



**“VIRTUAL MARITZA – MERICH CUISINE”**

**MERİÇ REGION TRADITIONAL FOOD CULTURE AND  
LOCAL RESTAURANTS**

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## INTRODUCTION

This study which was prepared within the framework of the Cross-Border Cooperation Program examined the eating and drinking culture in Meriç county and its surroundings and the elements affecting this culture and the forgotten tastes.

Due to being a border region, having historical transit routes and being close to Edirne which is host to the Ottoman Empire, the region has been affected not only its own traditional cuisine but also the Balkan and Western Thrace cuisines in general. In this research; it is a study of gathering the results which are compiled and analysed of written and visual sources in this subject, and evaluated the questionnaires conducted in the region.

In the first part of the work, it is given information about Cross-Border Cooperation Programs, summary information about Bulgaria and Turkey cooperating within the related program in Macro framework, and general information about Haskova and Meriç cities in micro sense.

In the second part, the concept of culture and culture was examined in the factor of the elements affecting gastronomy in the region. The changes brought about by the cultural changes over the food culture over time and the studies in this subject have been compiled and compiled.

In the third, the main focus of the study was focused on the food culture of Meriç and its region. The food culture that has existed in this region for a long time and the changes that have taken place in this culture have been examined and given examples.

In the fourth and last section, information was given about the catering operations in the Meriç region

# **CHAPTER 1.**

## **DEFINITION of CROSS-BORDER COOPERATION PROGRAMS, AN OVERVIEW of BULGARIA, TURKEY, HASKOVA, MERİÇ**

### **1.1.Instrument for Pre-Accession Assistance (IPA) - Cross-Border Cooperation Programs**

The aim of the Cross-Border Cooperation programs is support cooperation in economic and social development in the border regions. Cross-Border Co-operation Programs, which are the continuation of the INTERREG IIPA program during the 2000-2006 period, are being carried out between the EU countries on all their land borders and between certain territorial borders of non-EU countries and border areas on neighboring sea borders with a maximum distance of 150 km.

For the 53 cross-border co-operation programs carried out in the 2007-2013 period, EU finance which are separated from ERDF funds is 5.6 billion euros.

814 million euros have been assigned to cross-border co-operation and watershed cooperation programs implemented between the EU Member States and neighboring non-EU countries under IPA and the European Neighborhood and Partnership Instrument (ENPI). These programs support joint projects that will contribute to the economic and social development of border regions by developing common strategies for sustainable regional development in border regions; entrepreneurship and small and medium-sized enterprises, cross-border trade, tourism and culture; environmental management; transportation, information and communication networks; water, waste and energy management; health, culture and education infrastructure and the development of judicial and administrative co-operation<sup>1</sup>.

Since Turkey is not an EU member, it can not benefit from ERDF support under Structural Funds and since it is not a neighboring country, it can not benefit from ENPI funds; but it can benefit from IPA funds as a negotiating country for EU membership.

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<sup>1</sup>[http://www.ab.gov.tr/\\_45627.html](http://www.ab.gov.tr/_45627.html)

In this context, our country is participating in two programs: the Bulgaria-Turkey IPA Cross-Border Cooperation Program under the Cross-Border Cooperation (IPA) and the Cross-border Cooperation Program in the ENPI Black Sea Basin<sup>2</sup>.

The aim of the program is to achieve a sustainable and balanced development based on the strengths of both countries in the field of Bulgaria-Turkey cross-border cooperation to serve a stronger European cooperation and integration. The priority areas determined to be considered in the selection of the projects to be financed in order to achieve the overall objective of the program are sustainable social and economic development and increase of the quality of life. The program area includes Edirne and Kırklareli provinces in Turkey and Hasköy, Yambol and Burgas administrative regions in Bulgaria. The managing authority of the program is the Ministry of Regional Development and Public Works of Bulgaria and the Ministry of the European Union is responsible for the National Authority in our country.

The IPA, which covers the years 2014-2020 II. In the period I, the IJP will continue to carry out the development of the capacity of the country to adapt to the EU acquis and to establish capacities for economic and social cohesion<sup>3</sup>.

## **1.2.Bulgaria**

Bulgaria is located in the Balkans; Serbia and Macedonia in the west, the Black Sea in the east, Romania in the north, Greece in the south and Turkey in the south. By the end of 2016, 51.4% of the country's population was 7.1 million, and the majority of the country's population (73,3%) live in cities. In 2011, 5 664 624 people or 84.8% of the population in the census defined themselves as Bulgarian, 588318 (8.8% of the population) are Turkish and 325 343 (4.9% of the population) . In the same census, 76% of the population is Orthodox Christians and 10% is Muslim<sup>4</sup>. The capital is Sofia

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<sup>2</sup>a.g.e

<sup>3</sup><http://cbc.ab.gov.tr/anasayfa>

<sup>4</sup>Bulgaristan'ın Genel Ekonomik Durumu ve Türkiye ile Ekonomik-Ticari İlişkileri (2016-2017), T.C. Sofya Büyükelçiliği Ticaret Müşavirliği, Temmuz 2017, [https://www.ekonomi.gov.tr/portal/ShowProperty;jsessionid=eWJtK8NI7xjbJFITXsrGQUMeGoIK\\_lu wPLgGQIXh3M4CFWFY8PWq!1282486083?nodeId=%2FUCM%2FEK-248581](https://www.ekonomi.gov.tr/portal/ShowProperty;jsessionid=eWJtK8NI7xjbJFITXsrGQUMeGoIK_lu wPLgGQIXh3M4CFWFY8PWq!1282486083?nodeId=%2FUCM%2FEK-248581)

and the other major cities are Plovdiv, Varna, Burgas, Stara Zagora, Haskovo, Yambol, Rousseau, and Blagoevgrad.

After the Second World War, under the influence of the Soviet Army in the Balkans, the socialist regime was overthrown in 1990 by the dissolution of the Eastern Bloc. With the constitution adopted on July 12, 1991, the form of government of the country was defined as parliamentary democracy. Bulgaria, a member of the United Nations and the Black Sea Economic Cooperation Organization and the Organization for Security and Cooperation in Europe, has become a member of NATO in 2004 and the European Union in 2007<sup>5</sup>.

The Bulgarian economy is an economy that operates according to free market conditions, is open to the public, and the private sector is medium advanced. According to the World Bank, the Bulgarian economy is in the upper middle-income economy category. On the other hand, Bulgaria, a full member of the EU on January 1, 2007, has undergone major reforms in its economic structure due to EU membership conditions. In the 10-year EU membership, Bulgaria's per capita GDP has increased from 41% to 47% of the EU average, and the share of the population under the threat of poverty and social exclusion has decreased from 60% to 41.3%. However, despite the positive developments recorded, Bulgaria remains the poorest country in the EU. The Bulgarian economy grew at an average of 3.5% in recent years, with GDP at € 47,363 billion in 2016. Domestic consumption and strong export performance has become the engine of growth. Over the last two years, Bulgaria has been among the fastest growing economies in the EU. However, experts consider these rates to be insufficient for the country to meet EU living standards, emphasizing that for a significant improvement in the EU it is necessary to reach an average rate of 1.5% for Bulgaria and 6-7% for Bulgaria. While the unemployment rate was 12.9% in 2013, it decreased to 7.6% in 2016. Bulgaria is a small, foreign trade deficit, open to the outside and slow to change. Low purchasing power, low labor productivity, lack of investment in priority sectors and lack of AR-GE in production negatively affect Bulgaria's

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<sup>5</sup>Bulgaristan Ülke Raporu, Orta Karadeniz Kalkınma Ajansı, <http://www.oka.org.tr/documents/bulgaristan.pdf>



foreign trade. Bulgaria's share in world trade is around 1.6 per cent. The countries where Bulgaria trades most are Germany and Russia. In 2016, Turkey is the fourth country with the highest exports by Bulgaria and the fifth country with the highest imports<sup>6</sup>.

### **1.3.Turkey**

The Republic of Turkey is located at the intersection of Asian and European continents, Georgia, Armenia, Nakhichevan and Iran in the east, Bulgaria and Greece in the west, and Syria and Iraq in the south. The capital city of Ankara is the capital city of Ankara and the total population is 74 million 724 thousand 269 (17th place) according to the 2012 census results based on address. The total area of Turkey is 780,574 kilometers (36th) kilometers.

The land area of Turkey is 814,578 km<sup>2</sup> and Turkey has wider lands than all the European neighbors except Iran and all European countries except Russian Federation. In terms of population, Turkey (about 73 million) is the second largest country of Europe after Germany<sup>7</sup>.

Turkey, one of the most strategic countries in the world with its geopolitical status, is at the intersection of the "Asian, European and African continents called Old World Characters. It is the only bridge between all religions as well as between the East and West civilizations.

The Organization for Security and Cooperation in Europe (OSCE), World Trade Organization (WTO), the Organization of the Islamic Conference (OIC), the Black Sea Economic Organization, the United Nations, the Council of Europe, the North Atlantic Treaty Organization (NATO), the Economic Cooperation and Development Organization Turkey, which is a member of several organizations such

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<sup>6</sup>Bulgaristan'ın Genel Ekonomik Durumu ve Türkiye ile Ekonomik-Ticari İlişkileri (2016-2017), T.C. Sofya Büyükelçiliği Ticaret Müşavirliği, Temmuz 2017,

<sup>7</sup><http://secreturkey.com/turkiye-genel-bilgi.htm>

as the Business Association (BSEC) and the Economic Business Association (ECO), has also started membership negotiations with the EU.

As of 2016, Turkey is the 17th in the world and the 6th largest economy in Europe. In 2016, GDP per capita was 10 807 US dollars and the unemployment rate was 12.7%. The share of Turkey in world goods imports is 1.22% in 2016<sup>8</sup>.

#### **1.4.Haskova**

Haskovo (Hasköy) Region is located in the Southern Center of Bulgaria and Bulgaria is part of the Southern Central Planning Area. The area contains 261 settlements and is organized as 11 municipalities: Haskovo Dimitrovgrad, Blended, Simeonovgrad, Svilengrad, Macarovo, Ivaylovgrad, Lyubimets, Mineralni Bani, Stambolovo and Topolovgrad. The area of the territory is 5542 km<sup>2</sup> and constitutes 5% of the country's territory. Agricultural areas in the region cover 2,471 million decares, accounting for 47,8% of the territory. Forest land accounts for 34.5% of the regional soil with 1,914 decares. According to the 2011 census, 246.238 people live in the Hasköy region, 3.3% of the country's population. 72.2% of the Hasköy population live in towns / towns. Some of the important priorities of the region are their strategic position (they have borders with both Turkey and Greece) and favorable geographical features. There are two important roads - corridors that connect Western and Central Europe to Istanbul and Asia, and the other to Northern Europe to the Mediterranean. Hasköy is 70 km from Central Greece, 80 km from Turkey and 230 km from Bulgaria's capital Sofia<sup>9</sup>.

Although there is no university in the Hasköy region, the branch of the Faculty of Medicine of the former Zagre Trakya University and the Distance Learning Center of the National and World University of Economics in Sofia are located. There are also many vocational high schools here.

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<sup>8</sup><https://www.ekonomi.gov.tr/portal/content/conn/UCM/uuid/dDocName:EK-246678>

<sup>9</sup><http://www.hs.government.bg/bg/biznes-profil-na-oblast-haskovo.html>

Looking at the statistics of the region, it is seen that Hasköy produced 1.8% of the country's GDP. According to the per capita GDP indicator, the share of the region is almost double that of the country average.

