

# TRADITIONAL DISHES CONSUMED IN THE EASTERN ANATOLIAN REGION OF TURKEY

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In this book, the Eastern Anatolian Region's local dishes will be mentioned in details. The food culture of the cities located in this region will be explain one by one. The food culture of the cities will be explained at the beginning and then 2 to 3 important local dishes for each city will be given by mentioning the importance of the dish, the ingredients used in the dish, and the preparation of the dish. The images of the dishes will be provided in order to visualize the dish better.



Asst. Prof. Dr. Gulsen BAYAT

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Asst. Prof. Gulsen BAYAT



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# PREFACE

**N**utrition styles are shaped according to the cultural-geographical-ecological-economic structure and historical process. When it comes to Turkish cuisine food and drinks to feed the people live in Turkey, their preparation, cooking, preservation, the tools and techniques required for these processes and all the practices and beliefs developed around the eating manners and kitchen should be understood. The richness of variety in Turkish cuisine depends on many factors.

In short, the diversity in the products offered by the Central Asian and Anatolian lands, the interaction with many different cultures during a long historical process, the new tastes that developed in the palaces of empires such as the Seljuk and Ottoman have played a role in the new structure of Turkish cuisine culture.

Turkish Cuisine consists of dishes prepared with grains, various vegetables and some meat, soups, olive oil and pastries and dishes prepared with self-grown herbs. Turkish Cuisine contains examples that can serve as a source for a healthy and balanced diet and vegetarian cuisine, with many dishes and types of food, as well as in terms of variety and suitability to the taste.

The flavors and dishes are changed from region to region in Turkey. In this book, the cuisine in the Eastern Anatolian Region will be mentioned.



# INTRODUCTION

**T**he richness of Turkish cuisine can also be seen in the Eastern Anatolia region. The first thing that comes to mind when it comes to Eastern Anatolian Cuisine, which attracts attention especially with its meat dishes and desserts, is Erzurum with its Cağ kebab. In Erzincan, which is a cold province, foods are still dried and roasted by the people living in rural areas due to the climatic conditions. In the region where animal husbandry is common, animal products are also pressed into cubes and stored. Erzincan, famous for its tulum cheese, is at the top of Eastern Anatolia region. Another famous food of Erzincan is pan roasted chickpea. Tulum cheese is an important source of income for the province by being exported abroad.

In Kars, where animal husbandry is common, the food culture is composed of meals made with yoghurt and milk. In Kars, where cheese making is also prominent, Kaşar cheese is of great importance. The Eastern Anatolian Cuisine should be evaluated separately in all provinces. Since its geographical and ethnic structure changes according to the provinces, the food culture also changes accordingly.

In the provinces of Eastern Anatolia, local dishes are prepared very carefully compared to many other provinces. Spices and herbs are widely used in the kitchen. Ağrı cuisine consists of meat and cereal dishes. Abdigor meatballs are the most well-known dish. This dish similar to stuffed meatball is made from special meat, eggs and spices. Another flavor is the meat dish called Gösteberg. The Gösteberg herb is the reason why this dish called like this.

The food culture of the Eastern Anatolia region consists of red meat, wheat flour, cheese, butter and herbs. The people, who believe that these herbs have medicinal properties, give place to many plants such as çiriş and ısırgan in their kitchens. While fruits such as apricots and grapes take an important place in the kitchens, winter preparations are made in the region before the winter months due to the long winter conditions.

Yogurt is of great importance in kitchens in regions where animal husbandry is common. Yogurt dishes and soups draw attention. Ayran soup and

## **TRADITIONAL DISHES CONSUMED IN THE EASTERN ANATOLIAN...**

bulgur soup with keledoş yogurt are local flavors, as well as herbal herbs. Another feature of Eastern Anatolia is the types of cheese. Herbal cheese produced in Van is consumed all over the region.

In this book, the Eastern Anatolian Region's local dishes will be mentioned in details. The food culture of the cities located in this region will be explain one by one. The food culture of the cities will be explained at the beginning and then 5 important local dishes for each city will be given by mentioning the importance of the dish, the ingredients used in the dish, and the preparation of the dish. The images of the dishes will be provided in order to visualize the dish better.

# 1. THE CUISINE IN THE EASTERN ANATOLIAN REGION

## 1.1. Ağrı Cuisine

**A**ğrı located in the upper Murat-Van Section of the Eastern Anatolia Region borders Iran. Gürbulak Border Gate, located within the provincial borders, is the most important border gate in the east of Turkey. Muş, Erzurum, Kars Van, Bitlis and Iğdır provinces are adjacent to Ağrı. A large part of this province, which has an area of approximately 11,099 km<sup>2</sup>, consists of mostly mountainous areas. A part of Turkey's highest mountain, Mount Ararat, is also located within the borders of this province (<https://www.agri.edu.tr/detail.aspx?id=278&bid=1&tid=7>). Ağrı, which is at the crossing point of the tribes coming from Central Asia to Anatolia, is a transition region where many civilizations meet, so rooted civilizations have not been formed in the province. According to sources, the first state to establish in the region was the Hittites. With the weakening of the Hittites, the Hurians settled in the region, and when the dominance of the Hurians weakened, the Urartians settled and established a deep-rooted civilization. In the following periods, the states that dominated the region were the Medes, Persians, Romans, Byzantines, and during the reign of Sultan Alpaslan, the Great Seljuks, Harzemşah, Mongols, Anatolian Seljuks, İlhanlı, Celayir, Timur, Karakoyun, Akkoyun, Safavids and Ottoman during the reign of Yavuz Sultan (<http://www.agri.gov.tr/ilin-tarihi>; Keskin and Çontu, 2019:145).

The Caucasian and Azerbaijani Turks living in the Azerbaijani lands occupied by the Russians in the 18th century, could not stand the Russian pressure any longer and started to migrate to Anatolia, and the provinces of the Eastern Anatolia region, where the majority of them settled, were significantly influenced by the culinary cultures that the Caucasian Turks brought with them. The traces of the Karapapak Turks (Terekemes) who settled in Ağrı as a result of these migrations are quite high in Ağrı cuisine. In addition, Malakans, Kurdish tribes, Meskhetian Turks and immigrants from various tribes living in the Ağrı region have an effect on the cuisine (Alpaslan and Önal, 2016:98).

Vegetable production is insufficient because of the soil and climate of Ağrı that is not very suitable for vegetable agriculture. Therefore, grains have an

important place in Ağrı cuisine. The long duration of the winter season has increased the variety of flour and flour-based food. Milk and dairy products are also among the basic elements of nutrition. Almost every village family in Ağrı boils their bulgur in fall and cuts their noodles (especially used in dough dishes) prepares the kurut in summer.

The main dishes based on cereal are listed as: Xengel, haşıl, erişte (soup, pilaf and meal), kuymak, kete, pişi, egirdek, yufka yağlama, un helvası, hasude, and bulgur pilaf.

The most well-known meat dish of the region is fried meat. Sac roasting is made by cooking the meat on the plate. Another unique dish of Ağrı is Abdigor Meatballs. These meatballs, which are more common in Doğubayazıt region, are similar to stuffed meatballs. Sahan kebab, on the other hand, is prepared by putting meat cubes between two lavash on a saucapan. Meat, butter, onion, tomato paste and the herb of the same name are mixed for the preparation of Gostebeg and stuffed into animal skin and after buried in moist soil, it is cooked on a fire, which is also called as buğulama.

Vegetables and plants that grow spontaneously in the environment are also of particular importance in Ağrı cuisine. The plants such as Evelik, çiriş, mantar, çarşır, unluca, mendik, ışkın, yemlik, pancar, ısırğan, madımak, kuzukulağı, boğa dikenini, turp are used in various dishes and kete cooking. Some of them are consumed as a raw; pickles are made from the çarşır, and the evelik and mantar are dried and stored for a short time.

Since animal husbandry is the main source of income in Ağrı, milk and dairy products have an indispensable role in public nutrition. As a matter of fact, people get their protein needs mostly from these foods. Especially yoghurt is served at lunch and dinner. Feta cheese and curd made by everyone in the villages and bought from the market by the inhabitants of the cities are available in every kitchen. Although not very common, honey produced in the region is included in the kitchens. The new varieties have been added to Ağrı cuisine with courses organized by public education centers and agricultural organizations. The media such as radio and television have also enabled the proliferation of food varieties, which is why the classic desserts and vegetable dishes have proliferated in recent years (Source: Ağrı Governorship)

## 1.2. Ardahan Cuisine

The province of Ardahan, which has a history of 3000 years, is located in the north of the Eastern Anatolian region and borders with Armenia and Georgia. The height of Ardahan, which is around 1800 m, has a surface area of 5000 km<sup>2</sup> (<https://www.ardahan.bel.tr/ardahan-hakkinda>, Access date: June 25, 2021). Ardahan, a branch of the Caspian Turks in 628 AD, was conquered by the Turks and renamed Ardahan. It was conquered by Alp Arslan in 1068 and came under the sovereignty of the Seljuks. With the Amasya treaty signed on May 29, 1555, it entered the Ottoman Empire during the Kanuni period (<https://www.serka.gov.tr/bolgemiz/ardahan/ardahan-historical>, Access date: June 25, 2021). The continental climate prevails throughout the province. The winters are long and harsh. The temperatures are between 35°C and -36°C throughout the year. The annual average temperature is around 3.7°C. Lake Çıldır and a part of Georgia Aktaş Lake, located within the borders of Ardahan province, is within the borders of Ardahan province (Çimen 2016: 308). Thanks to its unique geographical structure, Ardahan has a very rich and diverse flora. Thanks to its climatic climate, many endemic plant species grow in this region. Local dishes specific to Ardahan cuisine are prepared with these plants (Akbulak, 2016).

Every region in Anatolia has its own unique food culture and taste. This culture is based on the geographical and climatic characteristics of the region. For this reason, a cuisine culture based on agriculture and animal husbandry has developed in Ardahan. The food culture of the region is mainly based on grains, meat and animal products. Barley and wheat are mostly used as a grain product. Goose meat has a special place in the region. Beef and mutton are also consumed fresh in summer and as roasted in winter. On the other hand, potatoes, beans and onions are the leading vegetable foodstuffs. The region has many unique dishes. Among these, we can list ayran aşı, helle aşı and püşrük aşı as soup; bişi, mafış, kayıtma, hingal, kete and katmer as pastry; and baklava, lokum tatlısı, irmik helvası, un helvası ve hasuta as a dessert (Source: Ardahan Governorship).

## 1.3. Bingöl Cuisine

Located in the upper Euphrates section of the Eastern Anatolia Region, Bingöl has a surface area of 8277 km<sup>2</sup> and an altitude of 1117m at sea level (<https://bingol.ktb.gov.tr/TR-56989/ilin-cografi-kon.html>, Access date, June 29,

2021) The land structure of Bingöl, which has an economic system based on agriculture and livestock, is quite rugged and high (<https://bingol.csb.gov.tr/cografi-durumu-i-1393>, Access date: 01 July, 2021). Erosion and volcanic plateaus at different altitudes on mountainous areas throughout the province, valleys formed by streams splitting mountainous areas and settling on fault lines, plains and basins formed due to tectonism among mountainous masses constitute the main morphological units (Avcı et al. ,2018). The history of Bingöl, which dates back to 5000 BC, bears the traces of many civilizations. These civilizations are Urartians, Assyrians, Persians, Roman, Seljuk and Ottoman states, respectively (<http://www.bingol.gov.tr/tarihcesi>, Access date: 01 July, 2021).

Most of the meals in Bingöl cuisine, which is based on local products, are made of bulgur, ayran, milk, meat, cottage cheese and edible herbs. Soup, bulgur pilaf and dishes such as burial, sırım, tutç, keskek, which are mostly made based on dough, are among the most common dishes. Since most of the people live in rural areas, they meet their nutritional needs by benefiting from agricultural products and animal products. On the other hand, vegetable dishes, desserts, pickles and breakfast products are other nutrients that add variety to the local cuisine.

As in many regions, the food eaten in the Bingöl region in summer and winter is different. Vegetables in the summer and dishes made of meat and dried vegetables as well as pastry dishes in winters are in demand. The meals differ in the morning, noon and evening meals. In the city center, tea, milk, cottage cheese, cheese, butter, and olives are eaten as well as lentil and ezogelin soups are popular. Lunch and dinner are based on mostly bulgur, dough, meat and vegetables. Especially dinners are the best prepared meals of the day since it is the most crowded table for the family. Also, on some special days and occasions (eid, mawlut, Ramadan fasting) meals are prepared more attentively. As in other regions, the most distinguished and delicious food is cooked on those days. Meat and vegetable dishes, soups, pickles, drinks and desserts are prepared.

Another feature that draws attention in the local cuisine is the baked bread. In addition to the factory bread, the local people prefer the local tandoori or flat bread. Many families consume their home-made bread. It is possible to encounter this issue in city centers as well. In Bingöl and its villages, bread is

mainly made of wheat flour as well as corn and millet flour. Bingöl meals are soups, pilafs, dishes made with vegetables and edible herbs, and dough-based dishes. It has such a versatile variety as salads, desserts and pickles. Among the desserts, Bingöl burma kadayıf and other types of kadayıf are famous and have a different taste.

- Meatballs: Stuffed meatballs, juicy meatballs, yoghurt meatballs, dry meatballs, pumpkin meatballs, egg meatballs, buttermilk meatballs, fried meatballs, gıldırık meatballs, raw meatballs.
- Pickles: Hot peppers, sauerkraut, pickled tomatoes, pickled beans, pickled eggplant, pickled leaves, pickled peppers ...
- Desserts: Burma kadayıf, silki baklava, aşure, zerde, rice pudding, revani, flour halva, dolanger ...

Most of the meatballs, desserts and pickles mentioned above have shown in Bingöl food culture as a result of interactions over time and enriched it. In addition to these, the main local dishes of Bingöl's food culture are: Löl (gömmе), mastuva, ayran çorbası (germe dui), turakin (patife), tutmaç çorbası, kılç, lopık, maliyez, parmar (semiz otu), and pılık (Source: Bingöl Governorship).

### 1.4. Bitlis Cuisine

Bitlis was established on the edge of Lake Van, Turkey's largest lake. It is between the Upper Euphrates and Murat sections with an area of 8582 km<sup>2</sup>. A large part of the city consists of mountainous areas (<https://bitlis.ktb.gov.tr/>, Access date: 02 July, 2021).

The dominant vegetation in the province, where the continental climate is dominant, is steppe. These consist of grasses that grow green during the rainy season and dry up in the summer with drought and heat. In terms of vegetation, it has the appearance of a plateau where meadows and pastures occupy a large place. With the increase in precipitation at higher elevations, forest groves consisting of oak trees are usually encountered (<https://www.diyadinnet.com/bilgi-645-bitlis-in-cografi-yapisi-ve-iklimi>, Access date: 02 July, 2021).

Located in the Eastern Anatolia Region and neighboring Batman, Muş, Van, Ağrı and Siirt, Bitlis stands out with its historical and cultural monuments. The province took its name from Bedlis, who was the commander of Alexander the Great in the region. In the city, where Urartu, Assyrian, Med, Persian, Macedonian Kingdom, Roman Empire, Byzantine and Ottoman civilizations dominated in the past, the touches of these civilizations are still seen in their works today (<https://www.dreamopholiday.com/tr/bitlis-bolgesi-50>, Access date: 02 July, 2021). The food and hospitality of the people of the region positively affect the tourists coming to the region (Kodaş and Dikici, 2021).

Bitlis is a city where the food culture is very rich. Their food is not light, it is heavy and expensive at the same time. Especially financially, it brings an excessive burden. It can be said that Bitlis is the only province where hot meat eaten in Turkey. After leaving the slaughterhouse, the meat is consumed in a very short time. Meat brought from the slaughterhouse to the butchers is sold before it gets cool. If it is cold or a day has passed, this meat is not in demand. Meat kept in cold storage is definitely not taken by the public. Meat comes in the morning and is bought until noon. Meats that consumed largely are goat, sheep, cattle and partly lamb.

Foods are consumed locally with the traditional names are listed as: İçli köfte, lahana dolması, kabak dolması, keşkek, çortı, çortı köftesi, klorik(sulu köfte), katıklı dolma, yoğurtlu pappar, pişrük, kabak boranisi, murtuğa(ev helvası), Ciğer Taplaması, Tutmanc Aşısı, Şekalok, Gılorik, Has Dolması, Mişevşi, Ayran Aşısı, Turşu Aşısı, Çireş Çorbası, Kengerli Pilav, Turşlu Dolma, Fındık Dolması, Gari Aşısı, Halise, Soğan Köftesi, Çortı taplemesi, Gebol, Keledoş, Pıçoç, Halim Aşısı, Yalancı Dolma, Şille, Parpar, Şalgam Yemeği, Soğan Yemeği, Umanç Aşısı, Köki, Jağlı Yumurta, Cümür, Yarma Aşısı, Kurut Aşısı, Bezirgan Çorbası, Kaklı Pilav, Pazik Boranisi, Cevizli fetir, Şor Balıklı Pilav, Baklalı Pilav.

Meals are usually eaten in the crowd and by sitting on the floor, rather than tables. The dishes are put in large containers. Everyone starts eating, starting in front of them. Shaking a spoon to the food in front of someone else, turning the tray and getting the good and meat part in front of yourself is seen as impoliteness.

When guests come, adults (men) eat on one side, children and women on the other. Women do not sit down to eat before men get up. The host does not leave the table until the guest does not leave the table. If he gets up, it will be rudeness and it means that his guest leaves. The best meals are served to the guests (Source: Bitlis Governorship).

### 1.5. Elazığ Cuisine

The province of Elazığ is located in the southwest of the Eastern Anatolia Region, in the upper Euphrates section. With an area of 9153 km<sup>2</sup>, it is surrounded by the lands of Bingöl from the east, Tunceli from the north (via Keban Dam Lake), Malatya from the west and southwest (via Karakaya Dam Lake), and Diyarbakır from the south (<https://elazig.csb.gov.tr>) /ilimiz-hakkinda-i-681(Access date: 04 July, 2021). The city of Harput is mentioned together with the history of the province of Elazığ. Harput and its region is one of the oldest settlements in Anatolia with its history dating back to 10000 BC. The oldest known sources in the region belongs to the period of Hurrians and Hittites. The dominance of the Urartians in the region dates back to 2000 BC, then the Romans, Byzantines, Azeris, Arabs, Çubukoğulları, Artukoğulları, Seljuks, Dulkadiroğulları, Akkoyunlular and Ottomans established dominance in the region (<http://www.elazig.gov.tr/elazig-tarihi>, Access date: 05 July, 2021). The overall economic structure of the city is based on agriculture, livestock, mining, industry and service sectors (Torun, 2015: 36). Due to the climate, geographical features and the diversity of products grown in the region, most of the dishes are unique to Elazığ (Ercan and Gülcan, 2021).

Elazığ cuisine has a very rich variety of food. In Elazığ, where there are nearly 150 types of food, apart from three main meals, there are mid-morning meals and especially meals such as fruit pulp, walnut, orcik, and fruit. Traditional Elazığ (Harput) cuisine culture has the traces of Turkish cuisine culture. In Elazığ cuisine, which can still preserve its traditional features from table manners to food varieties, the dishes such as tutmaç, umaç aşı anamaşı, kara kavurma, dating back to the Oghuzs, still exist. Most of the food varieties that are shaped according to the season, the characteristics of the region and the products are unique to Elazığ. Especially in the countryside and even in the city, very beautiful local breads are made. The most famous and delicious of these breads is

the tandoori bread that is made in the fall season and don't go bad throughout the winter.

Meals are mostly eaten on the floor. Before the older people start their meal, nobody starts. In the past, even within the family, men and women would sit at the table separately. Today, men and women sit at the table together unless there is a guest.

In the past, butter was used in all dishes. Today, both villagers and people from the city mostly use vegetable oil. However, butter is definitely used in some special dishes. Tomato paste and onions are mostly used in meals and this mixture acts as a sauce.

The preparations for the winter season is begin with the drying of almost all fresh fruits and vegetables.

