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*Amasya which has hosted civilizations with its long history has rich cuisine culture which also protects the past's tastes today.*

The dishes of Amasya which has hosted many civilizations during its historical life and which undertook the duty of being a school to the princes in the Ottoman Period have also been affected from these cultures. In Amasya, each dish has been shaped with the taste and presentations fitting to the sultans.



**Keşkek** (a dish of mutton or chicken and coarsely ground wheat) which is one of the main dishes in many Anatolian cities has become different in the cuisine culture of Amasya and it has gained such a different taste and appearance that it makes said that all keşkeks are to one side and Amasya keşkek is to the other side.



The **Cherry Bread** which is a kind of dessert eaten in the Amasya Prince palace is made with the old bread. The old breads are buttered and they are fried in the oven the cherry sherbet is poured on it and it is served. **Unutma Beni** (Do not forget me) which is of the local dishes is also a dessert prepared with the old breads and flavored with the molasses.

The okra is called as the sultan of the dishes by the local community of



Amasya. The one which is called "Sultani Bamya" (Sultani Okra) among the varieties of the okra is the masterpiece of the special tables in terms of its taste and quality.



Sultan Çelebi Mehmet named his soldiers making practice in the Amasya Yedikir locality as "Cabbage eaters and Okra eaters" ("Lahanaçılar ve Bamyacılar") while he was a prince. Even, the figures of cabbage and okra were applied to the historical range stones in İstanbul.

For the **Okra dish with Meat** made of the locality-specific okras, the lamb, okra, onions, tomatoes and lemon are used. It is slightly watery and different tasted dish.

Amasya is also famous for its legendary apple and cherry gardens. The joy of wandering in the sweet smelling apple gardens in the harvest period and eating fresh apples by picking them from their branches is utterly different.



The characteristics of the Amasya's symbol **muscatel apple** (misket elmasi) are that one of its faces is red, the other face is yellow and it is thin-skinned and fragrant, hard and durable. When it is cut from the middle into two parts, the shape of star is observed.

While mentioning about Amasya, Evliya Çelebi mentions about its breads, forty kinds of pears, eleven types of cherries and seven types of grapes and seven types of quinces.

The dessert of **Ayva Peverdesi** (a dessert made of quinces) made of quinces in Amasya is so nice that it was sent as a gift to the sultan in that period.

According to what was told, the people of Amasya love to entertain guests at the tables too much and even if they do not have any

guests that they will entertain at their tables on that day, they call one of the needy people to their houses and they share their dishes with them. If they have guests coming from outside for staying at the night, s/he is called heavy guest and at the table prepared for this guest, 6 plates of dishes are served as definitely toyga soup, whole meat, rice pilaf, sinusu pastry, okra and dessert.



The **toyga soup** is soup made with the coarsely ground wheat, chickpeas and skimmed milk and being thickly viscous and specific to the locality.

Especially in the village wedding in Amasya, the tables are put on the courtyards. On the tables, the keşkek, pilaf, meat and halvah which are cooked in big boilers are offered.

Before the wedding, also entertainment is organized in the bath for introducing the bride to the family relatives and on the navel stone, the songs are sung together with the instrumentalist team. In the entertainments, the Stuffed Beans, Walnut Pastry, Bat ('Bat' is a dish of vine leaves stuffed with a mixture of green lentils, walnuts and herbs) and donuts are eaten and it is called Bride Bath.



The Stuffed Beans which is one of the tastes specific to the region is a type of stuffed dish cooked on the rib of beef wrapped to the vine leaf by adding okra, coarsely ground wheat, minced meat and spices types.

In Amasya, the historical houses have been restored and today they give services as hotel and restaurant. In these palaces, where you can find the local tastes, the feast can be started with the soups such as Toyga soup, Helle soup, Kesme İbik soup and then again, you can crown your table with many dishes from the local tastes such as stuffed beans, stuffed liver, smartweed, ravioli, göbek dolması (a dish made of meat), eggplant stew (pehli), pastırma pağallemesi (bacon), pırpırım (Purslane Tomato Salad).



