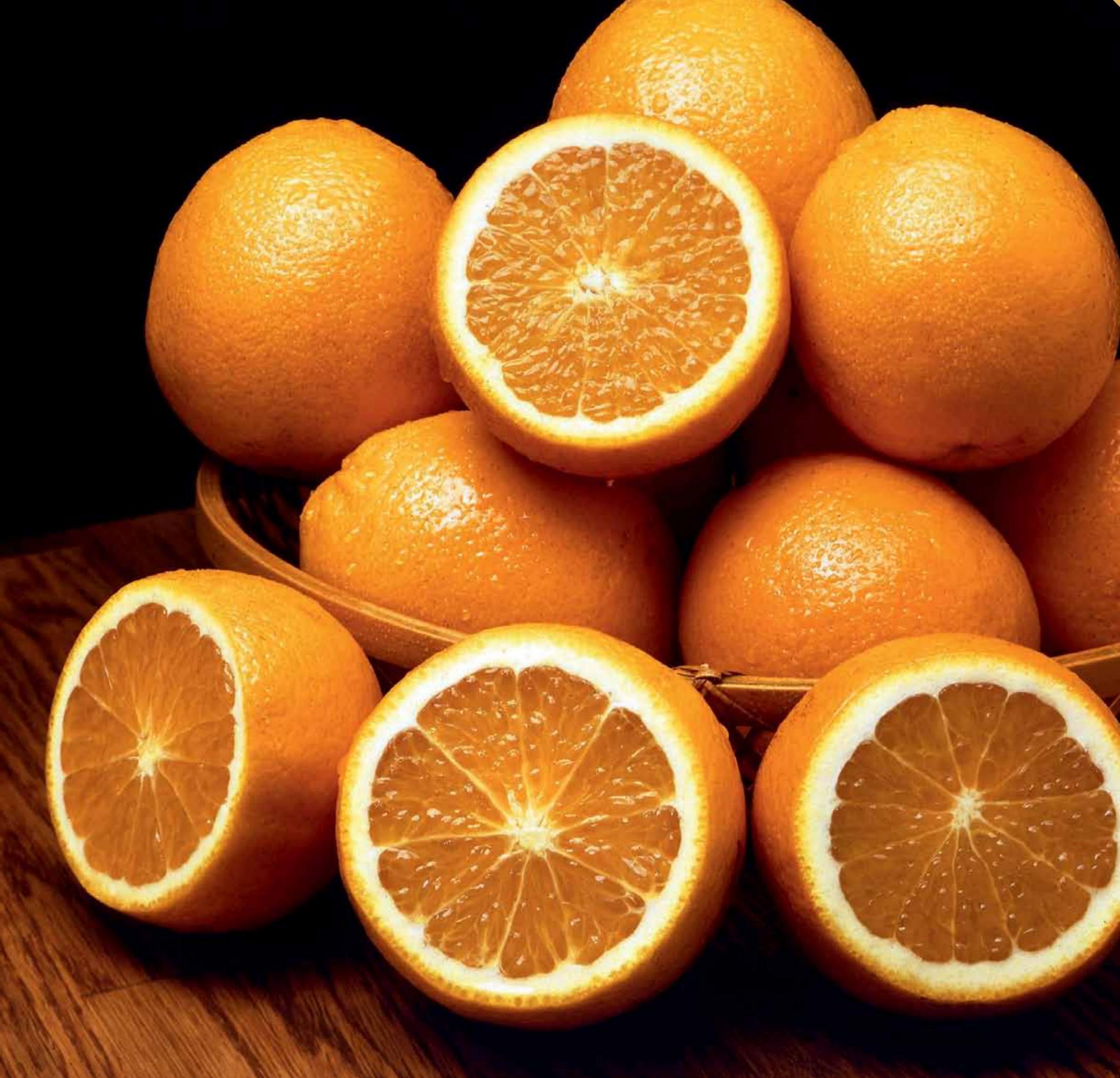


Culinary Culture

in Antalya and the Western Mediterranean



Antalya
the destination



Food Culture of Antalya and the Western Mediterranean

The cuisine of Antalya, originating in a rich past, benefits from its location nestled between the **Taurus Mountains** and the **Mediterranean Sea**. The tastes sourced from cool mountain forests, fertile plateaus and the deep sea blend together with historical culinary influences. Antalya's culinary culture is a delight to explore.

The region produces a wide range of foods, some of which were once novelties brought in from faraway lands. **Cuisine traditions from all cultures** - the Neolithic period, Byzantine times, and the Seljuk and Ottoman Empires - have fused together to influence the tastes we enjoy today.

During the Ottoman period, the multi-ethnic, multi-religious, multi-cultural structure of society added diversity to the cuisine. Certain food-related religious restrictions were reflected in the cooking of different communities, and yet a **common food culture** was still shared by all groups. The town of **Antalya** was administratively connected to the state of **Konya**, and this connection also showed its influences in cookery. The cuisines of Mediterranean Antalya, and those of the completely land locked **Konya**, show amazing similarities, having shared this close contact.

The route connecting these two cities had been active across the centuries. During the Roman times ships from Alexandria, Cyprus, and Syria brought goods to the shores of Anatolia, which were then transported inland by this route. Antalya has been at the **crossroads** of this traffic, receiving influences from **Arab** and **African** cultures. The influence of **Greek** culture however, does not come from Greeks that lived here, but from Turks who came from the Greek islands as part of the population exchange between the two countries.

One major feature of Antalya cookery derives from the nomadic **Yörük culture** of the Taurus Mountains. Antalya cookery carries all those qualities and influences, yet maintains the general characteristics of Turkish cuisine.

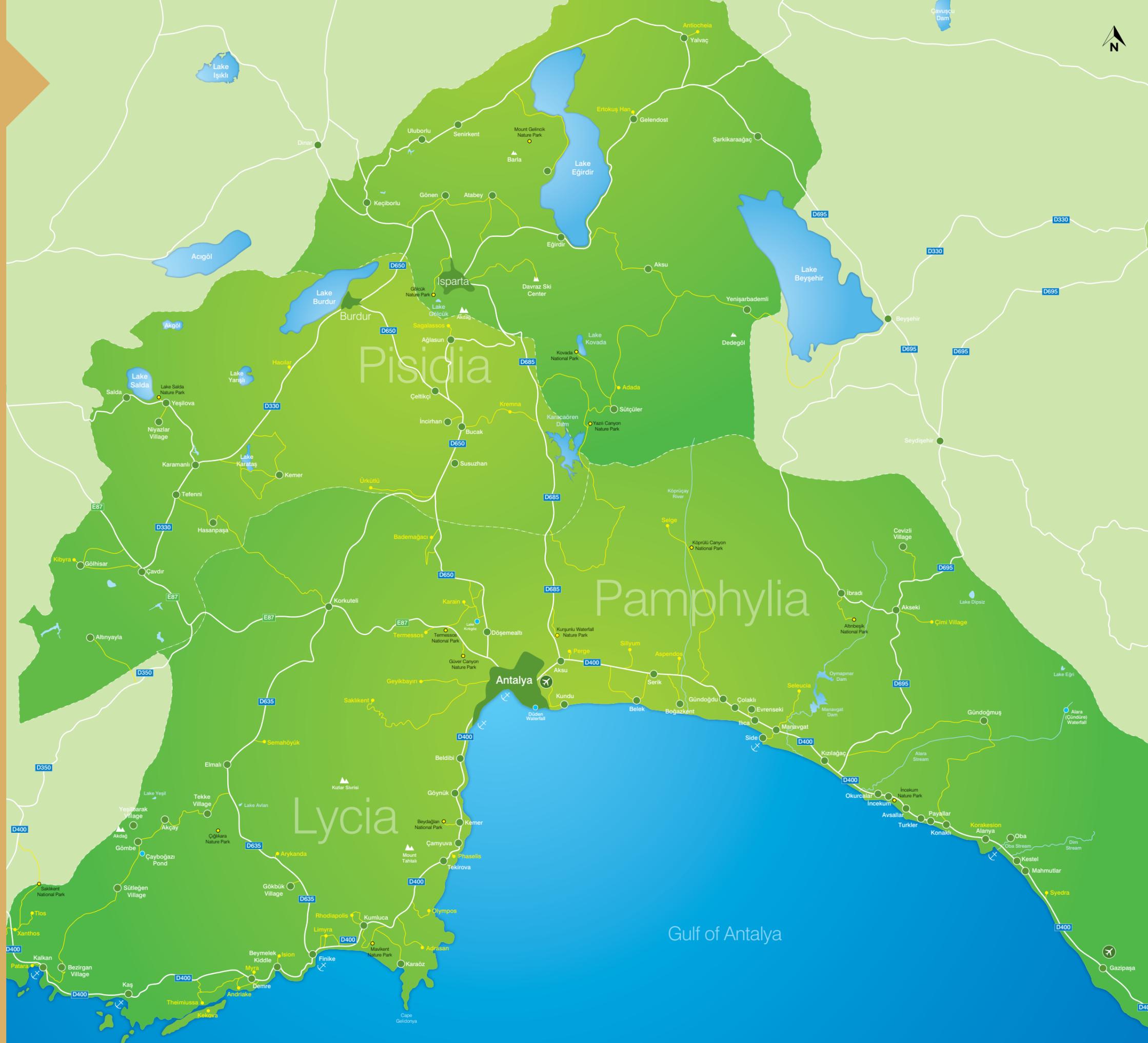
Around the environs of Antalya, every settlement shows distinct culinary features according to its location and cultural roots. The coastal settlements of Side, Alanya, Finike, Kaş, and Kalkan bear **Mediterranean characteristics**, while towns like Akseki, İbradi, Korkuteli, and Elmalı, located in highlands, reflect the **elements of mountain life**. Worth exploring are the connections between the historical-contemporary regional food cultures, as in the example of Sagalassos-Ağlasun. On the other hand, the **Lake Region** demonstrates a completely different culinary scene, with the cities of Burdur and Isparta, sharing the same culinary style as inland Anatolia.

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Hunted, Gathered, Ate!

