



Erasmus+



TRADITIONAL CUISINE IN AEGEAN REGION



HEYDAR ALIYEV VOCATIONAL AND TECHNICAL HIGH SCHOOL ,
ALIĞA, İZMİR, TURKEY

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The Aegean Region is located in the western part of Turkey. It is bordered by the Aegean Sea to the West, the Marmara Region to the North, the Central Anatolia Region to the East, and the Mediterranean Region to the South. Among the four coastal regions of Turkey, the Aegean Region has the longest coastline



IZMIR, HEART OF THE AEGEAN REGION

Izmir, Turkey's third largest city, is a perfect introduction into historical background of this regional cuisine. Previously known as Smyrna, before a great fire ruined the metropolis in 1922, a mass collective of various cultures ensured its economic success. The Jewish, Greek, Levantine and Ottoman communities swapped recipes and created new dishes that would eventually become regional classics. After the fire, the Treaty of Lausanne also prompted the expulsion of Turks living in Crete, and many returned to Izmir, bringing with them, unusual recipes including a fondness for wild greens such as fennel, and nettle, drizzled with a healthy dose of olive oil and garlic.

Aegean cuisine has a special place in Turkish food culture with its healthy and light yet absolutely delicious recipes. Famous for olive oil and variety of herbs, the foods of these fertile lands are very healthy. These are some flavours in the region:

1. Turkish Pide is salty pastry that has a place in all regions' cuisines as well as in Aegean cuisine It can be identified as a salty dough with any kind of topping. Pide generally has a long and narrow shape. The base is the dough and sometimes it has very small edges while sometimes the edges are wider. In some versions it even covers the toppings. Traditionally a brick or stone oven is used to cook Pide in restaurants but at homes, people use conventional, home-style ovens.



When we say Pide, we generally mean the one with a meat topping and the dough with a lot of butter. However, today it is served with countless variations of toppings in different regions. Some regions would like to keep it the traditional way and have Pide with meat. Others may prefer servings with cheese, vegetables such as mushrooms and spinach, and herbs such as parsley.



2. WILD GREENS and HERBS

- Aegean Region is particularly famous for its wide variety of edible greens and nutritious herbs.

ARTICHOKES



Sevketi Bostan



Cowbeas



3. BOYOZ and GEVREK



Boyoz is a kind of pastry generally eaten at breakfast. Boyoz is usually eaten with boiled eggs. If you wish to experience a typical İzmir breakfast, you can enjoy a breakfast more wonderful than you expected with boyoz, eggs and tea.



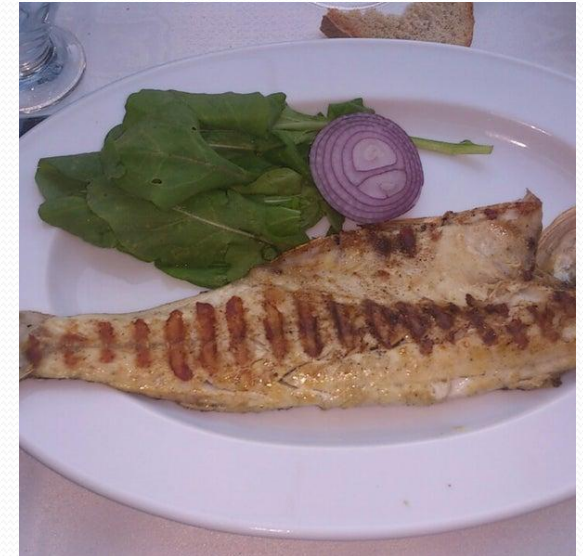
Sesame Bagels – Gevrek, similar to a bagel, or even a soft pretzel, is a chewy, yet soft bread-snack, shaped into a ring, dipped in honey and water, topped with sesame seeds and baked.

4. SEAFOOD:

A prominent feature of Aegean cuisine is fish. This comes as no surprise given the significant number of coastal resorts, towns, and fishing villages in this region. Fish holds an important place in both world cuisine and in Turkish cuisine, and has been caught and consumed abundantly in Turkey.



Sardines are very popular in Aegean regional cuisine, especially during the early fall when they are in season. Some of the best Turkish sardines are harvested near Gallipoli, where the Aegean and Marmara seas meet.



Sea Bass (Levrek) is perhaps the most coveted and popular of all Turkish fish.