You can also taste the wonderful tastes of Amasya such as Dene Hasudası (a dish made with starch, water and molasses), Quince Galle, Gelin parmağı (a kind of dessert), Gömlek Kadayıfı (oven baked shredded pastry), Höşmerim (cherry bread)..

You can try various kebabs in the presence of unique Amasya scene in Çakallar Hill. The quality of the vegetables and meat and the type of the wood determine the taste of the kebabs made of the eggplant, lamb and potato, tomato and green pepper in the wood fire.



In Amasya in two-storey historical Taşhan, you can try the Ottoman dishes and Ottoman sherbets and you can sip your coffee against the scene of King Rock Graves.

You should go early to the pastry store in the city center which cooks the legendary **Amasya pastries** of Amasya for three



generations, and you should try these hot poppy seed and walnut cookies.

**Yoğurmaç** which is a delicious pastry which is cooked in the oven by kneading the dough being formed by being pulled by two persons with the mixture of the butter, butter, crushed walnuts and poppy seed is another wonderful taste that you can taste in the places of the city which make local dishes. It is buttered in layers and made lumps. It is waited for 15 minutes and it is reformed again and placed into the oven.



You can taste the **Topuz Kebab** and sherbets specific to the Ottoman together with many local dishes in the historical covered bazaar in the Merzifon district of Amasya which will bedazzle you with its architecture.

In the Rumi Usta which is famous with its stuffed lamb in Merzifon, you should definitely taste the keşkek and semolina halva.



© Çorum



*The Çorum Cuisine having approximately hundred dish types reflects what it has accumulated in its thousands of years of history to the tables.*

The sun which is the symbol of the Hittite civilization gives birth to the fertility again every day. Çorum and its community become the cradle of all kinds of richness from the wheat from which the bread is made to the grape from which the wine is made for centuries.



The Çorum cuisine is a hidden treasure for years like the Hittite civilization. The addiction of the Anatolia people to the bread and dough goes back to the Hittites. The Hittites used the cereals as flour and grain and they consumed them by grilling or roasting them in the fire while they were spikes.

The women of Çorum who roast the wheat and chickpea today while they are green spikes frequently make the thickly viscous soup specific to the region called "çatal aşı" and being made of the lentils and wheat. The soup which is made of plenty of mint is served in the presence of wraps of the dry cottage cheese in the restaurants which make local dishes.



In the soups with the yoghurt in the region, the "katık", namely 'strained yoghurt' is used. The soups made with the strained yoghurt are cooked by continuously mixing. The wedding soup is one of the soups made with the strained yoghurt.



The humid forest areas in the Çorum Mountains host the rarely observed **söbelek mushrooms**.

The stuffed dishes prepared with the collected söbelek mushrooms are cooked for the important guests at the houses.

The **İskilip stuffing** is a banquet dish alone. It is said to be a dish prepared for the soldiers in the soldier camps in the Ottoman. It is composed of pilaf and lamb meat.



The rice taken into the fabric is cooked for 12 hours in a special boiler with the vapor of the meat's water. It is prepared by the cooks who are called dolmacı (making the stuffing) in the weddings. The İskilip stuffing is served together with the locally specific cacık (diced cucumber garlic and mint in yoghurt) with vinegar.



In the special days, especially in the weddings, the menu presented to the guests is composed of the wedding soup, haricot (et yahni), rice pilaf, su böreği (pasta with cheese parsley filling) and Çorum baklava.



The most important characteristic and originality of the **Çorum baklava** is that it is white. It is covered with paper as not contacting with the high temperatures directly and it is cooked for long duration in the low heat and it becomes white.

In Çorum, one of the traditional tastes is candy. The engaged girls send candy to the groom after the engagement. All women of the family come together and they make it altogether. The preparation of the candies whose production is need of strength requires knowledge and skill which is transferred from the generation to the generation.

The Sırık kebabı (**roasted lamb kebab**) is a dish specific to the Kargı district. For obtaining a wonderful taste, the lamb or goat is required to be put on the fire without being waited as soon as it is slaughtered.



