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### **Meals:**

- **Breakfast:** or kahvaltı is a simple morning meal that consists of cheese, butter, olives, eggs, jam, honey, and kaymak. Coffee and sausage are also common Turkish breakfast items.
- **Lunch:** or öğle yemeği is a moderate meal eaten in the early to mid-afternoon in Turkey. Chicken and Lamb are very common, usually served alongside some vegetables or as part of a sandwich. Salads are also a very common lunch item.
- **Dinner:** or akşam yemeği is a medium to large meal eaten in the mid-evening. Many of the lunch items are commonplace for dinner in Turkey, but a Turkish dinner is more complex and substantial. Meze (Middle-Eastern Tapas) is common during dinner, especially if it is a large gathering of people.
- **Dessert:** Desserts are very common in Turkey, and sweet items can be eaten at any time throughout the day. Almonds, honey, and filo dough are all very common ingredients used in Turkish desserts.

### **Frequently Used Foods:**

- **Fruits and Vegetables:** apple, apricot, orange, berries, cherry, banana, date, grape, fig, jujube, melon, peach, cucumber, artichoke, asparagus, garlic, eggplant, green

pepper, cauliflower, carrot, cabbage, mushroom, potato, spinach, radish, turnip, onion, zucchini [Turkish Fruits](#) [Turkish Vegetables](#)

- **Proteins:** lamb, beef, chicken, fish, pistachio, chestnut, almond, hazelnut, walnut
- **Spices:** parsley, cumin, black pepper, paprika, mint, oregano, allspice, thyme, salt
- **Oils/Misc:** butter, olive oil, sunflower oil, canola oil, corn oil, cheese, milk, honey, rice

#### **Ten Regional Favorite Dishes With Links to Interesting Recipes:**

- **Dolma:** ([recipe](#)) ([images](#))
- **Karniyarik:** ([recipe](#)) ([images](#))
- **Kebab:** ([recipe](#)) ([images](#))
- **Manti:** ([recipe](#)) ([images](#))
- **Kabak Mucveri:** ([recipe](#)) ([images](#))
- **Tabbouleh:** ([recipe](#)) ([images](#))
- **Hummus Bi Tahina:** ([recipe](#)) ([images](#))
- **Kunefe:** ([recipe](#)) ([images](#))
- **Baklava:** ([recipe](#)) ([images](#))
- **Ekmek Kadayifi:** ([recipe](#)) ([images](#))

**Religion:** Almost 99% of citizens in Turkey identify as Muslim, with about 70% Sunni.

#### **National Holidays and Dietary Requirements:**

- Due to the overwhelming Muslim Population in Turkey, Pork products and alcohol are not consumed or found throughout the country.
- **National Sovereignty and Children's Day:** Celebrated annually on April 23<sup>rd</sup>, this holiday commemorates the opening of the Grand National Assembly of Turkey in 1920. This holiday is also a way to recognize and appreciate children.

- **Commemoration of Ataturk:** Celebrated on May 19<sup>th</sup>, this holiday marks the Youth and Sports Day across the country. [Commemoration of Ataturk, Youth and Sports Day](#)
- **Victory Day:** This national holiday recognizes the victory at the battle in Dumlupinar, which ended the Turkish Independence War in 1922. Public Ceremonies and Festivals are held throughout the country.
- **Ramadan-** The ninth month of the Islamic calendar is a month of fasting for Muslims. Iranians who observe this holiday are prohibited from eating, drinking, and smoking between dawn and sunset. [Information on Ramadan](#)

**Etiquette:** Forks, spoons, and knives are all used as eating utensils in Turkey. The knife is always held in the right hand, and the fork is in the left. It is bad form to switch utensils between hands.

Smoking is very common in Turkey, and it is common to smoke between courses during dinner.

[More Information on Turkish Dining Etiquette](#)

**Food History:** Because of Turkey's geographic location and rich agriculture, the cuisine of the country is often regarded as one of the best in the world. The Mediterranean climate provide for a mixture of both tropical and deciduous fruits, along with a plethora of nuts and vegetables. Turkish cuisine has also benefitted from a lucrative trade route over the last 700 years, allowing for the flavors of the country to diversify. Today, Turkish cuisine remains at the top of international standards, with beautiful and eloquent dishes for every meal of the day.

**Additional Information and Acknowledgements:**

<http://www.foodbycountry.com/Spain-to-Zimbabwe-Cumulative-Index/Turkey.html>

[http://www.ediplomat.com/np/cultural\\_etiquette/ce\\_tr.htm](http://www.ediplomat.com/np/cultural_etiquette/ce_tr.htm)

<http://www.wittistanbul.com/magazine/our-top-turkish-dishes-the-best-of-the-turkish-cuisine/>