

# Halkbilimi

*Halk Sanatları Vakfı Yayınıdır*

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**Sahibi ve Yazı İşleri Sorumlusu**  
Kani KANOL

**Yayın Kurulu**  
Engin ANIL  
Öcal ERTEN  
Kani KANOL  
Gaye ÖZARIN  
Hasan EKMEKÇİ  
Tuncer BAĞIŞKAN

**Kapak Fotoğrafları**  
Ahmet Erdengiz'in arşivinden

**Grafik Tasarım**  
Tipografart (Aziz Ener)  
Selimiye Sokak No. 1, Lefkoşa  
Tel: 0392 22 75 944  
E-pösta: azizener@superonline.com

**Baskı**  
Mavi Basın Yayın Ltd.  
M. İrfanbey Sokak No: 30 Lefkoşa  
Tel: (0392) 228 31 05

**Yazışma Adresi**  
HASDER  
Dervişpaşa sokak No:17,  
Arabahmet Lefkoşa - Kıbrıs.  
Tel: (0392) 227 08 26  
Fax: (0392) 228 77 98  
Web site: [www.hasder.com](http://www.hasder.com)  
E-mail: [hasder@hasder.com](mailto:hasder@hasder.com)

## Turkish Cypriots Eating & Drinking Habits

**Mustafa ŞAH\***

### Meze:

Mezes are little "hors d'oeuvres" which are very important in TC Cuisine. Mezes are considered to be traditional dishes and are the most important part of a meal.

Each restaurateur can create his own recipes as meze. The recipes come from mother to daughter. Mezes are very tasty and enjoyed by everybody including the tourists and visitors.

### Cold mezes or appetizers are:

Cacık	(Cucumber with yogurt)
Kabak Kızartma	(Fried courgettes)
Patlıcan Kızartma	(Fried aubergines)
Pilaki	(Boiled bean salad)
Biber dolması	(Stuffed green peppers)
Limonlu havuç ve salatalık	Raw carrot & cucumber in lemon juice
Dolma	Vine leaves stuffed with rice, tomatoes and onion in chilly sauce
Humus	Chick pea spread
Yoğurt	Yogurt
Siyah Zeytin	Black olives
Çakıdes	Crushed green olives
Beyaz peynir	White cheese made from sheep's milk
Hellim ve domates	Halloumi and tomato
Bıldırcın yumurtası	Hard-boiled egg of quail
Tahın salatası	Tahini dip
Beyaz peynir püresi	White cheese puree
Patlıcan salatası	Aubergine salad
Kappar Turşusu	Pickled capers
Söğüş	Natural salad
Karışık salata	Mixed salad
Samarella	Samarella
Soğuk et	Cold meat
Soğuk balık	Cold fish
Nor	Goat's milk curd
Kuru bakla	Dry broad bean
Pancar turşusu	Pickled beetroot
Patates salatası (zeytin yağı)	Potatoes salad (with olive oil)

\*(MHCIMA –skal) Head-Master of Hotel, Tourism & Catering Training Centre, Kyrenia, President of Skal International, Kyrenia

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Mezes are all placed on the table.

### Hot delicacies:

As the cold mezes are consumed , they are replaced by a smaller dish of hot delicacies.

These are:

Izgara hellim	Grilled halloumi
Hellim kızartma	Fried halloumi
Şeftali kebab	Sheftali ( lamb sausage)
Köfte	Meat rissoles
Kalamar	Baby squid
Hellim böreği	Small pasties stuffed with cheese
Kıyma böreği	Small pasties stuffed with minced meat
Ispanak böreği	Small pasties stuffed with spinach
Sigara böreği	Cheese in puff-paste rolls
Bulgur köftesi	Koupes
Pidede ızgara hellim	Grilled halloumi in flat bread
Mantar sote	Mushroom sauté
Pidede ızgara pastırma	Pastirma in flat bread
Manti	Meat pie
Pirohu	Ravioli with cheese or Cyprus lasagna
Zeytin kebabı	Skewered black olive

### Soups:

The most favourite soups are:

Mercimek çorbası	Lentil soup
Tarhana çorbası	Soup with crushed wheat dried in yogurt
Domates çorbası	Tomato cream soup
Yayla çorbası	Rice & yogurt soup
Pırasa çorbası	Leak soup
Sebze çorbası	Vegetable soup
Kremalı tavuk çorbası	Cream of chicken soup

### Main Courses:

Kebabs are very popular among the Turkish Cypriots. There are different types of kebabs. Generally, cubes of lamb, chicken or liver are skewered with tomatoes, peppers, onions, grilled over charcoal and served with pide ( envelope of pitta bread).

