



## Gastronomic Foods of Turkish Republic of Northern Cyprus

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### Abstract

The notion of gastro-tourism, which plays a major role in marketing countries, evolved from the concept of gastronomy, which has acquired relevance in the tourist industry as a result of the global importance placed on gastronomic activities, as well as people's food and beverage needs. Beyond being a science, gastronomy has become the center of attention through participating in tourism. The aim of the study is to identify and record gastronomic foods from the Turkish Republic of Northern Cyprus, a nation island with a hot climate, sea, and natural habitat. TRNC also produces and sells a variety of very unique information flavors during festivals (Çavuşolu, 2017). The main issue is that gastro-tourists are unfamiliar with the cuisine of the Turkish Republic of Northern Cyprus. In this context, written documents have been sought and interviews with people who were born and raised in the Turkish Republic of Northern Cyprus have been conducted during this study. During the investigation, every single meal associated with Turkish Cypriot cuisine has been determined, and gastronomic foods have been tried to identified.

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## INTRODUCTION

Gastronomic tourism, which plays a major role in alternative tourism, is defined as a type of tourism that allows local and international visitors to learn about a region's culture and history, as well as the production and consumption of local foods and beverages. In addition, it has been referred to as culinary tourism, food tourism, gourmet tourism, and gastronomy tourism in the literature. The experience of visiting to regions where local food and beverages are created is referred to as gastronomic tourism, which is attained through the interaction between tourism and gastronomy. Gastronomic tourism has gained popularity in recent years as a result of travelers' thirst for new foods and beverages (Özdemir & Dülger, Altınar 2019).

The culinary tourism industry also contributes significantly to the country's economic prosperity. Gastronomic foods provide value to a location and help it maintain its competitiveness in the long run (Crouch & Ritchie, 1999). Countries, regions, cities, and rural areas develop economically in such a way that they gain a portion of the gastronomy tourism industry and become a destination for gastro tourists visiting their country. Nowadays, a large number of visitors want to visit various sites throughout the world in order to sample local foods and beverages, observe production processes, and even participate in the manufacture of these items (Çavuşoğlu, 2017; Zhang, Chen & Hu, 2019; González et al., 2020). In regions with a multicultural structure, the lack of geographical indication on regional products does not result in a decrease in tourism activity. Tourists can be attracted to destinations thanks to festivals hosted in these regions and all organizations that reflect the regional culture, giving the region a chance to compete within the framework of gastronomy tourism (Bakırcı, Bucak & Turhan, 2017). In this context, the aim of this research is to help tourists choose the Turkish Republic of Northern Cyprus (TRNC) based on gastronomic values, to prevent the disappearance of Turkish Cypriot cuisine, to develop an alternative tourism activity and destination, to incorporate these values into tourism activities, and to develop alternative tourism activities based on the region's gastronomic values. It is supposed that this kind of a gastronomic foods may encourage the tourists to visit the destinations. It is also aimed to ensure that this cuisine is recognized around the world, that it is passed down to future generations, that it is used to bring gastro-tourists to TRNC, and that it is used to enhance gastronomy tourism in TRNC. The importance of this research is in identifying, recording, and determining the many types of Turkish Cypriot cuisine.

There are certain limitations to this study, as there are to many others. The data gathering technique utilized limits the reliability and validity of the data examined for the study. Time and cost constraints were also regarded as limiting variables during the investigation. It is one of the assumptions that the data collection method follows scientific guidelines and that the study participants provided original and correct responses to the questions.

### Turkish Cypriot Cuisine

Despite the fact that Turkish Cypriot food appears to be a continuation of Anatolia, it has evolved into a unique kind of Mediterranean cuisine culture over time, influenced by Venetian, Genoese, Arab, Italian, English, and Greek influences (Çavuşolu & Çavuşolu, 2018). This adds to the richness of nutrition and culinary culture, which is shaped by the influence of beliefs, customs, personal taste, and cultural variations (Altan, 1988). The addition of various new tastes and new values with new ingredients that they encountered on the island while living their own culinary cultures brought with them by civilizations that have come to the island for centuries has resulted in the current richness of the Turkish Cypriot culinary culture. With the Ottoman takeover of Turkish Cyprus in 1571, Anatolian

culinary culture was incorporated to Turkish Cyprus' culinary values (Bağışkan, 2019). As a result, TRNC has a number of distinct characteristics, such as the use of dried mint as a spice in meals, the preference for olive oil over solid oil, and the use of a lot of lemon and onion in meals. Tastes like sesame and cream oil, which have distinct characteristics, play an essential role in the kitchen (Oğuz et al., 2008). In Cypriot cuisine, fresh meat, vegetables, and fruits are consumed. At the evening meals, a broad range of appetizers are offered such as cacık, hummus, fava, fresh nut kernels, pickles, salads, and olives on the table as appetizers. Among the typical tastes of the Cypriot gastronomic culture are grilled hellim, meatballs, shish kebab, sheftali kebab, cutlet, oven kebab, cube kebab, kolakas, molehiya, pirohu, börek, potato patties, and filled zucchini flowers (Süzal, 2009).

Its year-round 3S tourism - Sea, Sand, Sun, its unique temperature, the sea with numerous magnificent beaches, historical and cultural wealth, agriculture, vegetation, fauna and flora, and agriculture, vegetation, fauna and flora, all combine to make it a classic Mediterranean country class. puts. Because these characteristics are found in countries with a Mediterranean coast (slamolu, 1982). While alcohol is forbidden in Islam, wine is revered in Christianity. Many cultural activities that have resulted in a shift in traditions have found their way into the kitchen and serving style. In many restaurants, it's customary to make incense with an olive branch after a dinner. This is an event that combines several religions with Turkish culture. The cuisine and culture have benefited from the connection to the past. TRNC has added to its own culture over the years by meeting with various treasures from former culinary and drink cultures. TRNC, Turkey, and Turkish food, culture, and gastronomy have gained in importance in recent years, and students have been educated in this sector (Toygar, 1993).

