

THE CHEST GAZETTE

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Manti

At dinner tonight, "manti" with garlic yogurt, it is too good to be true. Say it again! I couldn't hear well. If you say that it is a magical wish, accepted. If I say it is a dream, please accept, if no way to go to a restaurant in corona days in twentytwentyone.

Close eyes! I do it at home.

Start with knead the flour motherly, rolling the dough thin mildly with a long pin. After cutting the pastry tiny, bundle each piece with minced meat.

I invite the Tatar lord into Turkish tradition. While pain is suffered for making meal, the guest is abundance of home, the God gives sustenance.

This food is a heritage from the nomadic Turkish tribes. The story says that the horsemen carried the dried manti that could be quickly boiled when they had a break on journey in camps.

Manti is like a small ravioli or very small dumpling or wonton with a shape of bundle bag, stuffed with lamb minced meat.

If you are served extremely small manti, it means that the host has taken great care of you. If you are guest in the house of bride, it means that the bride is very gifted and shows respect to her groom's family.

In a day of making manti, the mother calls the kids to the table after she prepared the round pastry. The mother put a finger tip minced meat on each cutted piece of pastry, the kids bundle the pieces as a bag by attaching each corner at a point.

Once shaped, they are boiled. Meantime, some garlic is mashed with salt in a mortar, the garlic paste is mixed with yogurt and the mixture is thinned by stirring to soften. And also, the tomato sauce is prepared by heating tomato paste with olive oil and red pepper in a pan.

After the manti is served in a dish with a full of big ladle, the garlic yogurt, tomato sauce are added. Lastly the dish is garnished with plenty of sumac and spearmint.

Nevertheless, all the kids have memories with sad face because the mothers call them back home for making manti when they are playing out in garden. But when they grew up they boast that they made manti to their kids.



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