



Research Article

**ROLE OF TOURISM IN CHANGING OF LOCAL CUISINE: QUALITATIVE STUDY IN  
ALANYA REGION\*\***

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**Abstract**

This study aims to contribute to related literature by investigating the change of local cuisine, reasons for change, and the role of tourism in the change process from the perspective of acculturation theory (AT) and cultural change process (CCP). For this purpose, researchers conducted in-depth face-to-face interviews with chefs, academics and local people who have extensive knowledge and experience of local cuisine. As results, the basic components of the Alanya local cuisine have changed due to political, economic, socio-cultural, and technological (PETS) reasons, and the immediate and remote impacts of tourism have played an important role in this change. The expectations and behaviors of tourism stakeholders and the structural elements of the current tourism model in the region were determined as the immediate impacts of tourism in the change of local cuisine. Facilitating local culture and lifestyle changes and creating competition for agricultural lands are the remote impacts of tourism.

**Key Words:** Tourism, Gastronomy, Local Cuisine, Local Food, Cuisine Practices, Cultural Change.

**Introduction**

Local cuisines or gastronomic identities are invaluable assets for the marketing of tourist destinations; thus, academic and practical suggestions usually refer to their authenticity to tourism (Harrington, 2005; Fox, 2007; Cohen and Avieli, 2004). However, tourism as a dynamic global entity is a powerful change for indigenous cultures (Carte and Beaton, 2004, Hall and Mitchell, 2002). Therefore, it has a significant role in changing local culinary traditions in destinations where tourism and local cuisines interact. Moreover, tourism plays its role not in isolation but in a setting where other elements such as PETS factors simultaneously play their roles.

In essence, tourists' cultural values, lifestyles, beliefs, and traditions can affect local traditions specific to the travel destination (Carter and Beaton, 2004; Lee and Cox, 2007). Acculturation, which occurs between destinations' local cultural elements and tourists visiting there, causes a change in culinary traditions and materials and products traditionally used in local cuisines (Ondieki et al., 2017; Ward, 2008). Additionally, changes in PETS domains triggered by tourist flow extent into local cuisines. Indeed, local cuisines are always subjected to changes by their very nature. Thus, there is a constant change in local cuisines almost in all societies, whether tourism exists or not. One of the possibilities in understanding the cuisine structure is to refer to gastronomic identity, which successfully describes how local culinary cultures emerge through indigenous cultural components coupled with environmental elements. Nevertheless, it is not a dynamic concept that adequately captures the dynamism of cuisines since it does not explain why and how culinary cultures change over time and the role of tourism in this process. Thus, the concept of local cuisine needs a more dynamic description. First, local cuisine is not a static entity. It is invariably exposed to constant transformative processes constituted by a complex network of interdependent change agents in PETS domains such as globalization, tourism, trade, and migration (Mak et al., 2012; Hall and Mitchell, 2002). Second, it is logical to suggest that a local cuisine has its own initial conditions, including environmental, socio-cultural, and dynamic components, thus relying on gastronomic identity. Moreover, it also has core components, including values and norms, behaviors and roles, local ingredients and products, and local techniques. Substantially, these core components are subjected to transformative processes in which several powerful

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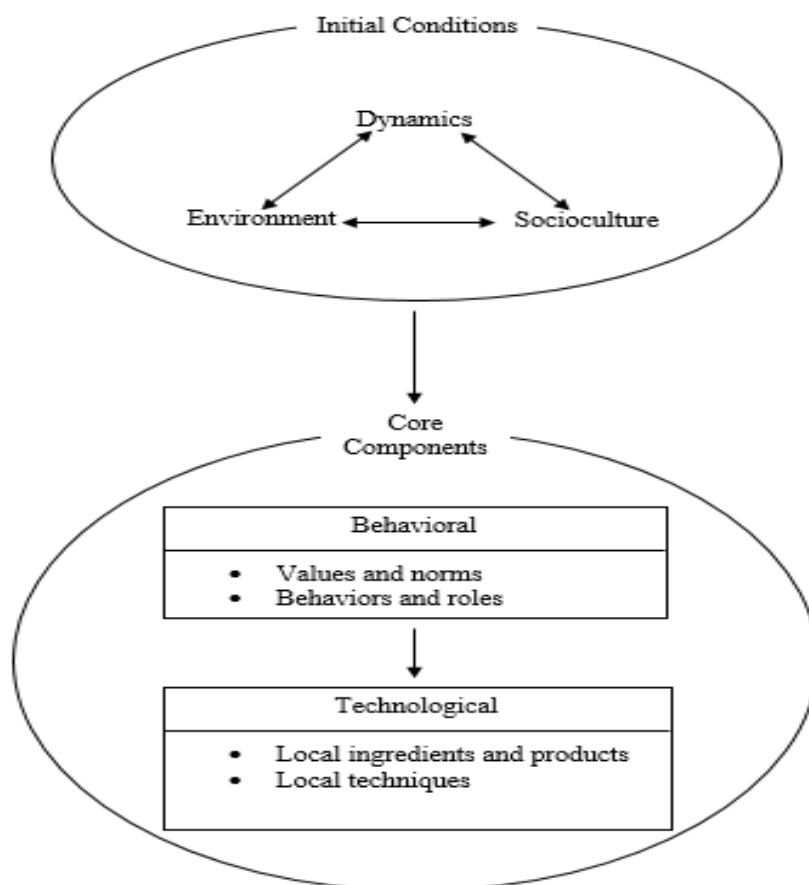
change agents, including tourism, are collectively active and cause an incremental or radical change. Naturally, this CCP takes place in consecutive stages. Therefore, both acculturation theory (AT) and cultural change process (CCP) models are suitable frameworks for explaining changes in local cuisines and detecting whether this change is incremental or radical. The purpose of the current study is to understand the grounds of a change in local cuisines in tourist destinations, with specific attention to the role of tourism within a theoretical framework relying on a combination of CCP and AT perspectives.

