	1,10	0,13	0,03	0,41	0,16
Salt	12,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	80,00	0,00	100,00	0,00	0,00	0,00	4,78	0,00	0,00
Sugar	12,00	0,00	0,00	99,92	0,00	0,00	0,00	0,72	0,00
Garlic	352,00	5,21	0,54	24,48	2,64	1,10	0,11	5,15	0,56
TOTAL	1761,62					2,52	5,14	10,82	1,95
Cooked Weight	1673,13								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	103,54								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfak Sanatı 7. Baskı, Necip Usta (Necip Ertürk))									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Stew, Braise								
Number of Portion:	5								
1999									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,58	0,27	5,01	1,49
Onion	82,81	1,16	0,18	7,88	1,23	0,07	0,01	0,52	0,08
Tomato	120,00	0,89	0,20	2,86	1,10	0,09	0,02	0,27	0,11
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	300,00	0,00	100,00	0,00	0,00	0,00	23,91	0,00	0,00
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,80	0,00
TOTAL	1417,81					1,74	24,21	6,61	1,68
Cooked Weight	1254,55								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0.95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	254,61								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Kuşaklar Boyunca Ekrem Muhittin Yeğen'le Yemek Öğretimi/ Çeşitli Sebze Yemekleri, Ekrem Muhittin Yeğen)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Braise								
Number of Portion:	3								
2006									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	1125,00	2,20	0,37	6,99	2,08	1,65	0,28	5,23	1,56
Onion	207,03	1,16	0,18	7,88	1,23	0,15	0,02	1,09	0,17
Tomato	210,00	0,89	0,20	2,86	1,10	0,12	0,03	0,40	0,15
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	220,00	0,00	100,00	0,00	0,00	0,00	14,63	0,00	0,00
Sugar	4,00	0,00	0,00	99,92	0,00	0,00	0,00	0,27	0,00
TOTAL	1771,03					1,92	14,96	6,98	1,88
Cooked Weight	1503,48								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	174,03								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Gönül Candaş'ın Mutfağından, Gönül Candaş)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Stew								
Number of Portion:	4								
2012									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,69	0,28	5,38	1,60
Onion	82,81	1,16	0,18	7,88	1,23	0,08	0,01	0,56	0,09
Tomato	180,00	0,89	0,20	2,86	1,10	0,14	0,03	0,44	0,17
Salt	10,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	60,00	0,00	100,00	0,00	0,00	0,00	5,13	0,00	0,00
Sugar	3,00	0,00	0,00	99,92	0,00	0,00	0,00	0,26	0,00
Garlic	3,96	5,21	0,54	24,48	2,64	0,02	0,00	0,08	0,01
Pepper,long	23,20	0,76	0,13	4,85	1,93	0,02	0,00	0,10	0,04
TOTAL	1262,97					1,95	5,46	6,82	1,90
Cooked Weight	1169,12								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for pepper by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	88,04								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Türk Mutfağından Seçme Yemekler, Leman Cıhzoğlu Eryılmaz)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Braise								
Number of Portion:	4								
2014									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,88	0,32	5,96	1,77
Onion	82,81	1,16	0,18	7,88	1,23	0,09	0,01	0,62	0,10
Tomato	120,00	0,89	0,20	2,86	1,10	0,10	0,02	0,33	0,13
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	105,00	0,00	100,00	0,00	0,00	0,00	9,95	0,00	0,00
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	0,95	0,00
Tomato Paste	10,00	4,56	0,52	16,64	3,58	0,04	0,00	0,16	0,03
TOTAL	1232,81					2,11	10,31	8,01	2,03
Cooked Weight	1054,87								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	137,35								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Bereketli Olsun, Gönül Candaş)									
Raw Product:	Raw, Fresh								
Cooking Method:	Fry in pan, Braise								
Number of Portion:	3								
2016									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	900,00	2,20	0,37	6,99	2,08	1,99	0,33	6,31	1,88
Onion	82,81	1,16	0,18	7,88	1,23	0,09	0,01	0,65	0,10
Tomato	60,00	0,89	0,20	2,86	1,10	0,05	0,01	0,17	0,07
Salt	5,00	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	105,00	0,00	100,00	0,00	0,00	0,00	10,53	0,00	0,00
Sugar	4,50	0,00	0,00	99,92	0,00	0,00	0,00	0,45	0,00
Tomato Paste	2,50	4,56	0,52	16,64	3,58	0,01	0,00	0,04	0,01
TOTAL	1159,81					2,14	10,89	7,63	2,06
Cooked Weight	996,91								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	141,26								