The feasts are held in special entertainment ceremonies such as weddings, and special meals are served. All these works are done collectively with the help of neighbors and relatives. Although the traditional dishes are still being made today, new types of food have also seen in Elazığ cuisine. Fish dishes are began to seen more frequently following the the fish grown in the lake area formed after the construction of the Keban dam and in the Hazar lake (Source: Elazığ Governorship).

## **1.6. Erzincan Cuisine**

Erzincan Province is located in the northwest of the Eastern Anatolia Region, in the upper Euphrates section, and is the gateway of the Eastern Anatolia Region to the Central Anatolia Region. In terms of climate characteristics, the Erzincan Plain is distinguished from other provinces with a harsh continental climate, thanks to its unique structure. A milder continental climate in winter increases the diversity of agricultural products and contributes positively to the diversification of livestock products. The rich historical past of Erzincan, one of the oldest settlements in Anatolia, is also reflected in its cuisine (Başar and Silahşör, 2019).

Erzincan is surrounded by Erzurum in the east, Bingöl in the southeast, Gümüşhane and Bayburt in the north, Giresun in the northwest, Sivas in the west, Tunceli in the south, and Elazığ and Malatya in the southwest. Erzincan is surrounded by Keçiş Mountains, Munzur, Otlukbeli- Karadağ, Serçelik

Mountains, Esence Mountains and Coşar Mountain. The wet and fertile plain of Erzincan has created a rich economy based on agriculture and animal husbandry. While various kinds of orchards stand out in the plain, there is a suitable environment for animal husbandry and milk and dairy products production in the highlands. In general, the geographical structure, climate and culture of the regions affect the diversity and content of their local dishes (Şen and Silahşör, 2018). The fact that Erzincan is on the historical silk road has made it have a historical and cultural richness. The states that have dominated the region where Erzincan is located throughout history are Urartu, Hittite, Med, Persian, Helen, Roman, Byzantine, Mengücek, Seljuk and Ottoman (<https://tr.wikipedia.org/wiki/Erzincan> (Access date: 05 July, 2021)).

Traditional diet in the region continues to be effective. Wheat and wheat products and animal foods constitute the basis of nutrition. Bulgur, cracked wheat, tarhana, noodles and crackers are the most consumed ones. Especially bulgur is used in many types of food.

Preparation of winter food has an important place in the life of the local people. Bulgur, gendime (wheat for aşure), tarhana, yarma and noodles are the main products prepared for winter. In addition, various vegetables and fruits are dried and used as jam. The local cuisine is rich in terms of food types. Most of them are pastry products. Eşgili, kesme soup (flour soup) and stuffed leaves are the main dishes. In addition, water pastry and especially kete and desserts are among the most consumed pastries (Source: Erzincan Governorship).

### **1.7. Erzurum Cuisine**

Erzurum city, with a population of 758,279, is the third largest province of the Eastern Anatolia Region. Erzurum, which is about 1900 m above sea level, has been a settlement since the first periods of history. The city is also known for its historical monuments and winter sports facilities. In Erzurum, which is the fourth largest province of Turkey in terms of area, the main source of income is agriculture and animal husbandry, and the city has come to the fore with winter tourism in recent years. Its industry has not developed due to its cold climate. 15.17% of the province's land with a surface area of 25.005 km<sup>2</sup> is used for agricultural purposes (<https://tr.wikipedia.org/wiki/Erzurum>(Access date: 06 July, 2021)). Palandöken, one of Turkey's most important ski resorts is located

within the borders of this province (<https://erzurum.ktb.gov.tr/TR-56063/cografya.html>, Access date: 06 July, 2021). Erzurum province is one of the highest and coldest provinces of Turkey. Winters are very cold and snowy, summers are very hot and dry. It is covered with snow 150 days a year. The annual average temperature is 6 °C (<https://www.cografia.gen.tr/tr/erzurum/iklim.html> (Access date: 06 July, 2021)). The history of Erzurum, one of the oldest settlements in Anatolia, dates back to 4000 BC. The states living in the region are Hattians, Hittites, Hurrians, Urartians, Cimmerians, Scythians, Medes, Persians, Romans, Arabs, Georgians, Seljuks, Safavids and Ottomans (Belli, 2011).

Erzurum is a province where the food culture is very rich. At the first place of the characteristics that make Erzurum cuisine different, it is of great importance that it is a crossroad on the Silk Road geographically and that it is home to many civilizations, especially the Ottoman Empire. Erzurum is located at the intersection of roads leading to Europe, the Black Sea, Iran and Russia. For this reason, it has been influenced by the Caucasus, Russia and Iranian culinary culture as well as the provinces of Erzincan, Gümüşhane and Bayburt around it. It is inevitable that the more flavors and smells fuse together, the more delicious the resulting dish will be. The geographical features of the province and the natural and organic nature of the edible ingredients are among the reasons for the difference in taste (Serçeoğlu, 2014). Butter, which has an important place in Erzurum, is burned in a tandoor and melted in large copper cauldrons, prepared in zinc buckets for use during the nine-month winter season, and stored in cellars (Çomaklı, 2008; Çomaklı, 2011).

The cultural richness of Erzurum, which has hosted many civilizations throughout its history, is reflected in its cuisine. Erzurum cuisine deserves the attention with dozens of flavors from a variety of soups to meat dishes, from local cheeses to desserts.

Erzurum, one of the crossroads of Eastern Anatolia, is also welcoming with its cuisine. One of the most famous dish those who visit Erzurum should not return without eating is the cag kebab made by placing the specially seasoned meat on a bottle and cooking it horizontally. The cag kebab, which is made of local meat and especially lamb leg meat, should be preferred. Grains and legumes also have a significant place in Dadaş cuisine, which is one of the regions in Anatolia where the winter season lasts the longest. İspir bean, on the other hand,

is an easy-to-cook legume that is not only famous for Erzurum, but for all over the Turkey. The number one complement to all these authentic flavors is kadayif stuffed with walnut or pistachio, which is a gift from Erzurum cuisine (Source: Erzurum Governorship).

### **1.8. Hakkari Cuisine**

The two most basic ingredients used in Hakkari dishes are meat as the geography is primarily suitable for animal husbandry and natural herbs, which are a gift to the people of Hakkari from the mountains and high plateaus. Hakkari is a city leaning on the mountains and everything that grows in nature constitutes the primary food source of the people living here.

Used in many dishes specific to Hakkari cuisine, ground wheat is still obtained by traditional methods in many places.

There are usually one or more kinds of side dishes with the meals. Salads prepared according to seasonal vegetables, compote varieties made from dried fruits and tzatziki varieties made from yoghurt, onion and fresh herbs are some of these side dishes.

Desserts consumed after meals are also very diverse. Rice pudding is one of the most made desserts due to the abundance of milk. However, there is one of the desserts that is unique to this region. Lalepêt (lalaped), which is made of eggs, yoghurt, oil and sugar, is the most popular dessert in Hakkari that can be eaten at any meal.

There is always tandoori bread with the meals. Tandoori bread is sometimes replaced by donuts and other pastries.

There is always cheese on the table and, as a tradition, cheese is eaten as the last bite before leaving the table. The reason for this is to prepare the taste of the mouth for tea to be drunk immediately after meal by eating salted cheese.

The most basic feature of Hakkari cuisine in terms of taste is that most of the dishes are sour-flavored. Sumac is consumed a lot to give it a sour taste. Sumac water, which is obtained by boiling sumac in water, is often added to meals. Hot spice is used very little in Hakkari dishes.

Although the use of isot has increased in recent years to obtain the bitter taste in meals, the bitterness is mostly obtained from black pepper (Source: Hakkari Governorship).

## 1.9. Iğdır Cuisine

According to the different sources about Iğdır, the first tribe settling in Iğdır region is Hurriss coming from Middle Asia in B.C 4000. Other tribes arriving with this community categorized under the name of Asyanik invented several mines and writing which are of great importance for the history of humanity. The region was prevailed by Muslim Arabs in 464 and Seljuks in 1064. Following this period, Iğdır and its surrounding places where various Turkish tribes settled in became a homeland for Kayı Tribe who are the founder of Ottoman Empire. Iğdır was named after Iğdır Bey who was the eldest son of Deniz Alphan who was the youngest son of Oguz Kagan. The province was saved by the military troop in 1920 in the command of Kazım Karabekir and connected to the territory of homeland. It gained the city status with the law. Under the same law, Karakoyunlu was accepted as district and connected to Iğdır with Aralık and Tuzluca districts (<https://www.serka.gov.tr/en/bolgemiz/igdir/tarihce>, Access date: July, 2021)

The climate of Iğdır is continental climate in the type of Eastern Anatolia. Low parts of Iğdır are not affected by the continental climate seen in the other parts of Eastern Anatolia. The most important reason for this fact is that it is on a lower location compared to the high points such as Ağrı Mountain. Annual average temperature in Iğdır which is located on Iğdır Lowland consisting of a micro-climate with its corner location. The reason why the province is poor in forests are that the lands are considered as the Azonal (Carried) soils. Alkali rate in these soils of which lime rate is respectively high is really high. Therefore, generally halphytes are seen in the lowland. Because Iğdır Lowland has been an important settlement place since the prehistoric eras, natural vegetations has been changed by cultural activities mostly and great majority of the lowland has been turned into an agricultural area. Industrial plants cultivation and fruit growing activities are primary in the areas which can be watered (<https://www.serka.gov.tr/en/bolgemiz/igdir/igdir-cografya>, Access date: July, 2021).

North and northeast boundary of Iğdır consists of Aras River and the Turkey-Armenia boundary created by this river. There are Nakhcevan Autonomous Republic boundary of Turkey- Azerbaijan on its east side and Turkey- Iran boundary on the southeast side. There is Ağrı on its south

(Doğubayazıt and Taşlıçay districts). The climate of Iğdır is continental climate in the type of Eastern Anatolia. Lowland parts of Iğdır are not affected by the continental climate seen in the other parts of Eastern Anatolia.

Iğdır cuisine is very diverse and mostly based on red meat. Apart from meat, grains and noodles are also preferred.

Here is the list of traditional dishes in Iğdır: Ayran aşısı, Bozbaş, Cılvır, Ekşili Erişte, Fetir, Hasıda, Helise, Kavurma, Kavut, Kaygana, Kaysafa, Kelecoş, Kete, Kuymak, Lepeli, Rice with Meat, Nabat, Omacaşı, Omaç Halva, Eggplant Jam, Sabahaşı, Milky Rice, Tandır Shish, Tapan, Chicked Soup, Stone Meatball, Oil Soup and more (Source: Iğdır Governorship).

### **1.10. Kars Cuisine**

Especially local, Kurdish, Terekeme (Kapakalpak) and Azeri people and very few Malakan and Dukhobor communities are living Abbasid, Byzantium, Bagrad, Seljukians, Saltukian, Mongols, Georgians, Karakoyunlu Tribe's, Akkoyunlu Tribe's, Ottoman, Russian and Turkish governments' political ruling activities can be seen in the province where the first settlement dates back to B.C. 13000. Especially local, Kurdish, Terekeme (Kapakalpak) and Azeri people and very few Malakan and Dukhobor communities are living in Kars territories where such tribes lived once. In 11th century, in the works of Mahmud of Kashgar, Kars was mentioned as the cloth made out of camel or sheep fur, and Karsak was mentioned as moorland fox of which skin is used to make fur. Another theory about the name of the city is that it is coming from a Turkish tribe, Karsak, coming from Caucasus in B.C. 130-127 and settled around Kars. After conquered by Seljukians in 1065, Kars was granted to Turkish Şeddathlı Tribe. Captured by Georgians in 1200, the region was destroyed by Mongols in 1239. After the withdrawal of Mongol from Anatolia, the region was seized by Karakoyunlu tribe in 1406 and Akkoyunlu tribe in 1467. It was included in the territory of Ottoman Empire in 1535 and it became the most important military base against firstly Iranians and then Russians until 1877-1878 Ottoman-Russian War. The province was under the occupation of Russian for 40 years between 1878 and 1918. The military troop under the command of Kazım Karabekir saved Kars on 30 October 1920 and gained it to the territory of Turkey.

*Plateaus:* Kars Plateaus located between the lowlands lined up through stream valleys consists of 51% of the city. There are small plains and depression rivers on some parts of the plateaus which are very large and curvy. Plateaus in Kars lay through the south of Sarıkamış to Arpaçay Valley on the east and to Başgedikler Plains on the north. The parts of the plateau which are on south and east are covered by forests.

*Lowlands:* The best examples of high lowlands in Turkey are the ones in Kars. Sugar beet has taken its place among the significant products with the increase of the importance of irrigation in recent years in the valleys where barley and wheat are cultivated. Kars plateau is located on a big depression gulley opening through east between Allahuekber Mountains and Sarıkamış-Kars Plateau. Because of elevation and topography, products other than barley and wheat cannot be cultivated on the Kars Plateau. Inadequate irrigation is an important factor for this fact. The surface area of Kars Plateau is 2500 m<sup>2</sup> and it is the largest lowland of Eastern Anatolia. The lowland constitutes 19% of the province.

*Rivers and Dams:* There are numerous major and minor rivers in Kars. Çıldır, Karzak, Aygır, Çenklice rivers are some of them. Apart from these, Erhan river, Turna river, Çenekci river, Kuyucuk river are important rivers in the province. Only artificial river in Kars is Arpaçay Dam River. There are 3 important dams in the province as Çıldır, Arpaçay and Bayburt dams. Çıldır is used for both energy and irrigation, Bayburt (Selim) is used for irrigation and drinking water and Arpaçay is used only for irrigation.

*Aygır River:* It is a small lava set river which has an area for 4 km<sup>2</sup> on Kars-Göle route. The deepest spot is 30 m and it has soft water. This river located on the west side of Susuz is fed by water of snow melted around the river and the resources within itself. It is called as Aygır (Stud Horse) because of the noises sound like whinnying of horses which actually results from the melting of the water (<https://www.serka.gov.tr/en/bolgemiz/kars/kars-cografya>, Access date: July, 2021).

Besides its kaşar cheese and honey, Kars has a rich and colorful cuisine. Some specific local dishes are: umaç halva, stuffed apple, hÖrre (flour) soup, evelik soup made from the plant called evelik, ekmek aşı (bread soup) made by adding hot oil and yoghurt on bread, pişi, kuymak, hengel (ravioli), haşıl made

from cracked wheat, bozbaş, piti which is a kind of soup made with meat pilaf which is made of sultani grapes, and Kars pastry (Source: Kars Governorship).

### 1.11. Malatya Cuisine

Traditional Malatya houses have a kitchen and a storeroom. The kitchen is usually in the direction of the house facing north. The storeroom, on the other hand, is located either next to the kitchen or in a downstairs in dublex houses. There are containers in the shelves called "container" or "terek" in the kitchen. "Aşlık" is lined up from one side of the kitchen or storeroom. In addition to foodstuffs, there are dried materials, wheat and a plansifter for sieving them. The cupboard with the beds is located in this section. The oven is located in a suitable place where the kitchen is located. There is a hood above the stove approximately one meter long. Winter foods are kept in a cool place in the storeroom. Pickles and jams are placed in jars and stored here. The winter roasted meat is pressed in tins and lined up on the kerevet approximately half a meter above the ground in the storeroom.

Malatya cuisine culture is a quite rich and is mostly based onbulgur. The variety of meals is observed on special occasions such as celebrations and ceremonies. Kuymak (Herle) is taken to visit the puerperant woman.

Bread types take an important place in cuisine culture. The types of breads can be listed as: Tandoori, dough bread, kınalı bread, taplama bread, flatbread, sour bread, honey bread, herbed bread, pileke, dönderme, stone ashtray, tutmaç, and greasy bread.

- Soups are lentil soup, roasted noodle-bulgur soup, tarhana soup, black soup, pıtpıtı soup, gendime soup, ear soup, döğme soup, rice soup, ayali soup, pırpırım soup, kelle-paça soup, sour soup, keşli soup, gurut soup, ashure soup, malhıta soup, etc.
- Meatballs have an important place in Malatya's cuisine. The main material is bulgur. It is known that there are more than 70 types of meatballs in Malatya region. Some of them are as follows: Analı-kızlı, stuffed meatballs, sour meatballs with sumac, squeezed meatballs, apple meatballs, lead-proof meatballs, gilgirikli meatballs, liver meatballs, poppy meatballs, bald meatballs, spinach stuffed meatballs, potato

stuffed meatballs, zucchini meatballs, eggplant meatballs, squeezed meatballs with egg, pumpkin meatballs with yoghurt, raw meatballs with meat, çigleme, raw meatballs with lentils, keloğlan meatballs, and flat eggplant meatballs.

- Stuffed vegetables are mulberry leaves, zucchini, chard, lettuce with olive oil, vine leaves, cherry leaves, bean leaves, beet leaves, onion stuffed, and stuffed pumpkin flower.
- Meals with meat and vegetables are meat tiridi, bark beef, steamed, roasted plate, potatoes with tirit, beans with tirit, eggplant dövmesi, borani imam bayıldı, beetroot roasting and vegetable dishes.
- Jams-Syrups-Pickles: Jam is made from apple, quince, pumpkin, strawberry, plum, and rose etc. Syrups is prepared from types such as cranberry, cherry, plum and rose. Pickles are made from vegetables such as peppers, cucumbers and tomatoes.
- Dessert includes mulberry halva, grape cake, molasses, grape sausage, cheese dessert, mad girl baklava, apricot dessert with cream, Arapgir's cheese halva, Halbur dessert, stuffed dessert, rice pudding and rice pudding with cigdem (Source: Malatya Governorship).

## **1.12. Muş Cuisine**

Mus province which has a large tourism potential with its natural, historical and cultural assets, is located at the Upper Murat- Van region of the Eastern Anatolia. Not more findings related with the province's history goes beyond the period prior to Urartus. Cultural history commencing with the period of Urartus, is definitely the major resource of tourism in the province. Following the Urartu Kingdom, the province of Mus had been under the reign of Persian, Roman, Sasaki and Byzantine civilizations. The region had undergone radical changes by the spread of Christianity. Turkish- Islamic culture has started to be propagated in the region after the sovereignty of the Turks. 1071 Malazgirt Battle, which opened the gates of Anatolia to Turks had occurred within the borders of Mus province. There exist considerable impacts of the Turkmen clans who had sovereignty in the region. Sheep head shaped monuments of Karakoyunlu and Akkoyunlu civilizations can be found in the vicinity of Varto. During the Ottoman Empire, Mus province was under the sovereignty of several tribes. By

the establishment of the railway road in 1955, during the Republic, development of the region has been positively effected. Traces of history in the province which is also known as the “town of tulip”, has reached today by some considerable historical artifacts. Some of these artifacts are Mus castle, Kayalıdere Castle, Ruined Castle in Malzgirt, Surp Garabet Church, Murat River Bridge, Mus Grand Mosque, Hacı Seref Mosque, Aslanlı Inn and a few historical houses. Counties of Mus province are: Bulanık, Haskoy, Korkut, Malazgirt and Varto (<http://www.gateofturkey.com/section/en/98/3/cities-of-turkey-mus>, Access date: July, 2021).

Foods are given special importance in Muş region. Since the winter season is very long, every family starts supplying food for the winter before the fall season arrives. Who wants to prevent the meat shortage makes roasted meat. Roasting is made of sheep, lamb, as well as, düge (one-two-year-old cow). The cut meat is sliced into small pieces and boiled. It is filled in cans and stored for winter.

In order to prevent the vegetable shortage, vegetables such as (baldırcan) tomatoes, (isot) peppers, (black baldırcan) eggplant, bakla, cucumber peel, basil, mint are dried, filled in bags and cooked in winter.

Cabbage (kelem) is preserved for winter in several varieties. (Source: Muş Governorship).

### **1.13. Tunceli Cuisine**

An Anatolian province surrounded by mountains exhibiting a majestic view, Tunceli is a land with untouched natural beauties and an area of rocky steep cliffs displaying a wild appearance. This province with its peculiar characteristics lies 133 kilometers (83 miles) north of Elazığ. Known as "Dersim" in the old times, meaning "Silver Gate" in Persian language, Tunceli has followed a similar historical evolution as other cities of Eastern Anatolia. Beginning around 2200 BC with the Hurrians and Urartians, it changed hands among Persians, Romans, Byzantines and in 1473 the Ottomans. Today it is a modern province with traces from these periods. One important ruin is the fortress of Pertek, outside the city, on the road to Elazığ. It was built in the Middle Ages and is a place to be explored by sightseers. Mazgirt fortress and several old bridges are other historical places around Tunceli. Another beautiful spot nearby is the Munzur

Valley National Park with its wide natural resources. It is possible to make use of the curative properties of its mineral springs, while the streams are filled with trout, providing opportunities for fishing. This site is also an ideal destination for mountaineers and the whole park possesses a wonderful scenery that will amaze nature lovers with its vegetation. The highest peak in Munzur is Akbaba, touching 3463 meters (11361 feet) (<https://www.allaboutturkey.com/tunceli.html>, Access date: July, 2021).

