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Review Article

GASTRONOMIC FINDINGS IN GOBEKLITEPE-ANATOLIA. 10TH MILLENNIUM BC

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Abstract

There are three important revolutions that have changed the course of history in terms of the science of gastronomy. The first one is the cognitive characteristic of human species that began with *Homo Sapiens* approximately 70 thousand years ago. The second one is the Agricultural Revolution initiated by "Homo Sapiens" 12 thousand years ago. The third revolution is the scientific revolution that began 5 thousand years ago. In addition to them, the fourth revolution was experienced in Göbeklitepe. It was found out that gastronomy first emerged in Göbeklitepe in the 10th millennium BC. This most important discovery shedding light on the beginning of gastronomy in Anatolia consists of religious places in which feasts were held 10 thousand years BC that were found in the archaeological excavations conducted in Göbeklitepe in Urfa province which is called the zero point of time. Hunter-gatherer human bones and the remains of food that were understood to be offered for feasts were found in these places. According to the findings discovered, it was found out that mankind was about to move from a hunter-gatherer lifestyle to settled life and agriculture in Göbeklitepe during the Neolithic period. In our article, as a result of the investigations carried out in Göbeklitepe which is dated to the 10th millennium BC, it was determined that the people created cult structures and had a culture for religious purposes during the early Neolithic period and that they held feasts in which they offered foods while performing these cultures. This connection between culture and food tells us about the emergence of gastronomy.

Keywords: Göbeklitepe, Neolithic period Gastronomy, Gastronomy

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Introduction

The history of gastronomy is as old as mankind along with food and nutrition. Gastronomy is expressed as "a scientific discipline examining the relationship between culture and food" (Scarpato, 2002). When it is examined in general, gastronomy has developed rapidly due to the fact that people carry their culture wherever they go regardless of time, place, and distance.

Surviving by finding food in very old times indicated the same purpose. After continuing in this way for centuries, mankind started wars to use their own lands for food. Along with the wars, the struggle for life under difficult natural conditions prevented the development of gastronomy. The process of "difficult living conditions" continued for thousands of years. As the countries' lands expanded and the nations became stronger, gastronomy began to develop parallelly. Countries' geography, climate, flora, struggles for survival and lifestyles play an active role while evaluating their cuisine cultures (Long, 2004).

Anthropologists examining the findings of archaeologists indicate that modern human-like animals on the Earth lived in East Africa approximately two million years ago. Over time, some archaic men and women migrated from Africa where they lived to the Middle East, Asia, and Europe. In the living areas where they migrated, they evolved in different ways due to the natural conditions of those places for hundreds of thousands of years. Consequently, many different human species emerged. *Homo Neanderthalensis* in Europe and West Asia, *Homo Erectus* in the eastern regions of Asia, *Homo Soloensis* on the island of Java in Indonesia, *Homo Rudolfensis, Homo Ergaster* and *Homo Sapiens* in East Africa maintained their life.

The science of biology classifies living creatures according to their species. The branch of science that serves this purpose takes the name *taxonomy* with its systematic scientific name (Önder, 1998). If living creatures are able to make kids that they give birth by coupling reproductive again, they are regarded as the same species in theory. Species that evolve specifically to a certain common ancestor are collected with respect to genus under a separate title. For example, Jaguar, Lion, Panther, Tiger, Cheetah, and Leopard appear as different species of a genus under the title of "Panthera".

The biologists studying living creatures name their research with a two-word Latin definition. They define the genus at first and then the species. For example, Tiger is defined as "Panthera Leo" under the "Leo" species of the "Panthera" genus. With respect to human, this classification is named as the "Sapiens" intelligent species of the "Homo" human genus. As it is understood from this example, today's human being comes from *Homo Sapiens*, namely "Intelligent Human" species. Other human species disappeared in the life format that lasted for centuries, only *Homo Sapiens* have survived and are still maintaining their life (Harari, 2015).

The human species we have described as ancient people above are called "Hunter-Gatherer". This human species was fed by hunting animals in the environments where they existed. Some human species had known and used fire since 800 thousand years ago. People used fire as a means of smoking and cooking and made digestion easier by cooking food products, such as potatoes, rice, and wheat that they ate without cooking in their normal lives, on fire, moreover, they also solved health problems by destroying microbes during cooking. Normally, while chimpanzees spent five hours a day on chewing raw food, people spent an hour on chewing cooked foods. From a gastronomic point of view, there were three critical periods and revolutions that changed the nature and course of history; the first one is the ability to use intelligence and knowledge of the human species, which started 70 thousand years ago. Thus, they began to form complex structures that we call *Homo Sapiens* "culture." The second one is the "Agricultural Revolution" initiated by *Homo Sapiens* 12 thousand years ago. The third revolution is the scientific revolution that began 5 thousand years ago (Harari, 2015). Along with the agricultural revolution, the life form of people changed entirely, and they shifted from Hunting-Gathering to permanent settlement, established the coexistence form and also created civilizations by building large communities (Oktay, 2018a).