## **Literature Review**

### **Local Cuisine**

Local cuisine can be defined in the literature through gastronomic identity elements: environmental (physical) and socio-cultural (Harrington, 2005; Ondieki et al., 2017). Figure 1 shows the components of local cuisine and their relationships. Initial conditions explain i) how a gastronomic identity emerge in an exclusive region and ii) how it differs from other gastronomic identities in other regions. It is also the basis for the core components of local cuisine. Environmental components are tangible cultural elements that form the essence of the local cuisine. These components, extremely effective in forming the original local cuisine structure, are geographical location, climate and vegetation, soil structure, local materials, etc. The socio-cultural components that form the identity of the local cuisine elements are intangible cultural elements, such as lifestyle, beliefs, tradition-customs, history, culture, etc. When combined with the environmental components, they are extremely effective in forming the local cuisine's original structure (Harrington, 2005). As researchers, we claim that there is another component that directs the interaction of these two components. Therefore, with the influence of physical geography and culture, different cooking and presentation techniques and peculiar nutrition styles emerge in different geographies (Ondieki et al., 2017). Dynamic components are critical intermediaries that generate vital interplays between environment and culture. These are trading, innovation, agricultural production, government policies etc. and are exclusive to the generation and growth of local cuisine. For instance, government policies regarding the geographical indication of indigenous food production may facilitate trading them on a larger geographic scale and inspire chefs or local amateur food lovers to innovate recipes.

Core components (values and norms, behaviors and roles, ingredients and products, and techniques) are mandatory elements for the existence of any local culinary culture that is an individual entity. These structural constituents are conceptually common to all cuisines, but they also diverge a cuisine from others due to their changing characters. Core components may be categorized into two domains; technological (ingredients and products, and techniques) and behavioral (values, norms, behaviors, and roles).

**Figure 1. Components of the Local Cuisine**

### Change of Local Cuisines

Significant developments and transformations have been experienced throughout history in cuisines and eating behaviors due to trade activities, migrations, globalization, developments in technology and communication (Hall and Mitchell 2002; Mak et al. 2012). Freedman (2007) emphasizes that cuisines changed much faster than originally thought, especially materials and techniques. Mak et al. (2012) state that convergence and divergence in food consumption affect globalization. While convergence strengthens globalization and causes it to rebuild localization, it can cause restructuring of local identity and culture. Sometimes, when local cuisine is used as a touristic product, it can create a travel barrier for tourists who are closed to different and new tastes. In such a case, local cuisine becomes acceptable only when adapted to these tourist profiles (Cohen and Avieli, 2004; Chang et al., 2010). The relationship between globalization and localization progresses depending on the harmony of local/global consciousness and local/global culture indirectly affects globalization and localization in the destination. Mak et al. (2012) highlighted globalization as a driving force that offers new opportunities for the rediscovery or construction of local gastronomic traditions and identities. According to Hall and Mitchell (2002), as an important tool of globalization, tourism contributes to the strengthening and revival of local product traditions while also contributing to global production. Tourism is seen as an important force with its direct and indirect effects in changing gastronomic traditions and the identity of local cuisine (Hall and Mitchell, 2002; Ondieki et al., 2017). Mak et al. (2012) state that the dialectical relationship between convergence and divergence in food consumption leads to diversity in food consumption in tourism, resulting in changes in menus, indirectly affecting local people's taste and consumption patterns. Due to all these factors, tourism is considered an important intermediary force in changing local cuisine. According to the relevant literature, the role of tourism on local cuisine can be considered from two perspectives: strategic and spontaneous. A strategic perspective is prioritizing tourist behaviors (motivations, choices) and accordingly conversations or adaptations of local cuisine. A spontaneous perspective can be explained as allowing exchanges of ideas, products, and lifestyles between travelers and hosts. These two may be in progress at the same time.