APPENDIX 7 (continued) Calculation of the Content of Nutrients in Cooked Foods without/with Retention Factor

Name of the Dish: ZEYTİNYAĞLI FASULYE (Büyük Yemek Kitabı, Emine Bedel)									
Raw Product:	Raw, Dried, Fresh								
Cooking Method:	Fry in pan								
Number of Portion:	4								
2016									
Ingredients (ready-to-cook)	Raw Weight g	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Cho in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Cho in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Green Bean	450,00	2,20	0,37	6,99	2,08	1,40	0,24	4,46	1,33
Onion	82,81	1,16	0,18	7,88	1,23	0,13	0,02	0,92	0,14
Tomato	180,00	0,89	0,20	2,86	1,10	0,23	0,05	0,73	0,28
Salt	2,50	0,00	0,00	0,22	0,00	0,00	0,00	0,00	0,00
Olive Oil	40,00	0,00	100,00	0,00	0,00	0,00	5,67	0,00	0,00
Sugar	10,00	0,00	0,00	99,92	0,00	0,00	0,00	1,42	0,00
Garlic	7,04	5,21	0,54	24,48	2,64	0,05	0,01	0,24	0,03
Ground Red Pepper	0,00	12,01	17,27	56,63	27,20	0,00	0,00	0,00	0,00
TOTAL	772,35					1,81	5,98	7,77	1,78
Cooked Weight	705,86								
Retention factors of stem, flower, fruit, corn and seed vegetables for green bean by fry in pan : protein 1; fat 1; cho 1 ; fiber 1									
Retention factors of root, tuber and bulb vegetables for onion by fry in pan : protein 0,95; fat 1; cho 1 ; fiber 1									
Retention factors of stem, flower, fruit, corn and seed vegetables for tomato by stew : protein 1; fat 1; cho 1 ; fiber 1									
Calorie per 100 g	95,70								

APPENDIX 8 Sample Solution According to EuroFIR Recipe Calculation Guideline

For the sample solution, stuffed green peppers with olive oil in the 'Aşım' cookbook which is written by Sonay Nurettin Kılınçer and published by 'Ayyıldız Matbaası' publishing house in 1982 was chosen. Firstly, stuffed green peppers with olive oil's ingredient were listed exactly as in Appendix 2. All of the input ingredients in the recipe were standardized in grams.

Table 8.1 : The Input Ingredients of Stuffed Green Peppers with Olive Oil From the 'Aşım' Cookbook

Ingredients	Size	Amount (g)
Sweet Bell Pepper	500 gr	500
Onion	6 pieces	300
Olive Oil	1 Water Cup	210
Rice	1/2 Water Cup	95
Dill	1/2 Tablespoonful	7
Dry Mint	1/2 Tablespoonful	8,5
Sugar	1/2 Dessertspoonful	5
Salt	1/2 Dessertspoonful	5
Pimento	1/2 Dessertspoonful	2,5
Pine Nut	1 Tablespoonful	18
Currant	1 Tablespoonful	13
Parsley	1/2 Tablespoonful	7
Lemon Juice	1/2 Piece	30
Black Pepper	1/2 Dessertspoonful	2,5

The energy, protein, total fat, carbohydrate, water, calcium, iron, phosphorus and sodium contents of the raw ingredients were calculated by using Türkomp and USDA Food Composition Databases. The sum of the weights of the raw ingredients was calculated.

