



A tastebud fiesta

Found in traditional restaurants (meyhane), mezes are typically small plates of hot and cold appetizer dishes, intended to be shared by those at the table.

Meze in Türkiye is a way of life around the table with loved ones. Not to fill you up, but rather to change the tastes in your mouth while enjoying a good chat, mezes can be enjoyed with locally produced wine or the traditional Turkish alcoholic beverage rakı.

Often enjoyed as appetizers too, meze platters consist of vegetarian and non-vegetarian dishes like purees, steamed or sautéed vegetables with spices and yoghurt, wild herbs, pickles, salads, meatballs, pastries, dips, cured beef, and cheeses.



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Delicious Türkiye





Heir to the Anatolian cuisine, the modern Turkish cuisine offers a rich, perfectly healthy, and sustainable gastronomic experience.

Türkiye is rightly famous for its rich and savoury cuisine. With countless possibilities for variation thanks to the delicious products of the fertile land, the multi-layered Turkish cuisine is abundantly green and well-seasoned with fragrant spices and dried herbs. Today, Türkiye is shining through with its healthy, sustainable, and traditional yet modern cuisine.

Did you know that?

- Originally nomadic people, Turks used the churns they carried on horses to make yoghurt, butter, and ayran – a popular Turkish drink made of salted yoghurt and cold water.
- From the earliest age, Turkish people have been using sophisticated techniques to preserve food, such as pickling vegetables of all kinds, drying yoghurt, and curing meat with spices.
- Turkish tarhana soup made by mixing and drying flour, yoghurt or sour milk, and optionally cooked vegetables, salt, groats, and spices can be considered the ancestor of instant soup.
- Türkiye is one of the birthplaces of viticulture and ancient winemaking, and it boasts more than 600 indigenous grape varieties. Today, Türkiye has a huge amount of land under the vine – more than 500,000 hectares. You can follow wine routes in Urla and Thrace to explore contemporary vineyards and discover your favourite Turkish bottles.
- The country showcases a selection of more than 100 local cheeses. Produced with different methods, these cheeses are made from cow's, goat's or sheep's milk, which obtains different tastes and aromas from the endemic plants that the animals eat.
- Türkiye is a major producer of dried nuts and fruits including raisins, dried apricots, almonds, plums, nuts, hazelnuts, and pistachios.
- Turkish cuisine is a true heaven for vegans and vegetarians: The culinary tradition incorporates a huge range of vegetable dishes known as dishes cooked in olive oil – zeytinyağlı yemekler.
- Türkiye has 7 different products with geographical indications approved by the European Commission. These products are: "Antep Baklava/Gaziantep Baklava", "Aydın fig", "Malatya apricot", "Aydın chestnut", "Taşköprü garlic", "Milas olive oil" and "Bayramiç white".
- İstanbul joined Michelin Guide, the most prestigious restaurant rating system in the world. Starting from October 2022, the Michelin Guide will also include İstanbul's top eating destinations.

Deliciously traditional

Almost every region in Türkiye offers a unique gastronomic experience and they all await you to discover them.

The Turkish art of cooking has a long and deep-rooted past and prodigiously diverse fauna and flora that allows each region of Türkiye to offer a tremendous variety.

The culinary culture of İstanbul has inherited many elements of the Ottoman cuisine, whilst the Aegean and the Mediterranean cuisines are rich in fresh fish, locally grown vegetables and edible herbs, all generously drizzled with genuinely-flavoured olive oil. The Eastern and South-eastern regions offer well-seasoned specialities with fragrant spices. The cities and towns by the Black Sea are renowned for the abundance of fresh fish, vegetables, tea, and hazelnuts. Central Anatolia region is famous for its delectable, hearty pastries and grain salads.



Deliciously healthy

Locally made authentic dishes are prepared with all that is fresh and good. The tradition is to eat fruits and vegetables in season.

In Türkiye, the fertile soil combined with climatic diversity offers a wide range of fresh produce. Both delicious and healthy, dishes cooked with care comprise organic and local products harvested in season.

You can wander through the citrus orchards to taste a juicy tangerine straight from the tree, and watch olive oil being produced from the olives picked in the vast olive groves. Here, at every step, you will want to slow down to admire the beauty of Mother Earth and its jaw-dropping contribution to the culinary traditions of the land.



Tapestry of tastes: Turkish Breakfast

Thanks to its diverse fauna, rich culinary heritage, and abundant landscape, numerous breakfast options in Türkiye are enriched with local, artisanal products that can be found nowhere else. Turkish breakfast isn't just a meal, it's an experience designed to be social, shared, and savoured.

A Turkish breakfast isn't a single dish, but a series of bite-sized Turkish delicacies. A classic kahvaltı spread varies by region but generally consists of cheese, pastries, dips and sauces, olives, eggs, fresh tomatoes, cucumbers, bread, meats, honey, and various types of jam. And of course, Turkish breakfast isn't complete without a bottomless glass of freshly brewed çay (Tea).



Modern interpretations

Turkish gastronomy is flavourful and surprising, it is all about unexpected yet perfect taste combinations.

Combining melons and lamb, yoghurt in soups and sour cherries in stuffed vine leaves, Ottoman cuisine was really the avant-garde fusion star of the Middle Ages.

Protecting the values of the Ottoman cuisine, following the recipes of the past, contemporary restaurants offer modern versions of traditional recipes on their tasting menus. Young chefs know how to follow global trends use farm-to-table products and create surprising mixtures and reinterpret the classics with a fresh look.