### **Foods of Turkish Cypriot Cuisine**

Dried mint is chosen as a spice in Turkish Cypriot cuisine, olive oil is preferred over solid oil, and meals are served with plenty of lemon and onion. It has characteristics. Sesame oil and cream oil, for example, have a prominent role in the kitchen (Oğuz et al., 2008). Turkish Cypriots have a long tradition of producing delectable cuisine. The preparation, flavors, and presentation of the foods according to tradition highlight the Turkish Cypriots' distinctive structure. Molehiya is one of Cyprus's most popular herb meals. Despite the fact that it is an Arab dish, its preparation, flavor, and presentation appeal to Turkish Cypriot customs. In the TRNC, different meals, preparations, tastes, and names range from region to region (Kıbrıs Mutfağı, n.d.). Turkish Cypriot cuisine is a cultural mosaic that creates a whole with social life, reflecting historical and cultural developments. The ingredients that make up the cuisine have mediterranean and Turkish cultural traits (İslamoğlu, 1982). TRNC's regional foods are as follows:

### **Soups**

**Tarhana Soup with Hellim:** Tarhana is a traditional fermented grain food made from wheat, yoghurt, yeast, vegetables, and spices that has been fermented, dried, and ground (Dağlıoğlu, 2000). Tarhana is soaked in cold water for one hour, then cooked in a pot with water for half an hour, followed by the hellim, which is diced and fried in olive oil before being put into the soup and served (Şah, 2017).

**Luvana Soup:** Luvana is a pea-sized plant with white-flowered seeds the size of a pea, huge opposing leaves on a stalk, and turban-like threads at the ends (Altan, 1988). Luvanas are cooked by boiling them in broth. It is recommended to cook for another 15-20 minutes after adding the rice. In the meantime, the onions are cooked in oil and then added to the soup before being served (Şah, 2017).

**Bulghur Soup with Tomatoes:** In a sauce pan, heat the oil. Cook for 5 minutes after adding the tomatoes. Bring the water to a boil, then remove from the heat. Serve with bulgur, chicken or vegetable stock, and salt (Bodi, 2010).

### **Pilafs**

**Garavolli (Snail) Pilaf:** Snails are placed in a pot with just enough water to cover them. Angel hair pastas, on the other hand, are fried in oil until they turn pink, then added and mixed with rice, then added and mixed with water and salt, and cooked on low heat. The boiled snails are peeled and added to the pan 5 minutes before the rice is ready to cook. After the rice has been drained, the container is closed and served (Ankut, 2007).

**Mücendra (Green Lentil) Pilaf:** Green lentils are soaked overnight, then added to a saucepan of water and cooked for 15 minutes. In a separate pot, the oil is heated, and the rice is sautéed in a small amount of oil. It's made by combining lentils and chicken broth that has already been cooked (Şah, 2017).

**Wheat and Chicken Pilaf (Herse):** In a pot, the chicken is cooked. It is shredded after it has been boiled. After being rinsed, the wheat is kept in water overnight. Onions are put in the pot's bottom layer. On the onions, chickens are lined up. The chickens are smothered with wheat. Chicken broth and olive oil are used to prepare it (Şah, 2017).

### **Pasta Type Foods**

**Pasta with Tomato Stew (Yahnili Magarina):** In a saucepan, heat the oil and cook the chicken till golden brown. Continue to sauté for 5 minutes after adding the onions. Cook for another 5 minutes after adding the tomatoes. Season with salt and pepper, then cover with water and cook until the chicken is cooked. Bring enough water to cover the pasta in a separate saucepan to a boil. Season with salt and pastas. Cook for 15 minutes at a low temperature. Drain the water and turn off the heat. Place on a serving platter and drizzle with the prepared chicken sauce. In a separate plate, combine the grated hellim and dried mint. Serve with the hellim and mint mixture sprinkled over top (Bodi, 2010).

**Pasta with Chicken (Magarina Bulli):** The chicken is cooked in a tiny amount of oil before being boiled with water, salt, and lemon juice. After the chicken is cooked, it is removed from the pan and the pasta is cooked for 15 minutes in the chicken broth. The pasta is drained and placed in a bowl once it has been cooked. The halloumi is grated and combined with dried mint before being added to the pasta. A piece of chicken flesh, chicken broth, and pasta are presented in bowls (Şah, 2017).

**Cheese Stuffed Ravioli (Pirohu):** Pirohu is a traditional winter dish created by Turkish Cypriot women. It can be prepared right away, or it can be frozen and cooked fast during busy times. It is a traditional dish prepared primarily by the older generation. (Pirohu, n.d.). In a mixing dish, combine the flour, salt, and oil. Add warm water gradually and knead until the dough is smooth. Allow dough to rest for 30 minutes after covering it with a clean cloth. Mix the ricotta cheese, eggs, mint, black pepper, and salt in a separate bowl. Make little balls out of the pastry, about the size of an orange. Roll out the pastry into a thin large circle with a rolling pin. Place half a teaspoon of the prepared ricotta filling on half of the pastry at a time, close together in intervals. Fold the empty half of the pastry over the mixture-side. Using a pastry cutter, cut around each filling and seal well by pinching the corners together. Boil enough water to cover ravioli in a large sauce pan. Add the salt and the ravioli that have been made. Cook for 5 minutes over medium heat. Drain the water and set the vegetables in a serving dish. Cheese or hellim, as well as mint, can be sprinkled on top (Bodi, 2010).

## Stews

**Jute Plant (Molehiya) Stew:** Molehiya is well-known over the world as a dish associated with Cyprus, and it comes in a variety of forms that are staples in the Cypriot cuisine (Çavuş, 2020). The leaves of an Egyptian plant are acquired by collecting a group of ladies in a house during the summer months, extracting the leaves, and drying them in the shade. Molehiya is a dish made with tomato, onion, and beef. The smell of Molehiya is really pleasant as it is being prepared. Molehiya is served with rice pilaf (Çavuşolu, 2011)

**Taro Root (Kolokas) Stew:** Kolokas is a Mediterranean plant that is grown and consumed (Akgül et al., 2017). It is a starchy plant that is a tuberous vegetable from the Eel (Araceae) family (Oktavianingsih et al., 2017). The colococcus shells are first removed with a knife and rubbed with a slightly damp towel, as if they were potatoes. Water is never used to wash the peeled kolokas. The kolokas are then sliced into pieces, roasted, and prepared as a mousse with boned lamb (Çavuşolu, 2017).

