



ANADOLU
LEZZETLERİ

From the
Fertile land of
Anatolia...

MIGROS



We traveled across Anatolia. Found **centuries-old recipes** and **heirloom seeds** in different regions. Then had them prepared for you in their original fashion, using **traditional methods**.

Anadolu Lezzetleri **From the fertile land of Anatolia...**

Anatolia bears the traces of many civilizations that it has cradled in its thousands of years of history, beginning with Göbekli Tepe, the oldest temple known in history. The cuisine of Anatolia harbors the richness and variety of all these civilizations.

Today, each region of Turkey has its own delicacies that reflect the traditional cuisine, made using ingredients and techniques unique to the region and heirloom seeds that have been passed down thousands of years. However, it is becoming harder each day in our industrialized and globalized world to preserve these cooking secrets. Meanwhile, since the heirloom seeds require painstaking labor to preserve and must compete with imported seeds, they are planted less and less each year.

Migros travels across Anatolia, village by village, and discovers unique delicacies and their centuries-old recipes, as well as the expert cooks and bakers that prepare them using traditional methods. The delicacies are then made available in special packaging, under the brand name "Anadolu Lezzetleri", sold with the promise of the quality of Migros and Macrocenters. This way, Migros contributes to the preservation of these delicacies and heirloom seeds so they can be passed on to the next generations.

Anadolu Lezzetleri products are in limited supply.



MiGROS

Amik Prairie Karakılçık Wheat 500 g

From ancient lands to your home!

Harvested using traditional methods, the karakılçık wheat grown in Amik Prairie's perfect climate and rich soil, keeps its fresh taste from the store to your home.



Grown in the ancient "Fertile Crescent", karakılçık (literally means "black-spiked") wheat has a unique color, aroma and taste owing to the great climate and the richness of the soil in the Amik Prairie, as well as the traditional methods used in its harvest.

The karakılçık wheat is first sifted, then boiled in a wood fire, and air dried before being picked out once again on a wooden table. Next, it is taken to the mill to be dehusked. What makes this wheat special is the use of seeds reserved from the previous year's harvest.

You can use Amik Prairie Karakılçık Wheat in soups or in the traditional Hatay recipe called "aşur".



Amik Prairie Freekeh 500 g

The millennia-old delicacy from the Fertile Crescent

Prepared using a thousand-year-old recipe, freekeh is made from young green wheat grown in the Amik Prairie, and its smoky flavor has a special place in Hatay's cuisine.



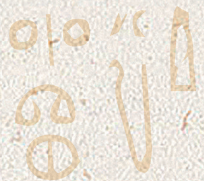
Grown in the ancient "Fertile Crescent", freekeh is still made in the villages of Hatay today, using the same methods passed onto generations.

The hard wheat grown in the Amik Prairie is ideal for freekeh. The harvest takes place during May, while the wheat berries are still green, with a reaping hook. A smoking process is then applied to help separate the berries from its stems, and after being let to rest, the berries are separated from the spikes and ground in a stone mill.

Amik Prairie Freekeh, with its unique, smoky flavor, is ideal in pilafs and dolmas.



Hatay



Amik Prairie Karakilçık Thin Bulgur 500 g

A millennia-old delicacy from the Fertile Crescent

Harvested using traditional methods, this bulgur produced from the ancient karakilçık wheat grown in Amik Prairie's perfect climate and rich soil, keeps its fresh taste from the store to your home.



Going back to the ancient "Fertile Crescent", karakilçık (literally means "black-spiked") bulgur acquires its unique color, aroma and taste from the karakilçık wheat grown in the great climate and the richness of the soil in the Amik Prairie, as well as the traditional methods used in its harvest.

Karakilçık bulgur is obtained by breaking the Karakilçık wheat into smaller pieces. What makes this wheat special is the use of seeds reserved from previous year's harvest.

Made into bulgur using traditional methods, you can enjoy this thin bulgur for making the local dish "sarmaıçı" or tabbouleh.



Hatay



Amik Prairie Karakılçık Bulgur for Pilaf 500 g

A delicacy from the Amik Plain

Harvested using traditional methods, this bulgur produced from the ancient karakılçık wheat grown in Amik Prairie's perfect climate and rich soil, keeps its fresh taste from the store to your home.



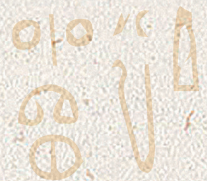
Going back to the ancient "Fertile Crescent", karakılçık (literally means "black-spiked") bulgur acquires its unique color, aroma and taste from the karakılçık wheat grown in the great climate and the richness of the soil in the Amik Prairie, as well as the traditional methods used in its harvest.

Karakılçık bulgur is obtained by breaking the Karakılçık wheat into smaller pieces. What makes this wheat special is the use of seeds reserved from the previous year's harvest.

Made into bulgur using traditional methods, Amik Prairie Karakılçık Bulgur is ideal for making pilaf.



Hatay



Kastamonu Siyez Bulgur (Einkorn Wheat) 500 g

A millennia-old Anatolian delicacy!

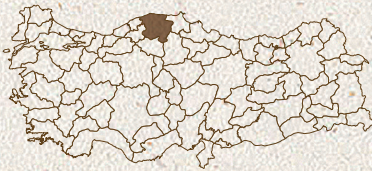
With its thousands of years of history, siyez bulgur is harvested in Kastamonu using traditional methods and keeps its fresh taste from the store to your home.