Archeology is a branch of science that attempts to understand the past and to reveal the concrete data of past experiences. Archeology, which is a branch of science integrated with the present because of its attempts to analyze historical data in a certain system while searching for the past, is also described as the human labor in the past due to its concrete remains (Saltuk, 1993). The subject of archeology is the understanding of the development process of the culture created by mankind. Therefore, all fields of science discussing the "past," "world," and "life" fall within the area of interest of archeology, depending on the environment where mankind develops this culture.

The ages of human cultural evolution started when cultural evolution overcame organic evolution 2.5 million years ago. They are divided into two as prehistoric and historical. The prehistoric period is examined in 3

categories: Stone Age, Bronze Age, and Iron Age. The Stone Age is divided into sub-headings as Paleolithic, Neolithic, and Chalcolithic within itself (Table 1).

Table.1 Prehistorian Time Line

Ages	**Starts & Ends**	**Improvements**
Dark ages		
Paleolithic age - Old stone age	BC 60000 - BC 10000	Use stone, Primitive life
Mesolithic age - Middle stone age	BC 10000 - BC 8000	hunter-gatherer, learned the use of fire, Family base life
Neolithic - New stone age	BC 8000 - BC 5000	Initial agriculture and farming, First farm villages
Kalkolithic age	BC 5000 - BC 3000	Establishment of cities, First trading, Religious theme, Militarization
Bronze Age	BC 3000 - BC 1200	Sumerian cuneiform script, Assyrian trade colonies brought writing to Anatolia
Iron age	BC 1200 - BC 500	Increasing Manufacturing , Develop trading, Formation of great empire
First age (Antiquity)	BC 3200 - AD 375	First writing
Middle age - Medieval period	AD 375 - AD 1453	Tribal migration period, Fall of the Western Roman Empire
New era	AD 1453 - AD 1789	Fall of Byzantine Empire, Conquest of Constantinople, Renaissance
Modern age	AD 1789	French revolution, Industrialism

In 1866, Hodder Westropp added the term "Mesolithic" among the Paleolithic and Neolithic Ages (Nicholson, 1983). Thus, researchers classified the Stone Age period as the Paleolithic, Mesolithic, Neolithic, and Chalcolithic Ages (Trigger, 2006).

The Paleolithic Period is the period which is known as the oldest stage of the Prehistoric Ages. It is known that societies of the Paleolithic Age made a living by hunting-gathering. Paleolithic societies' methods and tools and equipment were usually the tools made of stone. Silex was generally used in tool making. Homo Sapiens people were predominant during the Upper Paleolithic period. People had caves where they settled in summer and winter. They engraved paintings and reliefs for ritual purposes on their walls.

The Mesolithic Period is an age which is called Mesolithic after the Paleolithic Period. Recent studies have indicated that the transition of the Paleolithic Age from its hunting-gathering economic system to a system based on production started. This is considered as a preparation for the Neolithic Age which we will call the production revolution later on. The Neolithic Division, also known as the New Stone Age. The first development of Farming appeared about around 8000 BC. It was the final division of the Stone Age. (Çoksolmaz, 2011). It is predicted that the developments concerning the bioworld such as the involvement of wild cereals in agriculture and the domestication of animals took place in this stage. This transformation culturally means the beginning of farming, organized labor, food storage, and settled life (Yetilmezsoy, 2006). Archaeologists examine the Neolithic period under three sub-headings;

- Neolithic 1 – Pre-Pottery Neolithic A (PPNA), The Neolithic 1 (PPNA) period began roughly around 10000 BC. (Probability time levels 9500-8500)
- Neolithic 2 – Pre-Pottery Neolithic B (PPNB), The Neolithic 2 (PPNB) began around 8800 BC. (Probability time levels 8700-6000)
- Neolithic 3 – Pottery Neolithic (PN). The Neolithic 3 (PN) began around 6400 BC. (Probability time levels 8700-6000)

Based on this information, the innovations brought by the Neolithic Period to human history and human morphology can be summarized as follows: The Neolithic Revolution occurred as a result of the interaction of cultural and natural events, namely a biocultural process. The transition from hunting-gathering to the production process and as a natural consequence of this to settled life constituted the core of today's cities and led to the start of the socialization process.

