

What is Turkish Pancakes (Gözleme)?

People all over the world cook different types of pancakes and it is quite entraining when deciding on which kind of pancake to eat out of the many available options. If you are a pancake lover, you might know a few, but how about tasting one of the best that are out there? If you are not familiar with it, allow me to present Turkish Pancakes. It is also known as Gözleme.

Gözleme is a Turkish delight that is a type of flat bread, filled with various mouthwatering ingredients. The locals adore it and people coming from other places like it as well.

Well, why don't I proceed to give you more information about it?

What is Turkish Pancakes (Gözleme)?

Gözleme, also known as the Turkish Pancak, is a thin flat bread prepared from the normal dough. It is usually prepared with the combined concepts of the ordinary sandwich whereby the bread chalice may contain cheese, spinach, potatoes or minced meat before being heated with a griddle until a crisp brown hue is achieved. The name 'Gözleme' derived from the Turkish term 'göz' which refers to compartments or pockets which is in reference to the folds that encase the filling in the dough.

It is a common street food in Turkey and people enjoy its crispy outside and the different types of tasty stuffings. Gözleme can be eaten like a snack, taken in the morning as a breakfast meal or even eaten in the afternoon as a light meals and it is usually eaten with a cup of Turkish tea.

The History of Gözleme

Gözleme, an extremely popular Turkish meal, has its origins rooted back in the earlier centuries. It has its roots in Anatolia, a historical region in modern-day Turkey, and was more commonly prepared in the households of small villages on special griddles called 'sac.'

The basic ingredients used in the preparation of the dough for the gözleme are flour, water and of course, salt. It is stretched thin and fried on the griddle to a crispy outside while still being tender on the inside. This kind of texture can only be attained provided that the sac is used.

It was mostly prepared for festive occasions such as a family event or even during the

harvest period. The flag stood as a representation of culture and unity among the people within the particular community. As Turkish street food became popular, gözleme also became more popular, shifting from a home cooked food to a shop bought snack.

Today, gözleme is a popular meat and cheese pastry in Turkey. It is consumed by millions of people every year, in Turkey and in other countries as well. As for the fillings, gözleme have gone beyond the traditional recipes and can be prepared with cheese, spinach, potatoes, and minced meat. This versatility makes it possible to have a tailored experience depending on whether you want your filling to be savoury or cheesy.

Types of Turkish Pancakes

Although it's actually a savory cake prepared from thin dough, it can be stuffed with different foods, including creamy cheeses and rich meats. Let's explore some of the most popular types:

1. Cheese Gözleme

This tasty pie is filled with a soft, white Turkish cheese, which may be served with fresh spinach to make it healthier. The taste of the cheese is comparatively mild which blends well with the taste of spinach thereby giving an overall feel.

2. Spinach Gözleme

For a vegetarian option, look no further than spinach Gözleme. The tender spinach leaves are seasoned with garlic and onions for a savory bite. Packed with vitamins and minerals, this pancake is a healthy and delicious choice.

3. Potato Gözleme

An interesting and filling dish, potato Gözleme is made from mashed potatoes with spices of paprika and black pepper. The inside of the pancake is soft and creamy while its outside is very crispy when the potatoes have been cooked.

4. Minced Meat Gözleme

Meat lovers will appreciate the savory flavor of minced meat Gözleme. Ground beef or lamb is combined with onions, garlic, and herbs to create a flavorful filling. This protein-packed pancake is perfect for a quick and satisfying meal.

5. Mixed Gözleme

Can't decide which filling to choose? Try mixed Gözleme, which combines different ingredients like spinach and cheese or meat and potatoes. This option offers a variety of flavors in a single pancake.

No matter which type you choose, Gözleme is a delicious and versatile dish. The combination of the thin, crispy dough and the flavorful fillings makes it a favorite among locals and tourists alike.

Turkish Pancake (Gözleme) Recipe

Home preparation of the Turkish pancake called Gözleme is as much fun as it is easy. Below are the easy & simple steps to prepare Gözleme at the comfort of your own kitchen. Preparation time takes 30 minutes while cooking takes approximately 30 minutes; so it takes nearly one hour. Thus, this recipe gives five servings of Gözleme with each serving estimated at 405 calories.

Tools You'll Need

- Frying pan
- Rolling pin
- Pastry brush

Ingredients for Gözleme Dough

You can make Gözleme dough with or without yeast. Both options are delicious, but yeast makes the dough a little fluffier.