Red Mullet (Barbunya) is highly prized in Turkish cuisine. As it thrives in colder, deeper waters, the best red mullet are caught in the Aegean and Mediterranean seas. It has a reddish color similar to red snapper and an earthy, ever-so-slightly bitter taste.

SOUP

TARHANA SOUP

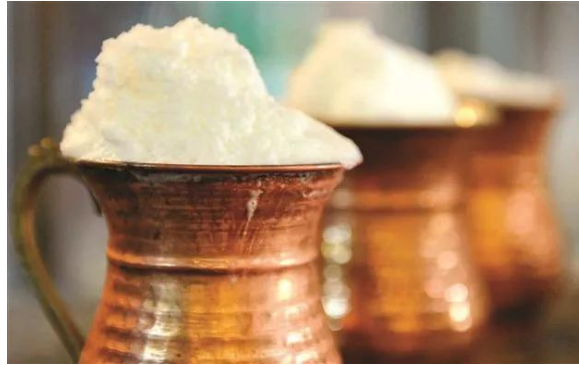
According to historians; Tarhana is maybe the first instant Soup around the world. Also, Tarhana Dough-Tarhana Soup (Tarhana Çorbasi) was invented by the Central Asian Turks many many years ago (Nearly 500 years old soup). After the inventory of Tarhana Soup, it spread to the neighbouring Balkans very fast. Nowadays, Tarhana Soup is also consumed in places such as Cyprus, Greece and the whole region of the Balkans. It is made up of vegetables such as onions, tomato, red pepper and other ingredients such as yogurt, flour and various spices. (homemade-dried-tarhana).



□ DRINKS IN AEGEAN REGION



Çay (Tea) is commonly referred to as the national beverage of Turkey and is widely consumed. Freshly made and poured from an ornately decorated copper teapot into elegant, small glasses on dainty saucers.



Ayran (a drink made with yoghurt and water), which is unique to the northwestern Aegean Region and has become famous abroad as well as in Turkey since 1950s, draws particular interest for its creamy foam and taste. The ayran is so delicious because it is made of natural yoghurt.



The official drink of Aegean Region is of course Turkish coffee with mastic flavour. Decorated with mastic trees, the region is the best place in our country where you can drink this type of coffee



Just over half of all Turkish wine comes from the Aegean region of Turkey. Izmir is the capital of the Aegean, there are plenty of producers, large and small. The number of vineyards and types of grapes are increasing in recent years in Izmir, which is now a brand name in wine production. The indigenous grape varieties and international grape varieties below are widely used for wine making in Izmir.

- Alicante Bouchet
- Bornova Misketi
- Cabernet Sauvignon
- Carignan - Chardonnay
- Grenache - Merlot
- Petit Verdot
- Sangiovese
- Sauvignon Blanc
- Shiraz - Viognier

SHERBET

Traditional syrups and sherbets, a name derived from "sharba" which means "drink," have found their place in Türkiye from Persian food culture and have long been favorites with their myriad flavors and healing effects.

Fresh fruits, spices, and flower essences still have a big place in Turkish cuisine with Persian, Levantine, and Central Asian influences. A very popular beverage during the time of the Ottoman Empire was sherbet. Recipes vary greatly, but the basic ingredients include a mix of flower extracts, fruits, or herbs added to sugar and water. Flavors that are commonly found in sherbets include rose, hibiscus, lemon, pomegranate, peach, cardamom, tamarind, and mint.

Sherbet and fruit compotes regularly accompanied Ottoman meals, especially during the fast-breaking meal, iftar, during Ramadan. On hot summer days, sherbets were served to guests as refreshments and consumed by lactating women to boost their milk production. These drinks were also served daily, especially with coffee, and consumed for their known healing effects against certain diseases. Today, sherbet is mostly served in crystal bowls on ceremonial occasions all around Türkiye.



DESSERTS OF AEGEAN REGION



Lokma, the king of desserts with syrup, also originates from İzmir. This dessert is made of dough, deep fried and soaked in plenty of syrup.



Bomb, which has recently increased in popularity thanks to social media, is another delicious flavor originated from İzmir. Bringing chocolate and dough together in a perfect harmony, this dessert is a favorite among chocolate addicts. Bomb may look like a cookie but is much more than a cookie and, of course, its most delicious version can only be found in İzmir.



ŞAMBALI

One of the famous desserts of İzmir, Şambali is widely sold at street corners and street vendors in İzmir. Its main ingredients are semolina, sugar and yogurt or milk.

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