Since the main economic activities in Tunceli are agriculture and animal husbandry, the local cuisine is based on grain products and animal foods.

Food products are diversified in places where viniculture is common. It is common to use 'Şire' as both sweet and additive. Molasses, fruit pulp and orcik (walnut sausage) are types of food made from sire. In addition, tarhana with 'şireli' is made with bulgur called "döğme". The common dishes of the region are: "döğme pilaf" and 'keşkek' made from wheat, "malhuta soup" made from yarma, tarhana, noodles, and flour pilaf.

Butter, yoghurt, buttermilk and cottage cheese are made from milk. One of the most well-known dishes of the region is "hazırlop köfte". To make this meatball, milled ground lentils and culbant (a kind of legume) are soaked in a water, kneaded with flour, onion and parsley and formed into a roll. After it is cooked, hot red pepper oil is put on it.

Breads are usually baked in tandoor or on a plate. Sour bread made from yeast dough and flatbread as well as yufka, kumbik, kül (ocak) gömmesi and mill pastry made from unleavened dough are common bread types in the region. Pastry-like dough foods such as egg tray dough, water pastry, bişi and hırınç are cooked on a plate or on the stove. Kalbur hurma and baklava are common types.

The local bakery dishes of Tunceli, which has a very rich food culture, are Zerefet (Babikko), Sirekurt, Sirepati, Keşkek, Kavut, and Patila. Gulik Meal, Mushroom Meal, Döğme Soup, Döğme Pilaf, Gulik Soup, Guriz Meal and dried vegetable dishes can be listed among the local plant and vegetable dishes. Traditional local desserts include Halva, Mulberry Dessert, Ashure, Beet dessert, Kabak Dessert, Heside (diluted Mulberry molasses, flour and butter) and baklava (Source: Tunceli Culture and Tourism Directorate).

### 1.14. Van Cuisine

Van is a city with a short name, a long history, and numerous interesting things to see, especially if you like history and natural beauty. It is famous with the cats. Or cats. Located on the eastern shore of Lake Van, the city of Van has a very long time. The Rock of Van, the ancient fortress and funeral monument around which a later citadel was built, bears cuneiform inscriptions dating from the Kingdom of Urartu. Beside the citadel, the ruins of the old town of Van, built atop the ruins of ancient Urartian town of Tushpa, lie beneath a carpet of grass. Besides the local museum, the Rock of Van and the citadel, you should visit the Church of the Holy Cross on Akdamar Island, the Urartian ruins at Çavuştepe, and the dramatic Kurdish fortress at Hoşap. In your travels, you may even see a Van cat. You'll know it by its white fur, eyes of different colors, and love of swimming (of all things). The old town of Van was burned by Ottoman forces in 1915 as they retreated before a Russian army which had invaded Ottoman territory in support of Armenian revolutionaries. The Russians held the town until 1917, when the Russian Empire itself suffered revolution and collapse. The modern city of Van grew up 5 km (3 miles) inland from the lakeshore and the Rock of Van during the 20th century, with wide boulevards and town planning. Because it has the best hotels, restaurants, transportation and other services, Van is the best base for explorations of the region. (<https://turkeytravelplanner.com/go/East/van/VanCity.html>, Access date: July, 2021).

Foods such as murtuğa (for breakfast), cacık (for breakfast), ilitme, ekşiliö senseger and Van otlı cheese are local dishes belongs to Van region. Van cheese (Otlı cheese) is a fragrant and extremely delicious cheese made by adding local herbs. Towards the end of the summer, it is buried in the soil by pressing the cubes and stored for the winter. In addition, Van fish (inci kefalı) from the lake of Van must be eaten. Van fish is a type of fish with abundant caviar called "inci kefalı" suitable for the soda water of Lake of Van. This fish with little bones is very delicious (Source: Van Governorship).

# THE EASTERN ANATOLIAN REGION'S DISHES

## 2.1. AĞRI DİSHES

### 2.1.1. Abdigör Köfte (Abdigör Meatball)

**A**bdigör meatball made of lean and boneless beef, eggs, onions and spices is among the most famous and delicious dishes of Ağrı region. The meat is beaten with the help of a mallet until it is minced. After getting the consistency, it is rested. This delicious meatball is usually served with rice (Figure 1).



**Figure 1.** Abdigör Köfte served with rice (Retrieved from <https://blog.biletbayi.com/agrinin-yoresel-yemekleri.html/>)

**Table 1.** The ingredients used in Abdigör Köfte Recipe

Ingredients	Amount
A fillet steak	1 kg
Egg	2 pieces
An onion	A piece
Black pepper	2 tablespoons
Ground red pepper	2 teaspoons
Bouillon powder	2 packs
Butter	250 g
Baldo rice	1 kg
Salt	6 dessert spoons

For the garnish:

Ingredients	Amount
Eggplants	2 pieces
Green pepper	250 g
Parsley	A bunch
Tomatoes	1 kg

### Abdigör Meatball Preparation

1. The fillet steak is beaten on the local stone with a wooden mallet for about 25 minutes to get rid of the nerves and oils.
2. 2 dessert spoons of salt are added to the meat.
3. The meat is beaten for another 25 minutes.
4. After the beating process is completed, finely chopped onion, black pepper, ground pepper, egg and flour in the quantities mentioned above are added to the paste-like meat and kneaded.
5. Enough water to pass half of it in a large pot is put.
6. 2 dessert spoons of salt are added.
7. A packet of bouillon powder is added into the boiled water.
8. Walnut-sized pieces are cut from the meatball shaped with wet hands and put into the water.
9. The pot is covered with the lid and cooked for 20 to 25 minutes.
10. After the meatballs are cooked, the water is drained.
11. 250 grams of butter is put in the pot.
12. Washed rice, 1 pack of bouillon powder and water are added.
13. 2 teaspoons of salt are added and let it cook.
14. The brewed rice is placed in pool shaped plates.
15. Meatballs are roasted in butter.
16. On the serving plate, the pilaf is opened in the form of a pool and meatballs are left on it.
17. The tomato sauce is prepared by sauteing peeled and finely chopped tomatoes in 50 grams of butter and added to the dish.
18. It is served by decorating it with a garnish (Source: 2011 Ağrı Culture and Tourism Guide).

### 2.1.2. Ayran Aşı Soup

This traditional soup is prepared by adding buttermilk and mint to the unhulled wheat, and boiled, then it is ready for eating. Ayran Aşı soup (Figure 2) is also called “Gırar” in Ağrı region. In the below, you can see the ingredients used in the preparation of this unique traditional dish and the preparation steps in details.



**Figure 2.** Ayran Aşı soup (Retrieved from <https://blog.biletbayi.com/agrinin-yoresel-yemekleri.html/>)

**Table 2.** The ingredients used in Ayran Aşı soup Recipe

Ingredients	Amount
<b>Egg</b>	1
<b>Flour</b>	2 tablespoons
<b>Yogurt or buttermilk</b>	5 cups
<b>Wheat</b>	A cup
<b>Boiled chickpeas</b>	A tea glass
<b>Mint</b>	A bunch
<b>Salt</b>	Up to your taste
<b>Water</b>	5 cups

### Ayran Aşı Preparation

1. The flour, eggs and yogurt are whisked with water.
2. Soaked wheat and chickpeas are added into the prepared mixture.
3. The mix is blended until it boils.
4. After observing boiling, the salt is added.
5. When the wheat has softened, it is taken from the stove.
6. The dish is served cold or hot by sprinkling chopped mint on it.

This traditional dish is also prepared and consumed in other cities located in the east of Turkey including Bingöl, Iğdır and Batman. In the preparation of dish in Bingöl, boiled kenger root is added. On the other hand, Ayran aşısı is made with bulgur and green plants such as hibiscus, evelik, beet leaves as well as garlic in Iğdır.

- Bulgur is boiled by putting water in the pot.
- Finely chopped herbs are added to it and cooked thoroughly.
- 4 table spoons of flour are crushed in water and added to the mixture.
- Ayran is prepared on the other side, garlic is crushed and added to the ayran.
- Buttermilk is added to the mixture.
- The mixture is boiled and taken from the fire.
- Mint is added.  
(Mint is used fresh in summer and dry in winter).
- Ayran soup is consumed hot in winter and cold in summer.

After the wheat is cooked thoroughly the buttermilk is added in Batman version of the dish, boiled a little more and let the dish to rest. After it cools down, it is eaten with molasses or salt (Source: Ministry of Culture and Tourism Publications, Anatolian Food Art, 2018)

### 2.1.3. Halise (Keşkek)

Halise dish (Figure 3) is a traditional dish which belongs to Ağrı cuisine. This dish also called as “Keşkek” in other regions. Even though Halise dish doesn't have too many ingredients in it, cooking wheat requires patience. It contains red

meat, ground wheat, water, salt and butter. The most distinctive feature of the dish is Yarma. It is cooked one day before the Ramadan feast and it is served in the morning of the feast.



**Figure 3.** Halise (Retrieved from <https://www.hurriyet.com.tr/lezizz/keskek-nasil-yapilir-adim-adim-tavuklu-keskek-tarifi-41367134>)

**Table 3.** The ingredients used in Halise (Keşkek) Recipe

Ingredients	Amount
Ground wheat	200 g
Chickpea	100 g
Water	5.5 cups
Mutton with bones	750 g
Butter	60 g
Black pepper	Half a dessert spoon
Salt	A teaspoon
Red powdered pepper	A teaspoon

### Halise (Keşkek) Preparation

The main ingredients of the traditional Halise dish is wheat, chickpea and meat. The meat can be chicken, lamb and goat meat. It is a bone-in meat and its flavor is mixed with its water because this broth is useful when making Halise. Whichever meat is used it is important to separate the meat.

1. Chickpeas and wheat should be soaked the night before.
2. The next day the meat should be boiled first.
3. Chickpeas and wheat should be drained and combined with meat and broth.
4. Salt and pepper are added. The wheat should be cooked for 75 minutes until it is mushy.
5. When wheat is cooked, it should be ensured that it gets consistency by mixing Halise with a wooden spoon.
6. Halise is put into plates and red pepper fried in butter is sprinkled on it (Source:[https://www.lezzet.com.tr/yemek-tarifleri/diger-tarifler/baklagil-ve-tahilli-yemekler/keskek\\_590678](https://www.lezzet.com.tr/yemek-tarifleri/diger-tarifler/baklagil-ve-tahilli-yemekler/keskek_590678))
  - ❖ It is recommended to be consumed in small portions as it has a high fat content

#### 2.1.4. Murtuğa

Murtuğa (Figure 4), one of the popular local dishes of Ağrı, is among the local dishes of almost all Eastern Anatolia region. But Murtuğa made in Ağrı region is quite different from the other Murtuğa dishes. While many eggs are used in the other Murtuğas, the Ağrı method is made without eggs. It looks like flour halva. The dish is prepared by frying flour, milk, water and sugar in oil. If hazelnuts or walnuts are added to the dish, it turns into a perfect flavor. Although it is in the food category, it is more like a dessert, and it is loved and consumed at every meal from breakfast to dinner.



**Figure 4.** Murtuğa (Retrieved From: <https://blog.biletbayi.com/agrinin-yoresel-yemekleri.html/amp/>)

**Table 4.** The ingredients used in Murtuğa Recipe

Ingredients	Amount
<b>Butter</b>	200 g
<b>Flour</b>	2 Cups
<b>Granulated sugar</b>	2 Cups
<b>Milk</b>	2 Cups
<b>Water</b>	A Cup
<b>Walnut or Hazelnut</b>	Optional

### Murtuğa Preparation

1. Heat the oils in a pan and add the flour.
2. Add sugar to hot milk and water and melt.
3. Add hot milk and water to the roasted flour until it smells.
4. Turn in a pan until the flour absorbs the liquids.
5. If you wish, you can spread it on a tray and consume it by slicing.  
(Source: <https://www.hurriyet.com.tr/lezizz/murtuga-tarifi-41708766>)

Take care to shift the flour first so that it doesn't clump while roasting. Start roasting on the lowest heat by mixing the flour and oil well. The flour should integrate well with the oil and get a slightly thick consistency. When the smell of the flour starts to emerge, it is time to give the sherbet. When the color of the flour becomes brownish, start adding the sherbet to your mixture little by little. Mix vigorously for 15-20 minutes to absorb the sherbet. Finally, you can give it any shape you want and serve it with walnuts or hazelnuts.

### 2.1.5. Çiriş Ketesi

Çiriş ketesi (Figure 5), also known as Ağrı ketesi, is a kind of pastry made in Ağrı. A wild herb that grows in that region is put into it. Below are the materials and the preparation stages for çiriş ketesi. The most important feature of dish is that it is rich in oily.



**Figure 5.** Çiriş ketesi (Retrieved from <https://www.hurriyet.com.tr/lezizz/ciris-ketesi-tarifi-41708007>)

**Table 5.** The ingredients used in Çiriş ketesi

Ingredients	Amount
<b>Celandine</b>	500 g
<b>Onion</b>	2 medium size
<b>Butter</b>	60 g
<b>Flour</b>	750 g

### Çiriş Ketesi Preparation

1. The leaf of the celandine is stretched towards the bottom.
2. Dry leaves outside and buds inside are discarded.
3. Chop into 1-2 cm length, wash and drain. Boil in water.
4. Onions are finely chopped, salt is added and roasted in butter.
5. Add the tartar, roast another 8 minutes and set aside.
6. It is kneaded by adding water and salt to flour and the dough is obtained.
7. Walnut-sized meringues are prepared and opened.
8. Both sides are cooked thoroughly in hot oil-free sheet.
9. Serve hot with butter on it (Source: Ulusal gastronomi ve türk mutfağı ders kitabı, <http://www.mehmetekim.com>)

## 2.2. ARDAHAN DISHES

### 2.2.1. Feselli

**F**eselli (Figure 6), one of Ardahan's pastry flavors also known as kete, is a very easy hand-rolled bread. Feselli, which is usually made plain, can also be made sweet with tahini if desired. You can also consume feselli with a freshly brewed tea that goes well with any meal.



**Figure 6.** Feselli (Retrieved from [https://blog.biletbayi.com/ardahan-yoresel-yemekler.html/#11\\_Feselli](https://blog.biletbayi.com/ardahan-yoresel-yemekler.html/#11_Feselli))

**Table 6.** The ingredients used in Feselli Recipe

Ingredients
Flour
Water
Salt
Fresh yeast

### Feselli Preparation

1. The ingredients are mixed.
2. It is kneaded and turned into dough.
3. It is kneaded in the softness of the ear lobe.
4. It is kept for about 10-15 minutes
5. The dough is cut small and chard.
6. It is opened by rolling pin.
7. The inside of the dough is greased and rolled into a roll shape.

8. It is made round again.
9. It opens again by rolling pin.
10. It is cooked on low heat on the plate.

### 2.2.2. Helle Aşı Soup

Helle Aşı soup (Figure 7) belongs to Ardahan, also known as herle soup in some regions, is made with very few ingredients such as green lentils, flour and minced meat. The soup cooked by roasting method is one of the indispensable starters of dinner.



**Figure 7. Helle Aşı Soup** (Retrieved from <https://blog.biletbayi.com/ardahan-yoresel-yemekler.html/>)

**Table 7.** The ingredients used in Helle Aşı Soup Recipe

Ingredients	Amount
<b>Butter</b>	2 - 2.5 tablespoons
<b>Salt</b>	A teaspoon
<b>Black pepper</b>	A teaspoon
<b>Tomato paste</b>	A dessert spoon
<b>Flour</b>	3 tablespoons
<b>Water</b>	4 to 5 cups

### Helle Aşı Soup Preparation

1. 2 tablespoons of butter and flour are roasted over low heat.
2. 5 cups of water is added,
3. After adding salt and black pepper, half a spoonful of butter in another pan is added.
4. The tomato paste is added.
5. After pouring this mixture over the soup, it is served hot.

### 2.2.3. Evelik orbası (Evelik Soup)

Evelik (Figure 8), which grows in the upper parts of Eastern Anatolia in April, May and June, is a plant rich in vitamin C and consumed by drying. Being a member of the Rumexcrispus family, the houseplant is also from the same family as the sorrel plant (Önal and Alpaslan, 2016). The soup is made by boiling the freshly picked leaves or soaking the dried leaves consumed by the local people (Çetinkaya ve Yıldız, 2018).



**Figure 8.** Evelik orbası (Retrieved from <https://www.ardahanvakfi.org/evelik-corbasi/>)

**Table 8.** The ingredients used in Evelik Soup Recipe

Ingredients	Amount
<b>Onion</b>	A medium size
<b>Potato</b>	A medium size
<b>Green Lentil</b>	A bowl
<b>Wheat</b>	A bowl
<b>Evelik Leaf</b>	A bowl
<b>Water</b>	5 Cups
<b>Butter</b>	A tablespoon
<b>Tomato paste</b>	A tablespoon
<b>Chili Pepper, Salt</b>	Optional

### **Evelik Çorbası (Evelik Soup) Preparation**

1. The dry leaf to be used in the evelik soup is washed the day before and kept in hot water until the next day.
2. The next day, evelik leaves are taken to the pot filled with water. If the evelik leaf to be used is fresh, it is boiled and filtered.
3. Green lentils are boiled and set aside before they become too soft.
4. Potatoes and onions are chopped to be edible. The onions that are chopped for cooking are left in the butter that is heated in a pot and roasted.
5. Frying is continued by adding chili pepper and tomato paste into the onions roasted in butter.
6. By adding broth into this mixture, wheat is added into it without boiling.
7. Then, potatoes and green lentils are added to the soup, which is at the boiling stage.
8. The soup, which continues to boil, is finally added to salt and wheat and potatoes are cooked until they are soft.
9. Depending on the situation, if the consistency of the soup thick, additional water can be added.
10. The soup, which is ready with the softening of the wheat and potatoes, is served hot.

### 2.2.4. Mafif Tatlısı (Mafif Dessert)

Mafif Tatlısı (Figure 9) is a dessert with syrup. The pieces which are prepared with the dough in the shape of triangle, square and ribbon are fried in the hot syrup.



**Figure 9.** Mafif Dessert (Retrieved from <https://www.ardaninmutfagi.com/yemek-tarifleri/tatlilar/mafif-tatlisi>)

**Table 9.** The ingredients used in Mafif Tatlısı Recipe

Ingredients	Amount
<b>Egg</b>	A medium size
<b>Yoghurt</b>	A tea glass
<b>Vegetable oil</b>	A tea glass
<b>Flour</b>	2.5 cups
<b>Baking powder</b>	A package

**For the sherbet:**

Ingredients	Amount
<b>Sugar</b>	2 cups
<b>Water</b>	1.5 cups
<b>Lemon juice</b>	2 drops

### Mafiş Dessert Preparation

1. Firstly, sugar and water are placed into a pot and mixed until the sugar melts.
2. After sherbet starts to boil, lemon juice is added and the boiling is continued for more 15 minutes.
3. After sherbet is ready, let it cool.
4. Break the egg into a deep bowl, add yogurt and oil, and mix.
5. Then add the baking powder and flour (add the flour gradually) and knead until you have a soft dough.
6. Take the dough you have prepared on the counter, flour the bottom and top, and roll out with a rolling pin so that it is not too thick.
7. Then cut it into medium sized squares.
8. Join the middle parts.
9. Fry both sides in hot oil.
10. Put the fried Mafish in cold syrup, turn it a few times and put it on a serving plate.
11. You can decorate as you wish.