The agricultural sector has an important place in the Hasköy economy. Wheat, barley and maize are among the important crops grown here. Sunflower, oats, cotton, tobacco and rape are produced from technical plants. Hasköy also has watermelons, melons, grapes, tomatoes and so on. It is also known as fruits and vegetables. Conditions for growing long-lasting plants / trees such as strawberries, raspberries, cherries, cherries, apricots, peaches are also suitable. The most grown animals here are cows, sheep, goats and pigs. It is observed that duck farms have also increased in recent years<sup>10</sup>.

Industrial sectors important for the region: the chemical industry; wine production; food, beverage and cigarette production; textiles and clothing; build; machinery manufacturing for the food industry; heating and cooling equipment.

The share of tourism in the region is very low, below 0,2%. Tourism is the municipality Mineralni Bani village with the highest share of 3.9% in the economy (spa tourism)<sup>11</sup>.

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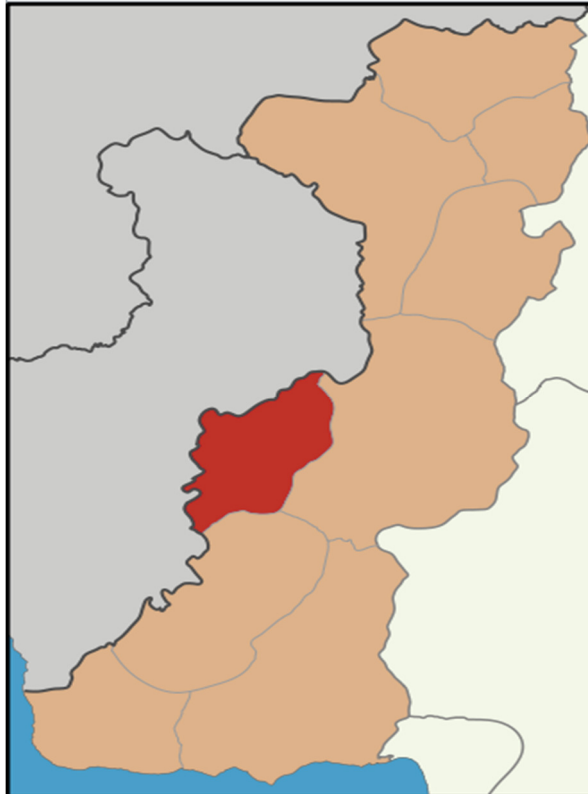
<sup>10</sup>2015, <https://www.deik.org.tr/uploads/bulgaristan-haskoy-haskovo-raporu2.pdf>

<sup>11</sup><http://www.hs.government.bg/bg/strategii.html>

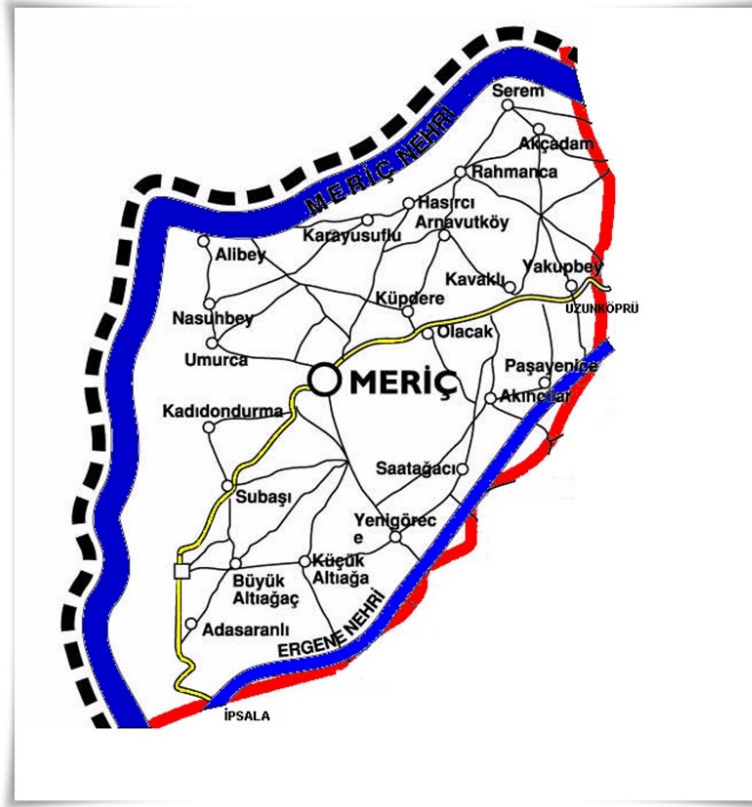
### 1.5.Meriç



According to the data of Meriç District, which is 89 km away from the province of Edirne, which is the opening gate of Turkey to Europe, it is a small district with 2889 rural areas and 11.139 in total, with a population of 14.028. The district with a surface area of 385 km<sup>2</sup> has 41 ° 11'K 26 ° 25'D coordinates. Despite being bordered by Greece, there is no county border gate.



The Meriç district is surrounded by the Uzunköprü in eastern and southern provinces, the Ipsala districts in the south, and the city has 56 km border line in the west and north.



The district takes its name from the Meric River and is composed of 2 villages and 21 villages.

The natural boundaries of the county are the Ergene River in the southeast and the south, and the Meric River in the west and north. The district lands consist of wavy plains and ovals among these rivers. The height from the sea level is 34 meters on average. The highest point is 133 m.

#### 1.5.1. Meriç District Economic Outlook

The people of the district provide their subsistence from agriculture. The main agricultural products grown are rice, wheat, sunflower, sugar beet and legumes. Recently, District District Governorate has been focusing on incentives and alternative

agricultural products, and in particular the production of peanuts has been increasing in the region and about 1000 acres of peanuts have been planted.

In the province, small quantities of apples, grapes, pears, sesame and barley are grown, in addition to livestock. In the district there are also paddy workshops and cheese producers. The traditional handicraft of the people of the district is traditional basketry<sup>12</sup>.

### **1.5.2. History of District**

The Balkan Peninsula is a place where the continental Europe region, Europe, Asia, and African continents intersect, and in terms of climate and geographical conditions, IV. Since the beginning of the Geological Time, it is suitable for the life of human communities. For this reason, the town of Meriç has been home to many human beings for many years and different cultures and civilizations have been encountered in the district history. In the Balkan peninsula, the following cultures of the Neolithic Period have been passed down to us. Early Ceramic Circuit and Proto Sesklo in Tessera, Karanovo I-II in Thrace, Starcevo in Yugoslavia, Kremikovskiy transition groups in Western Bulgaria and Vrasnik in Macedonia. These are the oldest finds and cultures of the Neolithic Period until the present in the Balkan Peninsula. In the Neolithic and Aneolithic periods, people prefer to live in open spaces, rivers, lakesides and sunny valleys are also one of the most important factors in the way that the Meriç district is home to different civilizations<sup>13</sup>.

The history of the town was accepted as beginning with the Trakler who knew the writing, and in the early ages it was located within the boundaries of the Thracian Kingdoms, Persians, Greater Alexander and Great Roman Empires<sup>14</sup>.

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<sup>12</sup>[https://tr.wikipedia.org/wiki/Meriç,\\_Edirne](https://tr.wikipedia.org/wiki/Meriç,_Edirne)

<sup>13</sup><http://www.meric.gov.tr/ilcemizin-tarihcesi>

<sup>14</sup><https://turkiyetarihiyerleri.blogspot.com.tr/2014/05/edirne-meric-tarihcesi.html>

From the 5th century onwards, the Pomak people living in the Balkans descending from the northern hemisphere to the southern tributaries, the orderly and orderly village life, did not only deal with animal husbandry, but farm villages. Pomaks have taught time to develop the art of playing with slices. At the same time, they have the ability to drop detailed notes into these time periods<sup>15</sup>.

Like all people, dividing the years roughly into two. Summer-Winter Cold-warm means meeting the needs of the past, while in the agricultural society it is necessary to divide and mark itself in the Cold times.

The Pomak Communities were the myths of their tomorrow while they tried to direct their legendary ancestors to the caves they lived through oral narrations among themselves in the dark ages. The rituals have also led to the formation of a Pomak cult in the region, bringing together food, entertainment, and tradition, especially in their winter rituals where life is more stable.

#### **1.5.2.1. As a Pomak Ritual Bocuk Night**

In today's Bocuk Night, the amusement factor is intensively observed, but it is still present in a vault where faith is unforgettable. Despite everything in this cultural ritual, festivity, magic, magic, abundance, abundance, food, entertainment are intrinsic, and the aim is to facilitate our lives and the continuity of our souls. Bocuk Night was the starter symbol of the nights that were crowded in the harshest winter months. If the waters are frozen at these nights, it is believed that the year will pass through abundance and abundance.

In most Pomak villages, the term "Bocuk pig" is still widely used for very fat people. It is a reference to the healthier growth of pigs in the cold.

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<sup>15</sup><http://pomaknews.com/?p=8057>

The Pomak people, celebrating their Bocuk Nights with ceremonial rituals in their main dormitories, continue to carry on these customs they brought with them when they came to Marmarada and other Pomak settlements in Trakya in their new home where they had been forced to settle with other Muslims. It is believed that an entity called "Bocuk Wife, Bocuk Mums or Bocuk Dads" walks in White<sup>16</sup>.



[www.edirneaktuel.com](http://www.edirneaktuel.com)

It is believed that the Bocuk wife is dressed in white sheets on a human's shoulder and looks around as an old woman. An elderly woman is chosen from the village ahalis, the woman's stomach is painted in the saucepan and drawn. The woman picks up a pulley on her head and holds a white sheet on it. He puts on a rollaway down his belly and puts a coat on it.

Those who wander outside for the night try to make the Bocuk Night fun. Put a checker baklava on the checkerboard for Bocuk Wife,Mum or Grandfather to come and eat. Three times to hear the Bocuk Grandfather from the roof of the house and

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<sup>16</sup><http://pomakkulturu.blogspot.com.tr>



come and eat;-Bocuk Grandfather or Bocuk Wife are summoned by shouting Saralia (baklava).

Neighbors and relatives participate in even larger houses for Bocuk Night, and for inns with guest hospitality status. In the night of the Bocuk, the pumpkin was cooked in every house. According to Pomak Mythology, the boy-wife-grandmother, the pumpkin, could not enter the house and do evil. In addition to the rash, the pouring of the juice is absolutely gorgeous and the roasted kabak is roasted in the seeds or the like and the Bocuk Wife - the deceased's most hated roots, is spreading.

During the night, various types of pumpkin are cooked, sun-like spirits are cooked, and the smell of boiled corn turns the Bocuk wife-mother-in-law into a frenzy and tears it away. When the beautiful poppies are beautifully flavored with spiced popcorn, rusks, spinach, piriacs, pies, puddings, etc., the fruits are eaten like pears, quince, eaten flax, snowflake, flour and sweet. In the fun conversations that take place around of Pecka stove, the sub-structure of the important sedenkan that will come after that will be prepared as soon as possible.

Bocuk night in the home entertainment tambourines, accompanied by tambourine, ring puzzle, while the losers will play drums alone with the punishment of fun, girls disguised with completely different colors adds to the theatrical night<sup>17</sup>.



<http://www.milliyet.com.tr/fotogaleri/46903-yasam-trakya-isi-cadilar-bayrami/>

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<sup>17</sup><http://www.edirneyenigun.com/yazar/1208/bocuk.html>

Consequently; Bocuk Night, emerges as one of the important rituals of the region that brings together entertainment and food that bring the two together.