**Lefkara Casserole (Lefkara Tavası):** In order to cook Lefkara Casserole, place the tomatoes, onions and meat into an earthenware casserole dish. Add the rice, salt, pepper and cumin. Pour the tomato puree and oil into the dish, adding enough water to cover the ingredients and stir well. Cover with foil paper and bake in 180 °C oven for one hour and serve (Bodi, 2010).

It is the plural of "hostos," which in Greek means "hidden," and was changed to "hostez" with the s/z transition in Turkish. Because the plant lies buried within its branches, it must have been given this name. Gafgarit is a result of the uncollected and carded hostez plant (Fedai, 2002). Gafgarit is a species of wild artichoke. Mousaka is created after gathering in the spring and cleaning the thorns afterwards (Çavuşolu, 2017). Roots are used to disassemble Hostez, which grows wild in nature throughout the winter months. The prickly sections of the leaves are a winter vegetable that is eaten after being washed and cooked with minced meat and moussaka, or boiled and drizzled with lemon and olive oil. Fried artichoke with egg is another way to enjoy mature hostez. *Cynara Cornigera* is the Latin name for the hostess (Yıldırım, 2010). To prepare the hostez, place them in a saucepan and bring to a boil for 10 minutes. Drain all of the water. Heat the olive oil in a separate pot and cook the meat. When the meat is done, add the onions and continue to cook for another 5 minutes. Add the drained hostez, then whisk in the tomato puree. Season with salt, cumin, thyme, lemon juice, and just enough water to cover them. Cook until the juices have thickened and the meat and hostez are soft, then serve (Bodi, 2010).

## Game Meat Foods

**Lalangı:** In order to cook tsih dish, fill a big saucepan halfway with water and add the rabbit chunks. Cook over high heat until the meat is done. Remove the stock from the pan and set it aside to cool. Separate the meat from the bones and shred it into small pieces in the meantime. In a large mixing basin, combine the flour, salt, and yeast. Mix in the rabbit stock until a batter is formed. Mix in the shredded meat with the dough. Cover the dough with a clean towel and set aside for an hour to rise. In a frying pan, heat the oil. Take tiny sections of dough using a wooden spoon, ensuring that each contains meat pieces, and fry in the oil until golden brown (Bodi, 2010).

**Rabbit Stew (Soğan Basdı / Sirkeli Soğanlı Tavşan):** In a pressure cooker, place the rabbit parts. Stir occasionally over medium heat until all the juices have evaporated. Cook till golden brown after adding the oil. Continue to sauté the onions until they are golden. Cook for a few more minutes after adding the tomato puree. 1 cup vinegar, 1 cup

water, salt, pepper, cumin, and bay leaves Cook for 30 minutes with the lid on the pressure cooker. Once cooked, add the remaining vinegar and simmer for another 5 minutes without the lid, then serve (Bodi, 2010).

### **Dolmas**

**Stuffed Artichoke (Enginar Dolması):** In order to cook this dish, remove the stalks and snip off the spiky tips of the artichokes before serving. If the leaves aren't fresh, remove them and hollow out the centers. This stage makes room for the mince meat mixture. Place each hollowed-out artichoke in a bowl with enough water to cover the artichokes and lemon juice for 5 minutes to prevent the artichokes from darkening. Drain carefully after removing it from the water. In a frying pan, brown the mince meat with oil. Combine the rice, onion, tomatoes, and parsley in a large mixing bowl. Cook for a further 5 minutes with the tomato puree added. Add the cumin, salt, and black pepper. Take the pan off the heat and stir in the lemon juice. Fry the artichokes in oil until they turn color on the outsides over medium heat. Fill the artichokes one by one with the mince meat mixture. Place the artichokes in a pot that is large enough to hold them snugly together and prevent them from floating around. Cover the artichokes with a plate and enough boiling water to cover them. Cook for 30 minutes over medium heat before serving (Bodi, 2010).

**Stuffed Zucchini Flower (Çiçek Dolması):** In order to prepare the stuffed zucchini flower, fill a bowl halfway with rice. Toss the rice with the tomatoes, onion, and parsley. Combine the tomato puree, olive oil, salt, black pepper, and lemon juice in a mixing bowl. Combine all of the ingredients in a large mixing bowl. Fill the zucchini blossoms one at a time with a tablespoon of the prepared mixture. Fold the petals of the flowers inwards, covering the top like a lid, to close the blossoms. To keep the packed flowers from falling apart, tightly pack them in a saucepan and set an upside-down glass dish on top of them. Fill the pot halfway with water and bring to a boil over medium heat. Reduce heat to low and simmer for 15 minutes once the water begins to boil. Remove from the heat and let aside for 15 minutes before serving (Bodi, 2010).

**Stuffed Lamb Bowel (Bumbar):** the cooking steps are started from cleaning the lamb bowel inside and out with salt, lemon, and vinegar before stuffing it. Season the minced meat, onions, tomatoes, and parsley with salt and black pepper in a large mixing bowl. In a large mixing bowl, combine the rice and the rest of the ingredients. To the mixture, add one glass of water. To prevent sausages, fill the intestine with the mixture and tie it off at intervals. The sausages should be cut off. At least two times with a skewer, pierce each sausage. Place them in a saucepan with enough water to cover them and bring to a boil. Allow to drain after removing from pan. Heat the oil and fry the sausages before serving (Bodi, 2010).

### **Kebabs**

**Sheftali Kebab (Şeftali Kebabı):** Sheftali Kebab is the most famous kebab in Northern Cyprus. It is produced by preparing minced meat, minced meat, parsley, black pepper, and chopped onion, then wrapping it in a lamb shirt and grilling it till it's the color of a peach. (Çavuşolu, 2017). Cyprus pita bread is served with special salads. Mix the mince meat, parsley, onions, salt, black pepper, and cumin in a bowl to make this popular kebab. Salt and lemon juice should be applied on the membrane. Rinse well with fresh water. Using a saucer, cut the membrane into pieces about the size of a saucer. Place one of the pieces flat on a plate. Place a small amount of the mince meat mixture on the piece, fold the edges inside, and wrap it up like a sausage. After preparing all the pieces, barbecue or grill them, turning frequently until cooked and serve (Bodi, 2010).

