



TRADITIONAL TURKISH CUISINE PREPARED WITH LEGUMES

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Abstract

Turkish cuisine is one of the oldest among the world cuisines, which reflects the dietary habits of Turkish people with a variety of food types. Being amongst the main nutritional foods of Turks since time immemorial, legumes are used as main ingredients in soups, main dishes, salads, appetizers, and desserts. Chickpeas, lentils, beans, peas, and cowpea are commonly used legumes in Turkish cuisine. Edible legumes have a significant place in Turkish culinary culture both in terms of their use in the cooking of several types of food and basic compounds that they contain. This research is planned to show the use of legumes in Turkish cuisine and their gastronomic importance. For this reason, the general characteristics of legumes, which are an indispensable part of Turkish cuisine, their evaluation in terms of health and some local cuisine examples are included in this study. In addition, traditional Turkish dishes prepared with legumes, the photographs of cooking steps and dishes are presented in detail together with the ingredients used. It is thought that this study will be a source for future studies on this subject.

Keywords: Turkish Cuisine, Traditional Turkish Dishes, Legumes

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