The first humans lived in the caves on the slopes Taurus Mountains, descending towards of the Mediterranean. Karain Cave, located 25 kilometers north of Antalya, 500-600 meters above sea level, have traces of the earliest men of prehistoric times. Excavations in Karain have revealed the first foods of the first hunter-gatherer communities, which have inhabited in the region since 160,000 BC.

Karain Cave, located on the slopes near Yağca village in the Döşemealtı district has been a host to every era of human civilisation. Traces of human occupation in the Karain Cave go back hundreds of thousands of years to the Early Stone Age. They continue to the Middle Stone Age, Later Stone Age (Mesolithic), Copper Age (Chalcolithic), Bronze Age and subsequent ages, giving today's visitors insight into all of these periods. The evaluation of humans and their cave-diet can be extensively studied in Antalya.

In the Karain Cave, drilling and cutting tools made of antlers and flint stones, simple axes, tools for hunting, portioning and cutting the meat are found together with seeds of gathered nuts, wild fruits. The first diet of humankind in this region, and the evolution related to this diet can be easily seen in the invaluable findings of prehistoric excavations. Karain Cave, together with other Prehistoric cave dwellings in the immediate vicinity of the Kirkgöz Lake springs including the Öküz, Mustan, Boynuzlu, Çark, Kızıl, Sulu and Harun caves, provide enormous knowledge. The first inhabitants of these caves continued into the Neolithic period. The caves were occupied from the later periods of the Early Stone Age until the advent of agriculture in the Neolithic Age. Öküz Cave stands out among these caves as being especially significant.

With the advent of time, the population increase led these first inhabitants to establish Neolithic villages beside the lake shores and in the surrounding areas. The first man-made dwellings also started in the area close to the prehistoric caves, together with the Lake Region near Burdur and Isparta. Though hunting and gathering continued as means of sustenance, agriculture and animal breeding were the new tools for procuring a food supply.



Sowed, Harvested, Cooked!

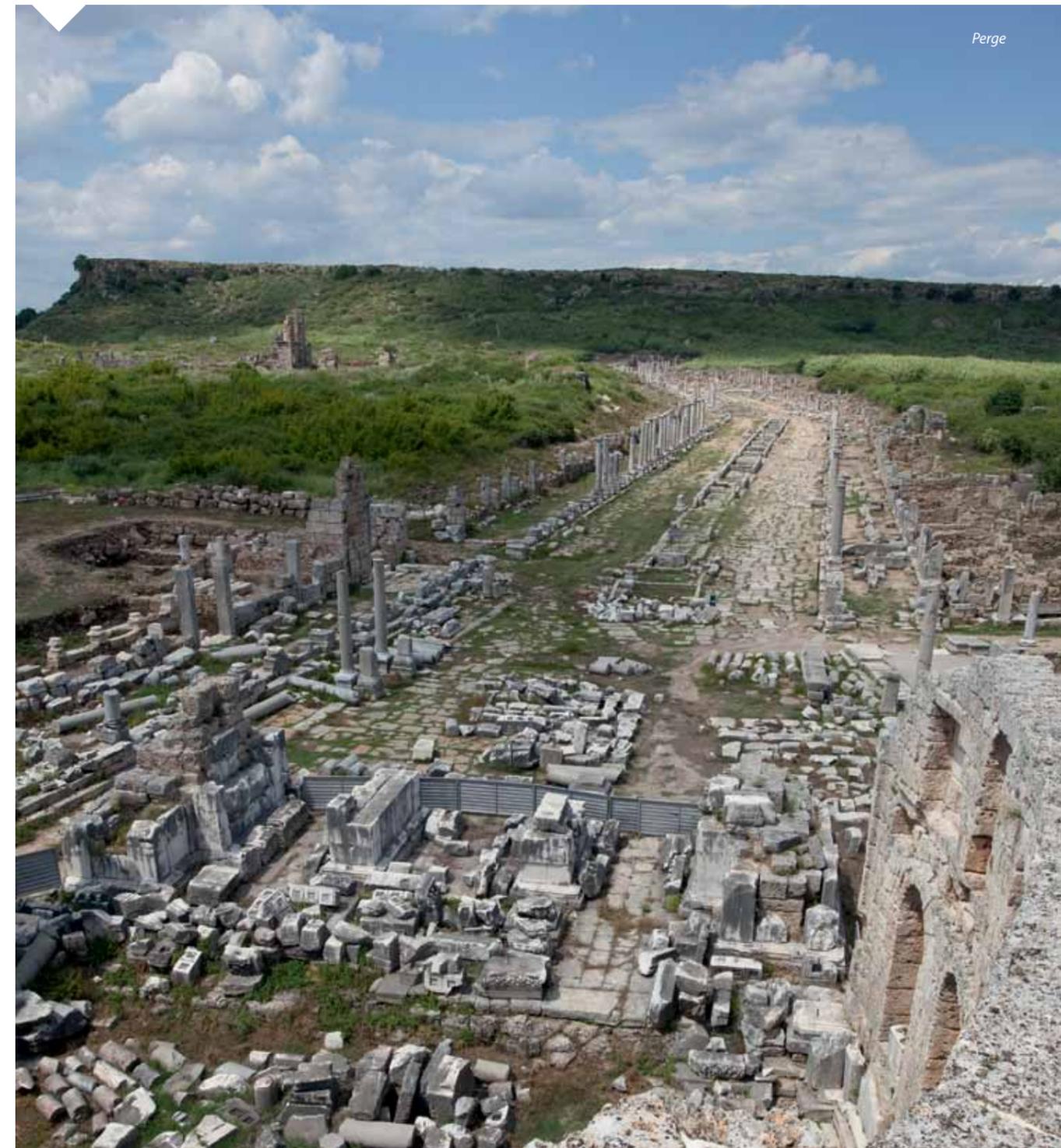
Discovering **'the seed'** transformed the food habits of humankind. Recognising the importance of seed and learning to produce food was revolutionary. In so doing, humans made their first step from a hunter-gatherer society to a lifestyle bound to a particular settlement. The increasing population was an important factor that forced humans to leave their caves, but even a more important dynamic was that people learned to **store and sow seeds**, and to **breed and domesticate animals** for the first time. The region has been witness to the transition of humankind from hunter-gatherer communities to **agricultural societies**.

Hunter-gatherers living in the vicinity of Antalya moved out of their caves and began building simple agricultural settlements near lakes and other water sources. This period in human civilisation is known as the **Neolithic Age** or New Stone Age. The Neolithic settlements of Burdur-Hacılar, Elmalı-Hacımusalar, and Bademağacı demonstrate the transition to a civilised society with the advance of agriculture. Constructed hand tools were developed and became more widespread, but the original use of stones as tools continued. **Agricultural tools**, and food preparation and cooking utensils were developed; cooking pots and heating balls were fashioned to boil water and food, primeval stoves began to be utilised, and cooking techniques became more advanced. Some of the tools developed in Neolithic times, together with some simple cooking techniques can even be seen today as basic features of regional cooking.

Laid Back and Enjoyed!

The transition to agriculture led to the development of trade, and eventually the food consumed was diversified. The civilisations of **Lycia**, **Pamphylia** and **Pisidia** had been the forerunners of many others to follow. The overlapping cultures, leaving their traces layer upon layer, created a common table of history. Food, with its **uniting aspect**, had always been a medium of **celebrating** and **worshipping**. In a way, culture is developed around food and its celebration.

The Hellenistic and Roman periods were the times of being merry and **enjoying feasts**. Lavish food was consumed by the rich in **symposiums**. The sophisticated high culture in the cities was highly dependent on the success of rural agriculture. During the harvest time Roman farm life was busy. Olive presses, flour mills, and wineries processed the classic trio of the region, **olives**, **wheat** and **grapes**, into vital ingredient items. These essential foods were marketed in the **city markets**, and were exported from the ports of Perge, Side, Phaselis, Alanya and Antalya. The agricultural potential of the region, together with its ideal location for trade to flourish, resulted in the accumulation of wealth and the development of an elite class. The elite demanded and consumed refined high quality products, developed an accomplished cuisine, and literally enjoyed all the bounty of the land whilst lying on couches.



Taste of the Wild

Hunting has been a major feature of the Antalya region, a strong tradition which has continued throughout the ages, uninterrupted since the cavemen of Karain. It is not only the Taurus Mountains, but also the Lake Zone near Burdur and Isparta, that is favourable to bird hunters. All kinds of birds, including partridge, starling, turtle dove, woodcock, and wild duck are caught, and are usually turned into a feast for the hunters. Other than birds, wild animals such as bezoar ibex, wild boar, Anatolian chamois, wild sheep, red stag, roe deer, hybrid ibex are sought-after animals, though not for the table. Still, the tables are occasionally adorned by wild goat or the occasional wild rabbit.

Mushroom Hunting

The Taurus Mountains provide a bountiful supply of wild mushrooms, many of which having high market value. The best of the autumn mushrooms is the **matsutake**, **katran mantarı** or **sedir mantarı** in Turkish. This much praised mushroom in Japan, derives its name from Japanese, and gets its Turkish name from the cedar tree, **sedir**. The wood of the cedar tree was very valuable in days of old, and was used in ship construction and also to produce tar, **katran**. The cedar tree is also known as the 'tar tree,' **katran ağacı**, for that very reason. The **matsutake** grows in the same habitat as the cedar trees, and after the annual autumn rains, they pop up.

The ultimate winner of the spring months is the **morelle**, **kuzu göbeği**, consumed either fresh or dried. Stuffed morelles cooked with olive oil is a local delicacy.

Wild Tastes

The wild tastes of the forests are not limited to mushrooms. **Wild thyme**, **oregano**, **bay leaves (laurel)** and **wild sage** are gathered extensively, to be used as herbs or tisane, or to extract essential oils. Foraging for wild herbs provides a great income for mountain villages.

The dense aroma of all these wild herbs and flowers are reflected in the Taurus **mountain honey**, **Toros balı**, much praised for its strong taste. The pine honey, **çam balı**, yields another fine taste, a gift of the pine forests. High up in the mountains, bears and wild boar are a threat to the bee hives, so interesting methods are developed to keep them safe. The hives are nestled on top of timber structures, architecturally inspired by **Lycian tombstones**. Discovering these creative bee-hive structures of vernacular architecture is a surprise to be encountered on trekking routes, as is the taste of Taurus honey.



