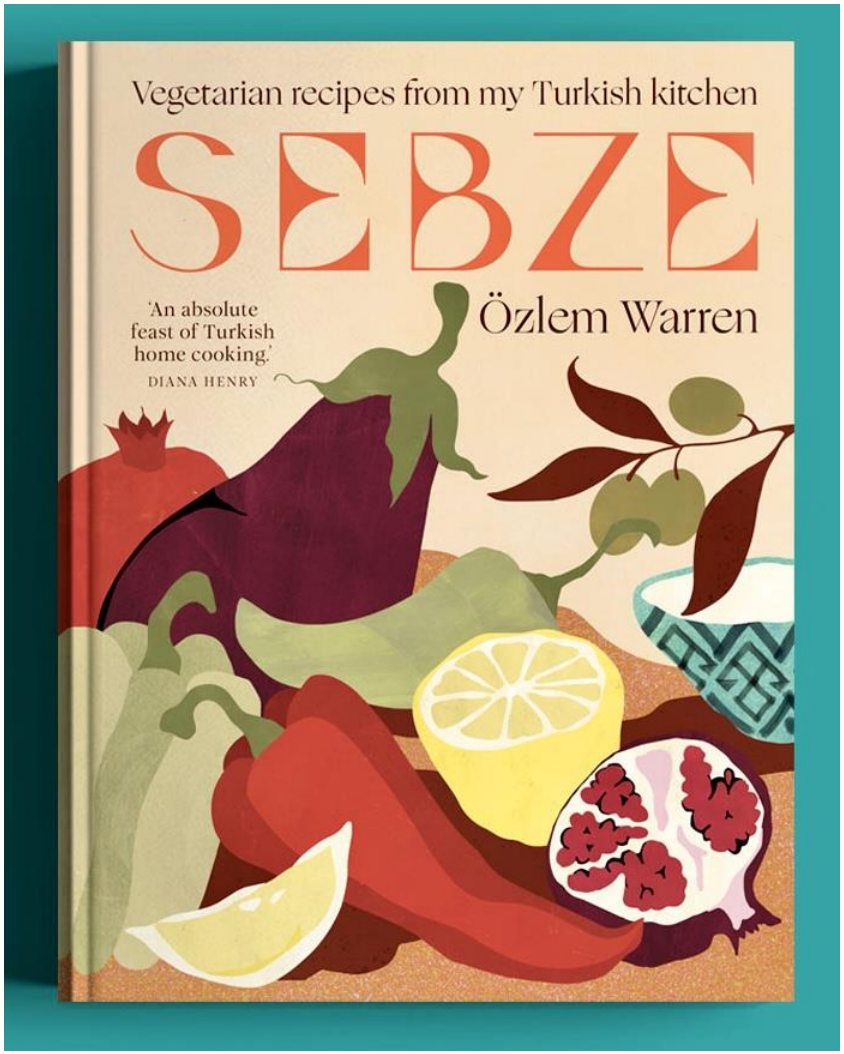
Welcome – Hoş geldiniz



My Southern Turkish Roots



Teaching Turkish cookery with my mother, Gülcin, at the Istanbul Culinary Institute



Mission to introduce Turkish cuisine around the world – teaching Turkish cookery in the UK, USA, Europe and Amman, Jordan for over 15 years











Turkish cuisine is based on seasonal produce with thousands of years of culinary heritage



