

Usage of Local Foods in Regional Restaurants: Sinop Example

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Abstract

In recent years, it has been seen that tourists are curious about the local foods in the regions they travel to and want to taste, as well as sightseeing, seeing and entertainment activities. With the concept of gastronomy gaining importance in recent years, it is understood that there has been an increase in the interest of both local and foreign tourists for local foods. At this point, especially accommodation and food and beverage businesses are trying to meet this demand of both domestic and foreign tourists. For this reason, it is seen that businesses tend to give more place to local tastes in their menus recently. As a result of the literature review, no study was found on the use of local dishes in the regional restaurants in Sinop Province. At this point, the study was considered important and it was thought that it should be done. The main purpose of this study; The aim is to determine the extent to which the local dishes of the cuisine of Sinop are included in the menus of the food and beverage businesses operating in Sinop and to reveal the forgetfulness of the local dishes. The research was carried out by examining the menus of 16 food and beverage companies located in the city center of Sinop. The study was carried out using content analysis, one of the qualitative research methods.

Introduction

Because people are social beings; In addition to being a phenomenon where biological needs are met throughout history, eating has been a social tool

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where individuals mingle with each other, share their joys and sorrows, and carry out celebration and entertainment activities (Cığırım, 2001).

Every society has a different cultural structure. The biggest factor in the formation of this cultural structure is tradition, geographical feature, cuisine, cooking techniques and eating and drinking habits. Eating habits, which have continued since ancient times, since the existence of man, have the same mentality, no matter how much they have changed today. Today, the reason why local dishes are not preferred less than world cuisines is that local dishes are not known and old recipes are not accessible.

Within the scope of this study, it is aimed to recognize and know the food and beverage businesses operating in Sinop, how much Sinop includes local dishes in their menus and to what extent the local dishes of the region are recognized.

The Concept of Local Cuisine and Its Features

The word kitchen has passed into the Turkish language from the Arabic word “matbah”, it means “the place where food is cooked, stored and preserved”. Turkish cuisine has unique characteristics with its kitchen structure-architecture, tools used, types of food, cooking styles, table setting, serving styles, and foods prepared for winter (Çölbay and Sormaz, 2015: 1730).

The Turkish food culture, which was formed as a result of the blending of the grains of Mesopotamia, the vegetables and fruits of the Mediterranean, the spices of South Asia, and the use of meat and fermented dairy products by the Central Asian nomadic people, has led to the formation of a rich culinary culture due to the historical process (Güler, 2010: 25).

“The concept of local cuisine; We can define it as all of the foods and beverages that are created as a result of combining local products and local customs, cooked in their own ways by the local people, and designed with religious or national feelings” (Şengül & Türkay, 2015:600). The concept of local cuisine; Since it is a concept that includes local food and local food, it cannot be considered separately from each other. Therefore, it would be right to talk about the concept of local wherever there is a kitchen.

In the formation of local cuisines (Şengül and Türkay, 2015: 600);

- Traditions,
- Seasonal conditions,
- Geographical conditions,

- National effects,
- Religious influences,
- Local food and beverage products
- The accumulation gained in the historical process can be effective.

Importance of Local Cuisine for Gastronomy Tourism

One of the most important factors that encourage people to travel is that they want to know and experience the culinary culture of that country (Pekyaman, 2008; Aslan et al., 2014). As a matter of fact, Pekyaman (2008) states that most of the tourists visiting Turkey want to get to know and try the foods of Turkish Culinary Culture. The fact that our country's local food culture offers rich options with regional differences creates an important attraction point for foreign tourists as well as domestic tourists (Soner, 2013).

Sinop Culinary Culture

Sinop province is located between the Eastern and Western Black Sea regions. It was founded on a peninsula surrounded by seas on three sides at the northernmost tip of Turkey extending to the Black Sea (Provincial Directorate of Tourism, 1992: 1). Due to the fact that different cultures live in Sinop, the nutrition structure is basically based on grain products. It is known that together with winter vegetables, quince and chestnut fruits are also used in meals. In addition, it is seen that local dishes such as stewing, spoon stickers, nokul, corn cake, islama, folding in Sinop cuisine are loved and consumed in the region (Karaçar, Doğancılı and Ak, 2018: 439).

The traces of Black Sea Cuisine and Marmara Cuisine can be seen among the factors that make up the dishes of Sinop. Varieties of vegetable and pastry dishes are dominant in Sinop region. However, meat dishes and fish dishes are also prominent due to the fact that it is on the coast of the Black Sea. At the same time, mountain herbs in the Sinop region are often used to sweeten dishes.

Making and storing for the winter still continues in the Sinop kitchen. For the winter, tomato paste, tomato juice and pickles are commonly made. Generally, canned products are not used in Sinop cuisine.

When it comes to Sinop local dishes, the first things that come to mind are; Sinop ravioli, Sinop Nuklu, Princess dessert are not limited to these. In the tables below, there is a local menu and regional dishes / foods that have geographical indication.