Traditional Bee Hive Construction

Fruits of the wild are also foraged for culinary and medicinal purposes. **Wild blackberry**, **wild cornelian cherry**, and **rosehip** are everywhere in season. The juniper tree is considered sacred by the Yörüks, and juniper berry molasses is a rare taste, and is often praised for its healing properties. At the end of summer, the scarlet coloured pompom-like fruits of the *Arbutus unedo* appear in city markets.

Of all the wild tastes of the mountains, one deserves special mention. **Sahlep** is a rare and expensive spice, the root of the wild **orchid flower**. The orchid tuber is dug out, boiled, dried, and ground into powder. Sahlep is the hidden secret behind the Turkish ice cream, and it is also made into a thick warm milk drink, heart-warming on cold winter days.



Carob

Carob is the humble treasure of the Taurus Mountains. It is believed to be the miracle food St. John survived upon while he was in exile in the Taurus Mountains. Mentioned in the Bible, John is said to have survived only on carob and honey, and for that reason carob (locust) is also called St. John's bread. Carob is a blessing in its own right, used for almost everything in industry, from shoe shine to sauce thickeners. Its powder is a substitute for cocoa, and is used in place of chocolate in health conscious recipes. The fibrous quality makes it a favourite ingredient in dietetic products. The gelatinous sticky quality makes it a good thickener, used in ice-creams, salad sauces, mustards, jams, preserves, sausages etc. Carob is enjoyed fresh in autumn months; however the most important traditional regional product is the carob molasses, a pure delicacy of the mountains, fit for the saints.



Yörük

The True Owner of the Mountains

The Yörük, also Yuruks or Yorouks are a group of nomadic people of the Taurus Mountains. Some are still nomadic, primarily inhabiting the mountains, while some are completely settled, yet preserving their former semi-nomadic traditions. Their name derives from the Turkish verb yürü- (yürümek in infinitive), which means "to walk." They are also referred to as Turcomans or Türkmens, indicating their Central Asian Oghuz Turkish roots.

The nomadic tribes of the Taurus Mountains maintain a simple life living in black goat-hair woven tents, herding goats and sheep flocks. The limited possessions they can carry on their long treks include very few kitchen utensils that permit only simple cookery. The **bread** is unleavened and flat, not baked in an oven, but cooked on a griddle named a sac, which is like an inverted wok. A low table-like wooden board and long thin rolling pin is all that is needed. The rolled out dough can be folded and filled with various fillings to make delicious giant griddled turnovers called . The fillings sometimes incorporate edible wild greens such as lumex, mallow, poppy leaves etc. The Yörüks have a high knowledge of gathering wild greens and fruits and are experts on their healing properties. They are also

skilled at spotting the wild honey coves and getting the best of the wild herbs.

When the summer sun scorches with its heat, Yörüks travel up to high mountain plateaus, reaching for sufficient grass and fodder for their animals. This pastoral life gives an abundance of **fresh milk** from the herds, creating a diverse dairy culture. **Yogurt** is definitely the foremost essential dairy product in the Yörük diet. Yogurt is preserved in various ways, including the deliciously creamy and tangy drained yogurt or the cheese-like salty, chalky dried yogurt. Yogurt can be consumed plain, or made into the wonderful thirst-quenching salty yogurt drink **ayran**, or used as an essential ingredient in hot or cold soups. There are also cheeses made of churned and drained yogurt preserved in tulum - goat skin sacks, allowed to ferment and age in cool caves hidden in the lofty chasms of the Taurus Mountains. Yörüks sell their dairy products such as delicious **kaymak** cream, salty goat cheese, goat skin tulum cheese and salted or sweet butter at the city markets. Their dairy products bear the taste of the mountains, primarily the almost-pungent smell of wild thyme and oregano.



Yoğurtlu Yarma Çorbası Wheat Berry and Yogurt Soup

Yogurt based soups are the ultimate comfort foods of Turkish cuisine. Heart-warming and nutritious, this soup reflects the simple and straightforward life of nomadic Yörüks of the Taurus Mountains.

Ingredients

- 2 cups strained yogurt
- 1 cup wheat berry (soaked)
- ½ cup dried chickpeas (soaked)
- 2 teaspoons salt
- 2 tablespoon butter
- 1 tablespoon dried mint

Preparation

- 1 Pick over and wash the wheat berries and soak in cold water overnight. Soak the chickpeas in a separate bowl.
- 2 Drain and rinse the wheat berries and chickpeas. Put in a large pan with 8-10 cups water and cook until both are tender.
- 3 Skim, add salt, stir and continue to simmer a little longer.
- 4 Put the yogurt in a big bowl, and stir in a few tablespoons of the cooking liquid. Take care to have a creamy consistency, free of any lumps. Continue to add more of the cooking liquid until you achieve a warm soup like mixture.
- 5 Now add this mixture back to the cooking pot, and bring to boil constantly stirring clockwise. Season to taste and remove from the heat.
- 6 Transfer the soup in a serving bowl. Heat the butter in a small pan, add the dried crushed mint. When the mint-butter sizzles, drizzle over the soup, swirl in and serve at once.



A Sea Odyssey

Antalya cookery bears every characteristic of being Mediterranean. Freshly caught fish and seafood is abundant, and being strategically situated on the crossroads of sea trade in Central Mediterranean has resulted in the accumulation of a diverse food culture. Throughout history interaction with other Mediterranean cultures, direct contact with Africa, Middle Eastern and Arabic cultures as well as trade with the Aegean islands and Venice provided access to various new foods. This continuous cultural exchange, combined with the fertile soil and ideal climatic conditions, resulted in the amazingly rich agricultural diversity of today.





The Mystery of Shipwrecks

The shipwrecks found off-shore the coast provide invaluable knowledge of the food of ancient times. **Amphoras**, the long terracotta jars with two handles and a narrow neck, were used to carry food items in ships. Stacked with thousands of them, ancient shipwrecks reveal secrets of the food and agriculture of the past. Amphoras were used to carry a diverse spectrum of dry or liquid goods such as; wine, molasses, honey, vinegar, olive oil, olives, dried figs and fruits, dried, smoked or salted fish, fish sauce, grains, sesame, resin and tar. All those items of economic value were shipped from the ports of the region to other Mediterranean ports. Likewise many goods unavailable in the region came in from elsewhere. This intense trade of foods and other goods has helped shaped the Mediterranean world. The precious possession of the ships has been attractive for corsairs, and the feared Pamphylian pirates had great power. Underwater archaeology studies reveal astonishing information on the food trade of the region. Combined with the findings of archaeological excavations in various sites, we can gather a picture of the foodscape of the ancient world. For example, the refined red terra-cotta plates of Sagalassos were shipped to Egypt in return for the much praised and rare dried smoked fish of the Nile Delta.

The Blue Flag Programme is implemented in 49 countries all over the world and Turkey is ranked at a steady fourth place over the last three years in the number of certified beaches. Even on the West Mediterranean coast there are 118 Blue Flag beaches and marinas.

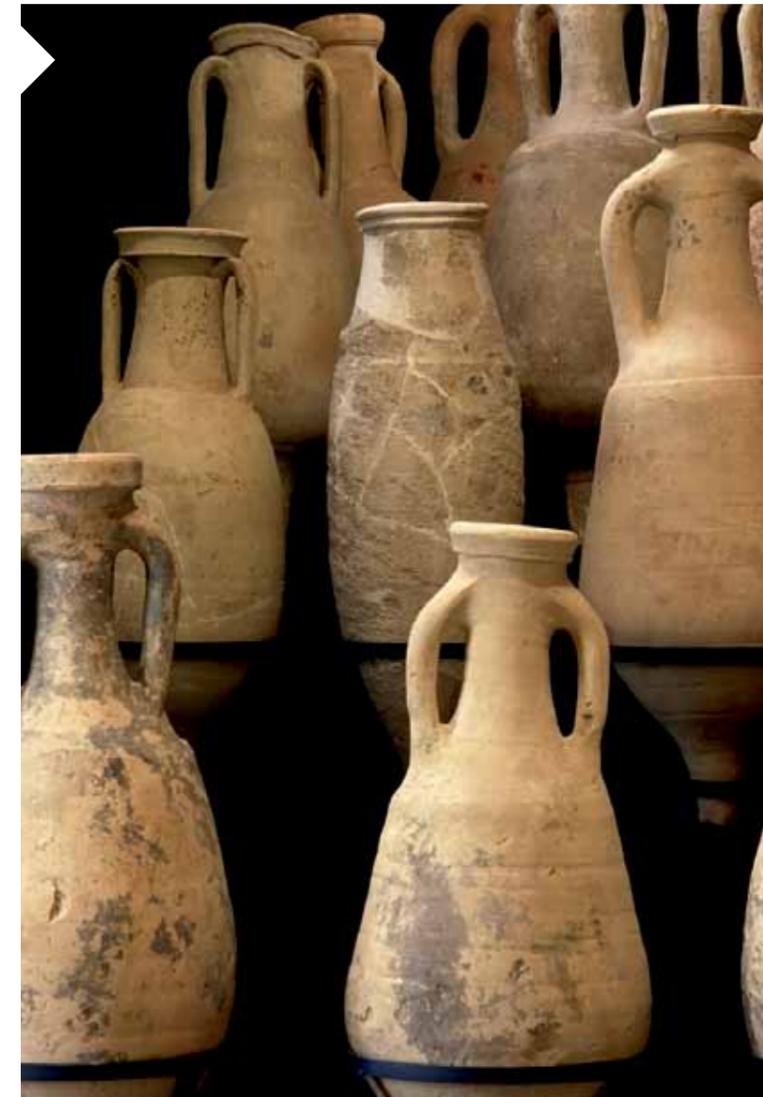
Its Blue Flag beaches notwithstanding, Antalya has more than 80 diving spots and 68 authorised diving centres that are registered with the Turkish Underwater Sports Federation. Divers of all levels, be they professionals or amateurs, can plunge into the deep blue sea 12 months of the year.