Kebabs are always accompanied by a salad (Shepherd's salad). In the restaurants, kebabs are served on a bed of rice too.

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Some sorts of kebabs and other main courses are:

Kuzu şiş	Lamb shish
Piliç şiş	Chicken shish
Şişte ciğer kebabı	Liver shish
Kuzu tava	Casserole lamb dish
Musakka	A dish with minced lamb, aubergine, potatoes, courgettes and sauce béchamel
Pirhohu	Very similar to ravioli (paste+cheese+mint)
Küp kebabı	Chunks of lamb which are generally wrapped in foil paper, together with potatoes, tomatoes and onions and baked in a brick oven about three hours. In the old days they used to bake küp kebab underground where they had a clay oven. On our feast days TC like to taste küp kebab.
Şeftali kebabı	Sheftali kebab
Kuzu pirzola	Lamb chops
Köfte	Meat balls
Karışık kebab	Mixed kebab
Fırında etli patates	Meat-potato in oven
Kuzu rosto	Roast lamb
Bumbar	Lamb intestine stuffed with minced meat, rice, onion, parsley
İmam bayıldı	Imambayıldı
Etli dolma	Vine leaves stuffed with rice, tomato, onion, minced meat, parsley in chilly sauce
Tavşan bastı	Rabbit stew with onions

Fish:

TC like to enjoy eating fish which are fresh. They do not like frozen items, especially fish. After 1974, TC changed their eating habits from red meat to white meat. That's why they prefer either chicken or fish.

**Some varieties of fish which are preferred by TC:**

Lahos or lagos	Grouper
Mineri	Blue fish
Barbun	Red mullet
Sorgo	White bream
Fagri	Sea bream
Mineri	Amberjack
Levrek	Sea bass
Palamut	Tuna
Kefal	Grey mullet
Çipura	

All sorts of fishes are accompanied by French fries and a salad.

**Fruits & Sweets:**

TC are also fond of sweets.

Here are some of them:

Lokma	Lokma
Helva (irmik helvası)	Halva
Sütlaç	Rice pudding
Tel Kadayif	Kadayif
Baklava	Baklava
Dondurma	İce cream
Taze mevsim meyvesi	Seasonal fresh fruits
Lokum	Turkish delights
Sadrazam lokumu	TC delight
Samsı	TC Baklava
Sini katmeri	Flour, oil, butter, almond, cinnamon
Gullurikya	Gullurikya
Şammali	Şammali
Kayık pasta	Small cake made of almonds & nuts
İçi dolu (lokum)	Oval shape of kayık pasta
Ekmek kadayifi	Bread kadayif
Çitlemitli bitta	
Revani	Semolina sweet
İncir hoşaf	Fig compote / stewed fig

**Preserved fruits ( MACUNLAR ) :**

Ceviz macunu	Green walnut
Turunç macunu	Seville / bitter orange
Kayısı macunu	Apricot
Badem macunu	Almond
İncir macunu	Fig
Patlıcan macunu	Eggplant
Karpuz macunu	Watermelon
Ayva macunu	Quince
Hurma macunu	Date
Kabak macunu	Marrow

**Turkish Coffee:**

TC enjoy their Turkish coffee at least 3 times a day. After meals, it is a must to drink a Turkish Coffee. That is the reason why, coffee shops are a part of TC life and are visited only by men who meet with others to talk, to gossip, play cards and tavli ( backgammon). Turkish coffee is a strong coffee and when you order your

coffee, you will be definitely asked if you like it;

- şekerli (sweet)
- orta şekerli ( medium sweet)
- orta (medium)
- sade (without sugar)

Turkish coffee is always accompanied by a glass of water.