In Çorum dishes, the various herbs are commonly used. Of these herbs, the knotweed is naturally grown in the countryside areas especially in the spring months and the dishes made of this ornament the Çorum tables.

The dessert named "**Tel tel**" is a different type of pişmaniye (a kind of candy) and it is a dessert that will remind you the old times in your palate with its flavor of chickpea flour in it.



The ravioli which is cooked in many Anatolian cities is prepared slightly different in Çorum and it is called **dry ravioli**. It is served mostly at the very special times and invitations to the guests. The dough is made with the flour, water and salt. It is formed a little bit thicker when compared to the normal ravioli dough. It is cut as rounded. The minced meat prepared is put in the middle of these rounds in small amounts and it is bended for 6-7 times. It is aligned to the tray and its both sides are fried. On it, the buttered and tomato paste sauce is put and it is cooked again. It is served with or without the yoghurt.

The cracked **wheat pilaf** is cooked with spinach as lentil being added in the winter months and it is made with common mallow in the summer months.





There are old palaces in Çorum where you can taste many local dishes. These palaces which give services as restaurants reflect the atmosphere of the period to which they belong with their decoration ornamented with the traditional motifs. The Çatal aşı soup, dry ravioli, iskilip stuffing, keşkek, cacik (diced cucumber garlic and mint in yoghurt) with vinegar, has baklava are only some of the local tastes that you can taste here.



The first thing that comes to mind when Çorum is called is indeed the roasted chickpea. The roasted chickpea is nuts made of the drying of the chickpeas. Its most known types are white and yellow roasted chickpea. The transformation of the chickpea to the roasted chickpea is a product of one and half-month labor. It is possible to find roasted chickpea stores at every corner in Çorum. The bigness of the chickpea grown in the region and its transformation to the roasted chickpea have attained fair reputation all along. There are different types of roasted chickpeas in the roasted chickpea stores as the salty one, the ones with pepper, the ones with the soybeans, the ones with the fruits and the ones with the chocolate.

The product of the rice paddies aligned along the Kızılırmak enters to our cuisines as the Osmançık rice.



The Oğuzlar walnuts having attributions specific to the Oğuzlar district with the presence of the trees which are older than two hundred years old trees have national reputation with its quality and taste.



Like in all regions of Çorum, also in the Başpınar town, the rosehip is collected with the fall and it is transformed into the marmalade.



The rosehip marmalade which is made boiled in the wood fire is purchased by the local village livers.



You should also add the **Kargı goat cheese** to the list of the things that you are required to bring while leaving Çorum.

© Samsun



*Samsun is a city where different cultures are blended and tastes of different regions in Black Sea meet together.*

Samsun where is famous with its Pide, Döner and bagels, is a sea city and it is no way not to mention about fishes for this city.

There is an island Batıpark Samsun where there are fish restaurants. Most famous delicious **Black Sea fish** is anchovy of which you can try a different type of it in each season. You can try many kind of anchovies such as grill, dried and rice. You may have the opportunity to eat red mullet, horse mackerel, gray mullet, sea bass, whiting fish, small blue ship, tunny fish, turbot depending on season. corn bread and pickle are served in addition to fish. You can also try nut pumpkin in fish restaurants which is indigenous.



Source of Fish is not Only Black Sea In Ayvacık town which is secret paradise of Samsun and Bafra Koyu town You can taste cat fish, trout which are the most delicious fishes of the Lake in grill, pan or casserole towards the magnificent lake scene.



You should try horned pike which is near to Ladik Lake which is located in Ladik town and of which is surrounded with mountains and forest scene.

You can taste different types and tastes of meals and deserts in cafes and restaurants which are located in Alongside Atakum beach towards Black Sea scene.

If you want to steer Samsun over a hill, one of the most beautiful locations is Töptepe. In every season, while you are walking in outdoor at forest area where you can see different hues of trees around it in every your children can have fun in playgrounds. You can have a picnic if you want over wooden tables if you want or you can have a dinner in a restaurant in that area and you can sip superb Black sea tea.



There are areas between Samsun and Çarşamba where you can have journey with ponies, feed rabbits with your hands, walk around in hobby gardens, can pick and fresh fruits and vegetables from their branches, where

your children can play until satiated and mingle with nature. Corn bread, Kırçan and muffins are indigenous tastes where you can find here.