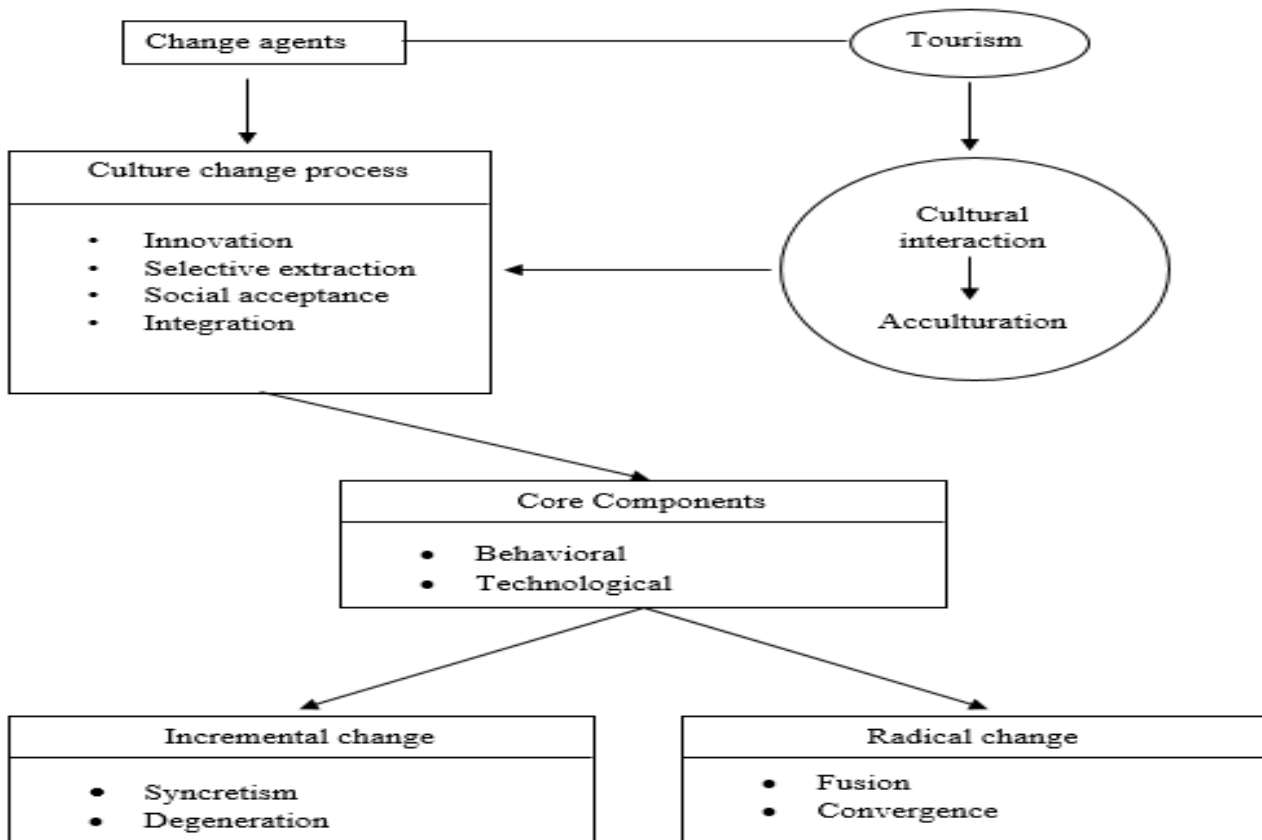
Due to the constant effects of cultural change agents, gastronomic identities or local cuisines are always exposed to cultural interactions. Thus, acculturation of a gastronomic identity is a highly possible process that is continuously functional. Tourism is one of the most powerful cultural change agents that creates a fertile setting for local cuisine to interact with a foreign culture, which possibly results in an acculturation process (Lee and Cox, 2007; Jo and Cha, 2019). Specifically, core components of local cuisine are subjected to AT, and the theory of CCP explains its mechanisms.