Methodology

In this article, the first gathering places, cultures, and civilizations of mankind that came to life in the Anatolian geography, and master's theses, scientific research, scientific articles and history books about gastronomy, and gastronomy books, official webcasts, translations of archaeological works and archaeological finds were reviewed on site by the qualitative research method. Since literature and secondary data were used in this study the ethics committee report (due to no data collection method applied or statistical report created and since no interviews were conducted, it is not required). The methodology was revealed by intensifying the literature review on the Neolithic period, Göbeklitepe and gastronomy using keywords. The sources used in the research were chosen in this way.

The sources we obtained after reviewing were classified and analyzed according to their characteristics and contents, and based on the information obtained, the historical chronology of the prehistoric period in Anatolia was first created, and then, the gastronomic cultures were investigated with archaeological finds in this geography.

Literature studies

It is scientifically known that Anatolian territories have been home to many civilizations since very old centuries. This process started from the Neolithic period and has extended to the present. In their work entitled "The Cambridge World History of Food" which is a Cambridge University publication of 2000, Kenneth F. Kiple and Kriemhild Coneè Ornelas examined the spread of agricultural food products from the Neolithic period in the geography (Kiple & Ornelas, 2000). The article entitled "Anadolu'da gıda kültürünün 3500 yıllık geçmişi" [The 3500-year history of food culture in Anatolia] of Professor İbrahim Tunç Sipahi from Ankara University Department of Protohistoria and Pre Asia Archeology includes the archaeological finds related to the food culture of the Hittites (Sipahi, 2015). In the work entitled "Bizans'ın Damak tadı" [Tastes of Byzantium] the translation of which was published by Andrew Dalby from Cambridge University in 2004, the spices and seafood used in ancient Rome and the Byzantine cuisine culture that influenced the Greek cuisine over the years they ruled in the Aegean region were examined (Dalby, 2004). The work entitled "Türklerin Tarihi" [History of the Turks] of Professor Jean-Paul Roux from Ecole de Louvre in 2007 includes his studies on the food cultures brought by the Turks from Central Asia to Anatolia (Roux, 2007).

In Anatolia, after the Neolithic Age, Chalcolithic Age, and Bronze Age, respectively, the introduction of the use of writing along with the Iron Age has allowed for more explorations in today's archaeological excavations, and the gastronomic values in the archaeological finds obtained have begun to be received with the Iron Age. In the resulting table, we see the Hattians, Assyrians, Hittites, Phrygians, Lydians, Ionians, Lycians, and Urartians. While the Hittites and Assyrians established high civilizations in the Southeastern Anatolia, Eastern Mediterranean and partly in Central Anatolia regions, the Urartians, the Phrygians, the Lydians, the Ionians and the Lycians established high civilizations in Eastern Anatolia, Central Anatolia, Western Anatolia, Aegean and South Western Anatolia, respectively (Oktay, 2018b).

- Hattians (2500 B.C – 2000 B.C)
- Assyrian trade colonies (1950 B.C - 1750 B.C)
- Hittites, Phrygians, Lydians, Ionians, Urartians (2000 B.C – 600 B.C)
- Persians, the Alexander Empire, the Roman Empire, Byzantine (6 B.C - 11 A.D)
- Anatolian Seljuk State, Ottoman Empire (1071 A.D – 1922).

While examining the civilizations that lived on Anatolian territories, we consider it useful to remind that they were present in different regions of Anatolia on almost the same dates because, in our review in terms of gastronomy culture, we often see that these civilizations were affected by each other. For example, we know that while the Assyrians existed in the Mesopotamia region, the Urartians existed in the region, where Van province is now located, on their north, and that the Hittites existed around Ankara province, and the Phrygia, Lydia, Ionian, and Lycia states existed in Western Anatolia on the same date. Although these states, which

ruled for centuries, do not exactly coincide with the same years, the beginning of some of them corresponds to the end of another state for centuries.

People first used wild plants in nature by breeding. They cooked the plants bred by means of the fire, so, their taste was improved, and also their digestion was facilitated. The period of benefit provided from plants with these methods learned by them directed mankind towards agriculture. Eventually, human species felt that they had to stay in a region for a long time to be able to collect and store the crops they planted, and they adopted a settled life. Thus, today's urban societies began to emerge. The dates on which these developments occurred are estimated to be around 11 thousand BC and 8 thousand years BC which are regarded as the transition periods from the Mesolithic Age to the Neolithic Age.

The latest discoveries about "Homo Sapiens" in terms of the science of anthropology were achieved in 2017. The research team led by Jean-Jacques Hublin from the Institute of Anthropology in Leipzig and Abdelouahed Ben-Ncer from the National Institute of Archaeology and Heritage in Morocco found fossil skeletal remains belonging to Homo sapiens along with stone tools and animal bones near Jebel Irhoud village in Morocco (Hublin et al. 2017). These remains found were dated to 300 thousand years ago by the experts. This date is 100 thousand years older than the oldest Homo sapiens fossils. Two articles published in the journal Nature reveal a complex evolutionary history concerning the entire African continent. Another important discovery is the human bones remains and living places belonging to 10 thousand years BC that were found in the archaeological excavations conducted in Göbeklitepe in Urfa province (Fig. 1) in September 2017.