## **CHAPTER 2**

### **THE CONCEPT of CULTURE, Food Culture and Historical Process of Food Culture**

#### **2.1. Culture Concept and Elements**

Culture, collecting from the society, changing national behavior from the nation and forms of life and material and spiritual products revealed by worldviews. The items that make up these products are also versatile and varied<sup>18</sup>. The legal system that connects the customs and customs, which means a concept of non-written law, with a written essence, is a indispensable element of a society.

As a matter of fact, the understanding of morality, which is guiding in the conscience evaluations that distinguish between good and evil, is folklore which depends on oral tradition and forms of social assistance and hospitality in Turkish customs and traditions.

This mutual interaction can sometimes be perceived as corruption, sometimes assimilation or change, but it would be more appropriate to interpret it as a cultural richness that emerges more as a result of cultural movement and common cultures. As a result, food, food and nutritional facts are related to the production, consumption and consumption of meals, along with the transformation of food into food. Food and food culture is confined not only to the processes of producing or obtaining a product to be consumed, but also to the habits and beliefs, as well as the impressive factors. We often see in society; keeping the bread up and kissing and throwing it down, leaving the meal at the dinner table and dinner on the plate, wiping the plates and blessing, etc. The dead backyard meal, the dead vaccine, the wedding banquet and the sacrificial feast together are all important factors bringing together the food culture with social values.

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<sup>18</sup><https://www.cokbilgi.com/yazi/kulturun-ogeleri-kulturu-olusturan-unsurlar/>

### 2.1.1. Cultural Items

Cultural items; Cult is a set of established rules of conduct.

It is a cultural element to the rules, standards and ideas that determine the right and wrong, which guide the individuals who provide social order<sup>19</sup>.

#### **Culture generally consists of two elements<sup>20</sup>:**

a) Material Cultural Items: Buildings, all kinds of equipment, clothes, etc. The spiritual culture can be classified as beliefs, values, symbols, norms. The spiritual culture is the customs, customs, behaviors, moral values, values, social norms and mentality changes that make it possible to distinguish a nation from other nations. Spiritual culture contains easily understood and unidentifiable values, beliefs, thought styles. Sometimes they are so in-depth that they can not even recognize the person who owns it.

b) Spiritual Cultural Items: beliefs, traditions, norms, thought forms, etc. Material culture can be described briefly as cultural elements other than spiritual cultures.

In other words, the tools people make, the materials they use, the material culture, while others create spiritual culture.

There is a constant interaction between cultural material and spiritual items. One change in one affects the other.

Culture is influenced by the natural environment of the community ie geographical conditions. For example, the cultures of societies living in mountainous regions differ from those of societies living in culturally productive ovals.

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<sup>19</sup><http://www.toplumdusmani.net/modules/wordbook/entry.php?entryID=6386/kulturun-ogeleri-nedir+kulturun-ogeleri-ne-demek>

<sup>20</sup><http://kulturun-ogeleri.nedir.org>

### 2.1.2. National Culture Items

National Culture is a material object that is a part of this whole with a nation-specific knowledge, beliefs and behaviors as a whole. The social life of a nation includes all kinds of material and spiritual products such as language, thought, tradition, sign systems, institutions, laws, instruments, techniques, art works.

National Cultural Items or Elements; Art (Music, Literature, etc.), History, Language, Religion, Fine Arts (Painting, Sculpture etc.), Philosophy, Basic Sciences (Mathematics, Physics, Chemistry, Biology), Social Sciences (Law, Economics, Sociology etc. ), Technology, Architecture.

#### **Cultural Items or elements can be grouped under 6 headings<sup>21</sup>:**

1. Language; Language is at the forefront of cultural elements. Because without the language, it is not possible for other elements to come into being. Language is the sound world of a nation. Every nation has perceived and interpreted the kainat in different forms. At the same time, language is a cultural treasure that contains all cultural values. A language reveals the mind structure of the nation that uses it, how it thinks, how the mind works and its logic.

2. Religion:It has a very important place in cultural elements. Especially in the ancient times, this cultural element was found in the foreground for centuries and the other cultural elements were left in the shadows. Religion continued to dominate the nations until the empire passed to the national communities. In the age of nationalism, the function of religion decreased when the nations were separated from the empires. The role of religion in the formation and change of cultural influences and other elements of a nation continues. Our religious festivals and ceremonies attract attention as clear examples of this.

3. Tradition and custom:Cultural remnants, habits, knowledge, customs and behaviors that are sanctified by being respected and disturbed in a societal society. Tradition can be considered in three contexts in general. The second is the rooted side

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<sup>21</sup><http://milli-kultur-ogeleri.bunedir.org>

which contains the rich and the kutsi values because of the interest in the saints expressed by the sacrament which is the essence of the tradition, and the second is the essence of the tradition. The third, however, is the sense that tradition is open to all kinds of exploitation. This direction also influences art and literature<sup>22</sup>.

These are the laws of a nation that are not written or all are not written. Most of the written laws are arranged according to tradition and customs. The law regulates the behavior of people in society. People have enjoyed this tradition with traditions and customs for centuries.

4. Art: Art is the manifestation and shaping of a nation's emotions and tastes that distinguish a nation from other nations. It is the way that nations create and find beautiful things. Humankind is sheltered, nourished, trying to eliminate social and spiritual needs. When you do these things you want to linger, to make your soul lecture, to be beautiful, to introduce new beauties. As a result, the artwork comes out. Every nation's artistic tendency is a distinct feature. The words, the sound, the space, the color, the light pleasure and understanding are different. So art is the expression of common pleasure of a nation. The cultural element is divided into branches such as literature, painting, architecture, sculpture, and so on.

5. World Opinion: The world view is a philosophy of life where one nation is different from other nations. Individuals of a nation exhibit common characteristics in terms of attitude, mentality and behavior due to the common culture. These common attitudes and behaviors of the individuals in the face of social and spiritual events bring the world view of that nation to the stage. For this, every millette has different values and value judgments. Military service, heroism, love, substance, honor, cleanliness, morality, death, entertainment etc. As such, life tradition and concepts are met with different behaviors in every millennium.

6. Date: History, which is one of the elements that bring the nation to culture, is the walk and appearance of a nation in the ages. History is unmistakable, but this

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<sup>22</sup><https://www.turkedebiyati.org/gelenek-nedir.html>

past goes into the future by linking today's and yesterday's members within the nation. It provides a fateful unity among the fathers. People from the same nationality can realize their kinship through history. History holds a significant place in the life of that nation as a cultural element that shows where a nation comes and where it goes.

## **2.2. Evolution of Eating-Drinking Cultures in the Historical Process**

Eating and drinking culture has been important in every aspect of human history. It is based on finding food and nourishment in order to maintain people's primary purpose lives 12 thousand years ago today. In this period called the Paleolithic era (600,000-10,000 BC), people migrate to places where they can find plenty of hunting and food, and they choose caves or rock shelters as their shelter<sup>23</sup>.

While eating, drinking and nutrition in basic necessities are divided into two basic categories as human history together with hunting and gathering, hunters are more carnivorous and collectors have more herbivorous nutrition understanding. Then the interactions between the two groups led to the effect of combining two culinary cultures.

According to a study published in a scientific paper titled "Proceedings of the National Academy of Sciences" (PNAS), the fire was discovered about a million years ago, about 300,000 years ago<sup>24</sup>.

Thanks to the control of the fire, rapid progress has been made in such subjects as heating, heating, lighting, burning, hunting, separation, merging, communication, housing, protection, tool making, burial and cooking of foodstuffs. Cooking makes it easier to digest some foods that can not be consumed raw or consumed raw and which can cause problems such as indigestion because they are not soft and can not be separated into small pieces because they are not soft<sup>25</sup>.

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<sup>23</sup>[acikarsiv.ankara.edu.tr/browse/1357/1959.pdf](http://acikarsiv.ankara.edu.tr/browse/1357/1959.pdf)

<sup>24</sup><http://www.dw.com/tr/ateş-ne-zaman-bulundu/a-15856177>

<sup>25</sup>Lewis, Roy, *Evrin Adamı*, p.13, Dost Kitabevi Yayınları, Ankara, 2001

The detection and control of fire also began with the production of medicines today. There is an invention of fire behind the boiling of the grass to drink water or to obtain incense by burning. Techniques such as freezing, salting and drying have made it possible to renew food after months. The variety of materials has increased, the skill of cooking, boiling, frying has developed and all these have led to the formation of different culinary cultures expressing themselves in cookbooks<sup>26</sup>.

Vegetables, fruits and spices, which are unknown in many parts of the world, have entered the lives of people. culinary culture and increasingly general cultural patterns have begun to change. For example, due to the limited natural conditions, only vegetable-fruit cultivation has begun in areas where only grains (wheat, barley, etc.) are dealt with and feed is predominantly based on grains, product diversity is increased and nutrition culture is enriched. After the development of agricultural trade, many products have been recognized by the world societies.

With the industrial revolution, more and more peasants have begun to search for new populations in the future; the city has become a growth area for the industry, a new form of production. Cities with prosperity and a high standard of living have also provided new forms of nutrition to their inhabitants. With the migration from the village to the village, the increasing urban population increased the demand for food products increasing the prices, the changes in the way of providing the livelihood affected the way of human nutrition; large family sofas, the industrial revolution was broken up with the beginning in parallel with the deterioration of the social structure of the family. When immigrants from the village moved to the city and the core families left alone with their heavy and long working life or the men who were left alone could not find enough time to prepare food, the factories had to feed their abdomen with badly prepared meals<sup>27</sup>.

After improving the conditions for mass food, the army also engaged them to feed their soldiers. In the Crimean War of 1853-1856, the first large-scale canning was

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<sup>26</sup>Grefe, Christiane, *Hamburger Çağı*, p. 13, İletişim Yayınları, İstanbul, 1994

<sup>27</sup>[acikarsiv.ankara.edu.tr/browse/1357/1959.pdf](http://acikarsiv.ankara.edu.tr/browse/1357/1959.pdf)



used to feed the units on the British-French front. The development of cooling units and refrigerated trucks contributed to making a big breakthrough in the meat products industry.

The methods of coloring, sweetening and covering the low quality of the product with odor materials have been further improved; the factory, like the army, has become a school of communities that are leaning and eating everything.

The first changes in catering are seen here because the industrial revolution started in England and affected the structure of the UK society. With the development of railways in the UK, the number of hotels has increased and the opportunities to eat out have increased due to the influence of these restaurants with restaurants<sup>28</sup>.

One of the reasons behind the success of large hotels is that they allow women in upper classes to eat in society. In this way, the status of women in society has also changed.

In parallel with the responsibility to feed the people during World War I and afterwards, food houses emerged. Thus, the industrial catering service sector has formed and the food distribution service has started. II. After World War II, there was an expansion in the catering service and in the period between 1950-1990, the number of restaurants increased with the need and desire to eat outside<sup>29</sup>. The progress of the technology, the increase of the population purchasing power, the increase of mass tourism, the cheaper of the overseas trips, ensuring diversity. With globalization, American-based chain fastfood restaurant applications and their European-inspired reflections have also begun to be seen.

With the quick&fast food places, chairs have not been used and food has been started to be eaten in practical tables attached to the wall. As a result, the customers were able to take up less space and eat and eat in a shorter period of time. This has

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<sup>28</sup>Dursun, Ö.Tülin, *Self-Servis Düzenine Bağlı Zincir Fast-Food Restoranların Yemek Salonu İç mekan Biçimlenmesine Bir Yaklaşım*, p. 21. ,Yayımlanmamış Yüksek Lisans Tezi, Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü, 1999

<sup>29</sup>a.g.e. 23

resulted in a more industrial nutritional habit, where consumption has been rapidly replaced by traditional meals, and people have started to move away from the food and tastes that exist in their culture.

