

THE BEGINNER'S GUIDE TO TURKISH FOOD AND DRINK

Enjoy the best of Turkish cuisine and beverages

By Spot Blue International Property (www.spotblue.com)

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APPETIZERS (MEZES)

Consisting of many vegetable ingredients, popular mezes include **Haydari**, **Acili ezme**, **Fava bean puree**, & **Deniz borulcesi**.

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SOUPS (ÇORBALAR)

Turks often eat soup for breakfast or as a hang-over cure. Try **Mercimek** (lentil), **Ezogelin** (bride's soup) or **Iskembe** (tripe)

3



MEAT (ET YEMEKLERI)

There are over 40 types of kebabs including **doner**, **Urfa**, **Iskender** and **testi** but most Turks eat chicken. They also love BBQs!

4



FRUIT & VEGETABLES

Salads are often drizzled with **lemon & olive oil**. Aubergine is also widely used. Turks buy fruit & veg from weekly farmers markets

5



FISH & SEAFOOD

Turks especially like **hamsi** (anchovies). **Calamari** & **octopus** are popular meze starters. Also try **Çipura** (sea bream)

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STREET FOOD

Favourite street food to taste includes **Midye** (stuffed mussels), **Kumpir** (jacket potatoes,) and **Simit** (sesame ring bread)

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DESSERTS & SNACKS

The most widely consumed dessert and sweet snack is **Baklava**. Also try **Sutlac** that is the Turkish version of rice pudding

8



BREAD & RICE

Need to know : Bread and rice are staple ingredients at most main meals. Turks traditionally fry rice in butter before boiling.

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PASTRIES

Börek is baked or fried filo-pastry filled with cheese, meat, spinach, or potato. **Gozleme** is similar & often sold as a delicious snack.

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PICKLES & OLIVES

Pickles (**turşu**) includes many items but gherkins or hot peppers are the most popular. Turks also eat black & green olives (**zeytin**) especially for breakfast.

11



SOFT DRINKS

Turkish **tea (çay)** is black, sweet and served in tulip shaped glasses. **Turkish coffee** is drunk occasionally. Also try **Ayran**, a mixture of yogurt, salt and water.

12



ALCOHOLIC DRINKS

Efes Pilsen is the No 1 beer in Turkey, but **Raki** is the national alcoholic drink. Mixed with water & ice, it's nicknamed lion's milk. **Wine (şarap)** is also widely served