Table 8.2 : Energy and Nutrient Components of the Raw Weight of Input Ingredient of Stuffed Green Peppers with Olive Oil From the ‘Aşçım’ Cookbook

Name of the Dish: ZEYTİNYAĞLI BİBER DOLMASI (Aşçım, Sonay Nurettin Kılınçer)										
1982									Number of Portion:	3
Ingredients	Weight	Water	Protein	Total Lipid	Carbohydr	Ca	Fe	P	Na	Energy
Sweet Bell Pepper	500,00	466,90	3,40	0,55	21,15	50,00	2,00	130,00	10,00	115,00
Onion	300,00	266,82	3,48	0,54	23,64	93,00	0,69	108,00	18,00	120,00
Olive Oil (dolma içi)	210,00	0,00	0,00	210,00	0,00	0,00	0,00	0,00	0,00	1890,00
Rice	95,00	12,49	6,50	3,29	71,89	4,75	0,44	107,35	14,25	323,95
Dill	7,00	6,10	0,21	0,07	0,37	16,17	0,31	4,13	8,75	3,22
Dry Mint	8,50	0,63	1,80	0,35	2,13	116,37	4,37	21,68	3,74	24,57
Sugar	5,00	0,00	0,00	0,00	5,00	0,05	0,01	0,80	0,70	20,00
Salt (tencereye)	5,00	0,00	0,00	0,00	0,01	2,00	0,03	0,50	0,75	0,05
Pimento	2,50	2,33	0,03	0,05	0,13	0,15	0,04	0,43	0,35	0,58
Pine Nut	18,00	1,09	2,13	12,00	0,52	0,00	0,00	0,00	0,00	121,50
Currant	13,00	10,65	0,19	0,05	2,00	7,15	0,20	7,67	0,26	8,19
Parsley	7,00	6,16	0,24	0,04	0,20	10,22	0,33	2,66	5,25	2,59
Lemon Juice	30,00	27,69	0,11	0,07	2,07	1,80	0,02	2,40	0,30	6,60
Black Pepper	2,50	0,02	0,50	0,09	0,62	1,00	0,01	0,00	0,38	7,43
TOTAL	1203,50									2643,67

The portion size was found by dividing the total weight of the raw ingredients by the recommended number of portions.

Portion Size; $1203,50 / 3 = 401,17g$

The ratio of total energy of raw ingredients to total weight of raw ingredients found calories per 100 grams of the dish.

Calorie/100g; $2643,67 * 100 / 1203,50 = 219,66 \text{ kcal/g}$

Raw ingredients were prepared for the cooking process.

Table 8.3 : Preparation of Raw Input Ingredients for Cooking

Raw Ingredients	Preparation Process (for cooking)	Weight Yield Factor	Weight of Ready for Cooking	References
Onion	Peeled	-9%	$300 - 300 * 9 / 100 = 273g$	Bergström
Onion	Trimmed, cut	-9%	$273 - 273 * 9 / 100 = 248,43g$	Bergström
Dill	Stalks removed	-65%	$7 - 7 * 65 / 100 = 2,45g$	Bergström
Parsley	Stalks removed chopped	-20%	$7 - 7 * 20 / 100 = 5,6g$	Bergström
Currant	Stalks removed	-4%	$13 - 13 * 4 / 100 = 12,48g$	Bergström
Sweet Bell Pepper	Stalk and seed removed	-18%	$500 - 500 * 18 / 100 = 410g$	Bergström

Yield factor and fat uptake were applied according to cooking methods. Olive oil, all spices, sugar, salt, dill, pine nuts, currant, parsley and lemon juice were added directly to the total cooked weight without cooking process. Total cooked weight of dish found by adding the all values found.