### **2.3. Culinary Culture and Historical Development**

Nutrition patterns are shaped by the cultural-geographical-ecological-economic structure and historical process<sup>30</sup>.

The concept of cuisine is not only the food and drink of the nations' kitchens but also the techniques for preparing, firing, consuming, storing and serving these foods and drinks, the tools and equipment preferred during the service, the cuisine and the atmosphere of the kitchen, and a practical cultural structure, including practices, should come to mind<sup>31</sup>.

Institutionalized practices and habits that constitute a culinary culture are not independent of geographical and climatic characteristics. In addition, the importance of economy, technology, logistics resources, migration, urbanization and communication is also important. Prehistoric eating habits are considered to be the first formations of culinary culture and it is seen that they continued to develop in the direction of Mesopotamia and China in the following periods. It is possible to say that the eating and drinking culture in the Anatolian land is dominated by the influence of Egypt and Rome, while the French and English culinary cultures are seen through the Roman cuisine. Another reason for the traces of the French cuisine is, in particular, a reflection of the political interaction of the 19th century.

Culinary culture, which is called Turkish cuisine today, is a synthesis which shows the development of the Turks with the development of Anatolia and the end of this process which includes the food practices of the nomadic food habits. For example, meat, which is an important nutrient in nomadic culture, and nutrition habit

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<sup>30</sup><http://aregem.kulturturizm.gov.tr/TR,12762/genel-ozellikleriyle-turk-mutfak-kulturu.html>

<sup>31</sup>E.Düzgün,Özkaya,[http://www.jotags.org/Articles/2015\\_vol3\\_issue1/2015\\_vol3\\_issue1\\_article4.pdf](http://www.jotags.org/Articles/2015_vol3_issue1/2015_vol3_issue1_article4.pdf)

based on green vegetable-fruit of the Mediterranean basin is a situation that coexist in Turkey today. However, when a clear conceptualization as "Turkish Cuisine" is needed, the period of reference is the Ottoman period and its eating and drinking habits. It is possible to see that the kitchen represents a functional co-operative beside a social consul, when viewed from the outline of this turn, which is divided into two as "palace kitchen" and "public kitchen". The soup kitchens, which are distributed to the public free of charge, are a reputation and a prestigious institution which is directly proportional to the feeding of the subject of the ruler, together with social integration. Similarly, today's Ramadan tents are places where the government has earned its reputation by serving the public's stomach and carries its legitimacy through the food to the public sphere. To return to the Ottoman Empire, it is a reflection of the fact that in the palace there are more than one kitchen, cooking for people in different positions and that the dishes are not only local prescriptions. It is possible to say from the materials and recipes used in this respect that the innovations are often not far away from the adaptation of the palace kitchen. In particular, the influence of the French cuisine is also of interest from the perspective of understanding the influence and spread of foreign culinary cultures today, as well as being dependent on periodical political reasons. Today, the habits of the Turkish cuisine are transformed under the economic influences which include the social orientations and firms, and in this transformation, the developments in the food industry plays an important role besides the increase of the population, the decomposition of the settlements, the intensification of the women into the business life, the increase of the education rate and the level. This kind of transformation is presented as a product of fast changing food habit which is called "fast food" and developed in certain molds. However, it should not be forgotten that; this type of eating habit is a phenomenon already existing in Turkish culinary culture in different sizes and visions. Pitta, dürüm, meatball&bread are Turkish food fast food.

For this reason, it would be more accurate to examine this presentation through global firms, as it presents the "fast food" eating habits as a whole new era. It is also possible to see that in addition to the changes in size and materials used in the kitchen, the tools used vary from generation to generation. The appearance of many habits,

from qualitative and quantitative transformations that are related to the intensification of communication and logistics networks of globalization, from meal times to table order, from age and gender to positions based on social status, are shaped under the influence of the new socioeconomic environment.



Cultural change and erosians have transformed the fast city temposu into a society where the inhabitants are cooked in traditional tinned copper cups and live with a food smell that is presented in the synthetic cups that come with the package and served with the smell of the paper wrapped around.



## 2.4. Gastronomy

Gastronomy is a discipline that ignores the relationship between culture and food<sup>32</sup>. The process of gastronomics is the process of the process until all the edible materials are hygienic, but not to be in compliance with the health, and to be ready for cooking, aiming at maximum palate and eye pleasure. Gastronomy, hygienic, well-organized, nice and tasty kitchen; also comes in terms of food order and system.

According to Scarpato, Gastronomy was composed of the combination of "gastros" used in the stomach sense in ancient Greece and "nomos" used in the rule sense and passed through the literature.

However, according to another source, the Greek poet Atheneaus claims to be inspired by the title of poetry with the taste of food and food<sup>33</sup>.

Gastronomy has been described in various forms throughout history. In many dictionaries, Gastronomy is the art of eating good food and knowledge. In the past, some gastronomists have accepted gastronomy as a good food eating art and science.

The French jurist, author Brillat-Savarin, in 1825 tried to extensively describe the word gastronomy. According to this new definition gastronomy; Besides preparing, producing and presenting food, it also includes reflective and excellent eating-cooking ideas<sup>34</sup>.

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<sup>32</sup><https://tr.0wikipedia.org/index.php?q=aHR0cHM6Ly90ci53aWtpcGVkaWEub3JnL3dpa2kvR2FzdHJvbm9taQ>

<sup>33</sup>[http://www.gastronomimutfaksanatlari.com/FileUpload/ks241201/File/gastronomi\\_1.\\_hafta\\_-\\_gastronomi\\_ve\\_gastronomi\\_ile\\_ilgili\\_temel\\_kavramlar.pdf](http://www.gastronomimutfaksanatlari.com/FileUpload/ks241201/File/gastronomi_1._hafta_-_gastronomi_ve_gastronomi_ile_ilgili_temel_kavramlar.pdf)

<sup>34</sup>a.g.e.

#### **2.4.1. The relationship of gastronomy with other sciences**

The relation of gastronomy with other sciences can be summarized as follows<sup>35</sup>:

- It is about nature knowledge that the properties of food ingredients should be known.
- It is relevant to physics because the quality and composition of the food items need to be examined.
- A variety of analysis and catalysis on foodstuffs (chemistry is related to the fact that a substance reacts to the composition of other substances without changing in a chemical reaction, causing reaction to occur or changing its rate).
- It is about cookery because it is a food art and it reveals nice tastes.
- It is also relevant to the business to buy the needed materials at the cheapest possible price and to sell the prepared products at the most profitable price.
- It is concerned with the political economy because of the income sources it has created through international promotion.

#### **2.5. Traditional Food Approach**

Traditional foods; is defined as a product that is produced by a special process according to the gastronomic heritage, related to a local area / region / country, naturally produced and differentiated, sensory properties related to a local area / region / country, related to a celebration and / or period that is frequently consumed, transferred from one generation to another.

Globalization of food consumption has become a determinant of recent trends toward standardizing products that have been around for decades. The growing demand of fast-moving consumer goods and the weight of global-scale companies, including national food markets, has improved this process against local or traditional products.

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<sup>35</sup><http://dspace.trakya.edu.tr/jspui/bitstream/1/2047/1/SENEM%20ERGAN%20GÖYNÜŞEN.pdf>

The fact that traditional foods have their own characteristics and distinguish them from others, as well as their geographical and cultural roots, require that they be protected both in terms of property rights and in terms of not losing their own qualities.

## **CHAPTER 3.**

### **AN OVERVIEW of MERIC DISTRICT and FOOD CULTURE**

#### **3.1. Culture and Food Culture**

Culture is the common patterns of behavior of people. All human communities have their own cultural values. They can survive for many years as long as they keep them alive. Nutrition culture is also one of the main points of the circle forming these behavior patterns. In this sense, many common characteristics of foods such as selection, preparation, cooking, presentation, consumption and hiding are also referred to as eating habits.

Culinary culture, which we will consider as a form of life of the people, also has a reflections characteristic of the societies in a sense. Namely; Throughout history, it is known that Turks live in a very wide geographical area. Accordingly, the cultural values existing in the structure of the society increased as the different geographical areas spread. It interacted with the cultures found in this soil and integrated with time. From this cultural structure enriched by its own inheritance, the Turkish cuisine has taken its share and has become one of the few cuisines of the world. It is also necessary to refer to this rightful success of our nutrition as a kind of richness, suitability for taste, and a kitchen that allows a healthy and balanced diet with many types of food and drink. The importance given to the palace kitchens and the developed tastes can be presented as an example of the written documents that the Turkish kitchen is in continuous innovation and continuity. There are many researches and writings on the Turkish cuisine of the world that have been made up to date. It is necessary to create a ring of our kitchen culture chain with the past daily nutrition habits and culinary cultures of the Western Thrace Turks. The way of knowing a society always goes through its own table. The word "people do not understand unless you play the spoon" explains it very well. Because at the table, the society always has its own values kneaded, cooked and presented<sup>36</sup>.

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<sup>36</sup>Kalyoncu Vahide, <http://www.turkish-cuisine.org/print.php?id=42&link=http://www.turkish-cuisine.org/ottoman-heritage-3/bati-trakya-42.html>



The conception of the apartment brought by the townsman to the fountain is that the old courtyards are destroyed and therefore the pasta, paste, molasses, it also caused the products to no longer be made. At this point, the courtyard houses with figs, niras, legumes, grapes, even famous piranhas, aubergines, parsley, mint, onions, tomatoes and leek gardens and dozens of flowers grown courtyards will remain and remain in this past due to this change.

Frozen foods are also among the favorite foods. The fact that it is easy to prepare and the nutritional value is higher than other processed foods increases the interest in these products. Another trend that is developing in America is special food. Consumers from Internet sites can demand products according to their own taste. In fruits and vegetables produced with good farming practices, it started to attract the attention of consumers who have knowledge in this regard<sup>37</sup>. It is very natural that this development has also brought about the end of the winter food preparation culture.

The Western Thrace Turkish Cuisine, which has the same characteristics as Anatolian cuisine in many respects, also interacts with the Greek cuisine we live with in the same community. It is possible to find many words related to the nutrition culture that is used in daily life and settled into our language in this conversation. Orange (orange juice), tiropites (cheese triangular pie) taper (plastic closed container), vitam (margarine), harto naphetta (paper napkin), etc. as well as many dishes from the Turkish kitchen are prepared with the same name and the same methods in the cuisine of the Greeks. For example; moussaka, halva, liver filling, meatball etc<sup>38</sup>.

Balkans have met with Avarlar, Pecheneklerle, Oguz and Kuman Turks since 7th century. From Central Asia to Anatolia and the Balkans. A food culture has been formed with different interactions such as pottery from Hittite, Sumer's grain, technique of cooking from Phrygians. Meals cooked in the meats are seen as an important factor in the spread and spread of the Turkish flavor culture. In this context,

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<sup>37</sup><http://www.apelasyon.com/Yazi/58-beslenme-kulturu-ve-beslenme-uzerinde-yasanan-bilgi-karmasasi>

<sup>38</sup>Kalyoncu Vahide, <http://www.turkish-cuisine.org/print.php?id=42&link=http://www.turkish-cuisine.org/ottoman-heritage-3/bati-trakya-42.html>

especially the poor food distributed to the poor has led to the acceleration of the transmission of this taste and culture.