Table 1. Sinop Dishes / Foods With Geographical Indication

Local Dishes / Foods With Geographical Indication
Sinop Spotted (2017)
Boyabat Stick Kebab (2020)
Boyabat Gazidere Tomato (2020)
Sinop Ravioli (2021)
Sinop Chestnut Honey (2021)

Source: *ci.turkpatent.gov.tr*

Table 2. Sinop Local Dishes

Traditional foods
Folding
Islama
Stuffed Pan
Leek with Vinegar
Bonito Steak
Keşkek
Pumpkin Pie (Squash Pie)
Chestnut Stuffed Rice
Spoon Sticker (Mamalika)
Corn soup
Corn Tarhana
Passover Dessert
Squeezed Dessert
Corn Cake
Princess Dessert

Method

In this research, it was aimed to determine the levels of Sinop Cuisine Local Dishes in the menus of businesses operating in the province of Sinop that provide food and beverage services. The research was carried out by examining the menus of 16 food and beverage companies located in the city center of Sinop. The study was carried out using content analysis, one of the qualitative research methods.

Content analysis is the careful, detailed and systematic examination and interpretation of data with the aim of identifying patterns, themes, biases and meanings related to the core of the research. The purpose of content analysis is to reach concepts and relationships that can explain the data obtained through the views of the participants and the file and document review. (Baltacı, 2017; Guba and Lincoln, 1994; Maxwell, 2008; Pope et al., 2006).

In the method, whether the local dishes of Sinop from past to present are included in the menus of food and beverage businesses in Sinop was made by creating a table. These findings are stated in the conclusion part.

Results

A table was created to indicate whether the soups, main courses and desserts of Sinop province are included in the restaurant menus. In this context, 16 restaurants included in the sample are given in Table 3.

Table 3. Inclusion of local dishes in Sinop province in restaurant menus

Sinop Yöresel Yemekleri	Restoranlar																
	Gaziantep Südem Pastanesi	Deniz Cafe	Şen Pastanesi	Kökt Pastanesi	Örnek Mariti	Okyanus Balık Evi 57	Saray Restoran	Sakız Cafe	Villa Pasta	Karainci Fırın	Angelico Cafe /Bistro	Kahve Durağı	Çalkuşu	Karainci Pasta	Beyaz Ev	Nihavent Restoran	
Sinop Mantısı		✓				✓		✓		✓	✓	✓					
Sinop Nokulu	✓	✓	✓	✓	✓												
Boyabat Sırık Kebabı																	
Katlama																	
İçli Tava						✓											
İslama																	
Sirkeli Pirasa																	
Palamut Dilaki						✓	✓										
Keskek																	
Kabak Milleşi																	
Kestanehlig Pilav																	
Kaşık Çıkartma																	
Misir Çorbası																	
Misir Tarhanası																	
Hamursuz Tatlı																	
Sakmık Tatlısı																	
Misir Pastası																	
Prenses Tatlısı	✓		✓	✓					✓								

It has been observed that most of the restaurants included in the research have Sinop ravioli, which is the local dish of Sinop province. However, Boyabat pole kebab, folding, soaking, leeks with vinegar, keskek, pumpkin noodle, stuffed rice with chestnut, spoon stickers, corn soup, pastry dessert, squeezed dessert, corn cake were not found in any restaurant included in the study.

Conclusion and Recommendations

In this research, which aims to determine the level of the local dishes of Sinop cuisine in the menus of the restaurants operating in the province of

Sinop, it has been determined that most of the restaurants included in the research have been operating for many years.

It was determined that in none of the restaurants included in the study, there were no local dishes of Sinop province such as Boyabat stick kebab, folding, soaking, leek with vinegar, keskek, zucchini mince, chestnut stuffed rice, spoon stickers, corn cake, and Sinop ravioli was the most local dish in the menus of the restaurants. However, it was concluded that the local soups of Sinop province, corn soup and corn tarhana, were not found in any of the restaurants included in the research. It has been determined that most of the restaurants included in the research have princess dessert, one of the local desserts of Sinop, but not doughless dessert and squeezed dessert.

As a result of the negotiations with the restaurants, the reason why local dishes are not included in the restaurant menus:

- Businesses think that they can make more profit by serving meals such as fast food, the customer profile is in the plurality of students, and these products are at the forefront in the menus due to their low cost and high profit margin,
- The fact that local dishes are made at home and restaurants want to produce and sell dishes that are different from home-cooked meals,
- Due to the difficult process steps and production stages of local dishes,
- The fact that the original local food recipes are not accessible,
- Not knowing all the local dishes of Sinop province by the tourists can be shown as a reason.

As a result of the interviews with the restaurants, the following suggestions can be made to include local dishes in the restaurant menus:

- Local dishes can be promoted more, and their recognition by the public and tourists can be increased.
- Authorized institutions and organizations may issue incentive certificates to businesses that make local food.
- Local food festivals can be organized in Sinop province to promote local dishes.
- Gastronomy and Culinary Arts Department at Sinop University can organize a local food day in Sinop and make presentations in a public place.
- Geographical indication of all Sinop local dishes can be ensured.
- Efforts can be made to preserve the original recipes of the local dishes of the province of Sinop and to remain faithful.

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