Voyage of Food

The ports of **Alexandria**, **Cyprus** and **Antalya**, have always been the top three stops on the Eastern Mediterranean trade routes. The ports of Phaselis, Side, Perge and Alanya were among other important trade points bustling with ships ready to set sail to the west. The bounty of Mesopotamia was transported from the ports of Syria, carried along the shores of Anatolia towards Aegean and Western Mediterranean destinations such as Crete, Rhodes, Malta, Aegean Islands, Athens, Constantinople (Istanbul), Smyrna (Izmir), Venice, and Marseilles. Another important trade route from the Indian Ocean extended to Alexandria via the Red Sea, and followed a similar route with stops in Middle East and Cyprus, and then following the Turkish coastline.

The Ottoman traveller **Evlîya Çelebi** nick-named Antalya as *İskele-i Mısır*, meaning "Gateway to Egypt." The Ottoman world had close contacts with Venice, and from the shores of Antalya, many goods such as wheat, barley, walnut, dried apricots, sesame, cheese were exported to Venice. The Venetians could not get enough of the precious **saffron** gathered from the Taurus Mountains. It was not the only export of course, as valuable items including **coffee** from Yemen, and rice and sugar from the Arabian Peninsula arrived here, and then was transported by caravans to the Topkapı Palace in Istanbul. This traffic of food, lasting for centuries, made the region open to novelties and created a diverse agriculture. Many once new vegetables like **okra**, **taro** and **molehiya** arrived from Africa. The South American **peanut** made its way via the same route, and the symbolic **orange** made its way all the way from China by the hand of the Portuguese. The new world foods like tomatoes and peppers became regional basics, while the Indian **banana** which travelled all along Egypt and landed in Anamur, become synonymous with the city. **Eggplants** followed the same path becoming an indispensable part of Turkish cuisine. These are all gifts of the sea routes that have enriched the culinary scene of the Mediterranean region.





Treasures of the Sea

Fishing has always been a life style of the coastal settlements. The Uluburun wreck revealed countless items of fishing gear, hooks, lead fishnet weighs, glass fishnet bulbs, netting needles, harpoons etc. Roman steles of fisherman indicate the popularity of the profession.

The shores of **Antalya** offer a bounty of fish and **seafood**. However, fish are not confined to sea waters alone. The **lakes of Burdur** and **Isparta** offer a variety of **fresh water fish** such as carp, sazan, perch, tatlı su levreği, and fresh water shrimps, and kerevit. The crisply cold, clear mountain streams are ideal for fishing adventures, especially for catching the red spotted trout. It is quite common to find a trout farm high up in the mountains and to enjoy trout baked on terra-cotta plates sitting near refreshing fresh water springs.

The variety of Mediterranean fish is immense. Much praised are the red-fleshed fishes like red sea bream, blue spotted sea bream, pink dentex, red pandora, oblade and red mullet. These are best when fried and served with talatur, a garlicky walnut sauce.

Big fleshy white grouper varieties such as blacktip grouper, lahoz, dusky grouper, and orfoz, are typical of the Antalya sea, and are sometimes called Arabian fish. Grouper has become like the signature fish of Antalya, gently cooked in delicious stews or simply grilled. It can be fileted and then pan fried or grilled, or cut into big plump morsels to be skewered and cooked over open fire. The remaining fish parts, especially the head, can be braised into a wonderful fish soup. The bulging-eyed grouper, patlak göz, with its tender meat, is the most sought after variety. Swordfish, kılıç balığı, is also among the widely sought catches. Other popular fish types include barracuda, whiting and sea bass.



There are many local names for common fish species including gilthead bream, çipura, which is called mendik locally. Striped yellow mullet has the nickname 'Pasha's trousers,' and the grey trigger fish is called 'Pig fish.' Large sand-smelt or silverslides are referred to as Lokum-Turkish delight.

Seafood such as octopus, squid, shrimp, sea urchin, and the rare slipper lobster are among other delights of the sea. The blue crab, mavi yengeç, caught in the shores of Kekova, is becoming more and more popular.



Land of Plenty

Agricultural Diversity

The provinces of Antalya, Burdur and Isparta have a very rich agricultural diversity. The region has ideal climatic conditions and fertile soil, but moreover it has been crossroads of trade that enabled new crops introduced to the region. The warm and humid coastal strip has almost tropical climatic conditions ideal for Mediterranean crops and exotic fruits, while the highland plateaus and inlands show continental characteristics perfectly suited to staple grains and stone fruits. The seaside plains of Finike and Demre have been transformed to almost a sea of greenhouses. The tomatoes, peppers, eggplants, courgettes, salad greens and strawberries grown in these man-made plastic orchard heavens constitute the major supply for the whole of Turkey during winter months.

Some towns in the region have interesting specialty crops; the highland Korkuteli is a major producer of champignons; Burdur provides most of the green beans of the country; while Alanya alone produces all avocados, a novelty in the Turkish culinary scene. The region also has some local oddities unknown in other regions like chayote, taro and jute leaves. Last, but not least are two pretty flowers, the opium poppy and Damascene rose, both cultivated for their oil; the first also for its crunchy seeds, the latter for its fragrant petals.



Talaturlu Balık

Fish with Garlic Walnut Sauce

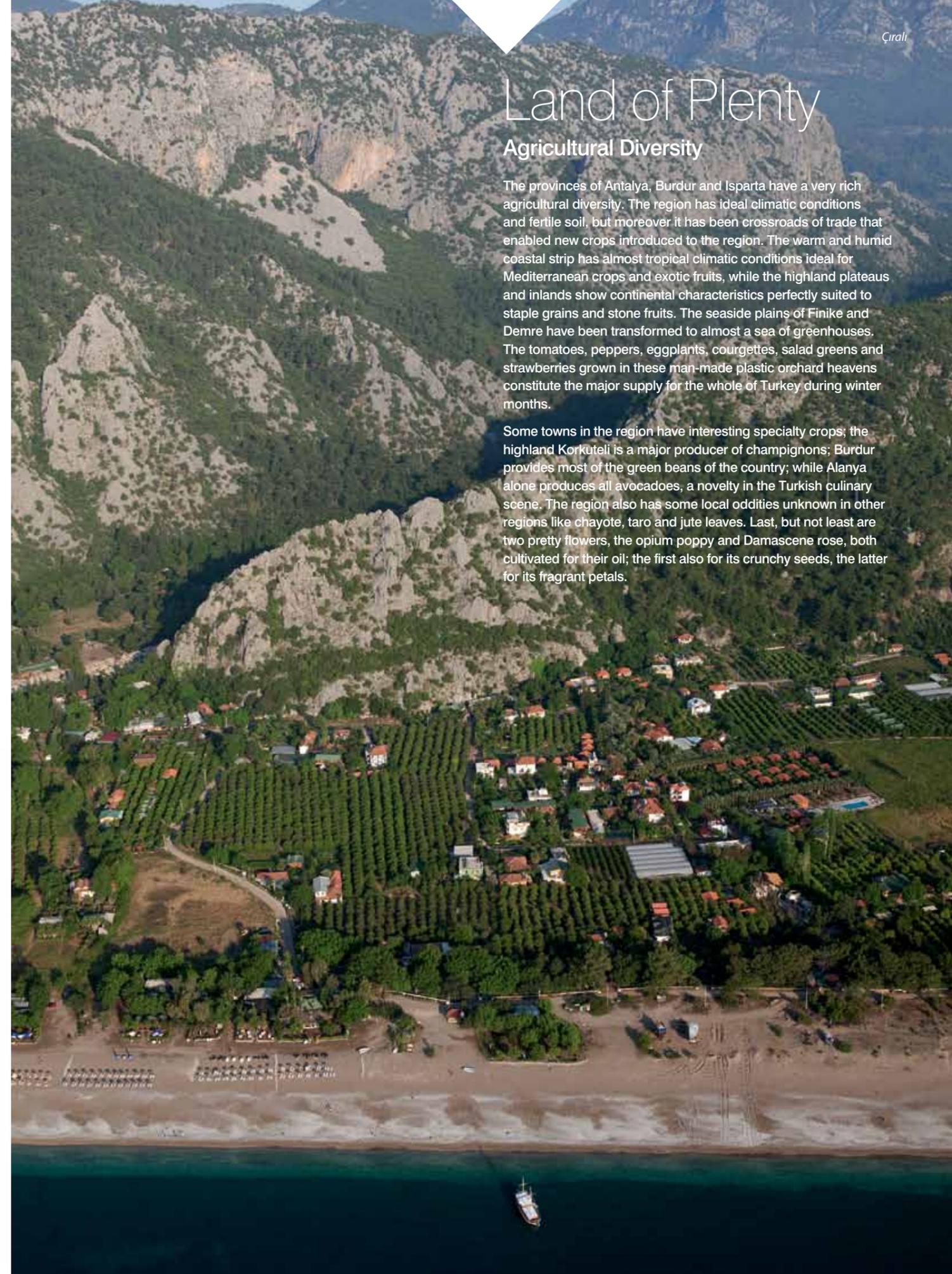
1 kg red sea bream, salt, flour to coat, olive oil to fry

Sauce

- 1 cup finely ground walnut
- ¾ cup luke-warm water
- 2-3 cloves garlic
- juice of 1 lemon
- 1 teaspoon salt
- parsley to garnish

Preparation

- 1 Clean and wash the fish, pat dry with kitchen towel and salt slightly, drain in a colander till the juices drip off.
- 2 Put about half a cup of flour to a plate. Flour each fish on both sides and shake the excess patting slightly.
- 3 Heat about half a cup of olive oil in a shallow pan, fry all the fish on both sides in batches of two to three. Transfer the fried fish onto a paper towel to absorb excess oil.
- 4 Crush the garlic with the salt. Mix the crushed garlic, walnuts, lemon juice, and warm water to a smooth sauce. If you wish, add a few teaspoons of the frying oil to the sauce.
- 5 Put the fish in a serving plate and pour over the walnut sauce. If desired, cover with generous sprinkle of finely chopped flat leaf parsley and serve.