In the newly conquered places in the Ottoman Empire, a celebration is being made to integrate the population and cultures, or rather to bring Turkification and Turkish culture together and with this policy and politics, people from different parts of Anatolia such as bakers, bathmen, shepherds, shepherds, cooks, transfer and centralization of the provinces, the integration was aimed to provide. Although it is aimed to approach the cultural approach with food, it has been possible for the culture of the new conquered lands to interact with the Anatolian culinary culture and for the new culture of the synthetic culinary to be formed and the richness in the culinary culture.

Trakya, whose name comes from the warrior Traklar, who migrated from Central Asia and settled in these lands, shows diversity in socio-cultural structure due to the migrations he witnesses. Two waves of immigration affect Trakya's present cultural and social structure. One of them is experienced by the arrival of Pomak and Gacallar after the Ottoman-Russian War (1877-78), also known as 93 War. Another factor is that after the signing of the Treaty of Lausanne (1923-24), Thracian territory opens the Muslim Gacal, Pomak and Roman communities migrating from the Thessaloniki, Serez, Yenice and Kayalar regions of Greece this time<sup>39</sup>. By 1930 groups migrating from Bulgaria started a new life in Thrace, and today there is a rich cultural mosaic created by many ethnic groups in the region. This diversity is also reflected in the culinary culture. Thrace Region, which forms a bridge between Europe and Asia, offers rich cuisine, folk dances, weddings and colorful life sections through music. This is the geographical position and historical development of the main cause of your polygamy. This historical and cultural mobility is also the diversity of Thracian food. Thracian cuisine is our cuisine, which reflects the cultural interactions in our country with the best taste of delicious soups, olive oil, hot dishes, dessert, pastries and pastries<sup>40</sup>.

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<sup>39</sup><http://hayatgidam.blogspot.com.tr/2012/06/trakya-mutfag.html>

<sup>40</sup>a.g.e.

Although modern and practical food habits lead to the forgetting of some of the dishes, it is also possible to eat some of the foods such as albanian soup, albanian soup, liver sauce, leek soup, potato soup, ılbır, bakla fava, ayşefasulye paşı, lorlu pepper, keşkek, eaten at the beginning of the meal and dessert. The lightness of the dishes, the abundant use of vegetables, the emphasis on olive oil, easy to find materials and practical cooking methods make Thracian food different. In Thrace pastry and pastries offer a real taste of flavor. For example, water, yeast, salt and flour is mixed with the dough is obtained in the consistency of the dough, flour made on the sheet, butter, powdered sugar or honey is put on among the nice pastry works eaten. Thracian cuisine is famous for its pickles and biscuits. It is a reluctance to have at least three kinds of jam in every house in this locality where even jam and tomatoes are made<sup>41</sup>. One characteristic of the jam is that it is thrown into it when it is boiled. Unfortunately, most of these foods are unlikely to be found in restaurants and restaurants in Thrace. Pastries, usually made in houses, are served by being cooked immediately. Durable pastry such as tarhana, noodles, mangor, couscous rice and dry yufka are made from the summer to be consumed in winter. What women are working with imeceğiniz duties, this dough opening days, creating a real chat and entertainment environment. Then there are the famous onion pies, interesting tolchka made with red berries and walnut pie which is very widely made.



Tolkça (Aubergine Salad)

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<sup>41</sup><https://gezimanya.com/turkiye/trakya-mutfagi>

Border city Edirne, Edirne, which embraces the Sea of Marmara Tekirdağ, Kırklareli to the Black Sea, the epic city of Çanakkale and Eastern Trakya Region, which embraces the European side of Istanbul, is a region that houses dozens of secrets and colors. contributed.

### **3.2. Gastronomic Culture of the Region**

Edirne-based region has a great proposition in Turkish history with its history, location, culture. The conquest of this city, which had been the capital of the Ottoman Empire for 92 years, has been a turning point in terms of Turkish and European history. Due to its geographical position, the city has become a sight of many civilizations since the early ages and still continues to be more important. With its border with Greece and Bulgaria, the city has made Turkey the gateway to the West.

The city, which is so important for the Ottoman Empire, has gained a great deal of cultural experience. In the formation of my cultural accumulation, the influence of the unique cuisine of the palace cuisine and the Rumeli region is great.

In fact, despite the fact that they have a very rich cuisine, the number of people who know the local dishes has decreased considerably, due to the fact that the time has come for economic or educational migrations and for the minorities living in the 1970s to abandon the city<sup>42</sup>. Although the effects continue in the countryside, it is known to be forgotten in the city center. However, with the migration from villages to the center of Edirne and other cities, traditional meals in the countryside have been forgotten and not started. Especially when the food enterprises in the Meriç District, which is the subject of the research, are examined, it is seen that the foodstuffs of the general food are decorated instead of the traditional food. On the other hand, while red meat popularity and meatballs and lungs are still in this area, it is also a pleasure for some operators to continue to make Liver Filling, a traditional dish that is special to the region for certain days of the week. Culture and Tourism Directorate and Edirne Municipality organize "Traditional Home Cooking " competitions in the historical

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<sup>42</sup>[dspace.trakya.edu.tr/jspui/bitstream/1/2047/.../SENEM%20ERGAN%20GÖYNÜŞEN.pdf](https://dspace.trakya.edu.tr/jspui/bitstream/1/2047/.../SENEM%20ERGAN%20GÖYNÜŞEN.pdf)

Kırkpınar festivals every year for the continuation of food culture. The aim is to remind the forgotten varieties.

When we look at the structure of Edirne and regional cuisine, it is seen that pastry works and meats are always preserved because of the large number of agriculture-related rural areas. Soup, sweets, meat dishes, pastries, jams, sorbet and beverages and pickles constitute the gastronomic products of Edirne.

Some are frequent in the region and the forgotten local foods can be summarized as follows:

### **3.2.1. Acıbadem Cookie**

Traditional Turkish biscuits. Almonds are made with sugar and egg whites. There is a bitter almond on top of the traditional one. The reason of the Cookie is that<sup>43</sup>.

It is reported that this person cultivated almond trees and the cookies made from these almonds were made with "Hacı Badem" and later referred to as "Acı Badem"<sup>44</sup>.

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<sup>43</sup><https://tr.wikipedia.org/index.php?q=aHR0cHM6Ly90ci53aWtpcGVkaWEub3JnL3dpa2kvQWPEsWJhZGVtX2t1cmFiaXllc2k>

<sup>44</sup>[dspace.trakya.edu.tr/jspui/bitstream/1/2047/.../SENE%20ERGAN%20GÖYNÜŞEN.pdf](https://space.trakya.edu.tr/jspui/bitstream/1/2047/.../SENE%20ERGAN%20GÖYNÜŞEN.pdf)



### 3.2.2. Ciger Sarma

In Edirne cuisine, where the liver dishes are famous, the liver is a very old meal. It is a traditional flavor made in the region of Trakya in order to announce the arrival of spring<sup>45</sup>. Today, it is also found in the menus of restaurants that have Ottoman cuisine.



### 3.2.3. Deva-i Misk

Helva; In the Turkish culinary culture, it is a constant element extending from Ottoman to daily. In the period when the Ottoman Empire was the capital city, this beautiful halva, given as medicine to the daughter of the sultan who lived in Edirne, is

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<sup>45</sup><http://www.nefisyemektarifleri.com/ciger-sarmasi/>

understood to be deva everywhere. This kind of halva which is fragrant with 41 kinds of spices is made<sup>46</sup>.



#### 3.2.4. Gerdaniye

Meat and sugar meet each other, Edirne cuisine is a meat dish forgotten Gerdaniye. This dish, which has not been done yet, but is seen with different touches in concept restaurants, was found in Ottoman palace kitchen. Edirne, whether in the region or even throughout Trakya'nın food has been forgotten. Even if this gun is made in concept restaurants, the use of spices or other fruity products for sweetening in palace kitchens is not being used to eat sugar<sup>47</sup>.

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<sup>46</sup><https://www.arslanzade.com.tr/eticaret/deva-i-misk/deva-i-misk-helvas-500gr.html>

<sup>47</sup><http://www.trakyaagezi.com/gerdaniye/>





### 3.2.5. Kandilli Mantı

With the reason that it is a hunting region, the flesh of game animals in Meriç and its region enrich the food culture with different cooking techniques. The ravioli, which must be made with the hunt, is also made with chicken by a little change<sup>48</sup>. Inside the yufkasun prepared like normal ravioli, rice piled inside and placed on the mantle which is closed by four are given to the fir. When you leave the flour, boiled duck or chicken water is poured over and served with the meat.



<http://www.trakyaagezi.com/kandilli-manti/>

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<sup>48</sup><http://www.hudutgazetesi.com/haber/34194/kandilli-manti.html>



### 3.2.6. Mamzana

This food is made with aubergine and green pepper, tomato, garlic and vinegar cooked in a special way, served with salad as well as food.



<http://www.trakyaagezi.com/mamzana/>

### 3.2.6. Eggplant Jam

Eggplant Jam, especially seen in the Mediterranean cuisine, is also seen in our region. It is used in the frost that has fallen on the region. The jam made by keeping fresh aubergines in the lime juice from the flower is the most favorite jam in the region<sup>49</sup>.



<http://www.receltarifleri.com/tag/pekmezli-patlican-receli-yapimi/>

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<sup>49</sup><http://www.trakyaagezi.com/patlican-receli/>

### 3.2.7. Hardaliye

The drink made in Kircasali and Yeniköy, which is still connected to Edirne's Uzunköprü district, is very special with its color, flavor and taste. The beverage prepared in about a month is made by putting a round and wooden barrel of grapes and mildew. Many of the foods listed above are not recognized by people living outside Edirne. Of course Edirne Cuisine is not just these dishes. However, as Edirne says, many people come with fried liver, meatball, almond paste and feta cheese.



<http://arsiv.sabah.com.tr/2009/05/03/pz/haber,0C8B4682BBD44BFA9398ED7D1D99801D.html>

Many of the foods listed above are not recognized by people living outside Edirne. Of course Edirne Cuisine is not just these dishes. However, as Edirne says, many people come with fried liver, meatball, almond paste and feta cheese.

### 3.3. Featured Products in the Gastronomic Culture of the Region

The Edirne-based district has a rich food culture due to both the Ottoman cuisine and the local cuisine. In the Meriç region, since the ancient civilizations have existed since the settlement and life, the food culture has been enriched parallel to this. As in the whole of Trakya region, meat, game animals and water aliens in the Meriç region also influenced the cultures. However, it can not be promoted as much. Despite the fact that it has such a rich food culture, the products that are most demanded and favored by visitors from outside Edirne are; pans liver, dumplings, almond paste and white cheese. Especially after the EMITT Fair held in 2005, the awareness of the pan

has increased considerably and has undertaken a locomotive role besides Kırkpınar Oil Wrestling and its historical works in introducing the city.

**Frying Liver;** Edirne, who had made the Ottoman Empire's seat, has a rich palace and Rumeli cuisine. One of the most important products for Edirne among these rich cuisine products is the Tava Liver. Despite having more than 100 years of history, Edirne Tava Ciğeri, whose name has been heard at the EMITT 2005 Fair and has played an important role in the promotion of Edirne for the last few years, has become a product registered by the Turkish Standards Institute since 25.07.2009.<sup>50</sup>.