Perhaps bagel is the most well known products of Samsun. Even though there are many similar alongside country and world, Samsun bagel is different beginning from its raw materials to cooking and also it presents a great difference in its taste.



Amount of yeast and yeasting period is less in Samsun bagel. Its dough is semi-rigid and generally it is cooked after being submersed in to grape, mulberry, apple or pear molasses and blurred into plenty of sesame. Samsun bagel is brilliant with hot tea and cheese.

*"It has Turkish Poem such as "Its flour is From Amasya, Water from Samsun and new come out from Oven"*



It is no way to leave Samsun without eating Döner Kebab. **Doner Kebab** which is cooked with wood fire has been started to be cooked in Samsun in 1925 and later many enterprises started to cook Doner Kebab. You can in Döner Kebab in many restaurants which are located in Çiftlik Street.

**Muffin which** is indispensable for Sunday breakfast of Samsun people carries a tradition



from older times. House wife prepares the ingredients of Muffin and sent to oven bakery in the morning. Therefore it is possible to see a muffin bakery in every neighborhood. Dough master prepares dough there and cooks in wood fire oven. Even though it is famous as Samsun Muffin, in fact it is cooked differently in each town. Of which are more delicious with respect to each other; Çarşamba and Bafra muffins are mainly open and Terme Muffin has mainly open form.

Famous dish of Samsun is tirit (boiled minced meat sauce poured on diced stale bread) which has become subject of folk songs. **Tirit** is delicious and regional dish where goose meat, bulghur pilaf, and pastry which is made by hand and submersed into chicken broth are eaten together. You can eat in Cakalli Han.



Cakalli Han is a caravanserai which was built during Anatolian Seljuks State time where caravans which travel alongside SilkRoad accommodates there. It was restored and recently it is serving as restaurant. You can also try famous menemen (spicy turkish omlette) which is cooked from delicious tomatoes which are grown in region.



Bafra nokul (meat pie with seasoned minced meat parsley and walnuts) is a pastry dessert without sherbet which is cooked by splashing grape, hazelnut, over thin rolled dough. It is said that it is preferred by sailors from Black sea since it is durable, gives energy and easy to store.

Buffalos which lie in Kızılırmak Delta are fed with grasses and straws which are such hard that other animals can not eat. Milk of those buffalos are extremely nutritious and cream which is made from this milk is such special. **Bafra Turkish delight** including buffalo cream is made from cream which is obtained from Buffalo's milk.



It is nutritive soft and light. It should be consumed as soon as possible since it is completely naturally produced. It is mostly produced between may and October. There are family enterprises which make traditional production since many generations.



Bafra is a town where agriculture is developed together with its fertile lowlands. **Bafra watermelon** which has its exclusive taste takes place in market beginning from July. Bafra salty and Bafra muffin are other regional tastes.

**Çarşamba Kıvratması**, is dessert type where walnut or hazelnut is splashed into hand prepared pastries and wrapped into roll form. It can eaten either plain or with sherbet. Especially it is served for guest which come to visit in particularly at festive.

Other taste which is exclusive for Çarşamba is **crisp bagel**.



If you want to buy regional product in Samsun, you can by Terme or Bafra rice which you can made delicious pilafs with it .

© Tokat



*Tokat cuisine which has the traces of civilizations which were contained within its 6000 year history has been kneaded with a diversified and rich cultural structure.*

Tokat cuisine which has the traces of civilizations which were contained within its 6000 year history has been kneaded with a diversified and rich cultural structure. Tokat has dish culture, folkloric values, customs and traditions which had survived for centuries and remained intact. Regional product sales are realized in Selemen highlands which is located in Reşadiye

Greatest property of traditional Tokat houses is that one of biggest rooms is cuisine. Cuisine is called as "İşevi" or "Aşgana" between people. Base flooring is coated with tile brick which resembles honeycomb. There is ground stove at one corner for cooking dishes and there is cellar in other part where dried food, tinned goods, sauce, cheese and leaves are stored. Also there is partitioned warehouse where legume and cereals are stored There are kebab ovens and "Şirehanes" in wine estates where grape juice is extracted.