### 2.2.5. Yarpuzlu Köfte

Yarpuzlu köfte (Figure 10) One of the delicious juicy dishes of Ardahan, meatballs with halfmelon is one of the best flavors that combine halfmelon grass and bulgur. The juicy meal, made by adding chickpeas and minced meat together with small musket meatballs made of fine bulgur, is also made with plenty of tomato paste and onion upon request. If you haven't tried the meatball with halfmelon, which you will often encounter at Ardahan tables, you should definitely try it.



**Figure 10.** Yarpuzlu köfte (Retrieved from <https://www.ardahanvakfi.org/yarpuzlu-kofte/>)

**Table 10.** The ingredients used in Yarpuzlu köfte Recipe

Ingredients	Amount
<b>Bulgur</b>	3 cups
<b>Ground beef</b>	250 g
<b>Salt</b>	A dessert spoon
<b>Black pepper</b>	A teaspoon
<b>Yarpuz</b>	3 docks
<b>Chickpea</b>	A cups
<b>Vegetable oil</b>	Half of a tea glass
<b>Yoghurt</b>	A kg
<b>Chili pepper</b>	Half a tablespoon

### **Yarpuzlu köfte Preperation**

1. First of all, put the beef in the pressure cooker and add salt with a little water
2. After beef is fried, tomato and pepper paste are added.
3. Add the chickpeas that have been soaked the day before, then add plenty of water, cover and leave it to boil.
4. Put the fine bulgur in a large bowl, add salt, chili pepper and black pepper.
5. Then, the boiled meat is placed in a large pot with the water.
6. When the meatballs are cooked, it is taken from the oven and ready to serve (Source: <https://www.ardahanvakfi.org/yarpuzlu-kofte/>)

## 2. 3. BİNGÖL DISHES

### 2.3.1. Tutmaç Çorbası (Tutmaç Soup)

**S**oups, one of the indispensable flavors of the tables, especially in winter, are often cooked in Bingöl kitchens. Tutmaç Soup (Figure 11) is made with ingredients such as lentils, roasting meat and noodles made from hand-rolled dough. It is served with a butter added on it. whets the appetite of a full person with the smell of butter added to it. Since the dish contains plenty of ingredients, the soup can be consumed as a main dish rather than a starter. It is one of the tastes you must try when you go to Bingöl.



**Figure 11.** Tutmaç Soup (Retrieved from <https://blog.biletbayi.com/bingol-yoresel-yemekler.html/>)

Below is the list of the ingredients used in Tutmaç Soup Recipe (Table 11):

**Table 11.** The ingredients used in Tutmaç Soup Recipe

Ingredients	Amount
Flour	500 g
Yogurt	1 kg
Garlic	2 pieces
Butter	A tablespoon
Roasted meat	200 g
Ground red pepper	Half a dessert spoon
Mint	Half a dessert spoon
Salt	Half a dessert spoon

### Tutmaç Soup Preparation

1. The flour is kneaded with a little salt
2. Kneaded dough is turned into dough in the thickness of paper.
3. It is cut to the desired size one by one on a clean cloth
4. Some water is mixed with the previously prepared yogurt, and mixed until it boils over low heat.
5. After boiling for 5 minutes, the cut doughs are added.
6. A small amount of roasted meat is added and after 15 minutes it is taken off the fire.
7. Hot peppers and mint are added optionally into the melted butter in a pan and roasted over fire.
8. This sauce is added to the soup placed on the plates and served.

### 2.3.2. Kaburga Dolması (Stuffed Ribs)

If you are one of those who like the meat dishes, you will also love the Kaburga Dolması (Stuffed Ribs) with plenty of ingredients, which Bingöl local people love. Kaburga Dolması (Figure 12) made with different methods in each region is made from lamb ribs. Kaburga Dolması, which includes many ingredients from rice to various flavors, can be flavored with various vegetables if desired.



**Figure 12.** Kaburga Dolması (Stuffed Ribs) (Retrieved from <https://blog.biletbayi.com/bingol-yoresel-yemekler.html/>)

**Table 12.** The ingredients used in Kaburga Dolması (Stuffed Ribs) Recipe

Ingredients	Amount
Sheep's ribs	2 – 2.5 kg
Currants	2 tablespoons
Lamb liver	A piece
Onions	4 medium size
Peanuts	2 tablespoons
Butter	4 tablespoons
Rice	2 cups
Water	7 cups
Allspice	A teaspoon
Black pepper	A teaspoon
Tomato paste	A tablespoon
Salt	Up to your taste

### Kaburga Dolması (Stuffed Ribs) Preparation

1. The ribs with a sharp knife is cut and the pocket in which the rice will be placed is opened.
2. The litter of currants is removed.
3. It is put in warm water and let it wait.
4. The liver is chopped into small cubes, set aside.
5. The onions are chopped finely, and placed in a thick-bottomed flat pan with the peanuts.
6. The onions are fried in 3 tablespoons of butter with a little salt until their color turn golden.
7. The liver is added and it is continued to fry until it changes color.
8. A well-washed rice is added with a pinch of salt.
9. After for 1-2 minutes, 4 glasses of water and seasoning are added.
10. The water of currants is drained and they are sprinkled on the rice. The lid is closed.
11. The rice is put on a very low heat and cooked
12. The rice you have prepared is filled into the pocket inside the rib.  
(Do not forget the adjust the amount of rice very well. If you fill it too much, it will burst and the rice may scatter in the pot. On the other hand, if you fill it less, it can get water into the rib).

13. The mouth of the pocket is sewed with a thick thread so that the rice does not scatter.
14. A tomato paste is put on the meat.
15. A tablespoon of butter in a saucepan large enough for the ribs to fit comfortably is melted.
16. The ribs is lightly fried on both sides.
17. It is placed in the pot with the bone side down.
18. 3 cups of boiling water is added and the salt is sprinkled on it.
19. The lid is closed and the dish is cooked for about 1 hour.
20. The other side is turned.
21. The other side is also cooked for about 1 hour until it is completely soft.
22. The meat should be soft enough to break apart.

As the water in the pot decreases, you can add boiling water little by little (Source: Alay, O. (1996). Bingöl in Our Cultural World. Ankara: Meg Agency).

### **2.3.3. Löl**

Löl (Figure 13) is one of the pastries of Bingöl cuisine. It is a little laborious to make and is a delicious food. It is made from flour, water, yeast, salt, butter, cottage cheese, onion, and parsley. As an alternative to butter, margarine and vegetable oil are used together. It is usually made in two layers. It is an indispensable flavor cooked by the local people for special breakfast and occasions such as holidays.



**Figure 13.** Löl (Retrieved from <https://yoresel.lezzetler.com/lol-bingol-vt80542>)

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**Table 13.** The ingredients used in Löl Recipe

Ingredients	Amount
Flour	1000 g
Margarine	A packet
Dried Yeast Yeast	A packet
Salt	A dessert spoon
Oil	A teacup
Water	As much as it takes
Parsley	A bunch
Onion	A medium size
Roasting	A bowl
Cottage Cheese	Optional
Tulum Cheese or Cheese	A small piece

### Löl Preparation

1. Flour, yeast, salt and warm water are placed in a bowl and kneaded.
2. The dough is left to ferment (approximately 40 minutes).
3. For the filling, finely chop the parsley and onion, add the cottage cheese and mix well.
4. When the dough rises a little, oil is poured on the baking tray and the dough is placed on the tray.
5. The dough is thinned and rolled by hand and half a packet of margarine is spread on it and left to rest for 10 minutes by giving it a roll shape and rotating it around its axis.
6. The rested dough is opened again, the remaining margarine is spread again, it is divided into two parts by giving the shape of a roll again.
7. The baking tray is then greased again with solid oil.
8. The large piece of dough is placed on the tray, opened by hand, the filling is placed on top and lightly distributed.
9. The remaining dough is opened and closed by hand. The lower part is folded upwards from the edges and slightly pressed from the top and spread towards the edges.
10. The dough, which is spread well on the tray, is baked in a preheated oven at 200-250 °C until the top and bottom are thoroughly browned.

11. A paper towel is placed on the tray taken from the oven. Another baking tray is turned over and closed. It is sliced and served hot (Irmak, 2019)

#### 2.3.4. Sorina Pel

This soft special flavor, known by different names in many regions of Turkey, is known in Bingöl as “Sorina Pel” or “Sirina Pel” (Figure 14). The dish, which is made with sorina dough that are opened by hand or ready in dough, is served by adding garlic and butter sauce after baking in the oven.



**Figure 14.** Sorina Pel (Retrieved from <https://gezilecekyerlertr.com/bingol-yemekleri/>)

**Table 14.** The ingredients used in Sorina Pel Recipe

Ingredients	Amount
Dough	4 pieces
Yogurt	A cup
Butter	1.5 Tablespoon
Garlic	2 to 3 pieces
Salt	Optional

#### Sorina Pel Preparation

1. The dough is tightly wrapped in the form of burritos and the burritos are cut into 4-5 cm.
2. The cut parts are lined up on the tray side by side.
3. The same process is repeated for all dough.

4. It is thrown into the preheated oven and left to cook until browned.
5. When cooked, it is taken from the oven and expected to cool.
6. Garlic yogurt is added on top.
7. Toasted butter is added on top.
8. Let it rest for 4-5 minutes. It's ready to serve.

### 2.3.5. Kalbur Hurması

Kalbur Hurması (Figure 15) is a dessert with sherbet that has a place in Turkish cuisine. It is known as “kalburabastı” in many provinces, but it is actually kalbur hurması. It has a more intense sauce than breakfast pişi. This sauce is oily and spicy. It looks like a hurma shape.



**Figure 15.** Kalbur hurması (Retrieved from <https://yoresel.lezzetler.com/kalbur-hurmasi-bingol-vt85437>)

**Table 15.** The ingredients used in Kalbur Hurması Recipe

Ingredients	Amount
<b>Egg</b>	2 medium size
<b>Yoghurt</b>	½ cup
<b>Milk</b>	½ cup
<b>Water</b>	½ cup
<b>Vegetable oil</b>	½ cup
<b>Baking powder</b>	A package
<b>Salt</b>	A dessert spoon
<b>Oil</b>	2 Cups (for frying)

### **Kalbur Hurması Preparation**

- 1.** Egg, yogurt, milk, water, vegetable oil, baking powder, salt and flour are well kneaded. A soft dough is obtained (Ear lobe consistency)
- 2.** A well kneaded dough is rested for 20 minutes.
- 3.** Soft dough is cut into pieces. These pieces are divided into walnut size and given an oval shape.
- 4.** Prepared soft dough is passed through the sieve. It opens with three fingers. Rolls like a shuttle.
- 5.** 2 cups of liquid oil is taken. The oil is well heated. Shaped dough is thrown into fried oil. It is cooked slowly over medium heat (Source: <https://yoresel.lezzetler.com/kalbur-hurmasi-bingol-vt85437>)

The fried dessert is placed on the plate. Some oil and a very spicy sauce is prepared for the top. This sauce is served by sprinkling it on it (It can also be served with sugar syrup upon request).

## 2.4. BİTLİS DISHES

### 2.4.1. Bitlis Köftesi (Bitlis Meatball)

**B**itlis is a city where the food culture is very rich. Their food is not light, it is heavy and expensive at the same time. Especially financially, it brings an excessive burden. It can be said that Bitlis is the only province where hot meat eaten in Turkey. After leaving the slaughterhouse, the meat is consumed in a very short time. Meat brought from the slaughterhouse to the butchers is sold before it gets cool. If it is cold or a day has passed, this meat is not in demand. Meat kept in cold storage is definitely not taken by the public. Meat comes in the morning and is bought until noon. Meats that consumed largely are goat, sheep, cattle and partly lamb.

As the name shows that the city of Bitlis has its own delicious meatballs. It would not be wrong if we say the famous Bitlis meatball (Figure 16), which take the place on Bitlis tables, are actually a kind of stuffed meatballs. The most important property of stuffed meatballs is made by both boiling or frying the meatballs. It is up to your taste. However, Bitlis meatballs are a kind of different from the stuffed meatballs, as the food of each region has its own spices and production techniques, specifically cooking styles. Meatballs with onions made of fine bulgur are cooked by boiling instead of frying and take their place on the tables.



**Figure 16.** Bitlis Köftesi (Bitlis Meatball) (Retrieved from <https://blog.biletbayi.com/bitlis-yoresel-yemekler.html/>)

**Table 16.** The ingredients used in Bitlis Köftesi (Bitlis Meatball) Recipe

Ingredients	Amount
Lean meat	1 to 2 kg
Fine bulgur	1 kg
Kidney oil	500 g
Onion	A small size
Black pepper	A teaspoon
Ground red pepper	A teaspoon
Sour pomegranates	2 or 3 pieces
Salt	Up to your taste

### Bitlis Köftesi (Bitlis Meatball) Preparation

- Preparation of the inside of the meatballs:  
After the kidney oil is drawn in the machine twice, half an onion is grated. It is thoroughly kneaded with salt, black pepper or powdered pepper and sour pomegranate.
1. Add the same amount of bulgur and a little salt to the lean ground meat, which was previously ground twice in the machine, and knead it with water.
  2. The well kneaded dough is divided into walnut-sized small pieces.
  3. These separated pieces are made round in the palm.
  4. It is taken in the inside of the palm and carved with the a finger.
  5. A previously prepared inside material mentioned as above is left in this carved part.
  6. It is rolled again in the palm of the hand and is placed on the tray is placed
  7. Water is put in a pot over the fire.
  8. After this water is boiling, the meatballs are put into this water.
  9. As the fat in the meatballs melts, the cooked meatballs rise above the water.
  10. It is served on plates.

**Hint:** Good meatballs should be small and the oil inside does not come out.

## 2.4.2. Katıklı Dolma

One of the dishes that is characteristic to Bitlis region is Katıklı Dolma. Katık means yogurt in the region. So, the dish can be called as “Stuffed with yoğurt”. If you are one of those who love all kinds of stuffed from leaves to peppers, you will also love the delicious “Katıklı dolma” (Figure 17) of Bitlis local dishes. Katıklı dolma is made of adding ground beef and onion inside the zucchini cut into rings. When you add garlic yoghurt and butter on it, you can add flavor to its flavor.



**Figure 17.** Katıklı Dolma (Retrieved from <https://blog.biletbayi.com/bitlis-yoresel-yemekler.html/>)

**Table 17.** The ingredients used in Katıklı Dolma Recipe

Ingredients	Amount
<b>Zucchini</b>	5 to 6 pieces
<b>Ground beef</b>	250 g
<b>Onion</b>	2 large pieces
<b>Dried basil</b>	A tablespoon
<b>Black pepper</b>	A teaspoon
<b>Salt</b>	A dessertspoon

For the top of the dish:

- A bowl of yoğurt
- 3-4 cloves of garlic
- 2 tablespoons of butter
- a teaspoon of red paprika

### **Katıklı Dolma Preparation**

1. The zucchinis, which are not too sweet, are peeled and divided into two from the middle
2. The inside is cleaned with a sharp knife.
3. It is salted in a large bowl and heated under the sun or by the stove for an hour.
4. On the other side, sufficient amount of ground beef is mixed with the same amount of fine bulgur.
5. A head of onion is ground with 2-3 green peppers together with the meat.
6. Salt pepper and dried basil are added and kneaded well.
7. This dough is cut into small pieces, wrapped in a three-layer zucchini, squeezed in the palm, and then put into a pot randomly.
8. A plate upside down and a heavy object placed on top of it.
9. Boiled water in another place is put on the dolma.
10. Since the dolma is cooked quickly, the plate is removed while it is boiling to check whether the zucchini is cooked or not, and if it is cooked, the pot is removed from the fire immediately.
11. The water is drained and waited for half an hour
12. And finally, yogurt with garlic, and plain oil fried with red pepper are put on it, and served.

### **2.4.3. Turşu Aşı Çorbası (Turşu Aşı Soup)**

Turşu aşı çorbası (Figure 18) is concerning traditional dish in Bitlis neighborhood to eat. In Turşu aşı çorbası, there are wheat, bean and more other a lot of nutriments. Turşu aşı çorbası is very delicious for the reason of sour plum marmelade taste.



**Figure 18.** Turşu Aşı Çorbası (Refrieved from <https://blog.biletbayi.com/bitlis-yoresel-yemekler.html/>)

**Table 18.** The ingredients used in Turşu Aşı Çorbası Recipe

Ingredients	Amount
Lamb	600 g
Dry onion	2 medium size
Red pepper	A table spoon
Tomato	A medium size
Fresh beans	250 g
Boiled chickpea	A cup
Tomato paste	A tables poon
Pepper paste	A table spoon
Green plum	250 g
Plum marmalade	2 table spoon
Salt	2 table spoon

### Turşu Aşı Çorbası Preparation

A home-made Turşu Aşı Çorbası preparation mainly has five main steps.

1. A 600 g lamb meat put into soucepan.
2. 2 medium size of dry onions in cube forms are added into soucepan and mixed with 3 to 4 table spoon vegetable oil.
3. A table spoon pepper paste put into mix.

4. A piece of red pepper is put into saucepan mixed with other ingredients. Later, a table spoon tamato paste is added.
5. After boiling, a cup of water is added., A cup of boliled chick pea, 250 grfresh beans and 2 table spoon salt put into to mix and leave it to boil (Source: <https://www.nefisyemektarifleri.com/tursu-asi-yoresel-bitlis-yemegi/>).

These conventional procedures take approximately 1-1,5 hours.

#### 2.4.4. Gari Aşı Çorbası (Gari Aşı Soup)

Gari Aşı Çorbası (Figure 19), which is made with a tense ingredient, has become a flavor that does not have a common name in the region. It is loved and has taken its place among local dishes. When you come to Bitlis, ask for this delicious soup and experience as a satisfying, healthy, and nutritious food in restaurants there.



**Figure 19.** Gari Aşı Çorbası (Retrieved from <https://gezilecekyerlertr.com/bitlis-yemekleri/>)

**Table 19.** The ingredients used in Gari Aşı Çorbası Recipe

Ingredients	Amount
Ground beef	1 kg
Thin bulgur	A cup
Oil	150 g
Ashura wheat	2 cups
Gari	A piece
Sumac	A cup

### Gari Aşı Çorbası (Gari Aşı Soup) Preparation

1. After washing gari, it is put in a large and deep saucepan. The wheat and salt are added and mixed.
2. The consistency of the food is not very juicy, it shouldn't be too dark.
3. On one side, ground beef is kneaded with bulgur and salt with the help of water. Then, little marbles are made. When the wheat is cooked, the sumac is added and boiled for another 15 minutes.
4. The soup will be slightly sour. You can add a little

### 2.4.5. Kengerli Bulgur Pilavı (Kengerli Bulgur Pilaf)

Kengerli Bulgur Pilavı (Figure 20) is not very common since kenger grass is not found in every region. Kenger is a plant that requires a long effort to collect and clean. The bulgur pilaf with kenger, which is local for Bitlis, is a precious meal. It is not possible to come across this local dish everywhere.



**Figure 20.** Kengerli Bulgur Pilavı (Retrieved from [https://www.sabah.com.tr/sofra/tarifler/pilavlar/kengerli\\_bulgur\\_pilavi](https://www.sabah.com.tr/sofra/tarifler/pilavlar/kengerli_bulgur_pilavi))

**Table 20.** The ingredients used in Kengerli Bulgur Pilavı Recipe

Ingredients	Amount
<b>Kenger plant</b>	1 kg
<b>Bulgur</b>	2 cups
<b>Vegetable oil</b>	2 table spoons
<b>Water</b>	2 cups
<b>Blackberry</b>	A dessert spoon

### **Kengerli Bulgur Pilavı Preparation**

1. The kenger is washed and cleaned,
2. It is cut into two cm long pieces,
3. Boil the water in a saucepan and put kengers in it until it softens,
4. When it is strained, half of the oil is put in the pot and heated,
5. The kengers are roasted in the oil, which is well heated, and put on a plate,
6. Put the remaining oil in the pot and heat it, the bulgur is washed and roasted in the pot,
7. Add 4 cups of water and optionally salt and black pepper to the roasted bulgur and let it cook,

## 2.5. ELAZIĞ DISHES

### 2.5.1. İşkene (İşgene)

**T**he appearance of İşkene (Figure 21) is quite complicated and its taste is quite tasty contrary to its appearance and is on the list of Elazığ's local dishes. It includes roasted beef, tandoori bread, plenty of oil, tomato paste and onion.