[http://www.lokantalarim.net/wp-content/uploads/2017/02/20170220\\_144919.jpg](http://www.lokantalarim.net/wp-content/uploads/2017/02/20170220_144919.jpg)

The food of Pomaks, which is settled in the region, is food that is common in the Balkans. Kabaklı pörek, or tikva, is a traditional dish made from corn flour. The only agricultural products that the Pomak Turks have produced for their consumption are called "kumpir", which are almost never missing from their tables. Their meals generally sit in a circle around the table. Almost every potato and soup is available. The food, the tastan or the soil laid out, is eaten jointly by everyone. Pomaks are usually dealing with livestock<sup>51</sup>. This lifestyle also manifests itself in the food culture of Pomaks. Mainly have heavily burnt dishes of animal food such as meat, milk,

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<sup>50</sup><http://www.tpe.gov.tr>

<sup>51</sup>[http://www.academia.edu/6680376/Pomak\\_Yemek\\_Kültürünün\\_Yaşayan İzleri\\_Bir\\_Sözlü\\_Tarih\\_Çalışması](http://www.academia.edu/6680376/Pomak_Yemek_Kültürünün_Yaşayan İzleri_Bir_Sözlü_Tarih_Çalışması)



cheese, butter. Poodles are served with meat dishes and pies. It has been observed that pomaks use all herb varieties more in pastries. The pastries are particularly yoghurt and are cooked in ovens and served with a compote.



<http://www.yiyorumbuyuyorum.com/zumrutten-tarifler/kirpik-pirtik-borek/tarif31.html>

The use of meat as a meal is very common in the Meriç region, which has been influenced by Western Thrace Turkish cuisine. Beef-kid, sheep-lamb and beef meat are at the head of the meat-eating animals. For the societies, for special occasions, the meals of the meals are indispensable. Especially in the beginning of the spring it is very important to turn a kid or a lamb into a ceremonial quality for spouses, friends, family gatherings, hıdırellez and picnics. When the meat of the slaughtered animals had not been stored for a long time, such as refrigerators, freezers, etc., meat or minced meat would be roasted and stored in a place that would not wrap the cloth bags and get damp. If the part of the sacrificed meat from the house is to be stored as raw, it will be released into the cooler wells with baskets. Nowadays, either the meat is taken or the meats taken are separated according to the food feature to be made and kept in the ice-cube or freezer with the pouches. Kidney, liver, tripe, intestines such as intestines are often used. The meatballs are usually fried with salted water on top of rounded potatoes. Grilles that are baked on the grill are also preferred because of their light weight. Meatballs have not won the feature of being a meal alone yet in our kitchen. The ready-to-eat Tekirdağ köftesi has recently taken its place in the kitchen.

Chicken, turkey, and goose meat are among the indispensables of this cuisine. When boiled, soup and rice are made from the water. It is famous for eating chicken

with plenty of onions made with the village hen. These meats are preferred because they are light as vegetable dishes and grill. Hunting animals, such as rabbit, quail, partridge, duck, geese, after hunting animals, such as stew, pie, drip, yuzkalı used to make food. The dripping with chicken is the head crown of the banquets.

The existence of rivers in the region as well as the distance to the sea at the same time due to the fact that there is a food culture for salty and freshwater living creatures. Although fish eating culture was not very common in the past, many families especially prepare a meal of fish for the day when many families are in the city market.

In freshwater fish, fish such as carp and recently broadcast have become more eaten. Salt water fish include sardine, horse mackerel, anchovy, mackerel, sea bream, mullet, barbun, calamari etc. fish are preferred. The fish are usually prepared as frying, grilling and frying. White flour, which is traditionally known as red pepper flakes, is also fried with crushed tarhana alongside corn flour and various flavors are revealed.

Frogs in the region, also known as water quail or water bulbul, are also foods that are in demand. After immersing the frozen frog in egg and corn flour, it is preferred as a nourishing frog nip fish, which is cooked and served for 10 minutes on a low heat, and unlike what is known, it is forbidden to eat (as religion approach)<sup>52</sup>.



<http://www.ntv.com.tr/yasam/bir-porsiyon-kurbaga-bacagi-7-5-tl,NFPghz2mvUKyZ8To-5hpkQSu>

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<sup>52</sup><http://www.ntv.com.tr/yasam/bir-porsiyon-kurbaga-bacagi-7-5-tl,NFPghz2mvUKyZ8To-5hpkQSu>

Especially yoghurt and cheese are indispensable for Western Thrace Turkish cuisine<sup>53</sup>. For this reason, Milic District Milk Producer Association was established in the district<sup>54</sup>. The purpose of the association is to carry out the necessary marketing activities to increase the quantity and quality of the produced poultry, to solve the problems of the dairy producers, to provide the necessary infrastructure for milk production at high standards suitable for the hygiene conditions, to provide education of the members, and to protect the economic interests of the members of the association by taking measures that would increase the market value of the wholesale bazaar produced in the district. Since 2013, the Union has provided consultancy services to its members within the scope of Agricultural Publication and Consultancy Services. Thus, by marketing the production of milk and dairy products in the region, increasing the quantity of the indispensable products of the region is seen as the ultimate goal.

In the region; Meat, vegetables, dry legumes, stuffed vegetables, macaroni, aubergine and pepper fries are served with garlic yogurt. Yoghurt is preferred at dinner. Cheese or sediment (reach); brioche, salad, cheese, pasta, etc. Butter; food, rice and dessert. Most chicken eggs are used. Also turkey (bibi), geese, duck eggs are used frequently, although not frequently. Egg; boiled, omelets, oil, yogurt, soup, pastry, cakes, cookies, dessert productions and salatas are also used<sup>55</sup>.

Beans are cooked with chickpeas, lentils (green) pieces or bone meats. It is consumed as meal (single main meal). Beans and chickpeas are also cooked with a paddle, a head, and a calf's tail. Chickpeas are used in rice with butter after boiling. The portion of the plain cooked bean meal is mixed with garlic yogurt the next day and placed in the appetizer as an appetizer. Consumption with green lentil and garlic yogurt is also very often.

Grains and cereals are undoubtedly the flour obtained by milling wheat. In Western Thrace Turkish cuisine, flour is used for preparing many foods from bread to

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<sup>53</sup><http://www.meric.sutbirlik.com/hakkimizda.php>

<sup>54</sup>a.g.e.

<sup>55</sup><http://www.turkiyegazetesi.com.tr/Genel/a509129.aspx>

soup, soup to helvası. Breads are bought from places such as bakeries and grocery stores, but nowadays, breads are also made for consumption of the family in the bakeries located in the courtyards of some village houses. It is the best example for the use of dry or wet tarhana which is the first among winter foods<sup>56</sup>. It is a remarkable feature of the regional cuisine that it is consumed with cheese crumbled in the middle of the morning as well as in the morning when the stewed bread is chopped up and consumed. Nowadays, in villages, flour is also used in making couscous, noodles and home made pasta. Wheat; it is salted and consumed by making a boiled or simply boiled. Pop corn is one of the important foods of winter nights. Cracked wheat is often used as an example of a rabbit pasta. Also cracked wheat is added to the stuffed rice with rice. More rice is preferred as rice. It is also necessary to add the chickpeas, one of the most characteristic foods of our meal. Rice also contains soup, stuffed, wrapped, pie, rice pudding and the like. It is used to prepare foods such as. Pasta is consumed with garlic yoghurt. Stewed casserole with tomatoes. Bread consumption is less than food consumption. It is not very often that hobbling is the same as it used to be. For pastries and baklava, mostly ready-made yufkas are used. The rabbits and grapevines are in the front row in the open buns. Especially the societal dishes, also called gaziler helva, made of semolina, are indispensable. They are consumed in the baklava, milk and fruity desserts.

Pasta is consumed with garlic yoghurt. Stewed casserole with tomatoes. Bread consumption is less than food consumption. It is not very often that hobbling is the same as it used to be. For pastries and baklava, mostly ready-made yufkas are used. Especially the societal dishes, also called gherkin helvası, made of semolina, are indispensable. They are consumed in the baklava, milk and fruity desserts.

There are all seasonal vegetables in the regional cuisine<sup>57</sup>. For example; These vegetables are amongst these vegetables: okra, green beans (cabbage), cabbage, leeks, eggplant, pepper, tomatoes, cucumber, parsley, mint, green and dry onions, wet and dry garlic, zucchini, spinach, lettuce and potatoes. Many vegetables are usually cooked

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<sup>56</sup>a.g.e.

<sup>57</sup><http://dspace.trakya.edu.tr/jspui/bitstream/1/2047/1/SENEM%20ERGAN%20GÖYNÜŞEN.pdf>

with meat or rice. Most of the food cooked with rice is consumed with garlic yogurt. Eggplant, pepper, potato, zucchini are used more in frying. It is eaten with tomato sauce or garlic yogurt. It is also important not to forget the types of foods called yoghurt from the foods consumed with garlic yogurt. Radish, turnip, carrots are shredded and a lemon salad is made. Most of the dishes used tomatoes. Paste is not used unless necessary. Although it is one of the preferred vegetables of Albanian origin, Leek is widely used in the Meriç region due to the intercultural interaction. It is used to prepare many foods such as leek, cover, pie. It is eaten raw with bread and with meals. Eggplant is used for making many kinds of food such as moussaka, roast (dog mangas), fries, bacon. Just as it is in Western Thrace Turkish cuisine, there is also a stew in the making of these dishes, with almost every type of vegetables having a very wide use in the region. Potatoes; frying, snapping, smothering (boiling), meat dishes are usually most commonly used. Vegetable dishes are eaten as main course. For this reason it is served hot or warm. Very well known in terms of health, regional use of garlic, the use of as much age as the kurfusa in the Turkish cuisine, has also caused the region to be used too. Garlic is often used to give flavor to some foods in plain, with plain bread, kneaded into yogurt and sauce. Many vegetables such as beans, peas, fresh beans are cooked as meat or olive oil. Chicken okra is our famous vegetable dish. Even though the consumption of salads in Sofra is reduced by the pickles in winter, it gives an appetizing view beside the decoration of various salad dresses made from the vegetables found in every season. The characteristics of Aegean and Mediterranean cuisines are seen with the fact that there are many vegetables and salads in the tables. Due to this, spontaneously grown weeds are also frequently used in nature. In the region; from natural herbs like kenger, labada, poppy; salad, food, burrito etc... It is made.

The most popular of the fruits grown in the garden and on the fields is the most popular fried rice (small, yellow, oval). Also, in the spring months the jungle (cantery, usually washed and then eaten with salt). Raisins are also common in figs, sour cherries, apples, pears, melons, watermelons, cherries, quince, pomegranates, peaches, apricots, walnuts, almonds. Most of the fruit is consumed as an edible food, especially in jam and marmalade. It also means that the jam is served on a plate with dessert fork or spoon. The inside of the walnuts is ready as baklava material. Some of the other



fruits are consumed as compost. Even if it is not very frequent and forgotten, some fruits are made of fruit. Especially grapes and molasses are made from watermelon. Leaves are used in salami.

At the beginning of the seasonal spices used traditionally in the regional cuisine are red pepper, cumin (cinnamon), cinnamon, clove, vanilla, thyme, dry and mint, parsley, dill, garlic, onion, cress.

Especially ayran, compost, coffin (cold), fruit (juice), lemonade, is used. Another characteristic of the ayran is that it is served without salt. Again, it is not common to find mosquito syrup and various syrups. Jam waters are also diluted and served as "cold".

Hardaliye, which has a traditional taste but has been renowned in recent years, also takes its place in sofras. In order to obtain the Hardaliye which is mostly preferred in the production of merlot, shiraz and gabarnet grapes, the grapes are first crushed only to be crusted (to make the color dark), then crushed until Haldeliye is cracked to prevent the turnover of the syrup into wine or vinegar, layers of leaf cherry are placed in oak nuts or in soil clusters. After 15-20 days after the boiling period of Hardaliye, the consistency is intoxicated. For the removal of the tortillas, the tapestry Hardaliye is removed from the spout by opening the taps and finally the water added to the barrel is reduced to the Hardaliye spout and ready for drinking<sup>58</sup>.