The theoretical background of this study is the CCP and AT, widely used theories explaining the harmony and balance of two different cultures' cultural components. CCP and AT suggest a more inclusive theoretical framework since it promises an explanation for how tourism and local cuisines have cultural interactions through innovations, selections, social acceptance, and integration processes. Overall, these theories suggest a basis for understanding changing processes incremental and radical changes in local cuisines.

Wuthnow (1992) states many examples of cult change in the literature. First, there are examples of cultural change that are part of a particular social movement that seem to do little more than reinforce or challenge a particular idea. Second, in some discussions, cultural change is a gradual, incremental process that occurs largely due to imperceptible shifts in socialization patterns. Finally, cultural change occurs quite suddenly, sometimes on a fairly large scale and as part of a relatively different social movement or set of social movements. We think it is the second example that fits the role of tourism in the change of local cuisine. The CCP, with the effects of tangible and intangible cultural-specific components, other cultures or within itself, the effect of PETS factors, through the stages of innovation, selective extraction, social acceptance, and integration, any of the states of merger or reconciliation can be defined as a process that results in both. In innovation, new ideas, methods, and tools form the basis of CCP and have widespread use in society. While this innovation may be a new idea, method or tool that has never existed in that culture, it can also be a conscious adaptation of an existing idea, method or tool. In the selective extraction stage, the innovation that enters a culture enters into a struggle with the old cultural element before it is accepted socially. Any innovation intending to be an element of the culture must have a social meaning. This is called social acceptance. The last integration stage is a dynamic stage in which the cultural components accepted in the society are integrated by communicating and adapting to the elements of the existing culture. Cultural components go through a CCP by preserving their core values and changing in content, and experiencing radical changes by losing their core values.

The AT, widely used to explain immigrant and guest adaptation, has rarely been used in tourism studies (Rasmi et al., 2014). AT is considered a process of social, psychological and cultural change resulting from balancing two cultures while adapting to society's dominant culture. In AT, the individual is also expressed as adopting, acquiring, and adapting to a new cultural environment resulting from settling in a new culture or introducing another culture (Berry, 1997). Individuals of a different culture try to incorporate themselves into the new, more common culture by participating in its aspects, e.g. their traditions, but remain attached to their original cultural values and traditions. The effects of acculturation can be seen on many levels, such as religious practices, health services, and other social institutions, both in the devotee of the dominant culture and in those who assimilate it (Berry, 2009). It results in syncretism or degeneration and cohesion or convergence as directions of acculturation.

**Figure 2. Role of Tourism in the Changing Process of Local Cuisine**



Acculturation in the local cuisine with immediate and remote impacts of tourism may result in sub-processes of the innovation stage such as invention, discovery, diversification, experimentation, and diffusion. The emerging innovations will be included in the social acceptance process following the needs and interests of the local culture. If these innovations are compatible with the core components of the local cuisine, they will be adopted by the local culture and included in the integration process. If not, only after being adapted to the local cuisine's core components will these enter into the adoption and integration process. The integration process of the local cuisine will result in either fusion (combination) or syncretism (reconciliation). Accordingly, local cuisines will go through content or radical transformation. Reconciliation or cultural degeneration can be defined as the combination of local and foreign cultural elements that emerge in cultural interaction when the existing culture preserves its core values and adopts some cultural elements of different and dominant cultures, and adapt some of them to their own cultures (Haviland, W. A. et al., 2008). At the end of the AT between local and foreign culture, the local cuisine will go through content changing in the case of syncretism (reconciliation). This transformative process occurs in the form of change through the core components of the local cuisine as cultural degeneration, articulation, and adaptation. The common point in these changing forms is that the local cuisine preserves its core values, clearly preserving its bond to the particular geography and culture. However, there are partial changes in norms, values, behaviors, roles, materials, techniques, and products over time.

**Methodology**

This study adopts a qualitative research approach to understand the role of tourism in changing the local cuisine. The study group consisted of chefs, academicians, local people, and tourism operators who possess knowledge and experience of Alanya's local cuisine. In determining the study group, maximum variation sampling, one of the purposive sampling methods, and partial snowball sampling were combined. The data of this study were collected before 2020. Scientific ethics committee report is not required for publication of the study.