The increased use of radiocarbon dating and the use of scientific methods based on high technology are revolutionary for archeology. Nevertheless, it is stated that everything about the past found in the excavations will not be fully understood unless the interpretative stage is added even if everything these results want to tell and each method are correct (Trigger, 2006). Therefore, we foresee that it will also be useful to analyze Göbeklitepe archeological studies in terms of the science of gastronomy.

Fig. 1. Göbeklitepe archaeological excavations are located southeast of Turkey. (Pictures Copyright Bigstock).

Researches on Göbeklitepe

Fertile Crescent

The region called the Fertile Crescent is spring-shaped and defined as the mountainous region between the Euphrates and Tigris rivers extending to the border of Turkey in the south, in the southeastern part of Turkey, with the concept of Upper Mesopotamia. The first fully developed Neolithic cultures belonging to the Pre-pottery Neolithic A (PPNA) stage around 10000 BC emerged in the Fertile Crescent (Çoksolmaz, 2011). The concept of the Fertile Crescent was first put forward by the Egyptian scientist James Henry Breasted. In the studies carried out, the first civilization, namely planting, domestic animals, houses, first villages and cities, a specific art organization, worship, and temples were all together uncovered in the Near East (Malam, 1999). This is the main reason why James Henry Breasted put forward his argument. The claims that the oldest known culture emerged in the Fertile Crescent have also been confirmed by radiocarbon studies (Fig. 2).

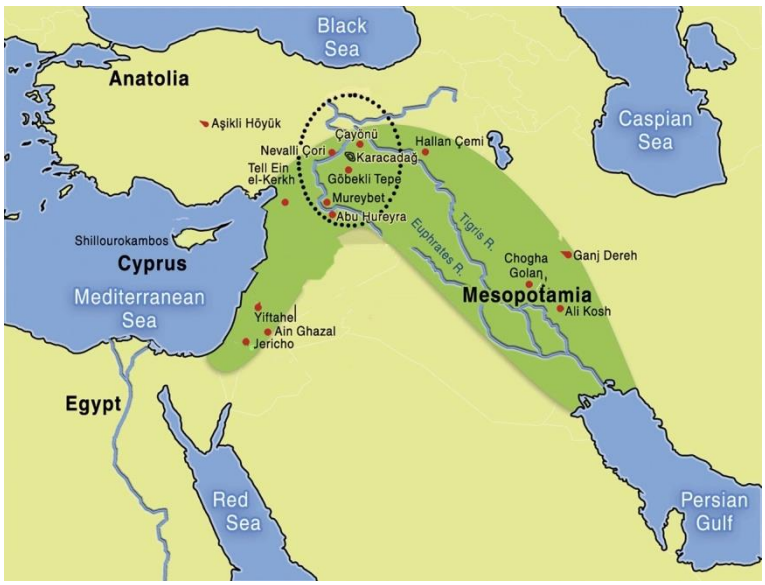

Fig. 2. The region called the Fertile Crescent is spring-shaped and defined as the mountainous region between the Euphrates and Tigris rivers extending to the border of Turkey in the south, in the southeastern part of Turkey, with the concept of Upper Mesopotamia. (Pictures Copyright Elsevier Ltd).

The Fertile Crescent is the natural homeland of eight products that are the founding products of the Neolithic culture, and these products are *Wheat (emmer), Einkorn wheat (siyez), Barley, Flax, Chickpea, Lentil, Pea and Bitter vetch*. Furthermore, it is also the homeland of four of founding domestic animals of the Neolithic culture: *Sheep, Goat, Cow, and Pig*. The fifth founding animal is the *Horse*, which was brought to this region from its homeland Caucasus (Özbudun, 1997).

Göbeklitepe Archaeological Excavation Areas

The Göbeklitepe archaeological settlement area is located in the Fertile Crescent mentioned above. Since it is located in this region, Göbeklitepe can be described as an important point in the emergence of the first civilizations, in other words, as the *Zero Point in Time*.

The story of Göbeklitepe, which was added to the World Heritage Tentative List by UNESCO in 2011 and on which studies are carried out to enter the main list, as of 2017, began in 1963. Göbeklitepe was discovered during a study conducted by Istanbul University and the University of Chicago during those years, but it was not emphasized too much. In an article written by the American archaeologist Peter Benedict in 1980, it was mentioned, but its importance could not be understood (Benedict, 1980). While Mahmut Kılıç from Urfa was plowing his field in 1983, he found "archaeological stone" in the field and took it to the museum, but this time, the work began to be exhibited in Urfa Museum as an ordinary archaeological find. In 1995, numerous round, oval and spiral structures (Fig. 3) built on a hill were discovered during the excavations initiated by the German Archaeological Institute under the supervision of the German archaeologist Prof. Klaus Schmidt in Göbeklitepe (Fig. 4) (Schmidt, 2018).

