



SOME TRADITIONAL TEREBINTH DISHES IN TURKEY AND THEIR HEALTH EFFECTS

Abdullah BADEM^{1*} (orcid.org/ 0000-0001-8518-6366)

¹Karamanoğlu Mehmetbey University, Vocational School of Social Sciences, Department of Hotel, Restaurant and Catering Services, Karaman, Turkey

Abstract

Terebinth (turpentine, *P. terebinthus*), is a tree that grows naturally in pine forests, on the slopes of rocks, in northern and southern Anatolia, Marmara and, Mediterranean regions of Turkey. Terebinth is a very important tree fruit in terms of a high amount of protein, fat, dietary fiber, unsaturated fatty acids such as linoleic acid, some mineral substances such as selenium and iron, and bioactive components, which are important in human nutrition. Its fruit is especially rich in protein and fiber, with a remarkable amount of protein (9.7%), fiber (10.9%), and ash (3.1%). It also contains many mineral substances (sodium, potassium, phosphorus, calcium, iron, magnesium, zinc, copper, and selenium). It is used in traditional medicine due to its therapeutic effects such as anti-tussive, diuretic, anti-rheumatic, anti-septic, anti-pyretic, anti-inflammatory, and anti-microbial. The high rate of unsaturated fatty acids and dietary fiber in its content reduces blood cholesterol levels, prevents coronary heart disease, obesity and diabetes. Various dishes are made from terebinth grown in the world and certain regions of Turkey. It is used in making bread and pastry, its shoots are used for salads, pickles, canned food, and also dried and consumed as a spice. In addition, it is used as animal feed and edible oil, and Turkey-specific terebinth soap-Siirt Bittim Soap is also produced from it. This study was aimed to determine the terebinth dishes in Konya (Turkey) and within the scope of the qualitative research method, 33 participants selected by purposive sampling method were interviewed. As a result of the research, it was determined that terebinth dishes such as helva-halva, coffee, börek-pastry, sarma-rolling, pilav-pilaff, kömbe, syrup, and katık/ezme-paste are made in Konya. It has been determined that it is consumed as herbal coffee, pickles, and soap in other regions of Turkey. From the literature review, it has been seen that terebinth, which is used for traditional medicine among the people, has a preventive effect against diseases important in terms of health, as well as rich in composition. It is thought that terebinth dishes made in Turkey should be evaluated in this respect and used as a gastronomic element.

Keywords: Gastronomy, Terebinth, Turpentine, *P. terebinthus*, Traditional Turkish dishes, Traditional medicine, Health.

* Sorumlu yazar: abdullah_badem@yahoo.com

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