**Figure 21.** İşkene (Retrieved from <https://blog.biletbayi.com/elazigin-yoresel-yemekleri.html/>)

**Table 21.** The ingredients used in İşkene Recipe

Ingredients	Amount
Onions	3 medium size
Oil	A tablespoon
Tomato paste	2 tablespoons
Tandoori bread	2 pieces
Parsley	A bunch
Roasted beef*	500 g

- Roasted beef can be used or not. If you want, you can add this ingredient to your recipe. It's totally up to your preference. However, it is generally preferred without it by local people of Elazığ.

### **İşkene Preparation**

1. 3 medium-size onions are chopped as a ring shape.
2. The onions are fried in oil,
3. Tomato paste is added and mixed
4. The roasted beef is added and boiled for a few minutes after adding enough water.
5. The previously chopped tandoori bread is placed on a serving plate
6. The boiling mixture is put on it.
7. Finely chopped fresh parsley is sprinkled on it.
8. It is served with fresh onions with the main course as a side.

### **2.5.2. Harput Köftesi (Harput meatball)**

One of the tastes unique to Harput district of Elazığ called as Harput Köftesi (Figure 22) becomes a city landmark. What makes this meatball special compared to other meatball recipes is that it is mixed with a plenty of tomato paste sauce and cooked with spices such as basil. Also known as mine meatballs in Elazığ, basil is indispensable.



**Figure 22.** Harput Köftesi (Retrieved from <https://blog.biletbayi.com/elazigin-yoresel-yemekleri.html/>)

**Table 22.** The ingredients used in Harput Köftesi (Harput meatball) Recipe

Ingredients	Amount
Low-fat ground beef	500 g
Fine bulgur	Half a cup
Tomato paste	2 tablespoons
Onion	2 medium-size
Parsley	A bunch
Pepper paste	2 tablespoons
Vegetable oil	3 tablespoons
Salt	A dessertspoon
Black pepper	A teaspoon
Powdered red pepper	A teaspoon

### Harput Köftesi (Harput meatball) Preparation

1. The onion and parsley are cleaned and minced
2. A tablespoon of tomato paste, a tablespoon of pepper paste, red powdered pepper, salt and black pepper are added in a large bowl and rub thoroughly.
3. The minced meat is added little by little and kneaded.
4. The fine bulgur is added and kneaded for 7-8 more minutes.
5. It is covered and let it rest for 10 minutes.
6. Walnut-sized pieces from the meatball mixture are cut.
7. Each piece is rolled and the middle of it from both sides is pressed
8. The patty between the fingers is turned around in order to smooth the edges.
9. The oil is heated in a pan and the remaining tomato paste is added.
10. The water is added and boiled
11. The meatballs are added into the boiling water.
12. It is cooked for 30 minutes over low heat.
13. It is garnished with parsley and served hot

### 2.5.3. Küncülü Köfte (Küncülü Meatball)

Küncülü Köfte (Figure 23), which holds an important place in the list of Elazığ's local dishes, is among the flavor bombs. Küncülü Köfte is one of the most

## TRADITIONAL DISHES CONSUMED IN THE EASTERN ANATOLIAN...

fascinating dishes of Elazığ cuisine. It is also rich in demanding food and a variety of ingredients. It is a bit difficult to find Küncülü Meatballs, expect for restaurants that serve local dishes.



**Figure 23.** Küncülü köfte (Retrieved from <https://gezgingo.com/elazig-yemekleri/>)

**Table 23.** The ingredients used in Küncülü Köfte Recipe

Ingredients	Amount
<b>Fine bulgur</b>	2 cups
<b>Flour</b>	A cup
<b>Egg</b>	A medium size
<b>Salt</b>	2 tea spoons
<b>Roasted sesame seeds</b>	2 tea spoons
<b>Finely ground walnuts</b>	A cup
<b>Onion</b>	2 medium size
<b>Vegetable margarine</b>	50 g
<b>Medium-fat ground beef</b>	250 g
<b>Salt</b>	2 tea spoons
<b>Black pepper</b>	2 tea spoons
<b><u>FOR THE ABOVE</u></b>	25-30 g
<b>- Butter</b>	

### **Küncülü Meatball Recipe Preparation**

1. To prepare the filling, roast the sesame in a pan without oil,
2. Put the finely chopped onions and minced meat in the pan and add the oil. Fry the ground meat until it absorbs, stirring occasionally. Sprinkle salt and pepper on it and cook the minced meat well.
3. Turn off the heat and add the finely chopped walnut kernels and sesame and mix. Leave it aside to cool. Put the bulgur in a deep bowl, add a cup of hot water and mix it. Leave it for 10-15 minutes to swell.
4. Add salt and flour to the bulgur and start kneading by wetting your hand. Break the egg and continue to knead to get a soft bulgur dough.
5. Take walnut-sized pieces from the meatball mixture you have prepared and roll them between your palms. Make pits by pressing your index finger into the center of the patties. Put a spoonful of minced meat in these cavities and close and roll the meatballs again between your palms.
6. Boil water in a pot and sprinkle salt. Boil the meatballs you have prepared in water for 5-6 minutes, taking into account the number of people.
7. Take the meatballs you have boiled out of the water with a hand strainer and put them on a serving plate. Pour the butter you have heated in a small pan on it and serve it.

### **2.5.4. Balakgazi Pastry**

Balakgazi pastry (Figure 24) is a kind of pastry from Elazığ region of Turkey since its outer material consists of crepe dough, it is prepared with a different technique than other pastry types. The filling contains cheese. It is sold in major restaurants. It is a traditional dish usually prepared by housewives at home.



**Figure 24.** Balakgazi pastry (Retrieved from <https://www.yemektarifhane.com/nefis-balakgazi-boregi-tarifi/balakgazi-boregi/>)

**Table 24.** The ingredients used in Balakgazi Pastry Recipe

Ingredients	Amount
Egg	2 medium size
Milk	A cup
Flour	8 table spoons
Cheddar cheese	100-150 g
Breadcrumbs	2 cups

### Balakgazi Pastry Preparation

1. First of all, the eggs, milk and water are mixed well in a bowl. 8 table spoons flour are added and mixed until it will became thick,
2. Salt is added and cooked,
3. Put cheddar cheese in it and wrap it tightly,
4. Dip it in egg white and then in breadcrumbs and fry it. And the dish is ready to serve. This pastry takes about 15-20 minutes to make.

### 2.5.5. Lobik Çorbasi (Lobik Soup)

Lobik soup (Figure 25) is one of the most delicious soups of the region in Elazig, where thin green beans are called lobik. The soup, which is also cooked with

## THE EASTERN ANATOLIAN REGION'S DISHES

cowpea when there is no lobik, is a little fatty, but the taste is perfect. In Elazig, cowpea is known as lobik. Lobik soup in the local language is actually a delicious starter meal prepared from cowpea. Although it is in the category of soup, it can also be consumed as a main dish, includes many legumes such as wheat, dry beans and chickpeas in addition to cowpea.



**Figure 25.** Lobik Soup (Retrieved from <https://gelaziz.com/wp-content/uploads/2020/08/elazig-lobik-corbasi-1.jpg/>)

**Table 25.** The ingredients used in Lobik Soup Recipe

Ingredients	Amount
<b>Lobik (You can also use cowpea)</b>	A cup
<b>Ashura wheat</b>	1.5 to 2 cups
<b>Onion</b>	A medium size
<b>Garlic</b>	A clove of
<b>Vegetable oil</b>	A tablespoon
<b>Broth</b>	8 Cups
<b>Tomato and pepper paste</b>	A table spoon
<b>Salt</b>	1 to 2 tea spoons
<b>For the Sauce;</b>	
-Vegetable oil	A table spoon
- Chili, black pepper and basil	1 to 2 tea spoons
- Mint	A tea spoon

### **Lobik Soup Preparation**

Lobik and wheat are put into the water the day before so that they do not take too much time to cook.

1. Put the vegetable oil in the pot and melt it. Add the chopped onion and garlic and fry until lightly browned. And add the tomato paste and roast for one more minute.
2. Then add the broth, mix and add the dry cowpea. Close the lid of the pot and cook until the cowpea is softened.
3. Later, add the boiled ashura wheat, mix and continue to cook until the cowpea is soft.
4. Melt the oil in the pan, add the spices, keep it on the stove for 20-30 seconds, then add it to the soup.
5. After adding the salt to the soup and mixing it, leave the soup for 10-15 minutes and serve it hot.

## 2.6. ERZİNCAN DISHES

### 2.6.1. Kemah Tiridi

**K**emah Tiridi (Figure 26), which must be tasted by those who come to Erzincan and travels to Kemah is made of putting the delicious sheep meat on the dough with yeast and powdered sugar. The very satisfying and delicious dish is shown as one of the laborious main meals that the public often cook in Erzincan.



**Figure 26.** Kemah Tiridi (Retrieved from <https://blog.biletbayi.com/erzincanin-yoresel-yemekleri.html/>)

**Table 26.** The ingredients used in Kemah Tiridi Recipe

Ingredients	Amount
Warm water	A half cup
Fresh yeast	20 g
Granulated sugar	A dessertspoon
Flour	500 g
Salt	A teaspoon
Mutton (from the leg part fo the animal)	250 g
Water	2 cups
Margerine	2 tablespoons
Onion	3 medium-size
Eggs	4 medium-size
Chili pepper	A teaspoon

### **Kemah Tiridi Preparation**

1. For bread, fresh yeast and salt are melted in warm water.
2. It is rested for 10 minutes for the yeast to rise.
3. The flour is put in a deep bowl.
4. Granulated sugar and a pinch of salt is added.
5. The yeast in water is added and kneaded until you get a soft dough.
6. The dough is rested for half an hour for fermentation.
7. Walnut-sized pieces are cut and the doughs with the size of a cake plate with a rolling pin are rolled.
8. The doughs are cooked in a non-stick pan, placed on top of each other, wrapped in a cheesecloth and left it for a few hours.
9. For the top, the mutton is boiled in 2 glasses of water until it softens.
10. In a pan, the chopped onions in 1 tablespoon of margarine is fried until they turn light pink.
11. The eggs are broken on it and cooked without mixing too much.
12. The top of the breads is wetted with water and cut into 2 finger thick strips.
13. It is placed in a bowl and the meat with the boiled water drizzled.
14. The egg is put on the breads and the hand-picked meat is placed on the top.
15. The chili pepper is burned in the remaining margarine and added on the dish.

### **2.6.2. Babikko**

It is possible to see the famous babikko dish (Figure 27), which has a strong place in the local dishes of Erzincan, in many cities of Eastern Anatolia. In fact, many ingredients in the food have many health benefits. This flavor, which you can see it as a meatless mantı with garlic sauce made from dough, is shown as one of the indispensables of Erzincan cuisine.



**Figure 27.** Babikko (Retrieved from <https://blog.biletbayi.com/erzincanin-yoresel-yemekleri.html/>)

**Table 27.** The ingredients used in Babikko Recipe

Ingredients	Amount
<b>Flour</b>	1 kg
<b>Butter</b>	500 g
<b>Water</b>	3 cups
<b>Salt</b>	A dessert spoon

For the sauce:

Ingredients	Amount
<b>Yogurt</b>	500 g
<b>Garlic</b>	3-4 cloves
<b>Water</b>	3 cups

### **Babikko Preparation**

1. First of all, the dough is kneaded.
2. The flour and salt are taken into a large bowl, a dough that is soft like an earlobe is obtained
3. The greaseproof paper on the round pan is laid
4. The dough is rounded and put on the tray
5. The doughs are pressed and spread it on the tray.
6. It is baked in the oven for 30 minutes at 180 degrees, after cooking it is taken out and let it cool.

7. In the meantime, the sauce is made
8. The grated garlic, water and the yogurt are put into the pot and mixed well.
9. It is put on the stove and mixed
10. It is taken from the stove when it is warm, otherwise the yogurt will be cut.
11. With the help of a knife, the shell is cut and removed.
12. Then, with the help of a tablespoon, the bread is scraped a little by little and taken on another tray.
13. When all sides of the bread are finished in the same shape, a round bowl is remained
14. The sauce is spread all over the dish
15. The bread is filled and the remaining sauce is put all over it.
16. The butter is fried and added on the dish.

### **2.6.3. Yalancı Köfte (Yalancı Meatball)**

Yalancı köfte (Figure 28) is a delicious taste of Erzincan cuisine. It contains the nutritious bulgur. When it meets with its delicious garlic sauce, it turns into an indispensable taste. Yalancı köfte, which is a kind of bulgur köftesi, resembles fellah köfte with its appearance and taste. You can serve yalancı köfte with yogurt.



**Figure 28.** Yalancı köfte (Retrieved from <https://www.kofteler.gen.tr/yalanci-kofte.html>)

Table 28. The ingredients used in Yalancı köfte Recipe

Ingredients	Amount
<b>Bulgur</b>	A cup
<b>Flour</b>	3 table spoons
<b>Egg</b>	A medium size
<b>Salt</b>	Up to your taste
<b>Boiling water</b>	2 cups
<b>For the above;</b>	
- <b>Garlic</b>	Two cloves of
- <b>Tomato paste</b>	A table spoon
- <b>Butter</b>	50 g

### Yalancı köfte Preparation

1. Bulgur is taken into a large bowl,
2. Hot waters is put on it,
3. After the bulgur is swollen, add the flour, salt, egg and knead it well.,
4. The meatballs are shaped by wetting the hand,
5. The water in the pot is boiled,
6. Meatballs are put in boiling water. The meatballs are boiled for 15 min.  
Meatballs are taken to the plate,
7. Served with garlic yoghurt and butter.

### 2.6.4. Gasefe Dessert

Erzincan region has a lot of food varieties. The eastern region is famous for its kebabs and spicy dishes. It is known that the eastern dishes are very practical and quite delicious dishes and easy desserts besides the very difficult dishes. Gasefe dessert (Figure 29), which belongs to Erzincan region, can be given an example. Gasefe dessert is a very easy dessert made from apricot. The only thing to pay attention while making Gasefe dessert is to take care that the apricots are dried.



**Figure 29.** Gasefe dessert (Retrieved from <https://lezzetler.com/gasefe-tatlisi-erzincan-tarif-145834>)

**Table 29.** The ingredients used in Gasefe dessert Recipe

Ingredients	Amount
Dried apricot	500 g
Butter	2 table spoons
Granulated sugar	2 table spoons
Walnut	A cup
Water	A cup

### Gasefe Dessert Preparation

1. The most important part in this dessert is that the apricots must be dried, collected in season and dried under appropriate conditions.
2. Dried apricots are cleaned and put in a deep saucepan.
3. Adding a cup of water, the apricots are kept in pot overnight.
4. The next day, the apricot juice is filtered and taken to the stove
5. It is cooked on low heat for 10 minutes.

Butter is melted in another pan, the apricot is taken to a clean and beautiful plate and the butter is added on it. The walnuts are crushed and served with plenty of apricots

### 2.6.5. Tirit

Tirit (Figure 30) is a dish made by putting fried or stale bread in broth. The word thyrit is a persian word. Different types of meat can be put according to the regions. There are varieties made with goose, duck, chicken, cow, sheep meat. It is similar to the meal made in central Asia.



**Figure 30.** Tirit (Retrieved from <https://www.hurriyet.com.tr/gundem/tirit-nedir-tirit-nasil-yapilir-40968550>)

**Table 30.** The ingredients used in Tirit Recipe

Ingredients	Amount
Onion	A medium size
Stale bread	4 to 5 silces
Butter	2 table spoons
Tomato paste	A tablespoon
Garlic	3 cloves of
Lamb meat	400 g
Parsley	A bunch of
Salt	Optional
Black pepper	Optional

**Tirit Preparation**

1. Chopped lamb meat is taken into a pressure cooker with two cups of water, salt, black pepper and chopped garlic and cooked for 30-40 minutes.
2. Cooked meat is separated from its own juice.
3. The butter is melted and the onion is added, and fried. Then, black pepper, tomato paste and water are added and made into sauce.
4. 4 to 5 slices of stale bread are cut into small cubes and fried in the oven.

After the fried breads are taken out of the oven and cooled, the breads are added into the broth and turned over. The breads are taken out of the broth, then the cooked meat is added on the plate and lastly prepared sauce is poured over the meats, then served hot by garnishing with black pepper and parsley.

## 2.7. ERZURUM DISHES

### 2.7.1. Şalgam dolması (Stuffed turnip)

**S**algam dolması (Figure 31) is prepared by adding ground beef, tomato paste, rice, bulgur, salt and a mixture of spices between the turnip slices. It is very popular in Erzurum. Although the shape of the stuffed turnip can be changed according to the preparation methods, its taste is the same.



**Figure 31.** Şalgam dolması (Retrieved from <https://blog.biletbayi.com/erzurumun-yoresel-yemekleri.html/>)

**Table 31.** The ingredients used in Şalgam dolması (Stuffed turnip) Recipe

Ingredients	Amount
Ground beef	500 g
Garlic	3-4 cloves
Butter	A tablespoon
Bulgur	2 coffee cups
Water	A coffee cup
Salt	A dessert spoon
Black pepper	A dessertspoon
Parsley	10 sprigs
Dill	5 sprigs
Mint/dried mint	5 sprigs
White turnip	1 kg
Broth	2 cups

### Şalgam dolması (Stuffed turnip) Preparation

1. The ground beef is put in a deep bowl.
2. The onion is grated and added.
3. The bulgur, oil, salt and black peppers are added and mixed
4. The turnips are peeled and sliced in 5 mm thickness
5. It was stewed for about 10 minutes
6. The meatballs are shaped with hands
7. They are placed in between the turnip slices
8. They are arranged in the pot
9. The tomato paste is roasted in butter and added.
10. Water is added in a pot.
11. It was cooked until the turnips are soft.
12. You can add basil on it and serve.

### 2.7.2. Hasuta

Hasuta (Figure 32), one of the local sweets of Erzurum, consists of mulberry molasses, starch and sugar added optionally. In some regions, this traditional dish is cooked in solid puree and other places it is cooked as a liquid soup.

- Hasuta, especially known as infant, child and patient meal, is a flavor of Erzurum cuisine and can be cooked easily.



**Figure 32.** Şalgam dolması (Retrieved from <https://blog.biletbayi.com/erzurumun-yoresel-yemekleri.html/>)

Table 32. The ingredients used in Hasuta Recipe

Ingredients	Amount
Starch	A coffee cup
Butter	A tablespoon
Flour	A dessertspoon
Water	A cup
Powderd sugar	A dessertspoon

### Hasuta Preparation

1. The powdered sugar, water, flour and starch is added in a large bowl and whisked with the help of fork.
2. A lump-free mixture is obtained
3. The butter is melted in a pan and added into the mixture
4. It is stirred and cooked until the yellow oil comes out.
5. It is served hot.

### 2.7.3. Çağ Kebabı

Erzurum, where animal husbandry is very important, it is one of the most important cities in terms of animal products, especially meat and dairy products. Çağ Kebabı (Figure 33) is made in Oltu district of Erzurum. It is made from six month old lamb meat and its main seasonings are onion, salt and black pepper.



Figure 33. Çağ Kebabı (Retrieved from [https://www.tripadvisor.com/Restaurant\\_Review-g297996-d2679401-Reviews-Koc\\_Cag\\_Kebab\\_Restaurant-Erzurum.html](https://www.tripadvisor.com/Restaurant_Review-g297996-d2679401-Reviews-Koc_Cag_Kebab_Restaurant-Erzurum.html))

Table 33. The ingredients used in Çağ Kebabı Recipe

Ingredients	Amount
Lamb bud	2 pieces
Onion	2 medium size
Yoghurt	200 g
Lavash bread	4 pieces
Tomato paste	8 medium size
Green pepper	10 pieces
Salt	2 tea spoons
Black pepper	2 tea spoons

### Çağ Kebabı Preparation

1. Cut finger thick leaves from lamb bud.
2. Remove the nerves inside the meat
3. Mix the yoghurt, black pepper, salt and chopped onions in a bowl.
4. Add the meat on it and leave it for 24 hours in this seasoning.
5. At the end of the day, cook the meat in the from of leaves by turning, which is special for the kebab, over the heat while it is lying down.
6. Cut thin pieces from the cooked parts, as in the same Doner kebab.