Fig. 3. In Göbeklitepe, numerous round, oval and spiral structures built on a hill were discovered. (Pictures Copyright Bigstock).

Fig. 4. Experts of the archaeological team. (Pictures Copyright Bigstock).
Fig. 4A. Göbeklitepe archaeological excavation was carried out by 75 people under direction of Prof. Klaus Schmidt.
Fig. 4B. Klaus Schmidt (11 December 1953 – 20 July 2014) was a famous archaeologist and prehistorian who led the excavations at Göbeklitepe for 18 years. Klaus Schmidt was married to Turkish archaeologist Çiğdem Schmidt. Klaus Schmidt died of a heart attack in Germany on 20th July 2014.

It is estimated that there are 20 units in the research. Today the excavations of the six units were made (Fig. 5). According to the head of the excavation, Prof. Schmidt who died in 2014, the fact that no evidence of living space has been found among the finds indicates that it was built for religious ceremonies, and Schmidt summarizes his thesis on this subject by stating that "In brief, this place is composed of the Stone Age temples."

Fig. 5. Göbeklitepe is a prehistoric site dating from roughly 12000 years ago. Situated southeast of Turkey Göbeklittepeepe is the oldest temple in the world. Only six structures, out of a total of 20 pieces in the excavations, have been unearthed. (Pictures Copyright Bigstock).

It has been determined that Göbeklitepe ancient city uncovered as a result of archaeological excavations that have been conducted in Urfa region of Anatolia under the presidency of archeologist Klaus Schmidt, the member of the German Archeological Institute, since 1994 belongs to approximately 10 thousand years BC. Historically, it is the first temple built in Anatolia belonging to the Neolithic period. The handcrafted stones with a weight of 50 tons and with a length of 5 meters indicate that this place was built in the form of a faith center (Fig. 6). The findings in the ancient temple include many animal figures and religious themes.

Fig. 6. In Göbeklitepe, many handcrafted stones have been discovered. These stones weight 50 tons and are 5 meters in length. (Pictures Copyright Bigstock).

Some gastronomic features are also remarkable among the finds. The archaeological site belongs to a period of time reflecting one of the most important stages of human history during which the stage of reaching a social level producing livestock was experienced by the transition from hunting-gathering to permanent settlement. A stone bowl left on the floor plaster of the central pillar located in the eastern part of the city is amazing. It is understood that liquids played a certain role in the places where the stone bowl was found. Feasts are known in the archaeological communities. For example, food residues found in the form of animal bone remains that are intensively encountered in the temple, and some pieces of evidence probably related to beer production confirm that such feasts were celebrated in Göbeklitepe (Schmidt, 2018).

In the study area dated to the PPNB (Pre Pottery Neolithic B) period, the traces of gray-black sticky residues were found in six vessels with a capacity of 160 liters. In the first results of chemical analyses performed on these limestone vessels, it was revealed that gray-black sticky traces contained calcium oxalate occurring during the soaking, grinding and fermentation of cereals (Fig.7). These results are considered as the indicators of grain production or grain fermentation (beer) and consumption in the early history periods by the researchers. Furthermore, according to the results revealed by genetic analyses performed by the Norwegian University of Life Sciences in Oslo, the fact that Karacadağ that was home to the earliest domesticated cereals is very close to Göbeklitepe also appears as an important detail. The view that the surrounding cereals were produced for the production of beer used in feasts is getting stronger (Heun et al. 1997).

