

TURKISH CUICINE

Turkey cuisine is largely the heritage of ottoman cuisine.Homemade food is still preferred by Turkish people.Turkey has a rich variety of cuicine that makes it worthwhile.spices are important for Turkish cuisine.What about meeting with Turkish Dishes.

LET'S START



Best Known Dishes and Masterpieces of the Turkish Cuisine







DRIED FRUITS AND HEALTH

More colours and healthier life



Turkey is one of the few countries in the world with such an extraordinary location and climate, allowing her to house countless different plants. Dried fruits contain major vitamins and minerals in their composition which helps in many functions of the human body.

- ❑ Helping children grow, keeping bones and teeth healthier and stronger
 - ❑ Acting as a cancer prevention
- ❑ Increasing blood circulation which helps prevent anemia
 - ❑ Regulating brain functions, giving energy

Dried Vegetables

- In summer , Southeastern Turkey has been purple red.Dried vegetables hang in neclace like strings tied together in brunces.Turkish cook has a special fondness for dried vegatables.Drying is one of the oldest and easiest method of keeping food.The traditions may have started necessity to keep vegatables for a long time.Dried vegatables do not contain any chemicals.



Fresh



dried

Turkish Delights

- Turkish delights is a traditional version of the classical middle Eastern sweet.



Turkish Delights

- Turkish delights is a small, fragrant cubes of jelly ,generally flavoured with rose water,orange water,lemon water,filled with dry fruits ,honey and nuts.Although Turkish Delights may contain many exotic fillings ,simple rose water is still the most preferred..Turkish delight are served alongside coffee or tea in the middle Eastern households.

Turkish coffee

- ONE CUP OF COFFEE REMAINS IN MEMORIES FOR 40 YEARS.(Turkish proverbs)



Turkish coffee is a method of preparing coffee. Roasted and then finely ground coffee beans are boiled in a pot, usually with sugar. Seved in a cup, Turkish coffee is served traditionally in such small cups. Offering coffee is considered a sign of hospitality.



Most Popular Turkish Desserts

- Eat sweetly and speak sweetly.



Pumpkin dessert



Turkish fig dessert

Pumpkin and fig dessert are healthier dessert for you than the usual chocolate,cookies ,pies.Turkish fig dessert(incir tatlısı) ,despite being very traditional dessert,is also one of the the most popular. It's easy to make and easy to find in ingredients such as dried figs and sugar.Turkish fig dessert is said to have been a favourite of Sultans in Ottoman palace kitchen in İstanbul.



- Turkish Pumpkin Dessert: Pumpkin dessert is a very easy to make popular and traditional dessert. It can be served with chopped walnuts sprinkled over the top.



Turkish chips(Tarhana)

- Tarhana of Kahraman Maraş is the most known and most eaten food in whole Turkey.A dried food stuff made from yoghurt,spices and a kin of wheat.You can eat as chips and as soup.It is delicious and healty.



Bon appetit

- In Turkey; Everyone wishes other 'afiyet olsun' literally meaning 'may you be healthy'.

This is followed by a tribute to creator of the meal 'elinize sağlık' meaning health to your hands.