Stone Oven Kebab (Glefdigo / Fırın Kebabı): In order to prepare to this dish it recommended to heat the clay oven for two hours after lighting it. Place the potatoes in a deep bowl, cut in half. Combine the meat and potatoes in a mixing basin, season with salt and pepper, and toss to combine. On foil paper, place a piece of meat, two potatoes, and two bay leaves. Fold the paper airtight, taking care not to rip it. In a large mixing bowl, combine the meat and potatoes you've prepped, overlapping if necessary. Place them in an earthen oven that has been pre-heated and pre-baked for an hour or two. So that the heat does not escape, completely coat the oven's mouth with adobe. Serve potatoes and meats once they've been cooked (Bodi, 2010).

### **Deep Fried Foods**

Fried Baby Taro Root (Bullez): Bullez is the term given to the little root nubs of a tropical plant, which are used as a winter vegetable. Bullezes are peeled with a knife and rubbed with a slightly damp cloth, just like potatoes. Water is never used to wash the peeled bullezes. (Washing the Bullezes leaves a sticky juice on them, causing them to stick to the pan when cooking.) After that, the Bullezes are split in half and cooked in boiling oil till pink (Çavuşolu, 2011). In order to get ready, In a big saucepan, heat the oil. When the pan is hot, add the bullez's, cover, and cook over low heat, stirring regularly. Remove the lid once the bullez's have softened and let them to turn golden brown. Remove the pan from the oil. Serve with a squeeze of lemon juice (Bodi, 2010).

Potatoes Kofta (Badadez Köftesi): Grating the potatoes is the first step to cook this dish and drain the juice, and put them in a large mixing basin. Toss the grated potatoes with the onion. The mince meat, breadcrumbs, salt, pepper, parsley, and egg are then added. Knead everything together thoroughly. Roll out little quantities of the mixture into finger shapes. Cook the koftas in a heated pan until done, then serve (Bodi, 2010).

Bechamel Stuffed Chicken (Tavuk Dolma): In order to cook bechamel stuffed chicken, place the chicken breasts on a cutting board with stretch film underneath and above it, and beat them for about 10 minutes with a hard object. Season the chicken breasts with salt and pepper, then drop in a few spoonfuls of your béchamel sauce, close it with a stretch film from the corners inwards, and wrap it in a bundle. Using a few spoons of milk, whisk the egg. Cover the chicken with the egg first, then the breadcrumbs, and fry in hot oil (Tavuk Dolma, n.d.).

### **Methodology**

In this study, the data has been collected between 1 August 2019 and 30 November 2019, and the TR Index Ethics Committee Criteria of the Council of Higher Education were announced on 1 January 2020. While doing this research, two qualitative research methods have been used. As the first method written sources have been examined by making a literature review and as the second method, interview research technique has been used. This Interview has been made face to face in Turkish Republic of Northern Cyprus (TRNC). It consists of 7 questions, 4 of which are demographic questions and 3 of which are open-ended questions that has been designed according to expert opinions who is working in the gastronomy sector and universities that operates in TRNC. In the selection of the sample, snowball sampling has been used in accordance with the purpose of the research. This approach has been preferred because it is particularly effective in identifying individuals or situations that can be a rich source of information regarding the researcher's problem (Yıldırım & Şimşek, 2008). Considering the standard number of participants between five and eight determined by Kuzel (1999) for the sample size in the interview, 10 people who was born and has been living in TRNC has been considered an appropriate number.

## Findings

As the second method, interview research technique has been used. The interview has been conducted with 10 people. Demographic information about interviewers are shown at Table 1. 6 of the interviewed people are male and 4 are female. 4 of the interviewers are 51-60, 3 of them are 60+, 1 of them is 41-60, 1 of them is 31-40, 1 of them is between 21-30 years old. 4 of the interviewers are civil servant, 2 of them are housewife, 2 of them are private sector, 3 of the interviewers have degree of primary school, 5 of them have high school degree, 2 of them have bachelor, 1 of them has master degree (Table 1).

**Table 1.** Demographic Findings

Interviewers	Gender	Age	Profession	Education
Interviewer 1	Female	60+	Housewife	Primary School
Interviewer 2	Male	60+	Retired	Primary School
Interviewer 3	Male	51-60	Civil Servant	High School
Interviewer 4	Male	41-50	Private Sector	Bachelor
Interviewer 5	Male	31-40	Civil Servant	Master
Interviewer 6	Female	60+	Retired	Primary School
Interviewer 7	Female	51-60	Civil Servant	High School
Interviewer 8	Male	51-60	Civil Servant	High School
Interviewer 9	Female	51-60	Housewife	High School
Interviewer 10	Male	21-30	Private Sector	Bachelor

The findings obtained from the interviews have been explained in detailed in the bellows,

First question, “What is the order of gastronomic foods that come to mind when the TRNC is mentioned?” asked for determine which “gastronomic foods” of Turkish Cypriot Cuisine that can be defined as products that are grown, produced and served in the region with the food and beverage culture of the region (Töre Başat, Sandıkçı & Çelik, 2017) came to mind.

While interviewers place orders for the gastronomic foods that come to mind when the TRNC is stated in the first five lines, they have given the following responses: 6 interviewer Jute Plant(Molehiya), 6 interviewer Sheftali Kebab(Şefdali Kebabı), 3 interviewer Stone Oven Kebab(Glefdigo / Fırın Kebabı), 3 interviewers Taro Root(Kolokas), 3 interviewer Baked Pasta(Fırın Magarınası), 2 interviewer Hellim, 2 interviewer Hellim Pastry(Hellim Böreği), 2 interviewer Wheat and Chicken Pilaf(Herse), 2 interviewer Potatoes Kofta(Badadez Köfdesi), 2 interviewer Pilavuna, 1 interviewer Dried Mutton/Goat(Samarella), 1 interviewer Dried Nor Cheese, 1 interviewer Helik Cheese, 1 interviewer Tarhana Soup, 1 interviewer Carob Molasses(Harnıp Pekmezi), 1 interviewer Baby Taro Root(Bullez), 1 interviewer Şamali Dessert, 1 interviewer Gatmer, 1 interviewer Mince Meat Pastry(Gıyma Böreği), 1 interviewer Baked Potatoes with Meat(Badadez Kebabı), 1 interviewer Eggplant Mousakka(Patlıcan Musakka), 1 interviewer Meat Stuffed Grape Leaves(Etli Yaprak Dolması), 1 interviewer Stuffed Zucchini Flower(Çiçek Dolması), 1 interviewer Fruit Preserves (Macunlar) as a general definition, 1 interviewer Dairy Products, Kebabs and Pastries as a general definitions (Table 2).