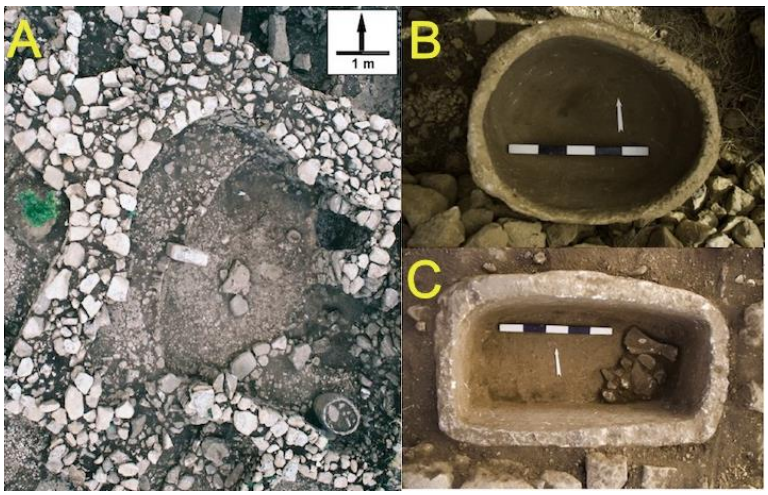

Fig. 7. Recently, further chemical analyses were conducted by M. Zarnkow (Technical University of Munich, Weihenstephan) on six large limestone vessels. (Pictures Copyright Bigstock).
Fig. 7a. Top view of the area where the plates are located.
Fig. 7b. Six vessels with capacities of 160 liters have been found in-situ at Göbeklitepe.
Fig. 7c. The first set of analyses made on these vessels shows fermenting of grain

Another theory belongs to the researcher Dr. Martin Zarnkow working as a lecturer in Technische Universität München, Faculty of Brewing and Food Technology. Zarnkow states that the oxalate found in stone vessels does not prove the fermentation of cereal but only its existence and says that these vessels could have been used to make frumenty to eat, not for beer production (Schiefenhövel and Macbeth, 2013).

In area K10-53 a complex situation with an agglomeration of several oval shaped rooms appeared some containing (multi-layered) terrazzo floors. Due to the complexity of the situation encountered here, it was decided that the whole area, measuring 9x9 m, should be excavated. Next to - or rather among - the building structures, a large stationary limestone vessel of the type previously associated with production and consumption of beer was discovered (Dietrich et al. 2012). It has a capacity of about 240 lt. and as such is the largest of this vessel type so far discovered at Göbeklitepe (Fig. 8).

Fig. 8. The vessel capacity is 240 lt. It is the largest of this vessel type so far discovered at Göbeklitepe. (Pictures Copyright Bigstock).

As a result of our studies, we understand that there are different theories about agriculture in Göbeklitepe. According to these theories, the organization of great feasts with a high level of participation in Göbeklitepe may have brought a society living by hunting to the limit of food production volume. Probably, the inclusion of plants in agriculture and a requirement that can be eliminated by the domestication of animals emerged as a result of this compulsion. The sacred structures in Göbeklitepe can be interpreted as a development resulting in a completely new food-producing lifestyle (Yalçın & Bienert, 2014). The structures that emerged in

Göbeklitepe demonstrate cooperation beyond a hunter-gatherer group. As a result of scientific and archaeological comparisons, we found out that there were collective feasts in this place. Indeed, a large number of animal bones proving the collective consumption of animal meat were found in the excavation. The fact that people gathered in this old gathering place and performed feasts by providing a significant amount of food may have directed the search for different food sources. The fact that the first wheat that was planted by human hand was found in Karacadağ, which is a volcano located in the same area, is also not a coincidence (Fig. 9). Therefore, these social meetings taking place in Göbeklitepe strengthen the idea that the transition to permanent settlement and agriculture began (Schmidt, 2018).