Tasty Treats

Sesame and Peanut



Sesame

Once upon a time, the sesame of Phoenicia was much sought-after in the markets of Athens. The sesame was first cultivated by the Egyptians along the Nile. Archaeological reports from Turkey indicate that sesame was grown and pressed to extract oil at least 2750 years ago in the Urartu Kingdom in eastern Turkey. Sesame seed is considered to be one of the oldest oil seed crops cultivated.

The sesame plant is toilsome to harvest having sticky stems and leaves. The timing of the harvest is also important, since the fully ripe capsules may split open and spill the tiny seeds, if the picking is delayed. During harvest time, sesame stalks gathered in bundles create a very picturesque scene in fields. When the bundles are dry, they are shaken to extract the plentiful seeds. The humble bread ring **simit**, the ultimate street food in Turkey, is drenched in sesame, a crop of immense labour.

The most delicate product of sesame seed is **tahini**. The cookery of the region, especially that of Antalya and Burdur, makes extensive use of tahini, both in savoury and sweet dishes. The double-roasted variety of tahini from Korkuteli and Elmali, has a deeper and nuttier flavour. The **tahini halva**, a sweet block with almost a chalky, flaky texture is of prime quality in this region. The famous bean and onion salad of Antalya derives its fame from the special tahini sauce and **hibeş**, a favourite meze is like a tahini purée. Tahini is always good with sweet foods, and is especially delicious swirled with carob or grape molasses, to be spread on bread at breakfast. A generous amount of tahini is poured over the local baked pumpkin dessert, and the tahini flavoured roll **bağaç** is as much a landmark as the clock-tower, the spot where it is sold. Tahini, in short, is like a trademark of the region's cuisine.

Hibeş

Hibeş, is a very popular meze, a good accompaniment to anise drink raki, with its nutty, spicy, tangy strong taste. The balance of flavours can be adjusted according to taste. You may add about a cup of mashed cooked chickpeas for a thicker consistency. It may also be used as a sauce over boiled pulses like butter beans or chickpeas, or fresh vegetables.

Ingredients

- 1 cup tahini
- 2 lemons
- ½ cup luke-warm water
- 3-4 cloves garlic
- 1 teaspoon cumin
- 1 teaspoon hot red pepper
- 1 teaspoon salt
- a dash of olive oil
- red pepper flakes and parsley leaves to garnish

Preparation

- 1 Squeeze the juice of lemons. Crush the garlic with a pinch of salt.
- 2 Put the tahini in a bowl and dilute with the water. Add the other ingredients and slightly whisk with a fork thoroughly. If the mixture gets thick, you may add more water, or add some extra virgin olive oil.
- 3 Serve on a flat dish with a swirl of olive oil and a sprinkling of hot pepper flakes with a few sprigs of flat leaf parsley

The humble bread ring simit, the ultimate street food in Turkey, is drenched in lots of sesame, a crop of immense labour.





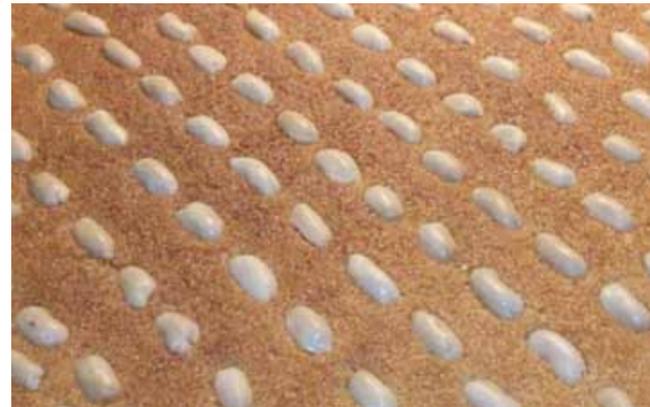
Peanut

The history of peanut is one of the most interesting stories of the culinary world. Its devious voyage between the continents has been quite adventuresome. It originates from Peru and Brazil, and was practically spread by the Portuguese to the rest of the world. Peanuts first arrived in Africa from South America, and then spread to Southeast Asian countries, as far as Philippines, becoming a staple food across a vast geography.

Rich in protein, fat and starch, it soon became an important part of African diet. Peanut became also a very popular ingredient in South Eastern Asian cuisines, sometimes added to give a crunch to dishes, and sometimes ground into tasty pastes such as satay sauces. The South American peanut eventually arrived in North America via Africa through the slave trade. African-Americans were instrumental in spreading the peanut in the United States.

Peanut is botanically a legume like peas or beans, having a peculiar way of growing. Peanut flowers weep in the ground like ivy and become immersed in earth, where they bear their ripened peanut pods, hence getting names related to earth or soil in many languages. In English it gets its name from its botanical category, the legumes, but it is also referred as groundnut.

In the Antalya region, peanut is consumed in an unusual way proving its African past. The habit of boiling peanuts instead of roasting is observed in some villages of African origin, just as in the Southern States of the United States.



Şambali Semolina cakes in syrup

Şam tatlısı (Damascus pudding) is semolina cakes soaked in syrup. This popular cake is traditionally sold by street vendors, but it is simple to make at home.

For the cake

- 6 cups semolina
- 3 cups milk
- 3 cups sugar
- 1 teaspoon baking powder
- 1 cup raw peanuts

For the syrup

- 5 cups sugar
- 5 cups water

Preparation

- 1 Beat the semolina, milk, sugar and baking powder in a bowl and leave to rest for 15 minutes.
- 2 Meanwhile prepare the syrup by mixing the sugar and water and bringing to the boil. Remove from the heat and leave to cool.
- 3 Pour the batter into a baking tray 50-60 cm in diameter. Arrange the peanuts on top. Preheat your oven to 180°C and bake for 40-50 minutes.
- 4 Pour the cold syrup over the hot cake, distributing it evenly.
- 5 Cut the cake into rectangular pieces about 4 cm thick and 10 cm long. Leave to cool. When all the syrup has been absorbed serve the cake cold.

Treasures of Glass Palaces

Greenhouse Crops



Turkey ranks third in the world in tomato yield. Antalya alone is the major provider of tomatoes year round, with the **green houses** in Finike and Demre growing tomatoes. Organic tomatoes pollinated by bees are getting more favourable in the market. The most famous dish in Antalya cookery using tomatoes must be the **cive**.

The advance of greenhouse technologies transformed certain parts of the region to be the main providers of peppers, eggplants, courgettes, salad greens and strawberries almost year-round.



Cive

Ingredients

- 2 medium onions
- 1/3 cup extra virgin olive oil
- 10 ripe tomatoes
- 10-15 green peppers (long pointed variety)
- 1 cup rice
- 1 small bunch basil
- 5-6 cloves of garlic
- 1½ - 2 teaspoon salt

Preparation

- 1 Finely chop the onions. Heat the olive oil in a pan and sauté the onions until soft and translucent.
- 2 Chop finely the green peppers. Add to the pan and stir until soft.
- 3 Peel the tomatoes and dice, reserving the juices, add to the pan. Add salt and let simmer.
- 4 Wash and drain the rice. When the tomatoes release their juices, add rice to the pan. Reduce the heat, cover and let simmer. If the tomatoes are not juicy enough, add up to one cup of water.
- 5 Crush the garlic with a pinch of salt and a few leaves of basil, and add to tomatoes. Tear the rest of basil leaves and add to the cooked dish before taking off the heat.
- 6 The dish must be moist and juicy, and the rice has to remain al-dente. If using eggplants, peel alternately in strips 2 or 3 eggplants, cut into finger sized sticks and sauté together with the onions.

Daily Treats

The inevitable trio! Skewered meatballs, bean salad and pumpkin desert. When in Antalya, one hardly can escape from these three dishes.

Skewered meat ball joints are everywhere, the choices ranging from humble road side grills to multi-storey palace-like restaurants. The meatball is always accompanied by a bean salad. The bean salad is a simple mix of boiled butter beans, sliced raw onions, tomatoes and parsley, turned into a special treat by a rich tahini based sauce. It is essential to use the delicate tiny beans of Çandır, an inland province famous for its produce. The use of tahini as a sauce is not only confined to the savoury salad. The attractive bright orange pumpkin dessert is irresistible with the nutty richness of a generous pour of tahini. The restaurant owners, aware of the seductive appeal of the dessert, stack huge pumpkins in front of their shops as a tempting tasty invitation.



Şiş Köfte Skewered Meatballs

The favourite street food of Burdur and Antalya is definitely the skewered meatballs. It is must-try taste when visiting both towns. Prepared by the master cook, the taste of sizzling skewers on charcoal grill, cannot be matched when made at home, still if you do want to give a try, be sure to choose the right meat, preferably a combination of beef and lamb. Wide bladed flat skewers are required as they hold the meat better.

½ kg minced beef (beef and lamb mixed half and half)
salt, pepper

to serve: tomatoes, green peppers, onion, parsley, sumac, pide (flat bread)

Preparation

- 1 Knead the mince meat with enough salt to taste (about 1 teaspoon). Let rest for about half an hour.
- 2 Dip your hands in water. Take golf ball sized pieces from the minced meat. Mould around the skewer, pressing with your palm and fingers.
- 3 Quarter the tomatoes and thread onto another skewer starting and finishing with green peppers.
- 4 Grill over a moderately hot charcoal fire, turning the skewers occasionally.
- 5 Cut the flatbread into palm sized pieces. Transfer the cooked skewers onto the flatbread, covering with another one. Press the bread lightly to heat, and soak the juices of the meat. Holding the bread tightly, pull the skewers to release the meatballs.
- 6 Arrange the chargrilled tomatoes and green peppers on side. Serve with thinly sliced onions tossed with finely chopped flat leaf parsley and sumac.