## **Study Setting**

Alanya was chosen as the study area in this research because of its tourism activities since 1950, historical and natural beauty, a climate suitable for tourism and agricultural activities, and its unique local cuisine structure. In Alanya, with a typical Mediterranean climate, there are tropical fruit growing, greenhouse cultivation, and modern agricultural practices (<http://www.alanya.com.tr/tr/alanya-cografiya>, 2018). Alanya, one of the most important tourism regions of Antalya, is the capital of tourism in Turkey. It has an important gastronomic identity considering that it hosts different cultures and has a rich geography with its climate and soil structure. Since the 1980s, with the start of mass tourism activities in Alanya, there has been a rapid increase in hotel investments (Alanya Municipality, Strategic Plan, 2015-2019: 42). According to 2020 data, it provides accommodation with 632 facilities, 83.334 rooms, and 182.526 beds (ALTSO Economic Report, 2020). According to the Ministry of Culture and Tourism data, 5,680,359 tourists visited Alanya in 2018, spending an average of \$647 per person. However, with the covid-19 pandemic in 2020, the number of tourists visiting Alanya was 2,462,735. The average expenditure amount of tourists was \$762. According to 2022 data 5.538.697 tourists visited Alanya in 2021, spending an average of \$834 per person (ALTSO Economic Report, 2021).

## **Data Collection Process**

During data collection, document analysis, focus group, and face-to-face interview techniques were used. First, content analysis, a way of analyzing written memories from articles, books, newspapers, newspapers, interviews, web-based resources, was used. Content analysis provides flexibility to researchers in the analysis of texts. Therefore, it is widely used in data analysis (Hsieh and Shannon, 2005).

Researchers have taken a deductive approach, as there has been a great deal of previous research on the CCP and the role of local cuisine shopping and tourism, and this is relevant to the purpose of this study (Hsieh and Shannon, 2005; Braun and Clarke, 2006).

Then, a focus group meeting was held with six participants who had significant knowledge and experience with Alanya's local cuisine and were aged between 47 and 81. The focus group meeting took 121 minutes. Participants' opinions obtained through the focus group interview were transcribed in accordance with the original. Interview transcripts were examined in detail by the author and a researcher specialized in qualitative analysis. A semi-structured interview form was prepared to reveal what has changed in Alanya's local cuisine, the reasons for its change, and the role of tourism in this process.

Data from each participant was read several times to understand the whole by the researchers, searched for meaning and relationship patterns. Then, first coding scheme was formed. Specifically, codes were read and sequenced by the researchers until consensus was reached on content. Afterwards classifications and codes were discussed by the judges and coders.

After the coding process, the themes of the research were developed as suggested in the literature (Graneheim and Lundman, 2004). These themes were divided into sub-themes, and the sub-themes were summarized in a single theme. In this abstraction various codes were compared and grouped with reference to Braun and Clarke's (2006) internal homogeneity and external heterogeneity, and Patton's (1990) binary criterion. Each theme was named according to content and character as suggested by Elo and Kyngäs (2008). Researchers, were produced a clear definition for each theme that would help them name the themes, considering the characteristics of each theme.

## **Validity and Reliability of the Research**

Researchers must consider various aspects of reliability in qualitative research, including validity, reliability, and transferability.

There are different ways to ensure and demonstrate credibility of qualitative studies (Graneheim and Lundman, 2004; Elo and Kyngäs, 2008). One of them is to describe the research in detail. Therefore, the present study provides as much detail as possible about the selection and characteristics of the participants, data collection, and analysis processes. Other of them is to present the findings with appropriate citations. Therefore, in the research representative excerpts from the participants' texts for each theme were used to increase the reliability. Also creating a successful coding scheme is important in ensuring trustworthiness for the researches which is content analysis is used (Hsieh and Shannon, 2005).

A coding scheme developed based on the relevant literature was used in the current study because of the deductive approach, which helped increase the trustworthiness. As is the case in this study, also seeking agreement among co-researchers is an important contributor to trustworthiness. In this context conducted a focus group meeting with six participants. Participants confirmed study's findings by stating that all themes that emerged from data coding showed parallelism with their experiences and thoughts.

Triangulation of theory and data is also important in qualitative research to trustworthiness. In this research first, for theory triangulation, two theories perspectives (CCP, AT) was used. Second, sample triangulation (chefs, academicians, tourism operators, and local people) was used to collect the data using different data sources. Third, for data triangulation, different data collection methods were used (review, focus group interviews, and face-to-face interviews).

Kappa analysis was conducted to determine the coding consistency for the themes and related sub-themes. The Kappa coefficient value was 0.914. According to Landis and Koch (1977), such Kappa value implies a perfect agreement between those who evaluate the coding and that the research codes are consistent and reliable. Fifteen participants joined the interviews, ranging from 34 to 81 years old. Content analysis was conducted on interview records transcribed into 122 pages and 42,728 words. The average duration of the interviews lasted 25.07 minutes (Table 1).