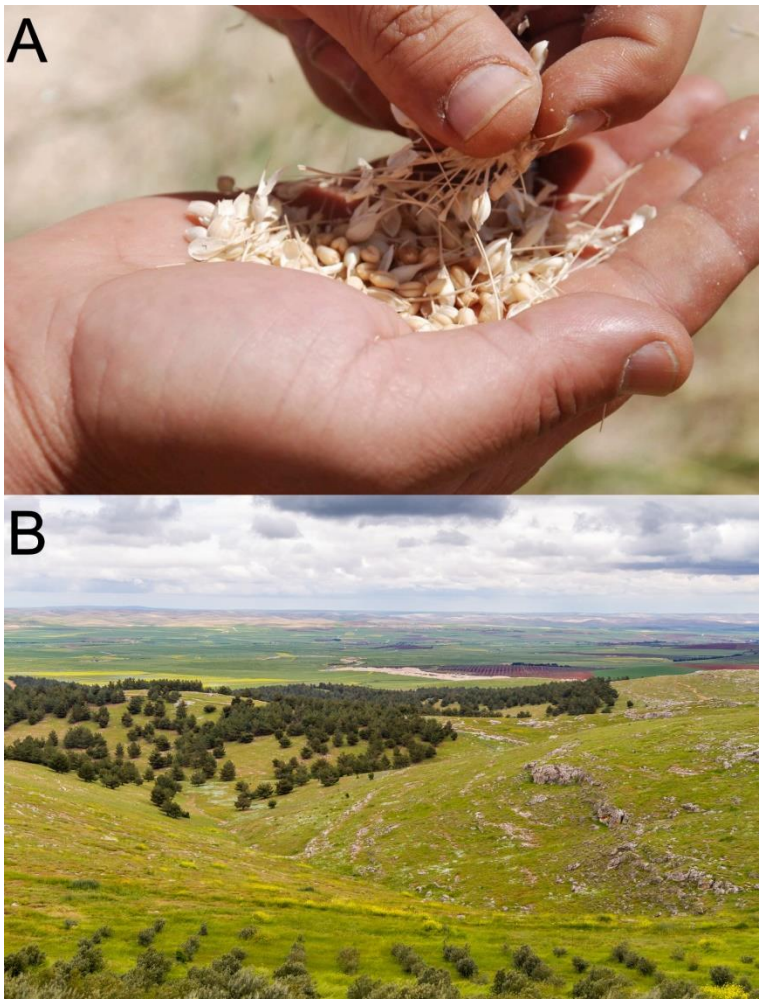

Fig. 9. It is presumed that transition to agriculture began when the hunter-gathering people with the task to feed the large numbers needed to build the magnificent structure had to produce food as a solution. (Pictures Copyright Bigstock).
Fig. 9A. A team from the Norwegian University of Life Sciences in Oslo argue that the earliest domestication of grain occurred in the vicinity of Karacadağ.
Fig. 9B. Göbeklitepe and Karacadağ are located in the province of Urfa. Karacadag is very near to Göbeklitepe archaeological excavations.

Jens Notroff, one of the archaeologists of the German Archaeological Institute working in the same excavation, says that "tens of thousands of broken animal bone pieces including gazelle and aurochs, which has now become extinct, were in the ruins, and giant stone vessels with a capacity of more than 160 liters of liquid probably indicate the first beer production" (Notroff et al. 2018).

According to the information we have obtained from the studies, our theory is that it was used for the necessity of good nutrition of workers in construction and for therapeutic, namely health purposes. It is likely that beer was used for therapeutic purposes to ensure that people were fed well due to intensive working conditions during the construction in Göbeklitepe, to prevent them from becoming ill and to heal their disease. It is also known that the grains fermented in the cultivated plants have a number of beneficial effects such as an increase in nutritional value with the conversion of starch to sugar and easier digestion (Braidwood & Braidwood,

1953). It is thought that beer could be a better nutritional option than bread in the early agricultural period (Katz & Voigt, 1986). It is also directly related to health because it contains proteins and vitamins. It is known that beer in old times was produced in blurred color by direct fermentation of grain and used for therapeutic purposes. In many archaeological finds, it is stated that the beer consumed as liquid food was used as a therapeutic drink and as a drug which is a source of protein strengthening patients. A cuneiform tablet inherited from Nippur, Sumerian city, and dated around 2100 BC includes the descriptions of drugs made with beer (Kantar, 2015). In a health-related text belonging to 1600 BC, it is known that a hundred of seven hundred prescriptions included beer. For example, in one of these prescriptions, it was recommended to put the saffron and beer mix on woman's belly for labor pains.

The coexistence of different natural events and cultural developments is shown as the most important reason for the transition to food production in the Neolithic period (Haviland, 1994). There were no advanced machinery and equipment in the centuries during which Göbeklitepe was built. During this period, people were making very intense efforts and were working on construction all day long to build the space spreading over a huge area and to carry and dress the stones weighing 50 tons. Construction workers are estimated to be more than 500 people. Since these people who lived by hunting-gathering had no time to hunt while working in construction, there should be an organization and a division of task. According to this distribution of tasks, construction workers were responsible for building while the people working in other tasks were responsible for feeding construction workers. Since the number of people working to create such a magnificent structure was high, the hunter-gathering people with the task of feeding tended to produce foods as a solution, and presumably, the need for the transition to agriculture began. Therefore, in conclusion, the division of labor emerged, while a group of people was engaged in food production, the other group of people found time to be engaged in other works such as construction. From our point of view, this theory is confirmed for the Göbeklitepe settlement because the people living in Göbeklitepe, which was under cultural development, built the temples as required by their religious views and worked collectively during the construction of this temple, made a division of labor, gathered in the temple after the completion of constructions and organized feasts. The need for food increased because of this togetherness, and we estimate that they had the thoughts of storing and sharing food and consuming and producing tit together to meet this need.

Agriculture and Religious Themes in Göbeklitepe

Before the discovery of Göbeklitepe, it was assumed that there was a limited level of organization with simple social structure and hierarchical order in the Early Neolithic period. It was believed that complex religious practices appeared for the first time in agricultural societies. In other words, first, the transition to agriculture was ensured, and then, communities with permanent settlement tended towards religious issues. However, the structures in Göbeklitepe radically changed this table. Early monumental architecture seemed possible without obtaining surplus production in agriculture. The hunter-gatherer people in Upper Mesopotamia must have found a suitable way to organize such a magnificent collective effort and to achieve success in this regard (Dietrich et al. 2012).