**Table 2.** Participants' response for gastronomic foods that come to mind when the TRNC is mentioned.

Interviewers	What is the order of gastronomic foods that come to mind when the TRNC is mentioned?
Interviewer 1	Stone Oven Kebab (Glefdigo/Fırın Kebabı), Dried Mutton/Goat (Samarella), Hellim, Dried Nor Cheese, Helik Cheese, Talar Cheese
Interviewer 2	Wheat and Chicken Pilaf (Herse), Potatoes Kofta (Badadez Köfdesi), Sheftali Kebab (Şefdali Kebabı), Pilavuna, Tarhana Soup, Gullurikya
Interviewer 3	Dairy Products, Kebabs, Pastries
Interviewer 4	Hellim, Sheftali Kebab (Şefdali Kebabı), Pilavuna, Fruit Preserves (Macunlar), Hellim Pastry (Hellim Böreği)
Interviewer 5	Stone Oven Kebab (Glefdigo/Fırın Kebabı), Carob Molasses (Harnıp Pekmezi), Sheftali Kebab (Şefdali Kebabı), Jute Plant (Molehiya)
Interviewer 6	Jute Plant (Molehiya), Taro Root (Kolokas), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Baked Pasta (Fırın Magarınası), Sheftali Kebab (Şefdali Kebabı),
Interviewer 7	Jute Plant (Molehiya), Baked Pasta (Fırın Magarınası), Şamali Dessert, Gatmer, Hellim Pastry (Hellim Böreği), Mince Meat Pastry (Gıyma Böreği),
Interviewer 8	Wheat and Chicken Pilaf (Herse), Baked Potatoes with Meat (Badadez Kebabı), Eggplant Mousakka (Patlıcan Musakka), Sheftali Kebab (Şefdali Kebabı), Jute Plant (Molehiya)
Interviewer 9	Jute Plant (Molehiya), Taro Root (Kolokas), Meat Stuffed Grape Leaves (Etli Yaprak Dolması), Stuffed Zucchini Flower (Çiçek Dolması), Baked Pasta (Fırın Magarınası)
Interviewer 10	Sheftali Kebab (Şefdali Kebabı), Potatoes Kofta (Badadez Köfdesi), Jute Plant (Molehiya), Baby Taro Root (Bullez), Taro Root (Kolokas)

Second question “In your opinion, which products and local foods should be stood out in the TRNC?” asked for determine which gastronomic foods and local foods need to be stood out and use this product when marketing the Turkish Cypriot Cuisine.

9 interviewer answered Sheftali Kebab(Şefdali Kebab), 8 interviewer Hellim, 4 Plant 2 Stew, 6 interviewer in total Taro Root(Kolokas), 4 Stew 2 Plant, 6 interviewer in total Jute Plant(Molehiya), 5 interviewer Dried Mutton/Goat(Samarella), 2 Hellim Pastry(Hellim Pastry) 1 Nor Pastry(Nor Pastry), 1 as a general definition, 4 interviewer in total Pastries, 4 interviewer Stone Oven Kebab(Glefdigo / Fırın Kebab), 3 interviewer Baby Taro Root(Bullez), 3 interviewer Baked Potatoes with Meat(Badadez Kebab), 3 interviewer Cheese Stuffed Ravioli(Pirohu), 3 interviewer Gullurikya, 2 interviewer Baked Pasta(Fırın Magarınası), 2 interviewer Souvla, 2 interviewer Wheat and Chicken Pilaf(Herse), 1 interviewer Black Eyed Peas(Börülce), 1 interviewer Bread Dessert(Ekmek Gadayıfı), 1 interviewer Cardoon Stew(Hostez Yemeği), 1 interviewer Fried Potatoes Wrap(Bidda Badadez), 1 interviewer Fried Wild Asparagus with Eggs(Yumurtalı Ayrelli), 1 interviewer Gatmer, 1 interviewer Grape/Carob Juice Pudding(Üzüm/Harnıp Paluzesi), 1 interviewer Hummus Soup(Humus Çorbası), 1 interviewer Lemonade(Lemonadda), 1 interviewer Nor Cheese, 1 interviewer Pasta with Chicken(Magarına Bulli), 1 interviewer Pasta with Hellim(Hellimli Magarına), 1 interviewer Pilavuna, 1 interviewer Potatoes Kofta(Badadez Köfdesi), 1 interviewer Preserves(Macunlar) as a general definition, 1 interviewer Souvla, 1 interviewer Tarhana Soup, 1 interviewer Yellow Pudding(Sarı Muhallebi) (Table 3).