**Table 1. Demographic Profile of Face to Face Interview Participants**

Participant Code	Gender	Age	Profession	Field	Place of Birth	Residence in Alanya (in years)
P1	Male	36	Academician	Social Sciences	Alanya	30
P2	Male	53	Chef and Manager	Turkish Cuisine	Adana	34
P3	Female	49	Food Engineer	Carries out projects in the field of Alanya Local Cuisine	Balikesir	26
P4	Male	34	Academician	Science	Alanya	29
P5	Male	61	Teacher	History	Alanya	61
P6	Male	41	Academician	Science	Alanya	41
P7	Male	55	Chef and Manager	Alanya Local Cuisine	Alanya	55
P8	Male	39	Academician	Social Sciences	Alanya	21
P9	Male	47	Chef	International Cuisine	Bolu	25
P10	Male	47	Chef and Manager	Turkish cuisine and Alanya Local Cuisine	Alanya	47
P11	Male	47	Chef	Alanya Local Cuisine	Alanya	47
P12	Male	59	Local	Raised in the Countryside	Alanya	55
P13	Male	42	Chef and Manager	Turkish Cuisine	Alanya	42
P14	Male	78	Local	Raised in the City Center	Alanya	78
P15	Male	81	Researcher Writer	Alanya and Alanya Local Cuisine	Alanya	81

## Findings

Three main themes emerged from the qualitative data: reasons for the change of local cuisine, primary components of the change process, and the impact of tourism in the change. Table 2 shows the main themes, their corresponding sub-themes, and descriptions. A brief explanation for each theme is also presented in Table 2; the descriptions are not official definitions borrowed from the relevant literature but are examples of experiences reported by study participants. Each theme and its sub-themes are explained in the following paragraphs with references to relevant quotes borrowed from participants' texts.

**Table 2. Impact of Tourism in the Changing of Alanya's Local Cuisine**

Theme	Sub-theme	Description
Grounds (Reasons)	Socio-cultural	Effect of migration and rapid urbanizations, adaptations of modern lifestyle, disowning of culinary heritage.
	Economic	Prioritization of commercial concern.
	Technological	Advancements in equipment and product technologies, adaptations of modern agriculture practice.
	Political	Policies of local authorities.
Change	Technology	Change in materials, products and techniques due to disappearance of authentic local ingredients, equipment and tastes and traditional cooking techniques; alteration of authentic kitchen architecture with modern ones.
	Behavior	Change in values, norms, and behaviors due to vanishing of traditional values; transition in symbolic meanings; switching vernacular food names with universal ones, and shifting household roles.
Impact of tourism	Immediate Impacts	Expectations and behaviors of tourism stakeholders and structural elements of the current node.
	Remote Impacts	Facilitating change in local culture and lifestyles and creating rivalry for agricultural lands.

### Reasons

The findings regarding the reasons for changing the local cuisine are presented in four sub-themes as PETS reasons. The effects of migration and rapid urbanization, adaptation to modern lifestyles and disowning of culinary heritage are underlying the socio-cultural reasons for the change of local cuisine. P12, P4 and P11 describe how the effects of migration, rapid urbanization and rejection of gastronomic cultural heritage are.

“... We say Arap Kamil in Alanya. Many of these are later settlements. Their great-grandfathers of the crews that came with the ships stayed here. There are those who stayed after them. They, of course, brought their food culture, and they are definitely influenced by each other.” P12

“There was a transition from floor table to table. Dining table culture was like that locally in Alanya. When we look at it now, I can say that we have kept up with modernism.” P4

“There are women who are 60 years old, and they still do not know how to cook Alanya's food. This is because it was not made at home, so they did not have the chance to see it. For example, they didn't eat a quince dish or meat plum because these were not cooked...” P11.

The effect of economic reasons on the changing of local cuisine is considered through commercial concerns. It has been observed that there are changes in content, especially in touristic businesses, with the use of local cuisine as a touristic product. Two participants explained these in more detail:

“When it comes to tourism, people started to look at it only through money. They started to change everything because of this.” P4

“... all the restaurants have a dish called Osmanish/Ottoman kebab on their menu. There is no such thing as an Osmanish dish. It turned out to be something made up in Alanya. I mean, they cook on fire with mushrooms; it is our regular sac kebab. And they also put cheese in it.” P2

Results of the current study consider the effects of technological causes on the change of local cuisine in two dimensions, as shown in Table 2. P3 and P4 talked about how the use of new technological products and tools affects the taste and recipes of dishes.

“... with the local dishes, some of the technological tools were used, but the taste was still intact.... In some restaurants, there is also the case of using new technological products in making and serving products close to the recipe of local cuisine but with faster solutions.” P3

“Maybe the chemicals in their products have changed now. Products that used to be fresher and tastier are not so tasty now. .” P4.



In the political component, which is the last finding on the reasons for the change in local cuisine, the inadequacy of local government policies such as the lack of sufficient support to local producers, local suppliers, and local businesses is discussed. P2 explains the negative impact of inadequate local government policies.