### 2.7.4. Lalanga

Lalanga (Figure 34) belongs to city of Erzurum. It is a a dumpling made by frying in oil and pouring sugar syrup on it. Lalanga is consumed as a breakfast meal or dessert. The origh of the Word lalanga belongs to persion.



Figure 34. Lalanga (Retrieved from <https://yemek.com/tarif/lalanga/>)

Table 34. The ingredients used in Lalanga Recipe

Ingredients	Amount
Egg	2 medium size
Milk	1/5 cup
Yogurt	2 table spoons
Cheddar cheese	A tea glass
Salt	A tea spoon

### Lalanga Preparation

1. Take 2 medium size of eggs in a suitable whisk bowl and beat them with the help of a whisk .
2. Continue whisking by adding milk and salt, add the flour and whisk it again.
3. Add the cheddar cheese and mix it with the help of a spatula
4. Take the pan to the stove, add liquid oil into it and wait for it to fry.
5. After the oil is fried, take a table spoon of mix and pour it into the pan
6. Turn the doughs that are browned well and bake the other side

### 2.7.5. Çaşır

Çaşır (Figure 35), which grows in Erzurum and other provinces of the region in the spring, is a wild plant with a bitter taste. It can be boiled in water and eaten plain or mixed with boiled potatoes and roasted in butter.



Figure 35. Çaşır (Retrieved from <https://lezzetler.com/casir-kavurmasi-erzurum-vt44546#:~:text=Çaşır%20dağlarda%20yetişen%20buruk%20bir,çaşır%20kızartması%20veya%20kavurması%20denir>)

**Table 35.** The ingredients used in Çaçır Recipe

<b>Ingredients</b>	<b>Amount</b>
<b>Çaçır</b>	100 g
<b>Cheese</b>	50 g
<b>Butter</b>	20 g
<b>Egg</b>	2 medium size
<b>Salt</b>	A tea spoon
<b>Black pepper</b>	A tea spoon

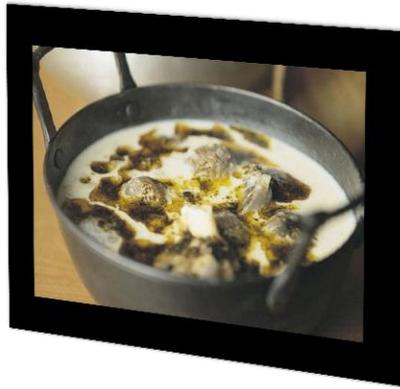
### **Çaçır Preparation**

1. Clean the ends of the Çaçır and boil it in water by adding a tea spoon salt.
2. Put the boiled Çaçır in cold water and soak it for about 30 minutes to remove bitterness.
3. Take it out of the water and finely chop.
4. Then fry it in a pan with butter.
5. Add the wire cheese on it and mix.
6. Break the eggs on them after they are roasted
7. Stirring very little and cook until the egg whites are matte.
8. After cooking, sprinkle the pepper and serve hot.

## 2.8. HAKKARI DISHES

### 2.8.1. Doğaba

**E**ven though it is not easy-to-make, this special taste is worth all effort. Doğababa (Figure 36) is a delicious meal that contains many ingredients in it. These ingredients can be listed as ashura wheat, ribs, yoghurt, flour, and eggs. This delicious dish has a great place in the local dishes of Hakkari.



**Figure 36.** Doğababa (Retrieved from <https://blog.biletbayi.com/hakkarinin-yoresel-yemekleri.html/>)

**Table 36.** The ingredients used in Doğababa Recipe

Ingredients	Amount
Ashura wheat	1.5 cups
Chump	750 g
Yoghurt	500 g
Egg	A medium size
Flour	A table spoon
Margarine	2 tablespoons
Rice	A cup
Mint	A teaspoon
Thyme	A teaspoon
Chili pepper	A teaspoon

### Doğababa Preparation

1. The wheat is soaked from the previous day.
2. It is washed and strained the next day.
3. A medium pot is filled halfway with water.
4. The wheat and chump are added and cooked on low heat.
5. For meatballs, the rice is soaked for 1-2 hours.
6. It was filtered through the robot.
7. The ground beef, salt and spices are added and kneaded.
8. The hazelnut-sized pieces are taken from the meatball mixture and rolled by wetting your hand.
9. The yogurt is put in a bowl.
10. The egg and flour are added and whisked.
11. Some water is added and a boza-like mixture is obtained.
12. The yoghurt mixture is added into the meat wheat.
13. When it starts to boil, the meatballs are added and cooked.
14. The pan is removed from the stove.
15. 2 table spoons of margarine are heated in a pan.
16. The salt and spices are added and mixed.
17. The prepared sauce is put over the dish and served.

### 2.8.2. Parmak Kebabı (Finger Kebab)

The main ingredient of parmak kebab (finger kebab) (Figure 37), which is a Yüksekova flavor, is eggplant cut into finger shape. It can be surprising with a variety of spices.



**Figure 37.** Parmak Kebabı (Finger Kebab) (Retrieved from <https://blog.biletbayi.com/hakkarinin-yoresel-yemekleri.html/>)

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**Table 37.** The ingredients used in Parmak Kebabı (Finger Kebab) Recipe

Ingredients	Amount
Potatoes	5 medium size
Zucchini	2 medium size
Eggplants	2 medium size
Red peppers	2 medium size
Green peppers	6 medium size

For the top of the dish:

- Cherry tomatoes
- A cup of hot water
- A tablespoon of tomato paste
- A teaspoon of salt

For the ground beef mixture:

Ingredients	Amount
Vegetable oil	4 tablespoons
Ground beef	300 g
Onion	A medium size
Tomato	A large size
Green pepper	A medium size
Tomato paste	A dessertspoon
Hot water	Half a cup
Salt	A teaspoon
Black pepper	A teaspoon
Ground red pepper	A teaspoon

### Parmak Kebabı (Finger Kebab) Preparation

1. Firstly, the vegetables are cut into finger shape and fried lightly in the heated oil
2. The fried vegetables are put on a glass bowl
3. For the ground beef mixture, the oil is taken in the pan and the ground beef is added and roasted.

4. The onion, garlic and peppers are chopped
5. It is added into the ground beef and roasted.
6. The chopped tomatoes, tomato paste, salt, black pepper and chili pepper are added and mixed.
7. The hot water is added, cooked for another 5 more minutes and taken from the stove.
8. The ground beef mixture is put into the empty part in the middle of the vegetables.
9. The cherry tomatoes are sliced and used for decoration.
10. For the sauce, the tomato paste, salt and hot water are taken and mixed until the tomato paste melts.
11. The prepared sauce is added over the dish,
12. And finally, the dish is cooked in a preheated 180 ° C oven for 25 minutes.

### **2.8.3. Yüksekova Kebabı**

Yüksekova kebabı (Figure 38), which has become the symbol of Yüksekova, is one of the famous dishes of the region. The secret of Yüksekova kebab, which contains minced meat, pepper, parsley and various spices, is hidden in the tail fat. The kebab, which is loved and consumed by the local people, can be cooked in a pan or in an oven on a tray.



**Figure 38.** Yüksekova kebabı (Retrieved from

<https://iasbh.tmgrup.com.tr/3b12a7/0/0/0/924/519?u=https://isbh.tmgrup.com.tr/sbh/2021/04/25/iftarda-hakkarideyiz-1619363851654.jpeg&mw=600>)

**Table 38.** The ingredients used in Yüksekova kebabı Recipe

Ingredients	Amount
Meat	500 g
Salt	Up to your taste
Black pepper	Up to your taste
Parsley	A bunch of
Tail oil	100 g

### Yüksekova Kebabı Preparation

1. For the preparation, firstly, 500 g of ground beef is placed in a large bowl.
2. 100 g of tail fat (in a chopped form) is added on the ground beef that has been taken in a large bowl.
3. Then, finely chopped parsley, salt and black pepper are added depending on the taste.
4. After the ingredients are added, the mixture is kneaded well.
5. Roasted tomatoes and peppers are served together with the cooked kebabs. A salad is made with onion, tomato and parsley and sumac.

### 2.8.4. Sengeser

Sengeser is a meat dish belonging to Hakkari cuisine (Figure 39). It is especially consumed during the cold winter months. Serving with dry yogurt made from sheep's milk called kurut in the region is a feature that makes the meal different and special. This dish, which leaves a good taste on the plate, is consumed by the local people because it is very nutritious and filling.



**Figure 39.** Sengeser (Retrieved from, <https://blog.biletbayi.com/hakkarinin-yoresel-yemekleri.html/>)

**Table 39.** The ingredients used in Sengeser Recipe

Ingredients	Amount
Meat	1000 g
Green lentils	500 g
Onion	2 medium size
Pepper paste	2 table spoons
Kurut	A cup
Olive oil	90 g
Black peper	A tea spoon
Salt	A dessert spoon

### Sengeser Preparation

1. Boil the meat and green lentils separately in the pot.
2. Add the chopped onions in olive oil.
3. Add the pepper paste, salt and black pepper and cook for 15 minutes.
4. Add bolied meat and green lentils.
5. After putting all the ingredients in the pan, cook on low heat for another 10 minutes.
6. After resting the cooked sengeser dish, it is taken into the service plates.
7. It is served by adding crushed kurut with a small amount of water on sengeser.

### 2.8.5. Maşin Çorbası (Maşin Soup)

The soups prepared in Turkish cuisine date back to ancient times. Meals vary with migrations. One of these dishes is Maşin soup (Figure 40). The nutritional value of the soups prepared with legumes is very high. The dish contains high protein.



**Figure 40.** Maşin Soup (Retrieved from <https://www.ensonhaber.com/neyi-meshur/hakkari>)

**Table 40.** The ingredients used in Maşın soup Recipe

Ingredients	Amount
<b>Maşın</b>	4 tea glasses
<b>Rice</b>	A tea glass
<b>Onion</b>	A medium size
<b>Tomata paste</b>	2 dessert spoons
<b>Pepper paste</b>	2 dessert spoons
<b>Salt</b>	A dessert spoon
<b>Water</b>	1.5 liter
<b>Tarhun</b>	2 table spoons
<b>Butter</b>	2 table spoons
<b>Olive oil</b>	A table spoon
<b>Red pepper</b>	A dessert spoon

### Maşın Soup Preparation

1. The maşın are taken into a deep bowl with plenty of water and boiled until they soften a little and release the green water
2. Then it is filtered and the onion, tomato paste, rice, salt and 1.5-liter water are added and cooked in the stove for about 35 minutes until it reaches the consistency.
3. When it becomes thick, 2 table spoons of tarhun is added directly and mixed.
4. Butter and olive oil are heated in a separate bowl.
5. Add red pepper and mix it into the soup.
6. It can be served with lemon while it is hot.

This soup is consumed especially on winter days. Because it is said to be healing for many diseases. It can be fried in dried peppers in summer

## 2.9. İĞDIR DISHES

### 2.9.1. Taş Köfte

**T**he consumption of foods of animal origin is very common in Turkey. Taş köfte (Figure 41), a traditional dish made from fatty mutton and chickpea is one of the food consumed in locally and the taste of this unique food is appreciated by people. Even though Taş köfte has a long history and is cooked both in our homes and restaurants, there is an increasing demand in the introduction of Taş köfte to more people.



**Figure 41.** Taş köfte (Retrieved from <https://blog.biletbayi.com/igdirin-yoresel-yemekleri.html/>)

**Table 41.** The ingredients used in Taş köfte Recipe

Ingredients	Amount
Meat (a piece of soft meat)	1000 g
Lepe (broken chickpeas)	200 g
Red onion	3 medium size
Tomato paste	A tablespoon
Bulgur	A cup
Potatoes	4 medium size
Dried plum (prune)	The same amount with meatballs
Basil	A bunch of
Saffron (yellow root)	A tablespoon
Salt	Optional

### **Taş köfte Preparation**

In the traditional preparation of Taş köfte, a round stone and a mallet are used to beat the meat, which is frequently used in the oldest times.

A home-made Taş köfte preparation mainly has five main steps.

1. The piece of meat is placed on a round stone. With the help of a mallet, the meats are slowly pounded. Shredding should be done slowly and equally. Otherwise, the meat may overflow. Meat shredding process continues for about 2 hours. The pounding process continues until the meat is reached to gum consistency.
2. Lepe (cracked chickpea) is put on the prepared meat gradually and beaten slowly with the help of a mallet. This process continues until the chickpeas and meat get a uniform structure.
3. Dried onions are added to prepared meat and chickpea mixture and pounded with a mallet. This process continues until the onions are thoroughly crushed and get a uniform with meat and chickpeas.
4. The prepared mixture is put into a large container. Salt, and basil are added to the mixture and thoroughly kneaded by hand. Then the bulgur is added and kneading process continues.
5. This prepared mixture is made into pieces of meatballs approximately the medium size of tangerines. One piece of prune is placed in the middle of each meatballs and the meatballs are rolled by hand throughly.

These conventional procedures take approximately 3-4 hours. Prepared meatballs are put into a container. The sufficient amount of olive oil, tomato paste and yellow root are put into a saucepan and fry a little. Water is added to this mixture. Then the potatoes are divided into equal pieces of meatball size and put into the pot. When the water boils in the saucepan, the meatballs are placed in the saucepan. Taş köfte are prepared by cooking for about 1 hour at low heat.

### **2.9.2. Zibilli Pilavı (Zibilli pilaf)**

Zibilli pilaf (Figure 42) is a local dish from the Iğdir region. Usually consumed as a side dish with meals.



**Figure 42.** Zibilli pilavı (Retrieved from <https://www.kanald.com.tr/mutfagim/haberler/zibilli-pilav-tarifi/32822.aspx>)

**Table 42.** The ingredients used in Zibilli pilavı Recipe

Ingredients	Amount
Rice	1 kg
Green lentils	A cup
Beans	A cup
Noodle	A handful
Lemon powder	A tea spoon
Butter	A table spoon

### Zibilli Pilav Preparation

1. Rice is kept in plenty of cold water for 1 hour. Then, the water is filtered. Boiling water is prepared in the pot.
2. Rice is added into this water. Noodles close to cooking are included. After 6-7 minutes, it is removed from the fire and filtered.
3. Boiled lentils, puree, chickpeas and turmeric are added to the rice and mixed. Eggs and flour are whisked.
4. A little melted butter is put on the bottom of the pan, the egg mixture is added, and it is cooked for a short time without stirring. Half of the rice mixture is left on it, half of the butter is drizzled.

5. The remaining material is also added. The cover is closed. It is cooked on very low heat for about 15 minutes. After resting for half an hour, it is turned over on a serving plate. Zibilli Pilaf is ready to be served.

### 2.9.3. Katlet

Katlet (Figure 43) is a kind of meatball. It is a very popular and preferred dish by local people. It is a traditional dish that is prepared with ground beef, onion, potatoes, spices and fried in the shape of long meatballs.



**Figure 43.** Katlet (Retrieved from <https://www.neoldu.com/igdirin-meshur-lezzetleri-7353h.htm>)

**Table 43.** The ingredients used in Katlet Recipe

Ingredients	Amount
Ground beef	500 g
Onion	A big size
Potatoes	2 medium size
Garlic	A clove of garlic
Mint	Optional
Thyme	Optional
Salt, black pepper	2 table spoons
Egg	A medium size

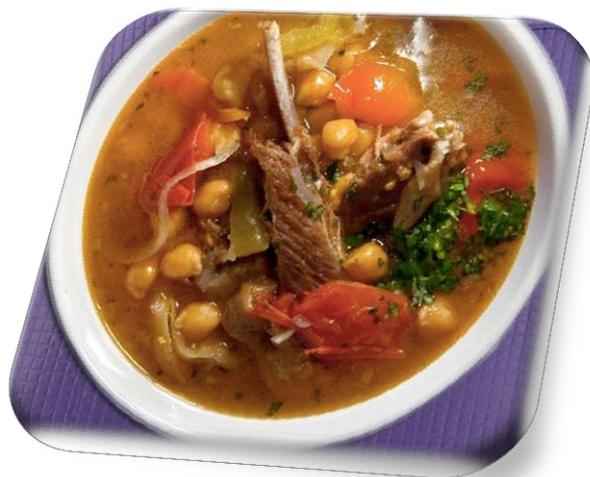
### **Katlet Preparation**

1. Firstly, put the meat in the meat grinder. Add a large size onion to the machine and chop it.
2. Put 2 potatoes in the pot with cold water and boiled it. Check it with a knife to see if it's boiling.
3. After cooking the potatoes properly, clean the crust and mash them thoroughly with a fork.
4. Then, add minced meat with onion and crush one clove of garlic and add it.
5. And put an egg, two table spoons of salt and pepper on it. Thyme and mint can also added in optinionally.
6. After mixing this mixture thoroughly, pour wheat flour on a tray and distribute it all over.
7. Then, take it from the mixture with a table spoon and lay it all over the baking tray and pour oil into the pan and heat it.
8. Finally, deep mixture into flour and shape it with our hand then align it in a pan and fry it to have a nice meal.

Arrange the meatballs you have prepared on the tray. Turn the oven to 200 °C bottom-top turbo position and preheat it for 10 minutes. Bake the meatballs in the hot oven for 40 minutes until they are browned well. Take it from the oven and serve it hot.

### **2.9.4. Bozbaş**

The Bozbaş (Figure 44), frequently cooked in the city of Iğdır, is consumed with pleasure by cooking lamb shank, chickpea and tail fat. Its history is very old, takes its name from an ancient tribe of steppe. Bozbaş meal is a local and national dish that has been eaten for centuries. The cooking method makes the food attractive.



**Figure 44.** Bozbaş (Retrieved from [https://2.bp.blogspot.com/-XiYVWINq\\_JI/VrTL3uM0JnI/AAAAAAAAABx8/MpSfN-q-GIU/s320/bozbas.jpg](https://2.bp.blogspot.com/-XiYVWINq_JI/VrTL3uM0JnI/AAAAAAAAABx8/MpSfN-q-GIU/s320/bozbas.jpg))

**Table 44.** The ingredients used in Bozbaş Recipe

Ingredients	Amount
Meat (lamb's shank)	500 g
Baking powder	A tea spoon
Chickpea	A cup
Tail fat	100 g
Turmeric	2 tea spoons
Long pepper	2 pieces
Tomato	2 medium size
Hot water	2 cups

### Bozbaş Preparation

1. A tea spoon of baking powder and a teas poon of sugar are put into the hot water. Chickpeas are kept in this water overnight. When chickpeas are to be cooked, they are taken out of the water and rinsed, boiled to soften and drain and peel off.

## **TRADITIONAL DISHES CONSUMED IN THE EASTERN ANATOLIAN...**

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2. Lamb shank prepared in one portion is chopped, washed and drained. Put the meat in a heated pan.
3. Tail fat is cut into small cubes and added to the meal. Then add the shank and broth on it.
4. When the meats are to medium cooking, add the chickpeas with green peppers and tomato slices
5. Take a glass of water from the dish water. Put yellow root or saffron in water. The plant is added to the food after it is mixed with the water.
6. Cook for 3-4 hours on low heat
7. While serving food, small bread rolls are chopped into the dinner plate.
8. Sprinkle the water from the food on the lavash.
9. Cooked dry meat and chickpeas are placed on wet lavash bread. It is served hot with buttermilk, pickles, onion and salad.

### **2.9.5. Helise**

Helise (Keşkek) (Figure 45), which is a dish of Iğdir cuisine, is a traditional dish consisting mainly of split wheat and meat, although it is usually held at weddings and holidays and varies by region.



**Figure 45.** Helise (Retrieved from: <https://www.hurriyet.com.tr/lezizz/helise-tarifi-41418815>)

## THE EASTERN ANATOLIAN REGION'S DISHES

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**Table 45.** The ingredients used in Helise (Keşkek) Recipe

Ingredients	Amount
Lean beef or lamb	500 grams
Wheat	2-3 cups
Black pepper	A tea spoon
Vegetable oil	2 cups

### Helise Preparation

1. Soak the wheat the night before.
2. The next day, boil the meat and wheat in separate containers.
3. Then cook it in a single pan and boil the wheat in the broth until well-cooked.
4. Stir the meat with a large wooden spoon and mash it until it is well dispersed in the wheat.
5. Divide it into plates, pour hot butter over it and serve hot.