Table 8.4 : Calculation of the Weight of Cooked Stuffed Green Peppers with Olive Oil from the ‘Aşçım’ Cookbook

Raw Ingredients	Cooking Methods	Weight Yield Factor	Weight of Cooked Ingredients	References
Onion	Fry in pan	1*	$248,43+(248,43*1/100)=250,91\text{g}$	Bognar
Onion	Fry in pan	0,83	$250,91*83/100=208,25\text{g}$	Bognar
Onion	Braised	-20%	$208,25-(208,25*20/100)=166,61\text{g}$	Bergström
Rice	Fry in pan	-6%	$95-95*6/100=89,3\text{g}$	Bergström
Rice	Braised	194%	$89,3*194/100=173,24\text{g}$	Bergström
Sweet Bell Pepper	Stewed	-47%	$410-410*47/100=217,3\text{g}$	Bergström

*Fat Uptake in gram related to 100g onion (fry in pan);1

$$\text{Total Cooked Weight} = 217,3 + 166,61 + 173,24 + 2,45 + 12,48 + 5,6 + 210 + 8,5 + 5 + 5 + 2,5 + 18 + 30 + 2,5 = 859,18\text{g}$$

Türkomp and USDA Food Composition Databases were used to obtain food composition data of input ingredients per 100 g edible part. Content of nutrients (protein, fat, carbonhydrate and fiber) in gram per 100 g of cooked food before using retention factor was calculated.

Table 8.5 : Calculation of the Content of Nutrients in Cooked Stuffed Green Peppers with Olive Oil without Retention Factor from the ‘Aşçım’ Cookbook

Ingredients (ready-to-cook)	Raw Weight (g)	Fat in g per 100 g input ingredient	Fat in g per 100 g cooked weight
Olive Oil	210,00	100,00	$210*100 / 859,18 = 24,33\text{g}$

All spices, sugar, salt, dill, pine nuts, currant, parsley and lemon juice is calculated in this way for content of nutrients.

Bognar tables for retention factors were used as data sources and listed by cooking methods (54).

Table 8.6 : Calculation of the Content of Nutrients in Cooked Stuffed Green Peppers with Olive Oil with Retention Factor from the ‘Aşım’ Cookbook

Ingredients	Raw Weight (g)	Cooking Methods		Protein in g per 100 g input ingredient	Retention Factor for nutrient protein		Content of nutrient protein in g per 100 g of final food after using retention factor
Onion	248,43g	Fry in pan	Braised	1,16	0,95	1	$(248,43*1,16*0,95*1)/859,18 = 0,32 \text{ g}$
Rice	173,24g	Fry in pan	Braised	6,84	1	1	$(173,24*6,84*1*1)/859,18 = 0,01 \text{ g}$
Sweet Bell Pepper	410g	Stewed		0,68	1		$(410*0,68*1)/859,18 = 0,32 \text{ g}$

Other nutrient contents of onions, rice and sweet bell peppers are also calculated in this way.

Table 8.7 : Calculation of the Cooked Weight Stuffed Green Peppers with Olive Oil From the ‘Aşım’ Cookbook

	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Total Cooked Weight	2,61g	26,10g	25,44g	2,33g

Calorie per 100 g; $(2,61*4)+(26,10*9)+(25,44*4)+(2,33*2) = 351,8 \text{ kcal}$

9. CURRICULUM VITAE

Adı-Soyadı ve Unvanı: Ayb ke SARIOĐLU, Diyetisyen

Akademik Unvanı: Arařtırma G revlisi

Derece	B�l�m/Program	�niversite	Yıl
Lisans	Beslenme ve Diyetetik	Yeditepe �niversitesi	2011-2016
Y. Lisans	Beslenme ve Diyetetik	Yeditepe �niversitesi	2016- Halen
Doktora			
Do. / Prof.			

Kurumdaki Hizmet Suresi	İlk Atama Tarihi	Terfi Tarihi	Unvan tarihleri
1 yıl	12.06.2018	12.06.2018	

DiĐer İř Deneyimi:

Y netilen Tez Sayısı (Y ksek Lisans ve Doktora) :

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Danıřmanlıklar ve Patentler

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Projelerde Yaptığı G revler:

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İdari G revler:

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