**Table 3.** Participants' response for the products and local foods should be stood out in the TRNC.

Interviewers	In your opinion, which products and local foods should be stood out in the TRNC?
Interviewer 1	Sheftali Kebab (Şefdali Kebabı), Souvla, Taro Root Stew (Kolokas Yemeği), Jute Plant Stew (Molehiya Yemeği), Cardoon Stew (Hostez Yemeği), Fried Wild Asparagus with Eggs (Yumurtalı Ayrelli), Dried Mutton/Goat (Samarella), Hellim, Hellim Pastry (Hellim Böreği), Pilavuna
Interviewer 2	Souvla, Sheftali Kebab (Şefdali Kebabı), Jute Plant Stew (Molehiya Yemeği), Taro Root Stew (Kolokas Yemeği), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Tarhana Soup, Gullurikya, Dried Mutton/Goat (Samarella), Hellim
Interviewer 3	Hellim, Stone Oven Kebab (Glefdigo/Fırın Kebabı), Sheftali Kebab (Şefdali Kebabı), Dried Mutton/Goat (Samarella), Pastries
Interviewer 4	Preserves (Macunlar), Wheat and Chicken Pilaf (Herse), Hellim Pastry (Hellim Böreği), Nor Pastry (Nor Böreği), Gullurikya, Fried Potatoes Wrap (Bidda Badadez), Taro Root (Kolokas), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Bread Dessert (Ekmek Gadayıfı), Baby Taro Root (Bullez), Pasta with Chicken (Magarina Bulli), Hummus Soup (Hummus Çorbasi), Gatmer, Baked Potatoes with Meat (Badadez Kebabı)
Interviewer 5	Hellim, Jute Plant Stew (Molehiya Yemeği), Sheftali Kebab (Şefdali Kebabı), Cheese Stuffed Ravioli (Pirohu)
Interviewer 6	Jute Plant Stew (Molehiya Yemeği), Taro Root (Kolokas), Sheftali Kebab (Şefdali Kebabı), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Hellim, Pasta with Hellim (Hellimli Magarina), Dried Mutton/Goat (Samarella), Gullurikya, Nor Cheese
Interviewer 7	Jute Plant Stew (Molehiya Yemeği), Baked Pasta (Fırın Magarınası), Baby Taro Root (Bullez), Taro Root (Kolokas), Sheftali Kebab (Şefdali Kebabı), Black Eyed Peas (Börülce)
Interviewer 8	Sheftali Kebab (Şefdali Kebabı), Baked Potatoes with Meat (Badadez Kebabı), Wheat and Chicken Pilaf (Herse), Yellow Pudding (Sarı Muhallebi), Lemonade (Lemonadda), Jute Plant (Molehiya), Cheese Stuffed Ravioli (Pirohu), Hellim
Interviewer 9	Jute Plant (Molehiya), Taro Root (Kolokas), Baked Pasta (Fırın Magarınası), Baked Potatoes with Meat (Badadez Kebabı), Potatoes Kofta (Badadez Köfdesi), Hellim, Sheftali Kebab (Şefdali Kebabı)
Interviewer 10	Sheftali Kebab (Şefdali Kebabı), Hellim, Baby Taro Root (Bullez), Cheese Stuffed Ravioli (Pirohu), Grape/Carob Juice Pudding (Paluze), Dried Mutton/Goat (Samarella)

Third question “What are the gastronomic values specific to TRNC but about to disappear?” asked for determine which foods belong to Turkish Cypriot Cuisine are about to disappear and record to prevent them from disappearing.

Interviewers answers are; 1 Bitter Orange Preserve (Portakal Macunu) 1 Date Preserve (Hurma Macunu) 1 Flower Preserve (Çiçek Macunu) 1 Walnut Preserve (Ceviz Macunu) 1 as a general definition, 5 interviewer in total Preserves (Paste), 1 Old 2 Village, 3 interviewer in total, Hellim, 2 interviewer Abohdi (Dried Whole Goat / Mutton), 2 interviewer Dried Mutton / Goat (Samarella), 2 interviewer Edible Plants, 2 interviewer Orange Salad With Fresh Broad Bean Leaves (Taze Bakla Yapraklı Portakal Salatası) 2 interviewer Stuffed Grape Leaves, 2 interviewer Taro Root (Kolokas), 1 interviewer as Made with Special Soil 2 interviewer answered Grape / Carob Sausage (Üzüm/Harup Sucuğu) as a general definition. 1 interviewer Almond Dessert (Badem tatlısı/Çıtır Pıtır), 1 interviewer Baby Taro Root (Bullez), 1 interviewer Basdelli, 1 interviewer Burella Mushroom, 1 interviewer Cardoon (Hostez), 1 interviewer Carob Molasses (Harnıp Pekmezi), 1 interviewer Dark Olive Oil (Garayağ), 1 interviewer Delights (Lokumlar) as a general definition, 1 interviewer Fig Paste Dessert (İncir Biddası/Sigobidda), 1 interviewer Forest Kebab (Orman Kebabı), 1 interviewer Fried Potatoes Wrap (Bidda Badadez), 1 interviewer Garaotluk, 1 interviewer Gollifa, 1 interviewer Grape/Carob Pudding (Paluze), 1 interviewer Green Lentil Pilaf (Mucendra Pilavı), 1 interviewer Hand-Made Pasta (El Magarınası), 1 interviewer Jute Plant (Molehiya), 1 interviewer Lalangı, 1 interviewer Leek with Meat (Etli Pıratsa), 1 interviewer Luvana Soup, 1 interviewer Meat Conserve (Gavurma), 1 interviewer Middle Kebab (Orta Kebab), 1 interviewer Nor Cheese, 1 interviewer Pickles as a general definition, 1 interviewer Rose Syrup (Gül Şurubu), 1 interviewer Samsı, 1 interviewer Sugared Bread (Şekerli Ekmek), 1 interviewer Sumada, 1 interviewer Turdus Soup (Cikla Çorbasi), 1 interviewer Village Bread (Köy Ekmeği), 1 interviewer Wheat and Chicken Pilaf (Herse) (Table 4).

**Table 4.** Participants' response for the gastronomic values specific to TRNC but about to disappear.

Interviewers	What are the gastronomic values specific to TRNC but about to disappear?
Interviewer 1	Abohdi (Dried Whole Mutton/Goat), Hand-Made Pasta (El Magarınası), Taro Root (Kolokas), Stuffed Grape Leaves (Yaprak Dolması), Meat Conserve (Gavurma), Orange Salad With Fresh Broad Bean Leaves (Taze Bakla Yapraklı Portokal Salatası)
Interviewer 2	Burella Mushroom, Dark Olive Oil (Garayağ), Forest Kebab (Orman Kebabı), Middle Kebab (Orta Kebab), Old Hellim, Abohdi (Dried Whole Goat/Mutton), Orange Salad With Fresh Broad Bean Leaves (Taze Bakla Yapraklı Portokal Salatası), Stuffed Grape Leaves (Yaprak Dolması), Taro Root (Kolokas)
Interviewer 3	Dried Mutton/Goat (Samarella), Preserves (Macunlar), Rose Syrup (Gül Şurubu), Sumada, Delights (Lokumlar), Grape/Carob Sucuk (Üzüm/Harup Sucuğu), Grape/Carob Pudding (Palüze)
Interviewer 4	Edible Plants, Pickles, Almond Dessert (Badem tatlısı/Çıtır Pıtır), Flower Preserve (Çiçek Macunu), Date Preserve (Hurma Macunu), Gollifa, Dried Mutton/Goat (Samarella), Samsı, Lalangi, Leek Stew with Meat (Etlı Piratsa), Luvana Soup, Green Lentil Pilaf (Mücendra Pilavı)
Interviewer 5	Luvana Soup
Interviewer 6	Jute Plant (Molehiya), Edible Plants, Sugared Bread (Şekerli Ekmek), Nor Cheese, Village Bread (Köy Ekmeği), Village Hellim (Köy Hellimi)
Interviewer 7	Gullurikya, Halva with Molasses (Pekmezli Helva)
Interviewer 8	Cardoon (Hostez), Garaotluk, Wheat and Chicken Pilaf (Herse), Basdelli, Village Hellim (Köy Hellimi), Bitter Orange Preserve (Turunc Macunu), Walnut Preserve (Ceviz Macunu)
Interviewer 9	Fig Paste Dessert (İncir Biddası/Sigobidda), Baby Taro Root (Bullez), Grape Sucuk Made with Special Soil (Toprak ile yapılan Üzüm Sucuğu), Carob Molasses (Harnıp Pekmezi)
Interviewer 10	Fried Potatoes Wrap (Bidda Badadez), Turdus Soup (Cikla Çorbası)