Tokat is well known with its fertile lands as well as its historical and cultural riches. Fruit and vegetable need of Black Sea and Central Anatolia is majorly met from Tokat. All kind of products are cultivated in fertile lands of Tokat.

Most famous taste of Tokat is **Tokat Kebab**. Taste of Tokat Kebab is hidden in that it is cooked with natural products which are grown in that region. Tomatoes are selected from Kazova



lowland between Tokat-Turhal, meat is selected from Karayaka sheeps and Lambs, pepper, potato, egg plant and garlic are meticulously selected from products which are grown in region.

Therefore most delicious Tokat Kebab is eaten between April and October. One of most important properties of Tokat Kebab is that it is cooked in specially designed oven which has 6 parts. It has average 40 minutes of cooking time for potatoes become as berry but remaining meat soft, juicy and pink. Therefore you can try **bacaklı soup** which is another indigenous taste for region. It is cooked with green lentil, noodle, and chick pea. It is served with plenty of mint.



Taste of Tokat stuffed vine leaves had become famous. Leaves which are collected from Kazova vineyards are boiled and salted down and can be stored for a long time period.



Vine leaves are used in many common and different ways in Tokat cuisine. Stuffed vine with fava bean, plum, "bat" with walnut are some of them. "Bat" with walnut which is one the most important dish of region is prepared with green lentils, bulghur, fresh mint, parsley, onion, dill, basil, tomato and meat of a walnut. It is delicious, healthy and different taste. It is eaten with vine leaf or crisp bread.



**Tokat fenugreek** which is obtained by mixing Fenugreek powder which is obtained by drying and grounding the seeds of fenugreek, home made pepper sausage, walnut, garlic, mint, olive oil and salt



is majorly spread over bread and then consumed. It is used as sauce in dishes at Tokat cuisine. Bone in meat are salted down in summer by spreading fenugreek. Those meat are used in winter time.



**Keşkek** is cooked slightly different in Tokat. Keşkek is cooked by boiling beef meat in slight fire together with bulghur and than cooked in oven. Keskek which is prepared in the evening is cooked in oven it is taken from oven in the morning and served to neighbors together with tea.



Cloth sujouk which is traditional taste of Tokat that is also known as **soujouk** with garment is produced from 100% beef meat and has more intense and aromatic taste with respect to other sujouk. Soujouks are filled inside fabric bags which are called as Mermerşahi and dried for 12 days. They are healthier and natural.



**Knotweed** is plant which grows in northern areas of Central Anatolia region may. It can be consumed freshly in its season as well as it can be dried for eating at winter. Knotweed which can be cooked with pastrami or fenugrek can also be cooked with sliced meat, plenty of garlic and spice.

Pehli of **pehli pilaf** which is one of wedding dish of Tokat is made from arm



and rib part of ribs. Meats are mixed with sauce which is made by tomato paste, then fried in hot oil and than boiled in boiling oil. Bulghur pilav is made with broth and butter. Pehli is put over pilaf and then served.



In previous times Anatolian women used chickpea and flour which are basic materials. There is a cupcake maker in Tokat which cooks cupcakes with chick pea yeast since 127 years as a family tradition from father to son. Taste of these cupcakes is hidden to show patience which will be required for yeast. These cupcakes which can be cooked as plain or with walnut can

also be cooked with grape. Plain one is called as **Tokat cupcake**.



Zile town of Tokat is well known with its vineyards. There are different grape types in lands and **Zile molasses** which is made with these grapes is white and also very useful.



**Köme** which is made with Zile grapes and Niksar walnuts for many years is natural healthy and does not include any additives. Walnuts which are dried over a string are dried after being submersed into paste called Haşuda which is made of grape.



*Do not leave from Tokat without drinking Tokat Niksar water, tasting Tokat kebab, buyinh Zile molasse, tarhana, kome, fruit leather, cloth soujouk, rose hip marmelade, grape pickle and mahaleb cherry wine.*