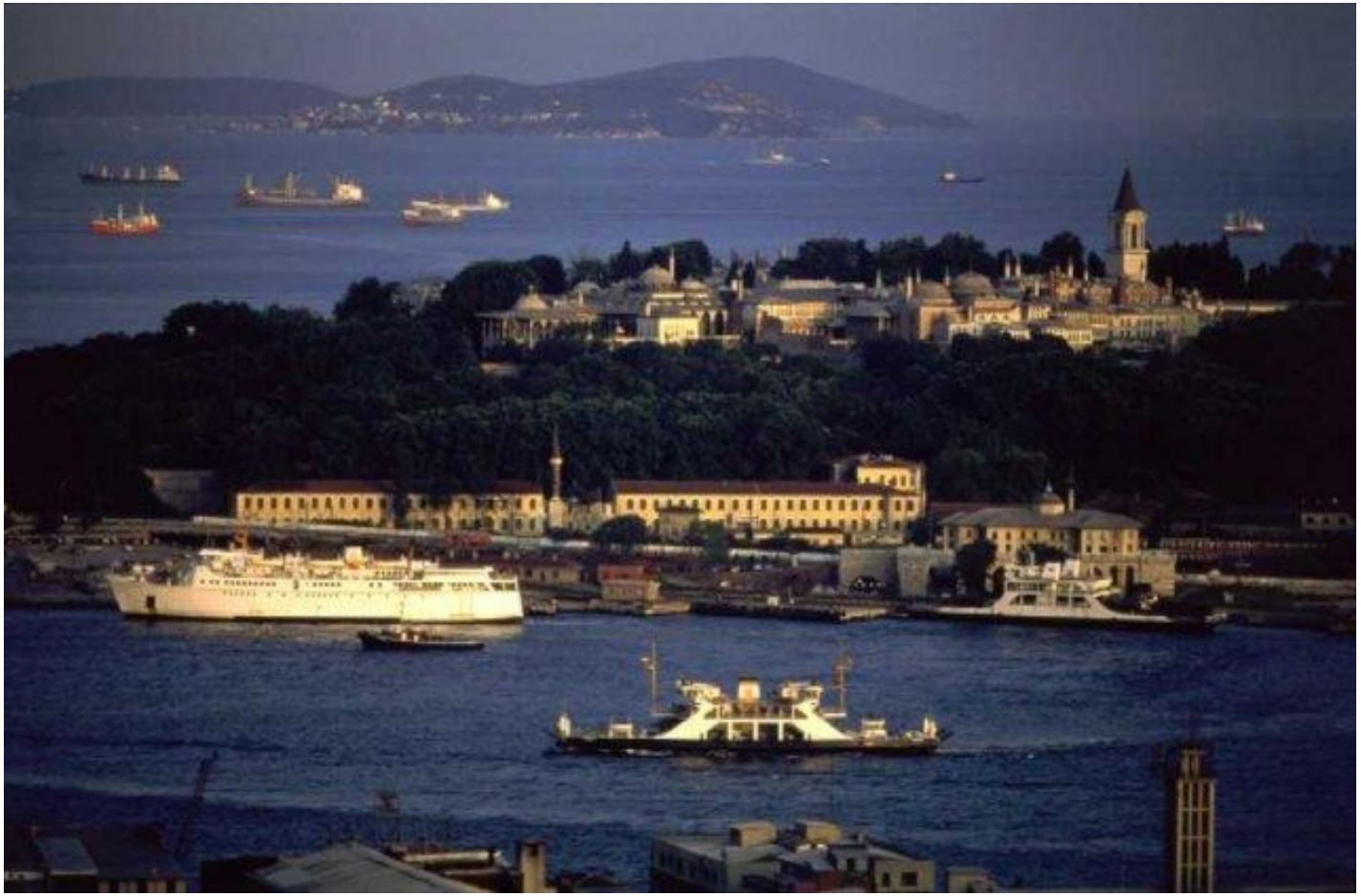
Healthy Turkish cuisine; flavouring through spices, olive oil, natural condiments



Türkiye is a geographical culinary treasure trove; a cultural bridge connecting Europe and Asia



The Topkapı Palace kitchens; a focal point at the Ottoman Period



Turkish Cuisine – Main Categories

- Soups
- Dips, Hot and Cold Mezes
- Savoury Pastries and Börek
- Salads
- Vegetables cooked in Olive Oil, *Zeytinyağlı*
- Turkish Breakfast!
- Casseroles and Kebabs
- Bulgur, rice, legumes
- Fish and Seafood
- Cakes and Desserts
- Drinks – Ayran, Sherbet, Turkish tea, Turkish coffee



Turkish cuisine; in line with food trends

- Seasonal
- Accessible
- Flexible
- Sustainable
- Zero Waste



Sustainability and Zero waste



- Turkish culture has practised sustainability and zero waste for centuries. When peppers and tomatoes are in abundance, they are turned into paste and pickles; when there is an excess of aubergines, courgettes, peppers and okra, they are dried over the terraces of village homes to be used in the winter in southern Turkey. A spirit of sharing, generosity and repurposing food is the Turkish way of life.

Turkish bakeries (*fırın*) in Anatolia act as ‘the community oven”





Preparing stuffed vegetables, dolma, sarma and leftovers with kapuska – a no waste Turkish kitchen tradition (image credit: SEBZE, Sam Harris)



Regional Turkish flavours





Southern Turkish cuisine – Essential Ingredients



Wholesome bulgur and natural condiment, pomegranate molasses – key ingredients in southern Turkish cuisine



Healthy Turkish Breakfast – a feast to all senses!



Desserts play an important role in Turkish culture and are at the center piece at religious festivals, weddings and family celebrations



Turkish coffee and its rituals; more than a drink



Above all; *Turkish Hospitality*



Teşekkürler & *Afiyet Olsun*



Thank you Anglo-Turkish Society and everyone involved for your support to promote Turkish cuisine and culture abroad

(image credit: Sam Harris, from SEBZE, Vegetarian recipes from my Turkish kitchen)