## Conclusion

The purpose and significance of this research is to identify and document the many dishes found in Turkish Cypriot cuisine. It also aims to ensure that this cuisine is recognized around the world, that it is passed down to future generations, and that it attracts gastro-tourists to the TRNC. To accomplish this goal, first decide which meals belong to Turkish Cypriot cuisine through literature analysis and interviews.

The products that come to mind first when the TRNC is mentioned as Jute Plant (Molehiya), Sheftali Kebab (Şefdali Kebabı), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Taro Root (Kolokas), Baked Pasta (Fırın Magarınası), Hellim, Hellim Pastry (Hellim Böreği), Wheat and Chicken Pilaf (Herse), Potatoes Kofta (Badadez Köfdesi) and Pilavuna.

The products that should be highlighted have been determined as Sheftali Kebab (Şefdali Kebabı), Hellim, Taro Root (Kolokas), Jute Plant (Molehiya), Dried Mutton/Goat (Samarella), Pastries (Börekler), Stone Oven Kebab (Glefdigo/Fırın Kebabı), Baby Taro Root (Bullez), Baked Potatoes with Meat (Badadez Kebabı), Cheese Stuffed Ravioli (Pirohu), Gullurikya, Baked Pasta (Fırın Magarınası), Souvla and Wheat and Chicken Pilaf (Herse). This result has been supported by Çavuşoğlu, 2017 and Şah, 2017.

The products that are about to disappear are determined as Abohdi (Dried Whole Goat/Mutton), Almond Dessert (Badem tatlısı/Çıtır Pıtır), Baby Taro Root (Bullez), Basdelli, Bitter Orange Preserve (Turunc Macunu), Burella Mushroom, Cardoon (Hostez), Carob Molasses (Harnıp Pekmezi), Dark Olive Oil (Garayağ), Date Preserve (Hurma Macunu), Delights (Lokumlar), Dried Mutton/Goat (Samarella), Edible Plants, Fig Paste Dessert (İncir Biddası/Sigobidda), Flower Preserve (Çiçek Macunu), Forest Kebab (Orman Kebabı), Fried Potatoes Wrap (Bidda Badadez), Garaotluk, Gollifa, Grape Sucuk Made with Special Soil (Toprak ile yapılan Üzüm Sucuğu), Grape/Carob Pudding (Palüze), Grape/Carob Sucuk (Üzüm/Harnıp Sucuğu), Green Lentil Pilaf (Mücendra Pilavı), Hand-Made

Pasta (El Magarınası), Jute Plant (Molehiya), Lalangi, Leek Stew with Meat (Etli Pıratsa), Luvana Soup, Meat Conserve (Gavurma), Middle Kebab (Orta Kebab), Nor Cheese, Old Hellim, Orange Salad With Fresh Broad Bean Leaves (Taze Bakla Yapraklı Portokal Salatası), Pickles, Preserves (Macunlar), Rose Syrup (Gül Şurubu), Samsı, Stuffed Grape Leaves (Yaprak Dolması), Sugared Bread (Şekerli Ekmek, Sumada, Taro Root (Kolokas), Turdus Soup (Cikla Çorbası), Village Bread (Köy Ekmeği), Village Hellim (Köy Hellimi), Walnut Preserve (Ceviz Macunu) and Wheat and Chicken Pilaf (Herse).

A total of 33 gastronomic foods of Turkish Cypriot cuisine have been identified based on all of the responses to the interview questions (Table 5).

**Table 5.** Products of Turkish Cypriot Cuisine

	<b>Gastronomic Foods belong to Turkish Cypriot Cuisine</b>
1	Basdelli
2	Bitter Orange Preserve (Turunç Macunu)
3	Bread Dessert (Ekmek Gadayıfı)
4	Carob Molasses (Harnıp Pekmezi)
5	Dark Olive Oil (Garayağ)
6	Date Preserve (Hurma Macunu)
7	Dried Mutton/Goat (Samarella)
8	Dried Nor Cheese
9	Fig Paste Dessert (İncir Biddası/Sigobidda)
10	Flower Preserve (Çiçek Macunu)
11	Gatmer
12	Grape/Carob Juice Pudding (Üzüm/Harnıp Paluzesi)
13	Grape/Carob Sucuk (Üzüm/Harnıp Sucuğu)
14	Gullurikya
15	Hand-Made Pasta
16	Helik Cheese
17	Hellim Pastry (Hellim Böreği)
18	Mince Meat Pastry (Gıyma Böreği)
19	Nor Cheese
20	Nor Pastry (Nor Böreği)
21	Old Hellim
22	Pilavuna
23	Rose Syrup (Gül Şurubu)
24	Walnut Preserve (Ceviz Macunu)
25	Yellow Pudding (Sarı Muhallebi)
26	Şamali Dessert
27	Abohdi (Dried Whole Goat/Mutton)
28	Almond Dessert (Badem tatlısı/Çıtır Pıtır)
29	Burella Mushroom
30	Gollifa
31	Village Bread (Köy Ekmeği)
32	Village Hellim (Köy Hellimi)

A total of 30 Turkish Cypriot Cuisine foods have been identified based on all of the responses to the interview questions (Table 6).