Warmly, plant herbs such as linden and chamomile can be given as an alternative to black tea. While it is mostly prepared, these tea are put in cloves for a nice smell<sup>59</sup>. Nowadays, it is consumed with love of chocolate and coffee, cappuccino, cacao, frapeler (hot or cold coffee, sugar, milk, sparkling coffee) with the cultural interaction and media driving force. Cola drinks occupy tableware as well as some damages due to visual effects in all world cuisines.

The most important drink of our society is undoubtedly the gourd that is consumed at all hours of the day. It is almost impossible to give up the Turkish cup

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<sup>58</sup><http://www.karlibaghardaliye.com.tr/hardaliye.html>

<sup>59</sup><http://www.turkish-cuisine.org/print.php?id=42&link=http://www.turkish-cuisine.org/ottoman-heritage-3/bati-trakya-42.html>

which has produced many words on it. The coffee is called the "heartbeat". In the first hour of the day, a cup of coffee is called "good digestion", "distress you" in the interiors, friends, neighbors, guests "drink chat", and drink coffee. It was observed that it was expensive in the past, when it was not found, it was observed that it was roasted in the cabbage and cooked with the same coffee cooking technique. In today's conditions, it is observed that every kind of food can be easily found, and the economical situation is not in the region as it is in the whole country as the tradition of preparation of food as winter as the influence of the old. Still, it is necessary to specify the winter foods that are made or not given up for habit. Home-made pasta, couscous, tarhana, pickles, molasses, canned vegetables, tomato paste, pepper, capsicum, ornamental pepper, jam and marmalades, leaf salami etc... it is mostly done in the villages. Preparations of the pickles found in the winter cuisine in the regional kitchen are two-sided, in the form of syrup and lemon pickles, but mostly pickled pickles are used<sup>60</sup>. The pickles take precedence over the salads on the table.

Traditionally breakfast is a breakfast habit in the home, small stale breads are cut into, red buttered with butter, if desired, crumbled cheese, tarhana soup is spooned and eaten.

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<sup>60</sup><https://onedio.com/haber/rumeli-tursulari-ve-mezeleri-330730>

## CHAPTER 4

## MERİÇ REGIONAL FOOD ENTERPRISES

<b>Restaurant Name;</b>	Gazioğulları Meat restaurant
<b>Address;</b>	Aliçetinkol street. No: 16 Meriç / Edirne
<b>Telephone;</b>	+90 535 430 42 33
<b>Working hours;</b>	08:00 – 00:00
<b>Busy Hours;</b>	12:00 – 13:00 / 19:00 – 21:00
<b>Meals in Menus;</b>	Grilled meat products (Meatballs, tenderloin, lamb skewers, antıkot), Tripe Soup, Teapot Soup, Mamzana, Haydari, Spicy Grilled.
<b>Most Requested Meals;</b>	Grilled Meat Products, Tripe Soup.
<b>Average Number of Clients per Day;</b>	30 – 40 Person
<b>Intensive Days;</b>	Tuesday and Sunday



**41°11'24.9"N 26°25'06.0"E**

Gazioğulları Et Lokantası has a menu and especially serves to customers who want to consume alcohol besides eating. With its customer portfolio it has been the preferred venue of Meriç District since 2015. The meatballs, tenderloin, lamb skewers and antikot are grilled on the restaurant menu and are presented to customers. From this point of view, the fact is that red meat is common and demanding food in the region's food culture.



## Grilled Meat Balls



## Tripe Soup



## Grill Types

<b>Restaurant Name;</b>	İmparator Deniz Restaurant
<b>Address;</b>	Büyük Doğanca neig.. Artezyon street. No:8 Meriç / Edirne
<b>Telephone;</b>	+90 284 415 20 22
<b>Working hours;</b>	06:00 – 18:00
<b>Busy Hours;</b>	12:00 – 14:00
<b>Meals in Menus;</b>	Grilled Meatballs, Liver Kebab, Moussaka, Lentil Soup, Pepper Soup, Ricotta Soup, Tas Kebab, Rice Rice, Rice Cake, Sesame Hayrabolu Freshwater.
<b>Most Requested Meals;</b>	Grilled Meatballs, Tas Kebabı, İç Pilav, Soup Varieties, Forest Kebab
<b>Average Number of Clients per Day;</b>	100 – 120 Person
<b>Intensive Days;</b>	Tuesday



**41°11'23.9"N 26°25'06.6"E**

Emperor Deniz Restaurant is located in the center of the bazaar and offers an advantage for the customers to reach easily. With its menu, it is a delicious alternative especially for lunch. The restaurant, which does not serve alcoholic beverages, comes to the forefront with its different tastes prepared for itself. Especially the grilled dumplings and the foamy ayran make a difference.



Grilled Meat Balls



Tas Kebabı



İç Pilav



Lentil soup

<b>Restaurant Name;</b>	Meriç Doner
<b>Address;</b>	Büyükdoğanca neig.. Cumhuriyet street. No:17 Meriç / Edirne
<b>Telephone;</b>	+90 284 415 17 67
<b>Working hours;</b>	07:00 – 19:00
<b>Busy Hours;</b>	12:00 – 13:00
<b>Meals in Menus;</b>	Meat Doner, Chicken Döner, Lentil Soup, Rumble Soup, Egg Egg, Chicken Saute, Eggplant Kebab, İskender Döner, Rice Rice, Sour Meatballs.
<b>Most Requested Meals;</b>	Meat Doner, Chicken Döner, Egg Eggs, Chicken Saute, Sour Meatballs.
<b>Average Number of Clients per Day;</b>	80 – 100 people
<b>Intensive Days;</b>	tuesday



**41°11'24.6"N 26°25'08.1"E**

Meriç Dönercisi serves the customers who want delicious döner meal in the city center. In addition to the doner varieties, he has also mentioned his name in the town of Meriç with chicken eggs, chicken saute and sirloin meatballs. In particular, the restaurant that the working group has chosen for lunch has also increased its customer base by providing service to its business establishments.



Grilled meat balls



Meat döner



Chicken Saut



Ekşili Meat

<b>Restaurant Name;</b>	Meydan Restaurant
<b>Address;</b>	Büyük Doğanca Neighborhood. Cumhuriyet Street. No:4/A Meriç / Edirne
<b>Telephone;</b>	+90 284 415 17 67
<b>Working hours;</b>	06:00 – 19:00
<b>Busy Hours;</b>	12:00 – 13:00
<b>Meals in Menus;</b>	Tas Kebab, İzmir Meatball, Arnavut Ciğeri, Dalyan Meatball, haricot bean, gombo, Kadınbudu Meatball, Grilled Meatball, Bulgur Rice, Rice, Lentil Soup İşkembe Soup, Revani, Hayrabolu Dessert
<b>Most Requested Meals;</b>	Tas Kebabı, İzmir Meatball, Kadınbudu Meatball, Rice, Lentil Soup, İşkembe Soup
<b>Average Number of Clients per Day;</b>	80 – 100 People
<b>Intensive Days;</b>	Tuesday



**41°11'24.9"N 26°25'08.1"E**

Meydan Restaurant, which operates in the district of Meriç, is crowded with its rich menus. At the restaurant, which has a lot of watery dishes, there is an albanian cigar menu which is a local flavor.



İşkembe Soup



Taş Kebabı



İzmir Meatball



Kadınbudu Meatball

<b>Restaurant Name;</b>	Meriç Pide Kebab Restaurant
<b>Address;</b>	Büyükdoğanca Street. Kaymakam Kadir Aydoğan St.. No:17/A Meriç / Edirne
<b>Telephone;</b>	+90 284 415 16 60
<b>Working hours;</b>	10:00 – 22:00
<b>Busy Hours;</b>	14:00 – 18:00
<b>Meals in Menus;</b>	Pide Kinds (Muhtar Pide, Et Döner Pide), Kebab Kinds, Lahmacun Kinds, Lentil Soup, Künefe
<b>Most Requested Meals;</b>	Pide Kinds
<b>Average Number of Clients per Day;</b>	50 – 70 people
<b>Intensive Days;</b>	Tuesday -Wednesday



**41°11'24.1"N 26°25'10.1"E**

Meriç Pide Kebab Hall, which can be described as an alternative and different flavor stop for those who live, work and study in the center of Meriç, are talking about their name with their pide varieties. The puddle prepared by opening the thin dough is demanded by the customers especially at noon.



Kaşarlı Pide



Kıymalı Pide



Ekşimikli Pide

<b>Restaurant Name;</b>	Hacı'nın Yeri
<b>Address;</b>	Büyükdoğanca neighborhood. Ali Gürgen street. Number:1 Meriç / Edirne
<b>Telephone;</b>	+90 284 415 16 86
<b>Working hours;</b>	05:00 – 19:00
<b>Busy Hours;</b>	07:00 – 08:00 / 12:00 – 13:00
<b>Meals in Menus;</b>	Haricot bean, Lentil Soup, Tas Kebab, İzmir Meatball, Musakka, Dalyan Meatball, kibbeh, Oğlak Haşlama, Ciğer Wrap, Lamb Wrap, Rice, Grilled Meatball
<b>Most Requested Meals;</b>	Haricot bean, meat stew, Lentil soup, Grilled Meatball, İzmir Meatball
<b>Average Number of Clients per Day;</b>	150 – 170 people
<b>Intensive Days;</b>	Tuesday



**41°11'24.2"N 26°25'08.9"E**

Located in the center of Meriç, Hacı's place, which houses traditional dishes, is gathering the taste of the customers with Capricorn Boiled, Liver Sarma and Lamb Sarma which are prepared according to the season of restaurant. In addition, the restaurant, which also has a variety of watery dishes, is in high demand for lunch.



Taş Kebabı



Kurufasulye



Grilled Meat Balls



İzmir Meatball



<b>Restaurant Name;</b>	Birol Erden Restaurant
<b>Address;</b>	Cumhuriyet Square Number:10 Meriç / Edirne
<b>Telephone;</b>	+90 284 415 19 19
<b>Working hours;</b>	10:00 – 00:00
<b>Busy Hours;</b>	20:00 – 21:00
<b>Meals in Menus;</b>	Grilled Meatball, Lentil Soup, Cat Fish, Oğlak Çevirme
<b>Most Requested Meals;</b>	Lentil Soup, Grilled Meatball, cat fish
<b>Average Number of Clients per Day;</b>	50 – 60 people
<b>Intensive Days;</b>	Tuesday - Wednesday



**41°11'23.9"N 26°25'08.0"E**

The restaurant, located in the center of Meric, has been serving for many years and also offers its customers the use of alcohol in the evening. The traditional dish, the spring fish and the kid, is consumed with raki in long-serving dishes. On business days and nights, the company that provides services on demand has made a name for itself with its quality and taste.



