Ordu galdirik (Trachystemon) sauté

Serves 6

Ingredients

1 kg	Isput (Trachystemon orientalis greens)
220 g	Onion 2 pc
46.1 g	Sunflower oil ¼ glass
10 g	Salt ½ tbsp
2 g	Ground black pepper ¾ tsp
5 g	Red pepper flakes 1 tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Clean the galdirik, removing leaves and flowers. Wash the stems, cut into 2-3 cm pieces, boil in boiling water for 10 minutes, drain and rinse under cold water.
   10 min
2. Fry the diced onions in sunflower oil until pink.
3. Add the galdirik and salt and sauté over low heat for 3 minutes, stirring now and then.
   3 min
4. Sprinkle with chili flakes and black pepper and serve hot.

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TÜRKPATENT Coğrafi İşaret Portalı, tescil no 1193 (Ordu Büyükşehir Belediyesi)
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