

Ingredients

I've gone through the ingredients all the recipes and collated each unique ingredient here. I hope I haven't missed anything!

- about *twelve thousand kilos* of yogurt (but really everything seems to have yogurt)
- lots of garlic
- a million lemons
- Olive oil
- A few large bunches of parsley and coriander
- Nuts: walnuts, almonds, sesame seeds, sunflower seeds, shaved almonds, pistachios
- Lots of eggplants
- Tahini
- Whole wheat flour
- Good honey
- Thyme (not essential at all though)
- Dates
- Pomegranate (I can get this easily, there's lots in the turkish store at the moment)
- Sumac
- Red onion
- four tins chickpeas or 3 cups worth of uncooked raw
- Mint
- At least 2 punets cherry tomatoes
- Cucumbers x 1000000
- Feta
- 2 large cauliflowers (more if they're small)
- currants (I think you have them?)
- fine semolina and coarse semolina
- cinnamon stick