**Table 6.** Foods of Turkish Cypriot Cuisine

	<b>Determined Foods belong to Turkish Cypriot Cuisine</b>
1	Baked Pasta (Fırın Magarınası)
2	Baked Potatoes with Meat (Badadez Kebabı)
3	Cardoon Stew with Meat (Etli Hostez)

**Table 6.** Foods of Turkish Cypriot Cuisine (Cont.)

4	Cheese Stuffed Ravioli (Pirohu)
5	Fried Wild Asparagus with Eggs (Yumurtalı Ayrelli)
6	Hummus Soup (Humus Çorbası)
7	Jute Plant Stew (Molehiya Yemeği)
8	Meat Stuffed Grape Leaves (Etlı Yaprak Dolması)
9	Fried Potato Wrap (Bidde Badadez)
10	Pasta with Chicken (Magarına Bulli)
11	Pasta with Hellim (Hellimli Magarına)
12	Potatoes Kofta (Badadez Köfdesi)
13	Rabbit Stew (Soğan Basdı)
14	Sheftali Kebab (Şefdalı Kebabı)
15	Souvla
16	Stone Oven Kebab (Glefdigo/Fırın Kebabı)
17	Stuffed Artichoke (Enginar Dolması)
18	Stuffed Cheese Ravioli (Pirohu)
19	Stuffed Lamb Bowel (Bumbar)
20	Stuffed Zucchini Flower (Çiçek Dolması)
21	Tarhana Soup
22	Taro Root Stew (Kolokas Yemeği)
23	Wheat and Chicken Pilaf (Herse)
24	Forest Kebab (Orman Kebabı)
25	Middle Kebab (Orta Kebab)
26	Turdus Soup (Cikla Çorbası)
27	Green Lentil Pilaf (Mucendra Pilavı)
28	Leek Stew with Meat (Etlı Pıratsa)
29	Luvana Soup
30	Lalangı

During the interviews, 8 foods have been discovered to be different from what has been discovered during the literature review. These foods are listed in Table 7.

**Table 7.** Foods not determined during literature review but determined during interviews

1	Baked Pasta (Fırın Magarınası)
2	Baked Potatoes with Meat (Badadez Kebabı)
3	Hummus Soup (Humus Çorbası)
4	Meat Stuffed Grape Leaves (Etlı Yaprak Dolması)
5	Pasta with Hellim (Hellimli Magarına)
6	Forest Kebab (Orman Kebabı)
7	Middle Kebab (Orta Kebab)
8	Turdus Soup (Cikla Çorbası)

From the literature and interviews, a total of 36 Turkish Cypriot Cuisine dishes have been identified for this study. Table 8 features these foods.

**Table 8.** Dishes of Turkish Cypriot Cuisine

1	Tarhana Soup With Hellim
2	Luvana Soup
3	Bulghur Soup with Tomatoes
4	Turdus Soup (Cikla Çorbası)
5	Hummus Soup (Humus Çorbası)
6	Snail (Garavolli) Pilaf
7	Green Lentil (Mücendra) Pilaf
8	Wheat and Chicken Pilaf (Herse)
9	Pasta with Tomato Stew (Yahnili Magarına)
10	Pasta with Chicken (Magarına Bulli)
11	Cheese Stuffed Ravioli (Pirohu)

**Table 8.** Dishes of Turkish Cypriot Cuisine (Cont.)

12	Pasta with Hellim (Hellimli Magarına)
13	Baked Pasta (Fırın Magarınası)
14	Jute Plant (Molehiya) Stew
15	Taro Root (Kolokas) Stew
16	Cardoon Stew with Meat (Etli Hostez)
17	Leek Stew with Meat (Etli Pıratsa)
18	Rabbit Stew (Soğan Basdı / Sirkeli Soğanlı Tavşan)
19	Lefkara Casserole (Lefkara Tavası)
20	Stuffed Artichoke (Enginar Dolması)
21	Stuffed Zucchini Flower (Çiçek Dolması)
22	Stuffed Lamb Bowel (Bumbar)
23	Meat Stuffed Grape Leaves (Etli Yaprak Dolması)
24	Bechamel Stuffed Chicken (Tavuk Dolma)
25	Fried Baby Taro Root (Bullez)
26	Fried Potatoes Wrap (Bidde Badadez)
27	Fried Wild Asparagus With Eggs (Yumurtalı Ayrelli)
28	Potatoes Kofta (Badadez Köfdesi)
29	Lalangı
30	Boiled Globe Artichoke (Gaynanmış Gafgarıt)
31	Baked Potatoes with Meat (Badadez Kebabı)
32	Sheftali Kebab (Şeftali Kebabı)
33	Stone Oven Kebab (Glefdigo/Fırın Kebabı)
34	Souvla
35	Forest Kebab (Orman Kebabı)
36	Middle Kebab (Orta Kebab)

The study is useful in terms of not only finding and recording currently recognized dishes, but also identifying practically forgotten delicacies that were cooked in the past. The aim of the study is to add to the existing literature on Turkish and Turkish Cypriot cuisines. In addition, the survey suggests that some foods are on their way out. Finally, it is expected to contribute to encouraging local businesses to employ local foods that promote the country's brand to visitors.

### Suggestions

The culinary delicacies of the TRNC have been attempted to be determined by this research, and it should be created by the state and used in official tourist-contact locations, such as tourist information offices, and shown in schools so that children can learn about Turkish Cypriot cuisine. Furthermore, in order to boost the TRNC's gastronomic tourism, the country's highways should be upgraded, public transit vehicles should be enhanced and spread, and the country's airport should be developed, with the number of incoming flights raised. In remote locations, more lodging facilities should be built. It is necessary to engage in activities involving the collection and preparation of wild edible plants native to our island. Gastronomy routes should be developed, tours should be conducted, and tourists should be able to sample local foods and products. According to UNESCO's intangible cultural heritage, Turkish Cypriots' gastronomy culture has been an essential aspect of their life for millennia with food and beverage preparation methods documented in gastronomy theme festivals (Çavuşolu, 2017), restaurants and hotels throughout the country should make an effort to include local foods and products on their menus, as well as organize special local food days, such as setting up a stand at local festivals and fairs representing their hotel brands to demonstrate their commitment to local foods and to promote local foods through their brands. The government should encourage entrepreneurs to develop companies that provide tourists with local culture, food, and products. Food and products from the area must be labeled with their location. Local cuisine' recipes should be standardized. The Turkish Republic of Northern Cyprus and its cuisine should be promoted around the world.

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