

WANDERLUST & SPICE

TURKISH

PHOTOGRAPHY: JEN ALTMAN
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Set your sights on Turkey, a country with cuisine and culture so rich they makes your mouth water. It's a fantastical intersection where East meets West, ancient mixes with modern, and vivid colors span from the diverse people to breathtaking palaces and ikat patterned plates. Turkey is a food lover's paradise and a history buff's mecca.

The country's cuisine is inherently healthful, flavorful, and beyond memorable. From a multi-course breakfast comprised of a dozen homemade jams, homegrown organic peppers, sun-dried tomatoes and olives, to relaxed seaside dinners of freshly-caught fish, it's love and good health on a plate.

And let's not forget the wondrous city of Istanbul, with its Spice Bazaar that showcases the magic of Turkey's food culture. Baharat, za'atar, sumac, cumin, rose petals and biber offer complexity, intensity, and sensuality, and extraordinary health properties to boot. Spices bring heart to dishes and pack in disease-fighting antioxidants on the sly. Bags and appetite packed, get ready to travel by way of Turkey's culinary riches.

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