Göbeklitepe is one of the symbols of a new life system and religious perception (Halis, 2016). The important approach here is the acceleration of the transition to permanent settlement and agriculture as a result of the fact that high numbers of people could supply a considerable amount of food they needed while building Göbeklitepe (Halis, 2016).

According to another opinion, a dry period experienced during the Pleistocene period between 1.6 million years and 10 thousand years ago was followed by a more suitable climate for people. As a result of this, the Fertile Crescent became green and created rich resources with the wild forms of almond, peanut, lentil, and chickpea species. These rich resources facilitated the transition to permanent settlement for hunter-gatherers. The transition to the Neolithic period started along with the construction of cult temples under the influence of religious beliefs in the cultural sense (Luckert, 2017).

Conclusion

The sacred structures in Göbeklitepe can be interpreted as the attractive power of a development which was entirely new and resulted in a food-producing lifestyle. The architecture and art found here seem unrealizable without a certain specialization and division of labor. The fact that descriptions were made on the statues and pillars and teaching them by transferring from generation to generation must have been possible with a solid plan. Experts should be trained with this doctrine. It was necessary to exempt such experts from other works during the period of time they worked in Göbeklitepe. For this reason, there should be a certain hierarchical

organization between individuals, and possibly a time-limited concentration of power at that time. This social hierarchical description or practice is a turning point for human history because hierarchy in human life during the primitive Paleolithic Period and the cooperation we mentioned here are quite different from each other.

Homo Sapiens, the human species with cognitive intelligence after the first human species Neanderthal, who lived about one hundred thousand years ago did not exhibit a significant gastronomic development in the Neolithic Age and the Chalcolithic Age, respectively, and provided the transition to agriculture along with the Bronze Age and finally the Iron Age, the first gastronomic development emerged after the Neolithic period. The transition to settled life and the engagement in agriculture started during this period, significant gastronomic developments started after this period, and people stopped eating foods based only on meat and started to cook by mixing different plants, animal products, and spices.

Nowadays, the finds obtained in the archaeological excavations conducted in Göbeklitepe in Urfa province located within the borders of Turkey have proven that the Anatolian geography has played an important role in the history of gastronomy in this regard. In the archaeological excavations on gastronomy conducted in Urfa Göbeklitepe in Anatolia, the religious place of 10 thousand years ago was discovered, the bones of hunter-gatherer people were reached, religious structures were uncovered, bowls, vessels, and signs used in beer making were found, and the remains of wheat were found at the foot of the volcano in the immediate vicinity. It was found out that preparations were made by collecting and storing the foods and even planting wheat days before since the foods collected to be consumed in the ceremonies and feasts during and after the construction of this religious place were not sufficient for the human community gathered there.

Göbeklitepe is an important historical point in that it is located in the Fertile Crescent and gives signs of the beginning of agriculture. The fact that gastronomic findings were also found among the finds obtained in Göbeklitepe ancient place gives signs that the transition to agriculture historically began in Anatolia. These signs take the year 8000 BC, which is the known date of transition to agriculture, back to older dates, namely, 10 thousand years ago.

Gastronomy cultures are the most important cultural heritages that bring the past to the present. The heritage of magnificent civilizations, such as the Assyrian, Hittite, Phrygian, Lydian, Ionian, Lycian, Urartian, Persian, Roman, Byzantine, Seljuk and Ottoman that came to life in Anatolian geography, are located in today's Anatolian territories. The gastronomy cultures of these civilizations have been transferred to each other for generations in the historical process and reached the present day and have also influenced the gastronomy of today's countries by spreading over the various geographies of the world.

In conclusion, the science of gastronomy is the branch of science that examines the relationship between culture and food (Oktay, 2018c). With this study we prepared, it was found out that the community formed in Göbeklitepe in Anatolia came together because of religious culture and organized feasts and consumed foods in these feasts. Food and culture should be together for the formation of the concept of gastronomy. Only the aim of nutrition does not indicate gastronomy. The fact that the food is offered for a cultural purpose in that society leads to the emergence of gastronomy. The fact that Göbeklitepe is the first gathering place discovered in human history and feasts were held there indicates the definition of the born of gastronomy. Since Göbeklitepe was opened to tourism in 2018, it was not mentioned in terms of research findings after this date. Dinç and Alaca (2021) drew attention to the importance that people should feel to nature in their work. The findings obtained at Göbeklitepe are very important for history. Tourism channels should fulfill their responsibilities in order to protect these values and transfer them to the next generation (Işık et al., 2021). It is very important to keep up with tourism in today's gastronomy. The harmony of nature and tourism will be valued with historical and cultural riches and will affect gastronomy positively.

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