- Strong bread flour
- Yeast (fast-action dried or fresh)
- Sugar
- Salt

Popular Gözleme Fillings

There are many options for Gözleme fillings, and you can mix and match to suit your taste. Here are some of the most popular ones:

1. Minced Meat Filling

- **Minced Meat:** You can use either beef or lamb. Make sure the meat has at least 15-20% fat for more flavor. The fat also helps cook the onions without needing extra oil.
- **Tomatoes:** Choose ripe, juicy tomatoes. Cut them into small cubes.
- **Tomato Paste:** Adds rich flavor and color. You can find it in Turkish or Middle Eastern stores.
- **Parsley:** Fresh flat-leaf parsley works best. Chop it finely and add it at the end.

2. Cheese Filling

- **Feta Cheese:** Use feta made from sheep's milk for a creamier texture.
- **Kashar Cheese:** A semi-hard cheese similar to cheddar. You can replace it with mozzarella or any semi-hard cheese.
- **Herbs:** Fresh parsley, mint, or dill are good choices, but basil or thyme also work well.

3. Spinach Filling

- **Spinach:** Fresh spinach leaves are ideal, but frozen spinach works too. Wash and dry the spinach before using.
- **Onions:** Add sweetness and umami to the filling. You can use any type of onion.
- **Garlic:** Use fresh garlic cloves for extra flavor. Crush them or grate them before adding.

Instructions

1. Prepare the Dough

- Mix water, sugar, and yeast in a large bowl. Let it sit for 10 minutes until it bubbles.
- Add salt and flour, and mix until a sticky dough forms.
- Knead the dough on a floured surface until smooth. Cover it with a cloth and let it rise for 1 hour or until it doubles in size.

2. Prepare the Filling

While the dough is rising, prepare the filling. Here's how to make the minced meat filling:

- Heat a pan over medium heat and brown the minced meat. If the meat is fatty, you won't need extra oil.
- Add chopped onions, tomatoes, and tomato paste. Season with salt, pepper, chili, and paprika.
- Cook until the tomatoes soften. Let it cool before filling the dough.

For the cheese filling:

- Mix crumbled feta and grated kashar cheese with fresh herbs like parsley, dill, or mint. It's ready to use!

For the spinach filling:

- Heat a pan, and brown the minced meat. Add onions, garlic, and spices.
- Cook until the spinach wilts and the water evaporates. Let it cool.

3. Assemble the Gözleme

- After the dough has risen, take it and split it into five equal portions. Allow them to rest for 15 minutes and half.
- Stretch each piece on a floured surface into very thin circles about 9 inches in diameter.
- Put 3 tablespoons of the desired filling on one half of the dough.
- Fold the other half over the filling, and press the edges to enclose the filling tightly.

4. Cook the Gözleme

- Turn on heat on a frying pan and set it to medium heat. Put the Gözleme in the pan and fry until the cover is golden and slightly crispy on some parts.
- Turn over and cook the other side until they are golden brown.
- Spread the remaining butter on top of the Gözleme and set aside and serve warm while you cook other batches.

Chef's Tips

1. The dough should be kneaded for not less than 5 minutes to enable it to have the right texture.
2. Knead the dough if it is too stiff and difficult to roll - leave it to relax for 10 minutes before rolling.
3. It is also important not to stuff the fillings too much into the Gözleme as this will interfere with the sealing of the Gözleme during cooking.

Nutritional Information (Per Serving)

- **Calories:** 405 kcal
- **Carbohydrates:** 62g
- **Protein:** 19g
- **Fat:** 9g
- **Sodium:** 1064mg
- **Fiber:** 3g

How to Serve Gözleme

Gözleme is suitable to be consumed at any time of the day, and it can be eaten in many occasions. The unleavened bread in Turkey is mostly taken for breakfast or as a merenda snack during the day. It goes well with Turkish tea (çay) which is very sweet and served in small tulip shaped glasses. In order to make the meal more filling, you can accompany Gözleme with yogurt, or a simple tomato and cucumber salad.

For the party lovers Gözleme is perfect appetizer which is easy to prepare and will definitely

grab the attention of your guests. It's best to cut it into small pieces and serve it with a yoghurt and garlic dipping sauce.

Last Words

Turkish Pancak, which is also known as Gözleme, is a yummy food that can be prepared at your kitchen. You have an opportunity to turn a plain flatbread into a delicious one with a few ingredients and some time. You can have it for breakfast, lunch or snack and it will definitely be a hit with your family. It might be good to try it with different fillings and remember which one of them turned out to be your favorite one.

FAQs

1. Can I freeze Gözleme?

Yes, you can freeze Gözleme after cooking. Let it cool completely, wrap it in plastic wrap or foil, and store it in the freezer for up to 2 months. Reheat it on a pan when ready to eat.

2. What are some other fillings I can use?

Aside from the traditional cheese, spinach, and meat fillings, you can experiment with mushrooms, peppers, or even sweet fillings like Nutella and bananas.

3. Is Gözleme suitable for vegetarians?

Absolutely! You can make vegetarian versions with fillings like cheese, spinach, potatoes, or a mix of vegetables.