“All the villagers have been under the sun for the last year. One by one, these people are giving up this business of growing and selling in their garden because of their hard work and the subsequent burning of their products. We are losing, very seriously...” P2

### **Change**

The current research demonstrated that local cuisine in Alanya has experienced changes in its core’s technological/technics and behavioral components. Its authentic local ingredients, equipment, tastes, and traditional cooking techniques seeped away while authentic kitchen layouts were altered with modern agriculture. These changes have provoked using new ingredients, materials, products, and techniques instead of traditional ones. In the following quotations, P3 and P5 describe the change by illustrating how people use new technological products or substitutes instead of their traditional counterparts.

“In some restaurants, there is also the case of making and serving products close to the recipe of the local cuisine, but with faster solutions by using new technological products. The original tripe is now made from chicken, not tripe...” P3

“...one of the things we lost in the cuisine of Alanya, unfortunately, is butter. Margarine is used as a substitute for butter. Fake oils such as sunflower oil are used instead of olive oil...” P5

Several participants (P4, P6, P5) suggest the same practical reasons such as cheapness, speed, and convenience to explain why local people no longer pursue local culinary traditions.

“Nowadays, we are all living an office life. When one gets home after work, and it’s time to eat, not many people want to deal with how the food is prepared and devote time to it. What is the result then? People gravitated towards whatever was easy, practical, and fast. P4

“The things are different, even the way of eating has changed. How? Well, now we are a little more modernized. We used to sit on the floor, of course, there was no table. We were sitting on the ground all the time. We would eat on the floor, and all the food was served on the dining tray...” P6

“You remember we talked about tripe preparing, boiling it in hot water with soap, rubbing it with soap and onions, then cleaning that tripe for hours. Unfortunately, these techniques did not survive.” P5

When talking about changing the local cuisine, emphasis was on changes in architecture.

“Our house is 100 years old, maybe older. The chimney system and everything are old...even the stove. Nevertheless, the smell of any dish made on that stove would not permeate the house. Houses are modernized, old houses were demolished and then, gradually, the kitchen lost its characteristics.” P10

### **Impact of Tourism**

The current research indicated that the impacts of tourism in changing local cuisine in Alanya have immediate and remote impacts. It was found that the stakeholders have an important role in changing Alanya’s local cuisine. Several participants especially emphasized these (P3, P4, and P2).

“Maybe they (chefs) can’t use exactly local products, but they still do something with little master tricks by keeping the taste and appearance the same in terms of catching the right recipe. In other words, they are trying to comply with the old recipes, at least as an image, with small ready-made ingredients.” P3

“Unfortunately, it is also caused by the agencies and their guides that bring the customers. This is one of the biggest problems. At the beginning of the season, all agencies make agreements with a few places and pay them money. ...Even if those restaurants sell meaningless food, it will be full.” P2

“I remember in the past during the 90s, we used to bring the tourists home and we would give them meat and they would eat it in their hands. Now, believe me, we are trying to prepare a suitable environment when we invite tourists home. In the past, tourists did not expect this, but now tourists want it.” P4

Because the all-inclusive system is preferred in Alanya tourism due to mass tourism, hotels and restaurants tend to prefer stereotypical, low-cost, and less compelling touristic menus. In the restaurants' menus in the destination, low cost, less time consuming, easy, and practical products and adapted meals are presented.

“And one of the things that kill this business is the menu card. Menu cards in their hands are a pattern. They don't break out of this mold.” P2

“In other words, these are events that have now turned into money. Let me buy it more economically. When making an all-inclusive system, the man says I will get it cheap. He doesn't think about the taste.” P7

As illustrated by current research, the remote impacts of tourism in the changing of local cuisine in Alanya are stated as facilitating changes in local culture and lifestyles and creating rivalry for agricultural lands. Along with the cultural interactions experienced between stakeholders, local cuisine adaptations were determined by modifying local flavors, dish names, and traditional styles. Changes in the local people's lifestyle have caused the roles and responsibilities to differ, and effort and time spent on the local cuisine have decreased.

