SERHAT – TURKISH FOOD

**Serhat:** I wanna tell you about *Adana Kofte* because it’s the most popular … uh … Turkish foods in the worlds. Uh, but … uh … they’re called *Adana Kebap*. Uh, and Adana … uh … the name is— comes from … uh … a city. There’s a city in Turkey which called Adana and they do that *kofte*. *Kofte* is minced lamb and … uh … then … uh … it became famous whole world because Turkish people spread to all world and they opened their kebab shops or restaurants … uh … then … uh … it became famous. Uh, *Adana Kofte* is really tasty … uh … foods and it’s—it’s minced lamb, and red pepper … uh … parsley … uh … and … uh … the grill chefs, they do grilled on a skewer. Uh, and they serve with— generally with rice and salads.

Uh, but when we are talking about … uh … uh … restaurants and family homes in Turkey … uh … it’s— not completely, but it’s a bit different … uh … because Turkish people don’t do kebabs in their home. Uh, there’s some particular foods … uh … uh … m— Turkish mothers do … uh … generally. And— … uh … for example, rice. Most of people rice is very famous in China but it’s not like that. Um, in Turkey, every night— almost every evening, I’m sorry— every evening … uh … it’s— in the kitchen there has to be rice and salads … uh … with main dish. Uh, Turkish people use rice … uh … as a side order. Uh, and before— before— before the main dishes … uh … actually as a starter, every Turkish home— Turkish house, there has to be soup. Generally it is lentil soup. They—all families start their meal … uh … with lentil soup and … uh … esp— especially kids, if they don’t eat soup, the mothers … uh … pushing them and they has— they have to … uh … eat soup firstly. But it can be lentil or yoghurt soup … uh … and then they can … uh … start with their main course.

Uh, what kind of main course we do? As a main course in Turkey … uh … the *moussaka* is … uh … one of the popular one. Uh, and what is *moussaka*? Uh, I’m sure Italian people know it … uh … very well because it’s like lasagne … uh … there’s a layers— … uh … there’s layers and … uh … one layer is potato, the other one is courgettes, and carrots … uh … some of people put minced lamb as well … uh … it can be meat *moussaka* or without meat, just vegetarian *moussaka*, on top of that … uh … cheese, béchamel sauce. And … uh … it’s— it’s really good with rice.

There is some customs, like when they have a dinner, they— all family should be together … uh … especially kids doesn’t start meal without their mum, without their dads, because… uh … it’s— especially some real— really traditional … uh … families. Uh, first of all, mum and dads start— … uh … they start eat, then kids start eat. Uh, but you know, it’s old-fashioned way. Uh, but usually in that— generally … uh … all family should be together, especially at dinner. Uh, they eat together and … uh … they finish it together. Uh, if they finish early, no one leaves the table. They gonna sit and they gonna eat, they gonna finished and … uh … when they’re in table the Turkish people love the speaking, and they are talking about what they— what did they do that day, blah blah blah, like that. And soup, salad and rice. They’re, you know … uh … always has to be there in the table.

And you talking about celebrations. Uh, at celebrations … uh … they do— actually, Turkey’s a huge country and … uh … it’s— their— every part of Turkey has particular foods, particular traditions in Turkey. Uh, and I was living in Balikesir sides— I am living in Balikesir side … uh … and there is— … uh … chicken dishes are really popular in … uh … Balikesir side, and fish. Uh, there is seabasses and anchovies, yes, is the most popular fish in Balikesir, and especially in winter … uh … almost everyone out there eat fish.

Uh, and celebrations … uh … Turkish celebrations. Yes, we do— we don’t do turkey. Uh, but we do chicken and … uh … they love beef— we— we love beef. Um … uh … especially oven-cooked beef, it’s one of the popular one in Turkey. They— they cooked in oven with potato and with … uh … carrots, potato … uh … that kind of vegetables. Uh, and it’s— it’s always— you know, Turkish people likes oily things … uh … and it’s very oily. Uh, they— that kinds of foods are very oily.

And— but now I was talking about the Balikesir side. Uh, in east side of Turkey … uh … they love fish as well but … uh … they … uh … don’t like oily things. West part of Turkey— the west side of Turkey … uh … they generally eat their food with olive oil … uh … and they try to … uh … eat … uh … in healthy way. Uh, when we compare with east side and north side of Turkey, which is Balikesir side … uh … we can say they live really in heal— healthy way … uh … because, especially east side of Turkey … uh … we say Gaziantep … um … Adiyaman, they are foods are really … uh … str— they use strong oils and … uh … lots of tomato … um … like that. And lots of meat.

There is kind of celebration in Turkey— it’s not celebration but … uh … some of special days … uh … all mothers, I can say mothers, because— … uh … they … uh … become together every month and they call it … uh … the Golden Day, because … uh … it’s— they choose each other one day every month. And every month they go … uh … one of them’s house and they bring one golden to them. And they do this thingy every month and in that day … uh … the mother of the day— and … uh … they—she doing lots of preparation about that because they want to show their … uh … abilities on the foods. Uh, and the famous thing in that kind of meetings … uh … the *kisir*. Uh, what is *kisir*? Uh, *kisir* is kind of *tabbouleh*, but we can say Turkish style of *tabbouleh*. Uh, it’s finely chopped mixed bell peppers … uh … with parsley and with pomegranate sauce … uh … is the most popular one. And … uh ... every kids— … uh … every children … uh … wait that day because in that day when they go home after their meeting, there are lots of foods waiting them. Um, and *Sarma Dolma* as well. What is d*olma*? It’s vine leaves— … uh … vine leaves stuffed with rice … uh … and raisins and fresh herbs. It’s really tasty.