## 2.10. KARS DISHES

### 2.10.1. Hengel

**H**engel (Figure 46), also known as hıngal or hinkel in different parts of Anatolia, is actually a kind of ravioli. After adding yogurt on the thinly rolled dough, roasted onions are added on it. Of course, its preparation is not as easy as telling; but it is the fact that the taste is much better than the appearance.



**Figure 46.** Hengel (Retrieved from <https://blog.biletbayi.com/kars-yoresel-yemekler.html/>)

**Table 46.** The ingredients used in Hengel Recipe

Ingredients	Amount
Flour	2 cups
Eggs	2 medium size
Water (For dough)	1.5 cups
Salt	A teaspoon
Water (For boiling)	2 L
Garlic yogurt (For the sauce)	2 large bowls
Butter (For the sauce)	125 g
Dried onion (For the sauce)	A medium size

### **Hengel Preparation**

1. The flour, eggs, water and salt are mixed in a deep bowl.
2. A slightly harder dough from the earlobe is obtained.
3. The dough is left to rest.
4. Meanwhile, 2 liters of water is boiled
5. The onions are cut into cubes.
6. The chopped onions are fried with butter in a saucepan until the onions change color.
7. The resting dough is rolled out with a rolling pin.
8. After opening enough, the dough is wrapped with a rolling pin.
9. The wrapped dough is cut lengthwise and removed from the rolling pin.
10. Long strips of dough are obtained
11. The dough is cut into squares and boiled in boiled water.
12. After the dough in the pot boil well is drained
13. The dough is put into the service tray and cooled.
14. Take care not to add the yogurt while it is hot. Otherwise, your yogurt will turn sour.
15. After the dough has cooled, garlic yogurt is added on it.
16. Then the roasted onions are added to the yoghurt dough.
17. The hengel you prepared with the Kars style is ready to eat.

### **2.10.2. Kars Kazı (Kars Goose)**

Goose meat (Figure 47) dishes are the most special dish of Kars region. Dishes made of dried goose meat have a unique place in Kars local cuisine. Goose meat is cooked in the special days of the winter months for the special guests. Guests who are hosted with goose meat feel themselves very special. The goose has played an important role not only in the traditional cuisine of the region, but also in the culture and social life of the local people.



**Figure 47.** Kars Kazı (Retrieved from <https://kars.ktb.gov.tr>)

**Table 47.** The ingredients used in Kars Kazı Recipe

Ingredients	Amount
Goose	2.5 kg
Water	4 to 5 cups
Coarse bulgur	3 cups
Yogurt	A cup
Vegetable oil	A cup
Tomato paste	2 table spoons
Paprika	A dessert spoon
Black peper	A dessert spoon

### Kars Kazı Preparation

1. The traditional way of cooking goose meat is goose pull in tandoor. The geese are boiled in a large pot.
2. Wire is tied around the neck of the boiled goose and hanged with the help of a skewer in the tandoor where the flaming has stopped completely.
3. A saucepan is placed under the goose, boiled goose water is placed in the pan, and local bulgur is poured into it.

4. As the goose is cooked, its fat melts and pours into the bulgur pilaf underneath.
5. This process continues until the goose is thoroughly browned.

### 2.10.3. Sinor

Sinor (Figure 48) is one of Kar's local dishes. It is made especially in Kars, Ardahan, Artvin and Eastern Anatolia regions. In the past, pastries were prepared in advance in the villages. This would enable women from the vineyard, garden, and field to easily prepare food. The doughs are opened by hand and cut one by one and cut in 2 finger thickness. These doughs are placed tightly on a tray and baked and dried. When needed, it is wetted, sweetened with yoghurt and butter, and made ready to eat. Nowadays, it can also be made from ready to eat dough.



**Figure 48.** Sinor (Retrieved from <https://www.yeniakit.com.tr/haber/ziron-siron-ve-sinor-nasil-yapilir-ziron-tarifi-698141.html>)

**Table 48.** The ingredients used in Sinor Recipe

Ingredients	Amount
Minced meat	250 g
Onion	A medium size
Butter	50 g
Tomato paste	A table spoon
Water	150 mL
Salt	Optional
Black pepper	Optional

### **Sinor Preparation**

1. Arrange the sirons side by side in a container that can put into the oven.
2. For the minced meat mixture, roast the onion you chopped for cooking with a table spoon of butter in a medium-sized saucepan until it turns pink.
3. Add the ground beef to the roasted onions and fry until the water releases.
4. Add tomato paste to the pot and continue frying. Add the water, salt and pepper and cook by stirring occasionally until it absorbs the water and remove from the heat.
5. Add the hot broth to the sirons you have lined up in a bowl with a scoop. When it starts to absorb the water, take it to the oven that you have preheated to 180 °C and cook for 5-10 minutes.
6. Spread the garlic yogurt with a spoon on the sirons that come out of the oven. Pour the minced meat mixture on top and serve with a little parsley if desired.

### **2.10.4. Piti Kebabı**

Piti (Figure 49), which belongs to the Kars region, is a preferred dish, especially at iftar tables and on special occasions. For this dish, which is not as difficult to make as it seems, meat, tomatoes and peppers are placed in the casseroles and put in the oven. If you want to have a nice evening feast for your guests, piti is a dish that you can easily make.



**Figure 49.** Piti kebabı (Retrieved From

<https://www.hurriyet.com.tr/lezizz/piti-tarifi-41368167>

**Table 49.** The ingredients used in Piti kebabi Recipe

Ingredients	Amount
Lamb neck	500 g
Lamb shank	500 g
Tail fat	200 g
Chickpea	500 g
Tomatoes	2 medium size
Green peppers	2 pieces
Turmeric	3 tea spoons

### Piti kebabi Preparation

1. Boil the lamb neck, lamb shank and tail fat in a pressure cooker with enough water to cover it.
2. Add 3 tea spoons of turmeric and boiled chickpeas to the boiled meats and boil for a few more.
3. Chop the tomatoes with their skins into rings and coarsely chop the peppers.
4. Place one piece of meat in casseroles or ovenware first.
5. Add the chickpea juice of the meat.
6. Place the tomatoes and peppers on top and bake at 200 °C until golden brown.
7. Piti is ready to be served.

### 2.10.5. Nezik

Nezik (Figure 50), also known as "gılik", is a very delicious pastry from Kars region. It is kneaded with cream without adding water to the dough, and it is cooked in the oven or on a plate and served with butter in the morning. Nezik is a very easy recipe to make. One of the points to be considered while making it is that when it is opened very thinly, it may be dispersed during cooking. At this point, it is important to cook both sides carefully while cooking. You can be sure that this delicious recipe, which should be served hot, will be in harmony with all salty and sweet breakfast foods.



**Figure 50.** Nezik (Retrieved from <https://yemek.com/tarif/nezik/>)

**Table 50.** The ingredients used in Nezik Recipe

Ingredients	Amount
Flour	400 g
Cream	200 g
Salt	20 g

### Nezik Preparation

1. In a bowl, knead the flour, cream and salt well.
2. Cover the kneaded dough and leave to rest in the fridge for 15 minutes.
3. Turn the kneaded dough into lemon-sized meringues.
4. Open the meringues with a roller not too thin.
5. Cook in a preheated pan so that the back and front are browned.
6. You can consume it by putting butter on it while it is hot.

## 2.11. MALATYA DISHES

### 2.11.1. Banik Köfte (Banik Meatball)

**M**eatballs prepared by mixing lamb with bulgur are served warm after frying. In Malatya cuisine, where bulgur is frequently used, Banik Köfte (Banik meatball) (Figure 51) are among the favorites.



**Figure 51.** Banik Köfte (Banik Meatball) (Retrieved from <https://blog.biletbayi.com/malatyainin-yoresel-yemekleri.html/>)

**Table 51.** The ingredients used in Banik Köfte (Banik Meatball) Recipe

Ingredients	Amount
Ground beef	500 g
Fine bulgur	A large bowl
Dried onion	A medium size
Fresh parsley	10 sprigs
Dried basil	A dessertspoon
Thyme	A teaspoon
Red paprika	A teaspoon
Salt	A teaspoon
Water	A cup

**For the top of dish;**

- 2 eggs and 3 tablespoons of vegetable oil

**Banik Köfte (Banik Meatball) Preparation**

1. A small amount of warm water is added on a bowl of fine bulgur
2. Finely chopped onion and a pinch of salt are added and mixed
3. It is hold for 10 minutes. The aim is to make bulgur swell a little.
4. The bulgur is started to soften following 10 minutes
5. The ground beef is added and kneaded by adding a little water.
6. Dried basil, thyme and red paprika are added and kneaded a little more
7. The freshly chopped parsley is added and kneaded for a short time until it is homogeneously distributed.
8. It is kneaded for about 15 minutes in total
9. A small piece as walnut size is taken from the mixture and made banik meatballs by wetting our hands.
10. It was flattened  
There is only a tiny detail: Sides of the meatballs are needed to be a little straight
11. The pan is put on the fire and sunflower oil is added
12. The eggs in the meantime is whisked
13. The prepared banik meatballs are dipped
14. After draining a little, the meatballs are put into oil
15. This way we complete all our meatballs
16. The fried meatballs are turned over and other side of meatball is also fried
17. The delicious Banik Köfte is ready to eat.

**2.11.2. Analı Kızlı**

Analı Kızlı (Figure 52) got its name from the way it was prepared. Stuffed meatballs are made by mothers, small meatballs are made by girls. Thus, both the preparation of meatballs is taught to girls from an early age, and their hand skills in cooking are developed. For this reason, the dish was named as meatballs with mother and girl. “Ana” means mother and “kız” means girl.



**Figure 52.** Anali Kızılı (Retrieved from <https://www.kulturportali.gov.tr/turkiye/malatya/neyenir/anali-kizli-kofte-tiritli-anali-kizli>)

**Table 52.** The ingredients used in Anali Kızılı Recipe

Ingredients	Amount
<b>A medium-fat ground beef</b>	300 g
<b>Onions</b>	2-3 medium size
<b>Butter</b>	3 tablespoons
<b>Parsley</b>	5-6 sprigs
<b>Salt</b>	A dessertspoon
<b>Black pepper</b>	A teaspoon
<b>Lean ground beef</b>	500 g
<b>Fine bulgur</b>	1 kg

For Tirit;

- 500 g of bone-in meat
- 2-3 tablespoons of butter
- A tablespoon of tomato paste and salt

### **Analı Kızlı Preparation**

Inside Preparation: Roast the ground beef and diced onion together. Remove from the heat, add salt, black pepper, finely chopped parsley and mix. Leave it aside to cool. It can also be prepared overnight if desired.

Tirit Preparation: Wash the meat and drain the water in the pot. Cook the meats on low heat (until cooked) with frying a little with oil by adding tomato paste, salt and hot water. It produces a delicious broth and the meats are

Outer Preparation: Fine bulgur, lean ground beef and salt are kneaded well with water. Continue kneading until the dough becomes a paste. The most important feature of this meatball is the kneading consistency of the dough. Well kneaded dough is thrown from high into the container in which it is kneaded. If dough is not sticking to the tray, it means good dough is obtained. The kneading time is approximately 30-40 minutes. Squeeze out two walnut-sized pieces from the kneaded dough. Play each squeeze by rolling in the hand, using the index finger, starting from the center of the round ball and using the finger so that the outer wall is very thin. Fill the previously prepared inside filling with the help of a small spoon, connect the mouth of the carved and stuffed dough with a light shirring and close. Place it on the wet tray. Continue this process until the meat is finished. Roll the remaining dough into a chickpea-sized pinch. Also put the small circles on the wet plate. Strain the coked meat.

Separate the meat from the bones and throw it back into its own juice. Let it boil. Boil the stuffed meatballs in the boiling broth by adding them not too tightly. One of the boiled meatballs is taken and kept in the ear. If a noise is heard inside the meatball, it means it is boiled. Put the boiled meatballs in a serving tray or small bowl. In the remaining boiling water, add all of the rolled small meatballs. When it is boiled for about 10 minutes, strain the meatballs and meats from the pan and put them on the stuffed meat. Pour the remaining tomato paste stock over the meatballs and serve with black pepper.

### **2.11.3. Kiraz Yaprağı Sarması (Cherry Leaf Wrap)**

Local foods of eastern anatolia are common in Turkey. One of Malatya's palace delicacies, cherry leaf wraps (Figure 53) won the admiration of visitors to the city

and received a geographical indication certificate. The food has a special flavor unique to the city. Although the cherry leaf Wrap has a long history from the Ottoman period, there is an increasing demand for it to be widely promoted in different regions.



**Figure 53.** Kiraz Yaprağı Sarması (Retrieved from <https://www.google.com/amp/s/www.nefisyemektarifleri.com/kiraz-yapragi-sarmasi-malatya-nyt-amp/>)

**Table 53.** The ingredients used in Kiraz Yaprağı Sarması Recipe

Ingredients	Amount
Cherry leaf	500 g
Crushed bulgur	150 g
Meatball bulgur	150 g
Onion	3 medium size
Egg	A medium size
Butter	150 g
Yoghurt	2 kg

### Kiraz Yaprağı Sarması Preparation

1. Water is poured over the cherry leaves and left in a bowl for 5 minutes.
2. In a separate large bowl, the crushed and meatballs bulgur is poured over it with hot water, soaked and left for 15 minutes.
3. Add a spoonful of flour and salt to the waiting bulgur and knead it until it reaches its consistency.
4. Then, the cherry leaves are filtered and removed from their stems.

5. With the bright part of the cherry leaf on the bottom, pieces of hazelnut-sized dough are placed in it, wrapped like a cigarette and placed in a pot.
6. Be careful not to open it, you can keep it between the fingers for a while and put it in the pan.
7. When the wrapping process is finished, a plate is turned over and put on it to prevent it from rising.
8. Add hot broth or regular water and let it cook on low heat without dispersing.
9. Put yoghurt, eggs and flour in a separate pot and whisk them well.
10. The pot is placed on the fire and left to boil over low heat, stirring constantly to prevent it from being cut.
11. While the process continues, 3 onions that cut into squares are roasted until they are caramelized in a pan where we put butter.
12. The cooked cherry wrap is poured into the yoghurt sauce left to boil in the other pot and cooked for 10 more minutes.
13. Cooked cherry leaf wrap is taken with a ladle and put in a bowl.
14. It is served with butter and roasted onions.

#### **2.11.4. Pirpirim Çorbası (Pirpirim Soup)**

Pirpirim Çorbası (Figure 54) is called as purslane in many regions such as Malatya, Antep and Elazığ. Instead of lentils, dried beetle can be added according to the region. It is very nutritious and satisfying. It is consumed with a little yoghurt.



**Figure 54.** Pirpirim Çorbası (Retrieved from <https://gastromanya.com/pirpirim-corbasi-tarifi/>)

**Table 54.** The ingredients used in Pirpirim Çorbası Recipe

Ingredients	Amount
Boiled chickpeas	A cup
Green lentils	Half of a cup
Bulgur	Half of a cup
Onion	A medium size
Garlic	2 cloves of
Olive oil	Half a tea glass
Tomato paste	A table spoon
Purslane	Half a bunch
Black pepper	A tea spoon
Pomegranete syrup	A tea spoon
Water	Around 9 cups

### **Pirpirim Çorbası Preparation**

1. Chop the onion and garlic for cooking.
2. Take the onion and olive oil into a medium pot. Add some salt and fry it over medium heat until it becomes transparent.
3. Add the sauce and garlic and continue frying.
4. Add the green lentils and bulgur and mix.
5. Add 5-6 cups of water and let it boil. When the lentils and bulgur soften, add the chickpeas and purslane.
6. Add pomegranate syrup, salt and pepper and cook on medium heat for 20-25 minutes.
7. Serve hot or warm.

### **2.11.5. Kara Çorba (Black soup)**

Kara Çorba (Figure 55) takes its name from the black chickpea, a product unique to Malatya. Black soup, also known as ashura soup due to the variety of

ingredients, is a very tasty and nutritious soup. Black soup, which is perfect for many diseases, can be a good choice when winter is at the door.



**Figure 55.** Kara Çorba (Retrieved from <https://sekerkadin.com/kara-corba-tarifi/>)

**Table 55.** The ingredients used in Kara Çorba Recipe

<b>Ingredients</b>	<b>Amount</b>
<b>Black chickpea</b>	A cup
<b>Dried beans</b>	A cup
<b>Wheat for ashura</b>	A cup
<b>Tomato and pepper paste</b>	A table spoon
<b>Butter</b>	A table spoon
<b>Onions</b>	3 medium size
<b>Salt</b>	Up to your taste

### **Kara Çorba Preparation**

1. Soak the legumes in separate bowls overnight to make black soup.
2. Take all the ingredients that soaked in water for a night into the pot the next day.
3. Add enough water to cover it and cook on low heat to soften well.
4. While the legumes are cooking, cut the onions into small pieces.
5. Then heat the butter in the pan.
6. Add the onions and fry.

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7. After it turns pink, add the tomato paste and roast for 5 more minutes.
8. Add the tomato paste and onions to the cooking soup.
9. Add the salt and continue cooking until the soup is well suited.

## 2.12. MUŞ DISHES

### 2.12.1. Çorti

Çorti dish (Figure 56), which consists of meatballs with bulgur boiled with onion, cabbage and basil, is one of the popular local dishes. The food, which takes its flavor from spices, is hearty and light.



**Figure 56.** Çorti (Retrieved from <https://blog.biletbayi.com/musun-yoresel-yemekleri.html/>)

#### Çorti Preparation

1. Kelem (cabbage) leaves are cut into small pieces.
2. Small chopped onion and basil are stuffed into large cubes.
3. Plenty of water is put into it.
4. It is put into the prepared sour dough.
5. It is well covered and stored for winter.
6. It is made in every home.
7. In winter, it is cooked with bone meat (especially waist part meat and Boççık tail part)
8. Butter is poured on it.

There is also a rumor about Çorti. According to this, "Lokman doctor" visited Muş during his trips. Seeing the majority of the people eating "kelem" (cabbage) and he thought that "I will have a lot of work here. When spring comes, most of

them will get sick". When he saw that the people were eating a plant called "uçkun" when the snow melted in the spring, he analyzed this plant. He eventually found that the plant destroyed the diseases that could result from eating too much cabbage. Dr. Lokman expressed this fact as follows: "God gave troubles and gave its remedy together."

### 2.12.2. Hez Dolması

Hez Dolması (Figure 57), where stuffed cabbage meets cubed meat and rice, is among the local flavors of Muş. The food cooked slowly in the pot keeps all its flavor in it.



**Figure 57.** Hez Dolması (Retrieved from [https://blog.biletbayi.com/musun-yoresel-yemekleri.html/#3-\\_Hez\\_Dolmasi](https://blog.biletbayi.com/musun-yoresel-yemekleri.html/#3-_Hez_Dolmasi))

**Table 57.** The ingredients used in Hez Dolması Recipe

Ingredients	Amount
Cabbage	A piece
Rice (broken)	2 cups
Water	A cup
Sumac	A tablepoon
Ground beef	500 g
Salt	A teaspoon
Black pepper	A teaspoon
Chili pepper	A teaspoon

### Hez Dolması Preparation

1. First of all, the leaves on the surface of the cabbage are removed and the cabbage by boiling the water in a saucepan is boiled.
2. It is boiled until it reaches the consistency to wrap.
3. The juice of the cabbage is drained and the cabbage is cooled
4. The ground beef and rice are kneaded in a separate bowl. Water, salt, black pepper, chili pepper and sumac are added and kneaded well.
5. It is put in the cabbage leaves and the cabbage is wrapped
6. The pot is greased and the stuffed cabbages are put in it.
7. The water with sumac is added.
8. The water is added until the middle of the pot and cooked for about 30 - 35 minutes.
9. The Hez Dolması is now ready to eat. You can serve the food hot. If you wish, you can melt yogurt and butter on it and eat it with chili.
10. Note: You can make Hez Dolması with grape leaves instead of cabbage leaves if you wish. However, the most delicious one is made from cabbage leaves.

### 2.12.3. Cavbelek

Having an important place among the local dishes of Muş, cavbelek (Figure 58) is a traditional dish also known as "dry" in the region. This dish cooked with dried yoghurt, flour and bulgur. The most agriculturally produced wheat is used in the vast majority of meals.