Tahinli Piyaz Bean Salad with Tahini

- 2 cups Çandır beans (small butter beans)
- 1 cup olive oil
- ½ cup tahini
- ½ cup vinegar
- 1 cup water
- 1 lemon
- 5-6 cloves garlic
- 1 teaspoon salt
- red pepper flakes
- salt, pepper

to garnish: 4 hard boiled eggs, 2-4 tomatoes, 6 green peppers, 2 onions, ½ bunch parsley, salt

Preparation

- 1 Soak beans overnight in plenty of water. Boil the beans about an hour or longer until thoroughly cooked and tender. Let cool in the pan.
- 2 Mix the olive oil, tahini, vinegar, lemon juice and water Mash 3-4 tablespoons of the beans and mix with the sauce. Crush the garlic with salt and add to the sauce. If needed you can add more water. Add the red pepper flakes and pepper.
- 3 Drain the beans and put in a serving bowl. Pour the sauce over and toss gently.
- 4 Peel and thinly slice the onions. Mix with salt and let drain in a colander. Wash the onions and squeeze out the excess moisture. Put the onions on top of the bean salad. Sprinkle with finely chopped parsley.
- 5 Peel the eggs and cut into quarters. Cut the tomatoes in wedges. Chop the green peppers in rounds. Arrange all on the salad in a decorative way.



Pumpkin Dessert

- 1½ kg pumpkin
- 3 cups sugar
- 1 cup tahini
- 1 cup ground walnuts

Slice the pumpkin into 5-7 cm wide slices and cut off the hard outer part. Divide each slice into three pieces and place in a large pot. Sprinkle over the sugar and let it stand for a day, or overnight.

Next day bring the pumpkins to boil, reduce the heat and let it simmer until the syrup becomes thick.

Let it cool completely and transfer to a large serving plate. Pour over the tahini, sprinkle with ground walnuts and serve.



Arap Kadayif Syrup-soaked Fried Flat Crumpets filled with Walnuts

Arap Kadayif is made from flat crumpet like pancakes available commercially. They are referred to as Arab in Antalya, but also known by the names Taş (stone) Kadayif or Yassı (flat) Kadayif in the rest of the country.

1 kg fresh yassı kadayif (flat crumpet-pancakes)
150 g ground walnuts, 2 tablespoons sugar, 1 teaspoon cinnamon, 3-4 eggs, beaten, oil for frying (about 300-350 ml)

for the syrup: 1 kg sugar, 1 lt water, 3-4 rose geranium leaves, juice of ½ lemon

Preparation

- 1 First prepare the syrup. Combine sugar and water in a saucepan. Add the rose geranium leaves. Stir to dissolve over low heat. Allow to boil gently for 5-10 minutes. When the syrup is slightly thickened add the lemon juice, and let boil another minute or so. Discard the leaves and set aside to cool to room temperature.
- 2 In a bowl combine walnuts, sugar and cinnamon. In another bowl whisk the eggs until runny.
- 3 Take each crumpet, place a teaspoonful of walnut mixture and fold pinching the edges to seal. You may brush the edges to help sealing.
- 4 Heat frying oil in a shallow pan. Dip each folded kadayif in beaten egg and place carefully in the pan. Do not crowd the pan too much, fry pancakes in batches of four or five. When one side is golden, flip over and fry the other side. Take the pancakes from the frying pan with a tong and drop into the syrup. Let rest in the syrup for a moment and remove with a slotted spoon in a serving dish. If desired sprinkle with more ground walnuts.

Syrupy Sweets

Turkish cuisine is rich in sweet syrupy desserts. Baklava being the most famous, there is an array of baked or fried desserts getting their sweet appeal from a good soak in a shiny sugar syrup.

In Antalya, the ultimate fried and syrup drenched sweet is Arap Kadayıfı. Irresistible they are, the walnut filled, fried half moon shaped parcels glistening with syrup are far from being light.

However there is light feeling to the taste of these rich sweets. There is a subtle touch in syrupy desserts that often goes unnoticed by foreigners in Antalya. The syrup is usually perfumed with a handful of rose geranium leaves or a dash of orange flower water. This flowery note adds a mystical feel to the taste, suited well to the mythical landscape.



Isirgan Yoğurtlama Nettles with Yogurt

Cretan immigrants are famous for their use of edible wild greens. Nettles are among the favourite, and despite their notoriously stingy touch, they make delicious dishes. Be sure to wear gloves when handling them!

- 500 g nettles
- 1 bunch spring onions
- 1 tablespoon butter
- ½ cup olive oil
- 1 teaspoon salt, ½ teaspoon pepper

Topping: 2 cups strained yogurt, 2 cloves garlic, ½ teaspoon salt, 2 tablespoons olive oil, 1 teaspoons red pepper flakes

Preparation

- 1 Pick over the nettles and discard the stems.
- 2 Boil the nettle leaves briefly in plenty of salted water until just tender.
- 3 Drain the leaves at once and when slightly cool, chop roughly.
- 4 Clean and finely chop the spring onions. Heat the butter and olive oil in a big pan. Add the chopped spring onions and fry until soft. Add the nettles, salt and black pepper and stir fry briefly. Transfer to a serving plate.
- 5 Crush the garlic with salt. Mix with the yogurt and stir until smooth. Pour over the nettles. Drizzle over the olive oil and sprinkle over the red pepper flakes before serving.



Foraged Feast

Wild greens are the feast of the Cretans. There is a sizable number of people that originate from the island of Crete, and they're known for their appetite for edible greens. Foraging is still pretty a way of life in rural areas, especially in the rainy spring season.

Foraging is more for taste than for need. Usually considered as the poor man's treat, wild greens constitute a great part of peasant cuisine, their use varied, ranging from simply rolling a handful of greens in flatbread, to making elaborate layered savoury pastries.

The most common way of preparing wild greens is stir frying with onions, which has versatile ways of serving. Breaking in a few eggs can make a good start kick for breakfast or a light lunch on its own. Accompanied by garlic yogurt it is the perfect meze. In cases when yogurt is mixed in, it transforms into a cooling light dish, perfect for hot summer months.

African Immigrants

This trio of vegetables of African origin have another common feature. They all produce a gooey sauce if not properly cooked, yet this slightly slimy texture is what they are liked for. Of all three, okra has become a popular vegetable in Turkish cuisine since the Middle Ages, but the latter two remain as a regional taste.

Okra

Okra, originating in Ethiopia and Eastern Sudan, made its way down to Egypt travelling along the Nile. The wild growing variety was first cultivated along the Nile by the Egyptians around 1200 BC. It was introduced to Anatolia through trade with the port of Alexandria. It was a much loved vegetable even in Seljuk period, and since the Middle Ages has been widespread and popular. The Ottoman dish of 'aside' was of Ethiopian origin and was brought to the region by African nannies. The slave trade led to okra travelling from Africa to the New World, and spread it to Southern states of America. The okra plant has two Latin names: one related to its fragrant seeds, *Abelmoschus esculentus*, derived from Arabic meaning "father of scents", and the other *Hibiscus esculentus*, referring to the very pretty flowers of the hibiscus family.



Taro

Taro, known by the local name göleviz, from the Cypriot word colocassia, is a local vegetable that came originally from Africa. Actually, this root vegetable resembling celeriac is of Southeast Asian origin, but it was spread to the world via Africa, and went as far as Hawaii where it became the national staple food. It has been known since Roman times in the region, and is often cooked with lamb and lots of tomatoes, or the young tender ones fried like potatoes.



Jute leaves

Jute leaves, consumed as vegetables, are first dried and then reconstituted in warm water before being cooked. Known locally as mülhiye, from the Cypriot or Arabic word molehiya, it is definitely a gift from Egyptian and Turkish-Cypriot cuisines. The soaked leaves are cooked either with chicken or lamb meat with plenty of lemon juice which is essential in preventing it from becoming slimy. This is a one pot dish, often accompanied only by a plain buttery rice pilaf.



Avocado

Rather a newcomer to the region, avocado is of Aztec origin, its homeland being Mexico. The avocado fruit can hang on the tree for a considerably long time, as it ripens only after it is picked. The flesh becomes buttery soft and creamy when it is stored for some time. This Mexican plant found itself at home in Alanya and the market is even full of rare seedless varieties in autumn. Perfect in salads, the avocado is also welcome at the Turkish meze table, with local interpretations such as crushed ezme which incorporate spring onions and tomatoes.



Tasty Flowers

Poppy and Rose

Crossing the Taurus Mountains reaching inland, the climate and landscape changes. The crops cultivated reflect this change from a Mediterranean to a Continental climate. This is the land of wheat and grains, of plump cherries and delicious apples. However the most significant crops of the region come in flower form. The provinces of **Burdur** and **Isparta** are famous for their poppies and roses. The purple and white opium poppy fields and pink rose gardens paint the landscape into a dreamlike romantic picture. These two particular flowers have interesting culinary aspects.

Opium poppy has been cultivated in Anatolia for millennia. All fertility goddesses such as Demeter and Artemis, bear a poppy pod and a bundle of wheat ears as symbols of prosperity and bounty. Poppy seed is a much loved baking ingredient, but the use of the seed goes well beyond a sprinkle on bread roll. Crushed poppy seed paste is spread between layers of dough in sweet or savoury baking. The paste is mixed with ground walnuts in **kömbe** or **nokul**, two regional rolls, sometimes savoury with crumbled cheese, sometimes sweet with sugar. One sweet version from Isparta also incorporates dried rose leaves to achieve a more aromatic roll.

Poppy oil is also used in local cooking, especially baking. Another use of poppies in regional cooking is in dairy products. The cattle and water buffalo fed with poppy seed fodder produce the most wonderful buttery milk, and the quality of yoghurt and clotted cream of the region proves this.

Rose fields in late spring are a phenomenon of the Isparta landscape. The first rose plants were brought to Isparta from the Kazan region of Bulgaria in the 19th century. The cultivation proved to be very successful and today, together with Burdur, these two cities lead the world market in the manufacture of rose oil. Rose water is a by-product of rose oil distillation and has a great place in Ottoman court cuisine. Many puddings based on grains like the rice pudding **zerde**, and the wheat-berry pudding **aşure**, are always flavoured with rose water, as are milk based puddings. Rose petal jam with clotted cream make any breakfast table extravagant, and fragrant morsels of rose flavoured Turkish delight are the perfect accompaniment to Turkish coffee.





Rose Sherbet

Ingredients

- 125 g fragrant red rose petals
- 1 cup sugar
- 5 cups water
- 1 lemon

Preparation

- 1 Gently wash and drain the rose petals.
- 2 Put the rose petals and sugar in a big bowl. Mix thoroughly rubbing with your fingers, as if kneading a dough.
- 3 When completely amalgamated to a paste like mass, add the water and lemon juice and stir until the sugar dissolves completely.
- 4 Transfer to a caraffe with lid, or a wide neck bottle. Let stand in the fridge at least 4-5 hours or overnight.
- 5 Before serving strain through a muslin cloth or fine mesh strainer. Serve on crushed ice in crystal glasses.