Moreover, agricultural practices are also differentiated, causing changes in local products' color, flavors, and aromas. Finally, local agricultural areas were reduced, resulting in decreased supply of local products and increased use of ready-made, substitute, and products grown in different geographies. Indirect effects of tourism on local cuisine are reflected in the following statements:

“With the development of tourism, of course, there is a great interaction in food and life. In terms of food, for example, German cuisine has entered. This is reflected in restaurants as well. Some of the younger generations even ask from their mothers to cook such food at home.” P12

“Since the hotel industry started to expand, our local food may not be cooked in Alanya's homes. In other words, I think that tourism reduces that culture, table culture, and cooking culture at home.” P8

“Local products are actually related to a production network. Here, our way of production has changed with tourism: service industry, hospitality, travel, restaurant, entertainment and so on. Now, with the change of production and urbanization, there is no production of material that will provide the local flavor.” P1

## **Discussion and Conclusion**

This study has presented empirical evidence supporting that the change process of local cuisine is based on behaviors and technological/techniques, that PETS ground must be formed for this change to occur, and that tourism has immediate and remote effects on the change of local cuisine. Tourism is a setting and facilitator for CCP and AT. A complex network of PETS aspects constitutes CCP and AT. Tourism has an immediate and remote impact on changing local cuisines that go through an incremental change rather than a radical one. Those effects are created in collaboration with CCP and AT instead of beginning in isolation. The impacts of tourism and the effects of PETS factors lead to changes in local cuisine concerning its core components. Carter and Beeton (2004) stated that tourism as an agent of CCP has many positive and negative impacts on the socio-cultural structure of the destination, and they argue that if these effects can be managed, the results can benefit the destination.

As a result of all this, the processes that bring about change in the local cuisine:

CCP and AT are active in the case of Alanya local cuisine, but with it is unique attributes:

1. Local cuisine with initial conditions based on gastronomic identity is not a static asset. The core components of the local cuisine are subjected to transformative processes. With the acculturation and change process of the local cuisine in Alanya, the content of the local cuisine of Alanya has changed. There are differentiations and adaptations in local cuisine, local products, traditional tools, traditional methods, local tastes, and local names with the effects of the components such as cultural interactions, economic concerns of stakeholders, and the expectations of tourists, as well as components such as all-inclusive systems applied in hotels, and developments in lifestyle.

2. Gastronomic identity is not a product of circumstance; it is the thing that survives despite it. What has changed are the cultural components such as values, norms, behaviors, and roles surrounding the core of gastronomic identity. The gastronomic identity, which does not change despite the conditions, is also a component that can be protected from this change process. Tourism is a motivational agent for this situation.

3. Innovations are made through adaptations of local cuisines to the desires of tourists and the cost and convenience expectations of producers. Selective extraction occurs when commercial concerns or convenience

are prioritized. Immediate impacts of tourism such as the critical roles of tourism stakeholders, the dominant mass tourism in the destination, and the all-inclusive system have affected the change of local cuisine and led to the emergence of concepts such as an adapted menu, touristic food, touristic menu, local cuisine architecture, technological products and techniques, and modern agricultural practices.

4. Social acceptance leads local people to alter traditional culinary practices with more convenient ones through accepting new technologies and behaviors. As evidence of the change, the taste of the region, the name of the dish, the adaptation of traditional methods according to the interests of the tourist and tourism enterprises, and the change in the roles and responsibilities of the local people can be presented.

5. Integration occurs when local food culture and tourism reconcile. Indeed, tourism adds a layer to culinary practices an existing culinary culture. The interactions between this new layer and the traditional culinary practices are inevitable, leading to a reconciliation of tourism and local culinary culture, resulting in changes in both sides.

6. The process occurs as incremental change (syncretism, degeneration) and radical change (fusion, converge). Changing of local cuisine seems to end up with cultural degenerations in Alanya.

According to this study, local cuisine has a dynamic structure and is open to change. It is natural for the local cuisine to change with the CCP and AT. Tourism also plays an active role in this process and affects change. On the other hand, local culinary culture or gastronomic identity is also a component that can be protected from this change process. Tourism creates motivation and opportunity for this as well. Achieving this depends on several things. The authenticity of the local cuisine should be part of the tourism strategy; it is necessary to start with research on the local cuisine. All stakeholders should understand that all technological and behavioral components of the local cuisine are related to the consciousness and lifestyle of the local people. Quality-oriented innovations that create gastronomic motivations in tourists should be encouraged instead of cost, convenience-oriented, and adaptation-based innovative studies. In addition to the immediate and remote impacts of tourism in the change of local cuisine, it can contribute to the preservation and sustainability of the local cuisine.

As conceptual limitations, the local cuisine, gastronomic identity, and the change of local cuisine concepts are not fully defined in the literature. A theoretical limitation is that the study was handled within AT and CCP frameworks. Methodological limitations include collecting data only from tourism stakeholders living in Alanya and adopting the qualitative method. The study can be replicated using quantitative or mixed research methods with different study groups. For a more precise comparison, this study can be applied in alternative tourism destinations, where the tourist profile is different and destinations where tourism activities are not so intensive and influential.

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