**Figure 58.** Cavbelek (Retrieved from <https://blog.biletbayi.com/musun-yoresel-yemekleri.html/>)

Table 58. The ingredients used in Cavbelek Recipe

Ingredients	Amount
Bulgur	A Cup
Yoghurt	A Cup
Butter	6 table spoons
Garden thyme	A tea spoon
Garlic	4 cloves of

### Cavbelek Preparation

1. Take the water in the pot, when it boils, add bulgur and a tea spoon of salt.
2. Mix it up once in a while
3. Let the bulgur absorb the water
4. Put a bowl of yogurt and crushed garlic into butter milk
5. Melt the butter in a pan and add the thyme and fry a little.

The cooked bulgur is placed on a serving plate and the middle of it is turned into a pit and the dried yoghurt brought into ayran is filled into the pit. It is added in garlic and finally butter with thyme is drizzled on it.

### 2.12.4. Herse

Herse (Figure 59) has an important place among the local dishes of Muş.



Figure 59. Herse (Retrieved from <https://blog.biletbayi.com/musun-yoresel-yemekleri.html/>)

**Table 59.** The ingredients used in Herse Recipe

Ingredients	Amount
<b>Boneless chicken breast</b>	2 pieces
<b>Butter</b>	2 table spoons
<b>Flour</b>	2 table spoons
<b>Salt</b>	A tea spoon
<b>Black pepper</b>	A tea spoon
<b>Onion</b>	A medium size
<b>Garlic</b>	2 cloves of

### Herse Preperation

1. Add enough water to cover the chicken meat.
2. Add the peeled onion, garlic, salt and pepper and boil until the meat is soft.
3. Drain the juice of the boiled chicken meat.
4. beat the chicken meat in a pestle.
5. Melt the butter and add flour and roast it until it smells.
6. Add chicken meat on it and mix.
7. Add the chicken stock that we have separated and cook it until it has a slightly thicker consistency than the boza consistency.

### 2.12.5. Teter Helvası (Teter Halva)

Teter halva (Figure 60) is a local flavor of the city of Muş located in the east of Turkey. Teter halva, the most important dessert of the Muş region, is a very different dessert with its preparation and taste. The teter halva, which is quite simple to make but also delicious, is made of bread, molasses and walnuts.



**Figure 60.** Teter Helvası (Retrieved from <https://blog.biletbayi.com/musun-yoresel-yemekleri.html/>)

**Table 60.** The ingredients used in Teter helvası recipe

Ingredients	Amount
<b>Molasses</b>	300 mL
<b>Brown bread</b>	4 to 5 slices
<b>Sugar</b>	100 g
<b>Hazelnut</b>	50 g
<b>Butter</b>	50 g

### Teter Helvası Preparation

1. Boil molasses and water in the pot for 4-5 minutes.
2. Turn off the stove and add the butter.
3. Arrange the breads in a straight loaf.
4. Pour the warmed molasses mixture over the breads.
5. Expect it to absorb the molasses mixture well.
6. Sprinkle ground walnuts on the breads that was taken on serving plate.
7. After making the final touch with cream, the delicious local dessert is ready to serve.

## 2.13. TUNCELİ DISHES

### 2.13.1. Dut Tatlısı (Mulberry Dessert)

Several desserts are prepared with black mulberry, a delicious fruit that grows abundantly in Tunceli. Dut Tatlısı (Mulberry Dessert) (Figure 61) prepared from these sweet fruits freshly picked from its branch is a delicious dessert option with many ingredients such as semolina, milk and strawberries.



**Figure 61.** Dut Tatlısı (Mulberry Dessert) (Retrieved from <https://blog.biletbayi.com/tuncelinin-yoresel-yemekleri.html/>)

**Table 61.** The ingredients used in Dut Tatlısı Recipe

Ingredients	Amount
Milk	2.5 cups
Semolina	1.5 cups
Granulated sugar	1/2 cup
Vanilla	A pack
Mulberry	A bowl
Strawberries	10 medium size

#### Dut Tatlısı Preparation

1. 2.5 glasses of milk is taken into a pot.
2. Semolina, sugar and vanilla are added.
3. The pudding is cooked and poured into a bowl.
4. The black mulberries are put in a separate pot and less than a cup of sugar is added. Mulberry marmalade is boiled.
5. The pudding is put on it.
6. It is decorated with strawberries.

### 2.13.2. 12 İmam Çorbası (12 Imam's soup)

The name of this delicious and satisfying soup, which was meticulously prepared by the citizens of the Alevi sect after 12 days of fasting in the month of Muharrem, is 12 İmam çorbası (12 Imam's soup) (Figure 62). It is a religious ritual to count the names of 12 imams while preparing the soup, which includes chickpeas, dried bean, fig, grape, walnut, hazelnut, pistachio and many other ingredients. The soup made to commemorate 12 imams can also be prepared at funerals and weddings.



**Figure 62.** 12 İmam çorbası (12 Imam's soup) (Retrieved from <https://blog.biletbayi.com/tuncelinin-yoresel-yemekleri.html/>)

**Table 62.** The ingredients used in 12 İmam çorbası (12 Imam's soup) Recipe

Ingredients	Amount
<b>Döğme (shelled wheat)</b>	2 cups
<b>Chickpeas</b>	A cup
<b>Dried bean</b>	A cup
<b>Hazelnuts</b>	A cup
<b>Walnuts</b>	A cup
<b>Raisins</b>	A cup
<b>Fig</b>	250 g
<b>Apricot</b>	250 g
<b>Peanuts</b>	½ cup
<b>Granulated sugar</b>	4 cups
<b>Cloves</b>	A tablespoon

## 12 İmam Çorbası (12 Imam's soup) Preparation

1. Döğme, beans, chickpeas and grapes are washed and soaked overnight in separate containers.
2. The next day, the wheat is drained and taken into a large steel pot.
3. 10 glasses of water are added and boiled for 30 minutes.
4. The beans and chickpeas are drained, they are boiled in separate pots.
5. It is cooked for about 4.5 hours on low heat, stirring occasionally, until the kernels are softened.
6. While the water of the wheat is about to reach the consistency of a flour soup, chickpeas and beans are added and then boiled thoroughly.
7. Then hazelnuts, walnut kernels, pistachio, raisin, clove and dried apricots divided into four are added and mixed.
8. After boiling a few minutes, sugar is added and after boiling for another 5-10 minutes, figs are added and boiled for a while and taken from the fire.
9. After the dish is cooked, it is put into bowls and served.

### 2.13.3. Gulik Çorbası (Gulik Soup)

The gulik soup (Figure 63) which is among the local soups of Tunceli looks like spinach. Its other known name is çiriş. Minced meat, mint and onions are roasted and rice is added to it. The meal, which is cooked in a slightly juicy way, is served in Tunceli especially during Ramadan and feast tables.



**Figure 63.** Gulik (Retrieved from <https://sagliklimutfak.net/2019/05/etli-ciris-otu-corbasi.html>)

**Table 63.** The ingredients used in Gulik Çorbasi recipe

Ingredients	Amount
<b>Gulik herb</b>	A kg
<b>Vegetable oil</b>	5 table spoons
<b>Yoghurt</b>	A cup
<b>Flou</b>	5 cups
<b>Lemon powde</b>	A medium size
<b>Salt</b>	Optional
<b>Mint</b>	A table spoon

### **Gulik Çorbasi Preparation**

1. Wash the Gulik herb and chop it into small pieces.
2. Take 2 table spoons vegetable oil in a pot and heat it.
3. When the oil gets hot, add the herbs.
4. Gulik herb will release its water first and then it will begin to absorb.
5. Continue roasting the herb until this time.
6. When Gulik herb absorb the water, turn down the stove.
7. In a deep bowl, start whisking the yogurt, water and flour. Add the lemon powder to the mixture.
8. Add the mixture into the pot.
9. Turn on the heat. Let the soup boil.
10. Heat vegetable oil in the pan.
11. When the oil starts to foam, add the mint and fry it. Add the mint mixture over the cooked soup.
12. Finally, add the salt up to your taste. If you wish, you can add a cup of boiled chickpeas to the soup to make it more delicious.

### **2.13.4. Dövmə Pilavı**

Dövmə pilav (Figure 64), is one of the nutritious and delicious dishes of Tunceli province, is one of the most famous tastes in the region. This flavor which is quite satisfying due to the added wheat, is sometimes preferred as a main dish and sometimes in addition to meat dishes. It is consumed with plenty of butter.



**Figure 64.** Dövmé pilav (Retrieved from <https://otelleri.net/tuncelinin-meshur-yemekleri.htm>)

**Table 64.** The ingredients used in Dövmé pilavı Recipe

Ingredients	Amount
Rice	2 cups
Chickpea	60 g
Meat	300 g
Butter	100 g
Onion	A small size
Green pepper	A piece
Salt	Optional
Black pepper	Optional

### Dövmé Pilavı Preparation

1. Boil the shredded bone-in meat on a low heat on the stove until it releases the water.
2. Fry the meat together with the onion, green pepper and butter until the meat gets crust. Add enough water to cover the meat and keep it on the stove until the meat is cooked thoroughly. Separate meats and broth after cooking.

3. Wash the rice for 3-4 hours before cooking the rice with cold water until the flour is gone. Wet it with hot water and a tea spoon of salt.
4. Put 3 cups of broth in the pot where you will cook the pilav and bring it to a boil.
5. Wash the meat and chickpeas again and transfer to the pot. Adjust the salt to your liking.
6. Heat the butter well in a pan and close the lid and let the rice rest for 15 minutes.
7. Take the dish to the serving plate. Sprinkle black pepper on it and serve.

### 2.13.5. Mahluta Çorbası (Mahluta Soup)

Mahluta is a soup that reflects the characteristics of Arab cuisine. The word Mahluta means "mixture" or "mixed". "Although it is introduced as a Lebanese soup, it is frequently made in almost every region of the South Anatolia and Tunceli region.



**Figure 65.** Mahluta Çorbası (Retrieved from <https://turkishfoodchef.com/mahluta-soup-delicious-red-lentil-bulgur-soup-turkish-mahluta-corbasi-new/>)

**Table 65.** The ingredients used in Mahluta Çorbası Recipe

Ingredients	Amount
Red lentils	A cup
Rice	Half a cup
Onion	A medium size
Olive oil	3 table spoons
Butter	A table spoon
Tomato paste	A table spoon
Ground pepper	A tea spoon
Cumin	A tea spoon

**Mahluta Çorbası Preparation**

- 1.** Take the washed lentils and rice in a deep pan and add 8 cups of water, turn on the stove and boil until the rice is soft.
- 2.** Meanwhile in a separate pan, roast the finely chopped onion in olive oil, then add the butter and tomato paste and continue roasting until the smell of the tomato paste disappears.
- 3.** After adding the spices, the prepared onion is added to the boiling rice lentil on the side and boiled for another stone.
- 4.** It is then served hot.

## 2.14. VAN DISHES

### 2.14.1. Keledoş

**K**eledoş (Figure 66), which is claimed to be exactly 1800 years old in Van, the shining star of the Eastern Anatolian Region, is a delightful taste, but its hard-to-cook and laborious. Keledoş, which has become indispensable for the tables after drying the herbs collected from the mountains in the spring months in the city, is meticulously prepared especially on special occasions.



**Figure 66.** Keledoş (Retrieved from <https://blog.biletbayi.com/vanin-yoresel-lezzetleri.html/>)

**Table 66.** The ingredients used in Keledoş Recipe

Ingredients	Amount
Roasted meat	1 kg
Chickpeas	Half a glass
Wheat	A cup
Green lentils	Half a glass
White beets	2 handfuls
Butter	3 tablespoons
Kurut	2 cups

### Keledoş Preparation

1. Chickpeas and wheat are left to boil in a pot.
2. When it is cooked, green lentils are put,
3. After all ingredients are cooked, beetroot and roasting meat are added.
4. It is boiled for 10-15 minutes.
5. The material is cooked thoroughly.
6. Crushed kurut is added into a boiling pot and cooked until it reaches the consistency of pudding.
7. It is taken off the stove,
8. Butter is put on it, this oil melts with the heat of the dish and then it is served (Source: Ağrı Provincial Directorate of Culture and Tourism).

### 2.14.2. Glorik Soup

Glorik soup (Figure 67) has not been announced much outside the Van city, but it is one of the dishes and is very popular with the local people. The dish includes tiny meatballs. The dish has a lot of ingredients. Try this dish, keeping in mind that it is among the most consumed juicy dishes in the region while experiencing the Glorik taste. Glorik can also be a great option to see a limit to the dishes made with meatballs.



**Figure 67.** Glorik Soup (Retrieved from <http://www.kolayvyemekleri.net/glorik-yemegi>)

**Table 67.** The ingredients used in Glorik soup Recipe

Ingredients	Amount
Ground beef	250 g
Fine bulgur	2 cups
Semolina	Half a cup
Salt	A tea spoon
Tomato paste	2 table spoon
Pepper paste	A dessert spoon
Onion	A medium size
Boiled water	1 liter
Dry basil	A tea spoon
Dry mint	A tea spoon
Vegetable oil	Half a cup

### Glorik soup Preparation

1. Put the ground beef, bulgur, semolina and salt in a bowl with water and knead them.
2. As the dough becomes soft, continue to knead for 10 minutes by putting a little water.
3. It will get a nice consistency in the end. It won't stick to the hand.
4. Take large pieces from the dough, squeeze the pieces with your hand and get small pieces. Then nest it with your hands and put it in a bowl.
5. Heat half a cup of vegetable oil in a medium pot. Add the finely chopped onions and fry them well.
6. Also, add 2 table spoons of tomato paste and a tea spoon of pepper paste if you wish. And continue frying.
7. Then add a liter of boiled water over the tomato paste. Boil them all together and add a tea spoon of salt.
8. Boil for 10 minutes.
9. Finally, sprinkle dried mint and a tea spoon of dried basil and serve.

### 2.14.3. Pazı Borani

Pazı Borani (Figure 68) is one of unheard-of Van local dishes. Bulgur and meat are the flavors in the dish. It is not known exactly which region belongs to this taste owned by Tunceli, Bitlis, Gaziantep and Şanlıurfa. The recipe for pazı borani of each region distinguishes some points from each other. In Tunceli, pazı borani is a flavor that is prepared by combining meat and bulgur, as well as being consumed with yoğurt.



**Figure 68.** Pazı borani (Retrieved from <https://www.lezzet.com.tr/yemek-tarifleri/sebze-yemekleri/diger-sebze-yemekleri/pazi-borani>)

**Table 68.** The ingredients used in Pazı Borani Recipe

Ingredients	Amount
Chard	500 g
Onion	3 medium size
Tomato paste	A table spoon
Vegetable oil	8-10 table spoons
Chili pepper	Optional
Yoghurt	A cup
Garlic	2 cloves of
Salt	Optional
Black pepper	Optional

### **Pazı Borani Preparation**

1. First, finely chop washed and cleaned chards and boil them in boiling water for 2-3minutes.
2. Remove the hot water and drain it. In a separate pan, fry finely chopped onions.
3. Add a table spoon of tomato paste, salt, black pepper and chili pepper.
4. Squeeze the juice of chard.
5. Take it to the serving plate after roasting for about 15-20 minutes.
6. Add garlic yoghurt on it.
7. Prepare the sauce with vegetable oil, tomato paste and chili pepper in a separate pan.
8. Pour the sauce on top of the dish and serve it.

### **2.14.4. Çireş Çorbasi (Çireş Soup)**

Çireş Çorbasi (Figure 69) is one of the local dishes of Van district. It is made with Çireş is a unique herb grown in Van. It is very satisfying and filling food prepared with wheat and meat. It is usually consumed by pouring butter on it.



**Figure 69.** Çireş Çorbasi (Retrieved from <http://annemineli.blogspot.com/2013/11/cires-corbasi-bitlis-ahlat-yoresi.html>)

**Table 69.** The ingredients used in Çiřeş Çorbası recipe

Ingredients	Amount
Mutton	500 g
Wheat	A cup
Butter	A table spoon
Tomato paste	A table spoon
Onion	A medium size
Salt	Optional
Spices	Optional
Çiřeş	A kg

### Çiřeş Çorbası Preparation

1. To make the delicious and nutritious soup made with the addition of herbs grown in Van region, called Çiřeş, first wash the herbs and chop them in small pieces.
2. Fry the onions with vegetable oil in a large pot until they turn pink.
3. Fry the meat.
4. Add the tomato paste on it.
5. Put hot water to the boil
6. Add the wheat while it is boiling.
7. When the wheat and meat start to cook, put the herbs, salt and spices in it.
8. When it is well cooked, serve hot.

### 2.14.5. Güzbez Tatlısı (Güzbez Dessert)

One of the unique flavors of Van's is güzbez dessert which is known as an indispensable part of the tables in the region. The dessert is basically made with honey and walnuts. Although the name of the dish is not well-known, it affects the palate of people from different cities.



**Figure 70.** Güzbez Tatlısı (Retrieved from [https://hizankarakovanbali.com/index.php?route=information/tt\\_blog&tt\\_blog\\_id=5](https://hizankarakovanbali.com/index.php?route=information/tt_blog&tt_blog_id=5))

**Table 70.** The ingredients used in Güzbez Tatlısı recipe

Ingredients	Amount
Honey	500 g
Walnut	500 g

### Güzbez Tatlısı Preparation

1. Firstly, boil the honey on the stove.
2. After the honey boils, add walnuts slowly.
3. After it condenses, take it from the stove and put it in containers.
4. After cooling, it can be served alone or with ice cream.

# CONCLUSION

**T**urkish Cuisine consists of dishes prepared with grains, various vegetables and some meat, soups, olive oil and pastries and dishes prepared with self-grown herbs. Turkish Cuisine contains examples that can serve as a source for a healthy and balanced diet and vegetarian cuisine, with many dishes and types of food, as well as in terms of variety and suitability to the taste.

The food culture of the Eastern Anatolia region consists of red meat, wheat flour, cheese, butter and herbs. The people, who believe that these herbs have medicinal properties, give place to many plants such as çiriş and ısırgan in their kitchens. While fruits such as apricots and grapes take an important place in the kitchens, winter preparations are made in the region before the winter months due to the long winter conditions.

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# REPORTS



January 10, 2021

Dear Editor,

The book titled as “Traditional Dishes Consumed in the Eastern Anatolian Region of Turkey” written by Assist. Prof. Gulsen BAYAT describes the traditional dishes consumed in the East Anatolian Region of Turkey. The author gives details related to the eating habits of the people lived in this area. Every city located in this part of Turkey is illustrated with 2 dishes. The materials used in the dishes and production styles of these dishes are analyzed. The book is well-written. The details given for the dishes are beneficial to get an idea about the dish. By following the instructions, it is easy to make these dishes on your own. Therefore, my recommendation will be “Accepted” for the current book.

Best Regards,

Assoc. Prof. Melike GÜL

A handwritten signature in blue ink, appearing to be 'Melike Gul', written in a cursive style.

IGDIR UNIVERSITY

Department of Food Engineering  
Faculty of Engineering  
Sehit Bulent Yurtseven Campus  
76000, IGDIR / Turkey



January 5, 2021

Dear Editor:

I am writing on behalf of the book written by Assist. Prof. Gulsen BAYAT. The book titled as "Traditional Dishes Consumed in the Eastern Anatolian Region of Turkey". In the book, the cuisine in the Eastern Anatolian Region of Turkey was explained in details (background about the dishes, ingredients used in the dishes and finally preparation of the dishes). The author starts with the background about the cuisine of this specific region and mentions all unique characteristics of the eating style of this area step by step. Then, the most popular and special dishes belong to each and every city in East Anatolian Region are given and stated by the author. The book is important for the good reputation of Turkey. The traditional dishes given in the book with both the information about the dish and preparation style is useful for the readers. Foreign people can read and have an idea about these traditional dishes. Not just the foreign people but also people whose home is Turkey will be interested in this book as well.

For above mentioned reasons and many others, I recommend the current book for publication. I believe it should be a meaningful addition to Turkish cuisine and gastronomy world.

Sincerely yours,



Gulcin Yildiz, PhD  
Assoc. Prof. of Food Engineering  
Department Head of Gastronomy and Culinary Arts Department