**Çay (Tea):**

Tea is served without milk and usually in a little glass.

**Drinks:****Soft drinks:**

Taze portakal suyu	Fresh orange juice
Taze greyfrut suyu	Fresh grapefruit juice
Ayran	Ayran
Sumada	Soumada
Salep	Salep

**Alcoholic drinks:**

Raki	(local drinks) Raki ( it is the national drink) – favourite aperitif
Brandy sour	Brandy sour – favourite aperitif
Yerli bira	Local beer
Local wines:	Aphrodite, kantara, malia
İthal şaraplar	Imported wines from Turkey
İthal biralar	Imported beers from Turkey

**On the occasion of celebrations:**

Pilavuna	Flaunes(easter cheese cake)
Kabak böreği	Small pasties stuffed with pumpkins
Hellimli	Oven baked cheese paste
Zeytinli	Oven baked olive paste
Boğaç	Oven baked white cheese- halloumi paste
Lahmacun	(Fındık lahmacun) Mini lahmacun - A lately adopted dish from Turkey.
Pide	(hellimli / pastırmalı / etli veya kıymalı / peynirli) Halloumi / Pasturma / Meat or Minced meat / Cheese on bed of flat bread baked in oven
Bulgur köftesi	Koupes
Traditional Wedding Meal (HERSE- Ressi):	

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In Paphos area, TC used to celebrate their wedding feasts with herse.

It was very traditional dish in the area that they used to say without herse, no one could believe the charm of wedding. "Wedding feast without herse was like a winter without rain".

#### Hellim (Halloumi):

Hellim is the most famous and delicious cheese which is consumed all the time.

It is also served with cucumber, tomato, melon and of course grilled and fried.

We cannot imagine a tarhana soup and macaroni with chicken cooked in the broth without hellim.

#### Molohiya:

Molohiya is a green leafy vegetable which grows in Cyprus and on the banks of the Nile. It is cooked with chicken or lamb.

#### Kolokas:

Kolokas is a root vegetable and has the texture of potato but a sweeter taste. It is cooked with chicken or lamb.

#### Lemon:

Lemon is a very favourite flavouring item in a cuisine where Cypriot house-wife works all day along.

A molohiya dish needs lots of lemon juice. A lentil soup cannot be imagined without lemon juice.

TC restaurateurs serve usually fixed menu which is;

- meze
- kebabs (lamb or chicken) or mixed kebab or fish
- followed by fruit or sweet or both and finally coffee.

#### Coffee is usually on house.

TC Restaurateurs and their staff are hospitable, friendly and anxious to serve the customers.

During the whole Summer period, eating and drinking

takes place outdoors.

#### TC dishes are good value of old tradition.

Ramadan (Fasting meals):

- Iftar ( evening meal)
- Sahur ( breakfast)

Iftar (evening meal) is just time that fast is broken with an olive or cheese or date.

#### There are too many dishes for iftar. Some of them are:

- Lentil soup
- Fried eggs with minced meat
- Stew vegetable dishes
- Chicken potatoes in oven
- Lamb chops
- Chick peas
- Pirhohu
- Pilavuna
- Bitta bread
- Gullaç
- Puddings
- Kullurikya
- Cake
- Semolina cake
- Kadayif

#### Sahur meal:

- Dates
- Porridge
- Bitta bread
- Soup
- Fruit

Iftar is a good occasion for family and friends to eat and celebrate together. Because everyone eats at the same time.

The fasting people eat delicious feasts, traditional foods.

Bayram Meals:

Şeker bayramı:



During Şeker bayram, TC make tel-kadayif and offer their guests. It is also a habit to offer candies. When the family members come together by lunch time, they eat either hırsız kebabı (kleftigo) or chicken – potatoes baked in oven.

**Kurban bayramı:**

Religious and rich people are supposed to scarify an animal and distribute the flesh to the poor people. On the other hand, they offer fried meats to the guests. In some case, pilavuna is also offered.

Lunch meal is also important during kurban bayramı. Family members enjoy the meat dishes.

**New Year's eve:**

In the old days, TC used to cook chicken and macaroni cooked in broth.