Rose Jam

Ingredients

- 500 g fragrant Damascene rose petals
- 7 cups sugar
- 3 cups water
- 4 tablespoons lemon juice

Preparation

- 1 Snip off the white pointed ends of rose petals. Gently wash and drain the petals.
- 2 Put in a big bowl and add the sugar and the lemon juice. Rub the rose petals with the sugar like kneading a dough. When completely amalgamated to a paste like mass set aside for a couple of hours or overnight.
- 3 Transfer to a heavy pan and add the water. Simmer on medium heat until thickens to jam consistency. Remove the scum that forms on the surface.
- 4 When the jam becomes thick enough to coat the back of a spoon, remove from the heat.
- 5 Transfer to sterilized jars while still hot. Put the lids on and leave to cool. Keep the jars in a cool, dry and dark place.





Garden of Eden

Fruits

The provinces of Antalya, Burdur and Isparta are like heavenly gardens with their bountiful variety of fruits. From sunny seashores to snow-capped mountains, from the serene lake zone to cool plateaus, the region provides a wide spectrum of climates for almost all types of fruits to thrive.

Travellers throughout history have written flamboyant descriptions of fruit orchards in the region. **Titus Livius** vividly writes about Sagalassos fruits, as "uber fertilisque omni genere frugum", and **Ibn Battuta** describes medieval Antalya like this:

"The fruit gardens and vines are abundant, and their fruit delicious, the Kamaruddin apricot is of particular delight, and its sweet almond dried. . ."

The famous Ottoman traveller, **Eviya Çelebi**, gives an extensive list of fruits with reference to their locations: **lemon, bitter oranges, pomegranates**, and **figs** of Finike; **apples and grapes**, and the orchards and vineyards of Elmalı; lemons, bitter oranges, **dates, olives**, figs, and **sugar cane** of Adalya (Antalya); lemons, bitter oranges, pomegranates, olives, figs, dates and grapes of Alanya. . .

The high altitude of Elmalı and Korkuteli is ideal for fruits requiring a continental climate and for wine grapes demanding dramatic temperature changes between day and night. Almost tropic, the warm and humid coastal zones provide the perfect environment for **exotic fruits**.

Many settlements are associated with certain fruits: Pomegranate has been the symbol of Side since ancient times; Anamur is the capital of **bananas**; the **walnuts** of Burdur and the apples of Elmalı and Isparta rival each other. The fruit array only increases with luscious **cherries, apricots, plums** and **peaches**.

Of all the fruits, one requires a special mention: **Oranges** shine like the sun as the symbol of Antalya. Citrus fruit trees of all kinds mark the landscape between the mountains and the sea, and the air is often filled with the sweet scent of the orange flower.

Pomegranate

Pomegranate has been regarded as the symbol of fertility and abundance by almost all the cultures that have existed in this region. Thousands of jewel-like seeds that burst open from the ripe pomegranate inevitably remind one of treasure chests full of precious stones. Many towns grow their own varieties, some sweet, some sour, and some with tiny seeds. Especially Ernar and Hicaznar are well-known varieties. The name of the town Side meant 'pomegranate' in ancient times, and the fruit has been the symbol of the city minted in coins.

Banana

Banana is the most traded fruit in the world market. It was first domesticated in Southeast Asia and spread to Africa and the Mediterranean by Arab merchants. Its history in the Antalya region is rather recent—the first tree was brought to **Alanya** in the 1750's as an ornamental plant. The banana has only been cultivated for its fruit since the 1930's. The banana capital of the region is **Anamur**, with plantations from east of Alanya stretching well beyond Anamur. The banana plant has the peculiar characteristic of completely dying down each year after it bears its fruit, only to be reborn the next year. In that aspect it is like the Phoenix of plants. The banana fruit develops from the banana heart, which hangs from the tree in large clusters. One can even hear the banana heart being born, as the tree almost cracks open when the first shoot emerges from the stem.

Apple, Walnut, Cherry

This trio creates the fruit basket of the region with a plethora of varieties grown in **Burdur** and **Isparta**, together with high plateaus of **Korkuteli** and **Elmalı**. Plump cherries of Isparta are exported directly to countries abroad; white cherries are delicate; sour cherries are tangy and juicy. The little town of **Ağlasun**, nestled on the outskirts of the ancient city of Sagalassos, has walnuts and cherries as its signature fruits. Many other towns associate their identity with apples, cherries or walnuts.



Every Antalya citizen is warmed in heart by this trio of fruits, so nostalgically reminiscent of the old days of the city. These fruits are heavenly in many ways, whether it be their angelic beauty, their captivating scent, or their lingering, eternal taste.

Persimmon

Persimmon, known by the local name amme, has a striking beauty that catches the eye. Like lanterns hanging from the sky, they almost suspend in the air, barely clinging to the leafless dry branches in fall. Once in a while the almost bursting bombastic fruits free themselves from the branch, ending up in an orange slush on the ground. The jelly like sweet flesh is divinely sweet. The persimmon fruit is also known by the name kaki, or referred to as the Date of Paradise. The Latin name has a divine connection to it, Diospyros kaki, meaning Fruit of God.



Loquat

Loquat blooms in early winter creating a feel of spring in the air. Every garden in the old town has at least one loquat tree, and the heavenly scent of the flowers so belong to the city, that it brings nostalgia to the many residents now living in apartment blocks. The big dark green leaves are adorned with bright orange yellow fruits in early spring, much loved by children for their tart taste. They are peculiarly known as muşmula locally, which actually means 'meddler' in Turkish, while the two Turkish names for them means Maltese plum (Malta eriği), and New World (Yeni Dünya).



Date

Dates are mentioned in the Koran as the fruit of paradise. The date palm trees give the city an oriental flair, like something out of One Thousand and One Nights. The fresh date is a taste to remember, much different from the dried one; just as the Chinese date, hünnap, is considered a total pharmacy in a single fruit, the local dates are laden with medicinal value.



Cactus Fruit

The prickly fruit of the cactus has many names- opuntia, cactus fig, Indian fig etc. The ripened fruits are sold in street carts, stripped of their spiny peel with a masterly blow of a sharp knife. The gelatinous sweet flesh full of seeds is delightfully refreshing.

Taste of Sunshine

Oranges and Citrus Fruits

The orange is the symbol of Antalya despite having a relatively recent past in the region. The first orange groves were planted around the 1930's, and its cultivation was further promoted by the Citrus Institute established in 1936. While the orange is a rather new fruit in the region, bitter oranges have been adorning the city since the Middle Ages.

Bitter oranges, aka Seville oranges, like all other citrus fruits, originated in China, and they appeared in North Africa and the Mediterranean basin starting from the 7th century. Fruits like the lemon and citron followed the spread of bitter oranges. According to the Byzantine writer Leonthios Macharias, lemons were named Adalia in Egypt after the city of Antalya. Acquisition of lemons and citrons appear in Ottoman court registrars starting from the 15th century. Citron was used to make jam in Topkapı Palace, and bitter orange water was used to flavour sweets just like rose water. The famous 17th century Ottoman traveller Evliya Çelebi records that barrels of lemon juice were transported from the Antalya region to the Topkapı Palace in Istanbul.

Oranges were first brought to the Mediterranean by Portuguese navigators via the Cape of Good Hope around the 1500's. It took almost two centuries for the first oranges to appear in Ottoman sources in 1700's. The Turkish word for orange, portakal, as in many Mediterranean languages, derives its name after Portugal. The once expensive novelty orange became widespread by the establishment of the Citrus Institute. The **Golden Orange Film Festival**, first initiated in 1963, has been instrumental in making the orange the symbol of the city.



Sweet Moments

Fruit Preserves and Jams



Antalya is famous for its jewel-like fruit preserves. Serving sweet fruit preserves to guests is a ritual in itself, a delightful way of demonstrating Turkish hospitality. Exquisite citrus preserves like Seville orange, grapefruit, bergamot, citron and orange peel comfits are like gems on a plate. Lemon and orange flowers are made into a divinely fragrant jam. All fruit preserves are astonishingly pretty and delicious, but it is the unusual ones like baby eggplant, watermelon rind, pumpkin and date that are worth a special mention. The most exciting of all has to be the blackish preserves made from the unripe green walnuts still in the shell and the vibrant green little unripe figs. In Antalya, sweet preserves are offered in silver and crystal sets, made by artisans for the purpose, a very refined way of expressing respect and warmth to your guests.

Around the vicinities of Burdur and Isparta, other delicacies come in the form of rose petal jam, white cherry preserves and sour cherry jam. When the jam or preserve is made with grape molasses (**pekmez**) instead of sugar, it bears the name **bestel**, instead of the usual **reçel**, the Turkish generic word for jam or preserve. One particular technique, the hidden secret behind these sweet gems, is the treatment of the preserves in slaked lime water. Using this method allows the morsels to retain their crunchiness and to achieve an amazing glassy texture. In the old times, when sugar was scarce and costly, grape or carob molasses was used as a substitute. This tradition of using molasses in jams adds a great depth of flavour and is still preferred in rural settlements.

Bitter Orange Preserves

Bitter oranges, also known as Seville oranges adorn the city streets like golden globes throughout the autumn and winter months. This jam can be made with other citrus fruits like orange, lemon, citron, bergamot or grapefruit. Citrus peel preserves make ideal treats to accompany Turkish coffee.