Grilled Meat Balls



Yayın Fish



Lentil Soup

<b>Restaurant Name;</b>	Esen Kır Restaurant
<b>Address;</b>	Büyükdoğanca neighborhood. Subaşı way Meriç / Edirne
<b>Telephone;</b>	+90 538 799 67 96
<b>Working hours;</b>	09:00 – 00:00
<b>Busy Hours;</b>	19:00 – 00:00
<b>Meals in Menus;</b>	Yayın Fish (cornflour), Oğlak Çevirme, Grilled Meatball, Meat, Antipasti,
<b>Most Requested Meals;</b>	Yayın Fish, Grilled Meatball
<b>Average Number of Clients per Day;</b>	100 – 120 People
<b>Intensive Days;</b>	Tuesday – Friday – Wednesday



**41°11'16.5"N 26°24'57.9"E**

Located in the center of Meriç, Esen Kır Lokantasi is a particularly preferred restaurant in summer months. The Broad Bean and the freshly prepared spring on corn flour are the most preferred dishes in the restaurant. The restaurant, which has alcohol in it, is in great demand in order to allow the raki culture, which is common in the region, to take place in the sofras.



Grilled meat balls



Yayın Fish

<b>Restaurant Name;</b>	Papaz'ın Yeri
<b>Address;</b>	Değirmen street. Number: 21/A Küplü Meriç / Edirne
<b>Telephone;</b>	+90 284 435 41 00
<b>Working hours;</b>	14:00 – 02:00
<b>Busy Hours;</b>	20:00 – 23:00
<b>Meals in Menus;</b>	Grilled Meatball, Fish (Sazan, Yayın, Hamsi), Su Bülbülü, Yoğurt, Cheese, Melon, Watermelon, Fried eggplant.
<b>Most Requested Meals;</b>	Yayın Fish, Grilled Meatball
<b>Average Number of Clients per Day;</b>	20 people
<b>Intensive Days;</b>	Friday - Saturday



**41°06'28.0"N 26°20'59.6"E**

The Place Restaurant of the Meriç District's Küplü Belde, which has been serving for many years, has been especially mentioned with its publication fish and water nightingale. The restaurant offers alcohol for men who want to taste different and local tastes. It has the menu and the quality it has and welcomes its guests from Trakya region and Istanbul.



Grilled Meat Balls



Yayın Fish

<b>Restaurant Name;</b>	Ercanlar Restaurant
<b>Address;</b>	Nezih Kına Street. Gazi Street. No:185 Küplü Meriç / Edirne
<b>Telephone;</b>	+90 284 435 45 79
<b>Working hours;</b>	08:00 – 03:00
<b>Busy Hours;</b>	23:00 – 03:00
<b>Meals in Menus;</b>	Grilled meatball, liver(Ciğer), Yayın Fish, season salad, Cheese , Yoğurt, Melon,Watermelon.
<b>Most Requested Meals;</b>	Grilled meatball, Yayın Fish, Ciğer (liver) (Arnavut Ciğer)
<b>Average Number of Clients per Day;</b>	30 – 40 people
<b>Intensive Days;</b>	Friday – Saturday



**41°06'26.3"N 26°21'03.5"E**

Ercanlar Restaurant operating in the district of Meriç District has made a difference with its delivery of spring meat, grilled meatballs and Albanian cuisine to its customers. Unlike the flour-fried recipes of Albanian liver in the region, Albanian cigarettes, made without flour, are among the most preferred foods. The restaurant with alcohol in its menu is the preferred restaurant where long drinking meals are set up.



Grilled Meat Balls



Yayın Fish



Ciğer Sote

<b>Restaurant Name;</b>	Yeşilçam Restaurant
<b>Address;</b>	Merkez hood. Şehit Nezir Kına street Küplü Meriç / Edirne
<b>Telephone;</b>	+90 541 435 46 78
<b>Working hours;</b>	09:00 – 18:00
<b>Busy Hours;</b>	11:00 – 14:00
<b>Meals in Menus;</b>	Doner, grilled meatball, soup, haricot bean, Chickpea, Rice
<b>Most Requested Meals;</b>	Doner, grilled meatball
<b>Average Number of Clients per Day;</b>	50 people
<b>Intensive Days;</b>	tuesday – wednesday



**41°06'29.6"N 26°21'04.8"E**

Yeşilçam Restaurant, serving in the Meriç District Cubular Town, is among the preferred restaurants of the region with its range of watery dishes on its menu. Especially at lunch, the restaurant is busy and the restaurant is talking about its name with grilled meatballs.



Grilled Meat Balls



Doner

<b>Restaurant Name;</b>	Aliş'in Yeri
<b>Address;</b>	İzzetpaşa hood. Fevzi Çakmak street. No:10 Subaşı Meriç / Edirne
<b>Telephone;</b>	+90 284 425 92 10
<b>Working hours;</b>	12:00 – 24:00
<b>Busy Hours;</b>	19:00 – 24:00
<b>Meals in Menus;</b>	Yayın fish, Sazan Fish, grilled meatball , Et Şiş, Meze kinds
<b>Most Requested Meals;</b>	Yayın fish, grilled meatball
<b>Average Number of Clients per Day;</b>	30 people
<b>Intensive Days;</b>	Monday, Tuesday, Friday, Saturday



**41°08'28.3"N 26°22'29.7"E**

Located in Meriç District Subaşı Beldesi, Alişin Place is one of the places which is a part of the drinking food culture which is common in the region. With its publication fish, the name of the restaurant is among the restaurants preferred by its quality.



Grilled Meat Balls



Yayın Fish

<b>Restaurant Name;</b>	Emin'in Yeri
<b>Address;</b>	İzzetpaşa Mah. Meriç İpsala wayNo:5 Subaşı / Meriç / Edirne
<b>Telephone;</b>	+90 284 425 65 85
<b>Working hours;</b>	14:00 – 24:00
<b>Busy Hours;</b>	18:00 – 24:00
<b>Meals in Menus;</b>	Yayın fish, Sazan fish, grilled meatball, Et şiş, Fruit, Yogurt, season Salad, hot spicy tomato dip , Haydari,Manzana,Cheese
<b>Most Requested Meals;</b>	Yayın fish , grilled meatball
<b>Average Number of Clients per Day;</b>	40 people
<b>Intensive Days;</b>	Friday - Saturday



**41°08'29.0"N 26°22'32.1"E**

The restaurant of Emin'in Yeri which has been serving for many years in the sub-district of Meriç District is especially mentioned with its publication fish and grilled meatball. The restaurant offers alcohol for men who want to taste different and local tastes. With its menu and quality, it welcomes its guests from Trakya region.



Grilled Meat Balls



Yayın Fish

<b>Restaurant Name;</b>	Enište'nin Yeri
<b>Address;</b>	İzzetpaşa Mah. Meriç İpsala Way No:12 Subaşı / Meriç / Edirne
<b>Telephone;</b>	+90 284 45 96 16
<b>Working hours;</b>	14:00 – 24:00
<b>Busy Hours;</b>	18:00 – 24:00
<b>Meals in Menus;</b>	Yayın fish, Sazan fish, grilled meatball, Et şiş, Fruit, Yoghurt, season Salad, hot spicy tomato dip, Haydari
<b>Most Requested Meals;</b>	Yayın Fish, Grilled meatball
<b>Average Number of Clients per Day;</b>	30 people
<b>Intensive Days;</b>	Friday –Saturday



**41°08'29.5"N 26°22'33.2"E**

The restaurant of Enište which serves for many years in the sub-district of Meriç District is mentioned especially with its publication fish and grilled meatball. The restaurant offers alcohol for men who want to taste different and local tastes. With its menu and quality, it welcomes its guests from Trakya region.



Grilled Meat Balls



Yayın Fish



<b>Restaurant Name;</b>	Altaç Restaurant
<b>Address;</b>	Büyükaltıağaç Village
<b>Telephone;</b>	+90 534 876 29 34
<b>Working hours;</b>	13:00 – 24:00
<b>Busy Hours;</b>	19:00 – 22:00
<b>Meals in Menus;</b>	Grilled meatballs, Et Şiş, Steak, Russian Salad, green Salad, Fruit.
<b>Most Requested Meals;</b>	Meatball , green salad
<b>Average Number of Clients per Day;</b>	20 people
<b>Intensive Days;</b>	Friday – saturday



**41°06'40.3"N 26°24'20.9"E**

Altaç Restaurant serving in Büyükçiağaç Village of Meriç District is a restaurant where the food culture of the region is kept alive. The low population served the menu diversity but the service quality is among the places preferred in the region with the taste of the food.



Grilled Meat Balls



Yeşil Salad

<b>Restaurant Name;</b>	Mustafa Akyüz
<b>Address;</b>	Küçükaltıtağaç village
<b>Telephone;</b>	+90 284 425 62 42
<b>Working hours;</b>	19:00 – 24:00
<b>Busy Hours;</b>	20:00 – 24:00
<b>Meals in Menus;</b>	Carp, catfish, chicken, meatball , Bonfile, Yoghurt, fruits
<b>Most Requested Meals;</b>	Catfish, meatball
<b>Average Number of Clients per Day;</b>	15 people
<b>Intensive Days;</b>	Friday - Saturday



**41°07'18.0"N 26°25'35.1"E**

Mustafa Akyuz Restaurant which is operating in Meriç District Küçükaltıtağaç Village presents its widely consumed broadcast fish and carp fish to its customers. It is a preferred restaurant in the region where alcoholic menstruation is common in the business drinking culinary arts.



Grilled Meat Balls



Yayın Fish

<b>Restaurant Name;</b>	Zeki Köstekçi
<b>Address;</b>	Akçadam village
<b>Telephone;</b>	+90 284 425 87 45
<b>Working hours;</b>	16:00 – 24:00
<b>Busy Hours;</b>	19:00 – 24:00
<b>Meals in Menus;</b>	Grilled Meatballs, Meat Shish, Fruit, Yoghurt, Cheese.
<b>Most Requested Meals;</b>	Grilled Meatballs
<b>Average Number of Clients per Day;</b>	20 people
<b>Intensive Days;</b>	Friday-Saturday



**41°18'21.0"N 26°31'51.9"E**

Zeki Köstekçi Restaurant operating in Akçadam Village of Meriç District presents its grilled meatballs, widely consumed in the region, to its customers. It is a preferred restaurant in the region where alcoholic menstruation is common in the business drinking culinary arts.



Grilled Meat Balls

## CONCLUSION

Along with the first appearance of mankind, the basic needs scale has shifted towards nutrition, dressing and dressing needs. Nutrition is primarily aimed only at abdominal saturation, but in the following periods, with the development of the human being, eating and drinking has become a culture and cooking has become an art. So much so that BC. In the 4th century, the ancient Greek poet Archestratos added the poetry of gastronomy to the literature for the first time.

Undoubtedly, wars, migrations, industrialization, the development of trade, the expansion of logistical facilities naturally changed culture first and then food culture and varieties, cooking habits.

Within the frame of the survey ,conversation and research conducted within the scope of the Project, Meriç districts and villages of Edirne, food culture and catering were evaluated in the direction of traditional tastes.

Impressions obtained without work can be summarized as follows:

- The history of Meriç districts and peasants has been spoiled by richness, wars and different cultures, and local food culture has also been influenced by these factors. The region is shaped around Edirne Saray Cuisine, Western Thrace Cuisine, Pomak Culture, Greek Culture.

- Increase in settlement of large cities from villages and districts, and the presence of industrial ready-made kitchens and products (such as frozen, ready-made canned foods) The enterprises in the districts and villages became unable to do business with increasing population decrease and the variety of products decreased gradually.

- The number of people making traditional meals with the population aging in the region has also decreased, and urbanization poses a threat to the sustainability of traditional home cooking.

As a result ; festivals, special occasions, promotional films and forgotten regional dishes, the revitalization of flavors and cultures are of great value. Because, as the saying of the region says, "the people are not understood unless the spoon plays

the spoons", the corruption of the food culture or the disappearance of the food is an important problem that can be removed from the communication between the people.

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