Ingredients

8-10 bitter oranges, 1 kg sugar, 2 cups water, Lemon juice

Preparation

- 1 Wash and dry the bitter oranges. Grate only the coloured part of the orange zest with a fine grater. Reserve the grated peel for another recipe, to use in cakes, cookies, desserts or drinks.
- 2 Cut a slice on the stem end of the orange, and slit the peel with a sharp peeling knife lengthways into eight segments. Loosen the segments from the top and strip the peel from the fruit.
- 3 Roll each segment and thread the rolled pieces into a necklace like string, using a cotton thread and pack needle. Soak the stringed peels in a big bowl of water, putting a plate and heavy weight on top.
- 4 Change the soaking water of the peels every day for three days. This will get the bitterness out, if you prefer a bit of the bitterness you may reduce the soaking time. Alternately, you can briefly blanch the peels in boiling water and keep only for a day in fresh water.
- 5 Drain the peel rolls, unthread and put in a very large shallow enamel pan or bowl. Pour the sugar over, cover and let it stand overnight for the juices to ooze out.
- 6 Next day, transfer to a heavy pan, add two cups of sugar and simmer for an hour or so, skimming the foam occasionally. When the rolls are translucent, the preserve is almost ready. Add the juice of half a lemon and bring to a rapid boil for a few minutes, turn off the heat.
- 7 Ladle the preserves into sterilized jars while still hot. Seal and store in a cool dry place.



Cool Delights

Cool refreshments have always been the joy of people in hot summer months. Throughout the history, the coastal areas of Antalya were dependent on supplies from the high mountain areas to provide relief from the scorching heat of the sun. The cold of the mountains arrived in the cities in the form of ice blocks and compressed snow, and cool fresh water flowed down via aqueducts and arcs. Snow and ice was harvested from snow-capped high mountains and was brought to the cities wrapped in layers of felt and hay to prevent them from melting. This habit is a tradition that dates back to ancient times, and for centuries, harvesting snow and keeping it for the summer was the only way to have cool refreshments on hot days. The snow-wells or deep chasms in caves, where the snow was pressed down and stored for summer use, are also the ideal natural cool storage places for dairy products, butter, cheese etc.

Ice-cream is an inevitable invention when snow is put into culinary use. The ancestor of all ice-creams might have well originated here, where snow or freshly shaved ice is put into bowls, and drenched with a liberal dose of molasses, honey or fruit syrup. Also referred to as "**snow halva**", this method was very common here in the Taurus Mountains, as well as in Istanbul and other parts of Anatolia. Flavouring snow with sweet syrups paved the way for Ottoman sherbets, and eventually for Italian sorbets, sharing the same word root. It is still a great tradition in Antalya to serve **sherbet** - fruit or flower syrups poured over crushed ice.

The mountains also provided abundant fresh goat milk, and the mixing of creamy milk, ice and the rare beauty sahep, resulted in the most delicious ice-creams. **Sahlep**, the dried tuber of the pretty purple wild orchid flower gives the Turkish ice-cream its exciting stretchy texture and subtle unique flavour. Antalya, Korkuteli and Elmalı are famous for their ice-cream, in particular the smoky milk ice-cream which is an outstanding taste experience. The slightly burnt flavour of goat milk heated in huge copper cauldrons imparts a smoked aroma to the ice-cream, a unique specialty.



February International Guitar Festival Antalya antalyagitarfestivali.com	March Golden Orange Poetry Awards Symposium Antalya altinportakal.org.tr	March Mediterranean Storytelling and Poetry Days Antalya ansansanat.com	April Traditional Turkish Music Days Antalya atso.org.tr	April April 23 Children's Day Antalya altinportakal.org.tr	April National TV Awards Antalya altinportakal.org.tr
April International Choir Festival Antalya antalya.bel.tr	April Snowdrop Festival İbradi, Antalya ibradi.bel.tr	May Air Show Side Side, Antalya side.bel.tr	May Dedegöl Mountaineering Festival Eğirdir, Isparta egirdir.bel.tr	May International Antalya Sand Sculpture Fest. Antalya larasandland.com	May Antalya Youth Festival Antalya antalya.bel.tr
May Akdeniz University Youth Festival Antalya sks.akdeniz.edu.tr	May Antalya International Theatre Festival Antalya devtiyatro.gov.tr	May Yörük Türkmen Festival Antalya yoruklerdemegi.org.tr	May International Alanya Tourism and Art Festival Alanya, Antalya alanya.bel.tr	May Golden Pomegranate Oil Wrestling Kemer, Antalya antalya-kemer.bel.tr	May Motocamp Festival Eğirdir, Isparta egirdir.bel.tr
May University Spring Festival Isparta sdu.edu.tr	May Eğirdir Oluklacı Festival Eğirdir, Isparta egirdir.bel.tr	May May 19 Youth and Sports Day	June Abdal Musa Festival Elmalı, Antalya elmali.bel.tr	June Finike Festival Finike, Antalya finike.bel.tr	June Mahmutlar Culture and Art Festival Alanya, Antalya mahmutlar.bel.tr
June Manavgat Peace Water Festival Manavgat, Antalya manavgat.bel.tr	June Likya & Kaş Culture and Art Festival Kaş, Antalya kas.bel.tr	June Russian Culture Days Antalya antalya.bel.tr	June Konaklı Tourism Festival Alanya, Antalya konakli.bel.tr	June Oba Tourism, Culture, Art and Orange Festival Alanya, Antalya oba.bel.tr	June International Manavgat Motorbike Fest Manavgat, Antalya manavgat.bel.tr
June Culture & Art Festival Oil Wrestling Uluborlu, Isparta uluborlu.bel.tr	June Isparta Rose, Carpet and Tourism Festival Isparta isparta.gov.tr	June Golden Pomegranate Festival Kemer, Antalya antalya-kemer.bel.tr	June Kozağacı Highland Festival Kozağacı, Burdur kozagaci.bel.tr	July Festivalya Street Festivities Antalya antalya.bel.tr	July Aspendos International Opera and Ballet Festival Belkis, Antalya aspendosfestival.gov.tr
July Kestel Oil Wrestling and Tourism Festival Alanya, Antalya alanyakestel.bel.tr	July Pınargözü Traditional Culture Festival Yenişarbademli, Isparta yenisarbademli.bel.tr	July Pisidian Antiocheia Culture, Tourism and Art Festival Yalvaç, Isparta yalvac.bel.tr	July Culture and Art Festival Sütçüler, Isparta sutculer.bel.tr	July Altınsipsi Oil Wrestling, Culture & Art Fest Altınyayla, Burdur altinyayla.bel.tr	July Aziziye Village Culture, Art and Highland Festival Aziziye, Burdur aziziyekoyu.net

July Deliktaş, Sarıkaya Culture and Art Festival Yeşilbaşköy, Burdur yesilbaskoybelediyesi.com	July Marble Highland and Walnut Festival Karamanlı, Burdur karamanli.bel.tr	July Pınar Market Fair Eğirdir, Isparta egirdir.bel.tr	July Niyazi Baba Culture and Art Festival Burdur	August Konyaaltı Carnival Summer Fest Antalya konyaalti.bel.tr	August Summer Festival Akseki, Antalya akseki.bel.tr
August Ayran Festival Cevizli, Antalya cevizli.bel.tr	August Akçaeniş Culture and Art Festival Elmalı, Antalya	August Seedless Pomegranate Festival Gazipaşa, Antalya gazipasa.bel.tr	August Ramadan Feast	August August 30 Victory Day	August Şehzade Korkut Summer and Mushroom Fest. Korkuteli, Antalya korkuteli.bel.tr
August Bicycle Festival Antalya antalya.bel.tr	August Elmalı Oil Wrestling Tournament Elmalı, Antalya elmali.bel.tr	August İncesu Culture and Art Festival Keçiborlu, Isparta keciborlu.bel.tr	August Seyyit Veli Baba Minstrels' Night and Rice Festival Senirkent, Isparta senirkent.bel.tr	August Bucak Fig, Culture and Art Festival Kocaaliler, Burdur kocaaliler.bel.tr	August Kibyra Ancient City and Highland Festival Göhlisar, Burdur golhisar.bel.tr
August Lake Salda Amateur Song Contest Yeşilova, Burdur yesilovabel.tr	August Golden Cherry Oil Wrestling Korkuteli, Antalya korkuteli.bel.tr	September Oktoberfest Antalya antalyaoktoberfest.com	September Phaselis Festival Kemer, Antalya phaselisfestival.com	September International Culture and Art Festival Side, Antalya sidefestival.com	September Oil Wrestling Manavgat, Antalya manavgat.bel.tr
September Water Festival Eğirdir, Isparta egirdir.bel.tr	September Culture, Art and Grape Festival Senirkent, Isparta senirkent.bel.tr	September International Alanya Jazz Festival Alanya, Antalya alanya.bel.tr	September İnsuyu Culture, Art and Sports Events Burdur burdur-bld.gov.tr	September Hunting Festival Single Shot Prize Competition Bayır, Burdur burdurbayir.bel.tr	September Tefenni Böğët Sheep Herding Festival Hasanpaşa, Burdur hasanpasa-blf.gov.tr
October Sacrifice Feast	October International Golden Orange Film Festival Antalya altinportakal.org.tr	October 29 October Republic Day	October Pomegranate Festival and Oil Wrestling Döşemealtı, Antalya dosemealti.bel.tr	October International Triathlon Alanya, Antalya alanya.bel.tr	October International Swimming Marathon Alanya, Antalya alanya.bel.tr
October Public Run and Half Marathon Alanya, Antalya alanya.bel.tr	October Street Basketball Tournament Alanya, Antalya alanya.bel.tr	October Sea to Sky Extreme Enduro Race Kemer, Antalya redbullseatosky.com	October Traditional Göce (Tarhana) Festival Kozağacı, Burdur kozagaci.bel.tr	November International Piano Festival Antalya antalyapiyanofestivali.org	December International Labor Film Festival Antalya festival.sendika.org

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• Complaints 184



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'12

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Die Marke von Antalya, Likya Weine, gewann 12 Medaillen im weltweit größten Weinwettbewerb AWC Vienna in der österreichischen Hauptstadt Wien und wurde als 'BESTER WEINPRODUZENT DER TÜRKEI 2012' gekürt.

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In addition to the aquariums, **Snow World** with its 1500 m² covered area is the largest indoor snow venue using **real snow**, which is generated during the night. There are igloos, Santa Claus's house and cafes inside the Snow World; while temperatures on the outside may reach 40°C or more the temperature inside will remain at a constant -5°C.

SNOW
WORLD



SWIMMING
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Visiting Hours

Friday-Saturday 10:00-22:00
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entry to restaurants and cafes are
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