As an ancient Anatolian seed that dates back ten thousand years, siyez bulgur, or einkorn wheat, has a higher percentage of protein than modern red wheats and is considered more nutritious. It is harvested in Kastamonu's Ihsangazi district by the villagers using traditional methods and without the use of any pesticides.

The wheat is first sifted, then boiled in a wood fire, and air dried before being picked out once again on a wooden table. Next, it is taken to the mill to be dehusked.

The Kastamonu Siyez Bulgur is best for making bulgur pilaf.



Sarıköy Gönen Baldo Rice 1000 g

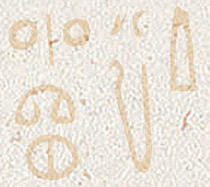
A delicacy from the Gönen region!

Grown in Balıkesir's Gönen district, this rice is special for its taste and non-sticky texture when cooked.



Sarıköy Gönen Baldo Rice, grown in Balıkesir's Gönen district, has a smooth shell and makes for a snow-white, delicious rice dish.

Sarıköy Gönen Baldo Rice can be used in any of the traditional rice pilaf dishes and be enjoyed for its non-sticky texture.



Ispir Dried Beans 750 g

Famously delicious beans from Ispir, Erzurum

Erzurum Ispir's dried beans have a history of thousands of years. They are grown at high-altitudes, using only traditional methods.

The story of Erzurum Ispir's Dried Beans goes back thousands of years. They are grown, using traditional methods, in the fertile region that encompasses Çoruh River's Basin, which has a high altitude and low moisture.



The production of the Ispir beans starts in October, when preparing the field for the next year. The field is raked, fertilized with goat manure and seeded. As the region is mountainous and doesn't allow for agricultural machinery, the beans are collected and picked by hand, one by one.

Unique for expanding well in water, cooking fast and keeping their shell even when cooked, Ispir Dried Beans are best consumed by soaking them in water overnight and then cooking them using traditional methods the next day.



Yozgat Sultani Green Lentils 500 g

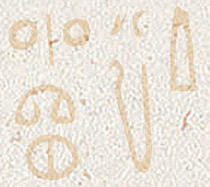
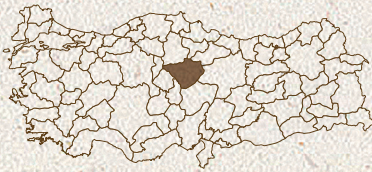
Traditional delicacy from Yozgat

Unique to the Yozgat region, this lentil stands out with its unique emerald color.



Having a long history, the Yozgat Sultani Green Lentils are unique for their emerald green color, which is due to the rich soil and the climate of the region. As the harvest is completed by July, the lentils are picked and made ready for packaging.

Yozgat Sultani Green Lentils can be enjoyed in hot or cold dishes, or in appetizers.



Uşak Yellow Lentils 500 g

Soup lentils from Uşak

Grown in Uşak in limited amounts, this lentil is used in soups and other dishes.



Having a long history, the Uşak Yellow Lentils are special for being produced in limited amounts and being ideal for soup making. As the harvest is completed by July, the lentils are picked and dehulled. Any remaining leaves and the lentils that did not split are picked out before packaging.

You can enjoy Uşak Yellow Lentils in soups and other dishes after passing it through a sieve when cooked.



Uşak



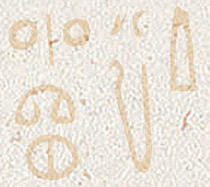
Kızıltepe Red Lentils 500 g

Delicious lentils perfect for making into lentil balls or soup

Lentils grown in the Kızıltepe region are used in soups or made into lentil balls.

Having a long history, Kızıltepe Red Lentils have a unique flavor owing it to the rich soil of the Kızıltepe Prairie. As the harvest is completed by July, the lentils are picked and dehulled. Then any remaining leaves and the lentils that did not split, are picked out before packaging.

You can enjoy Kızıltepe Red Lentils in soups, or in hot and cold dishes.



Seferihisar Mastic Tarhana 500 g

A unique tarhana flavored with cloves and mastic

Made with traditional methods using milk, mastic, flour and cloves, Seferihisar's Mastic Tarhana keeps its fresh taste from the store to your home.



Seferihisar, Izmir's mastic tarhana, is produced throughout the year using milk, mastic gum, flour and cloves, and is favored by many for its structure and contents.

To make the mastic tarhana, flour, milk, mastic, cloves and salt are kneaded into a dough. The dough is then dried and crumbled until it reaches the size of coarse semolina in a dry and cool place.

You can add $\frac{3}{4}$ cup of mastic tarhana to six cups of boiling water, beef or chicken broth. Alternatively, you can add fresh tomato to it while cooking and then garnish it with butter, Tulum cheese and croutons.



Kahramanmaraş Hand-Shaped Tarhana 500 g

Authentic tarhana made with village yogurt

Made at home in Kahramanmaraş for centuries, the hand-shaped tarhana, prepared with milled-wheat, village yogurt and wild thyme, has an exquisite taste.

Originally brought to Anatolia by the nomadic Turkish tribes, the tarhana made in Kahramanmaraş is uniquely prepared.

The first ingredient in tarhana, wheat, is cracked in a stone mill and then washed and cooked. The cooked wheat is then combined with village yogurt and flavored with wild thyme. It is laid to rest for one night and then dried in natural sunlight on a flat surface.

To make tarhana soup, let 300 gr of tarhana rest in water overnight. Drain the water and squeeze the tarhana by hand. Then add it to 4 liters of boiling water and preferably some pre-cooked chickpeas. Bring it to a boil and let simmer for 15-30 minutes, stirring frequently. Season with salt and 3 or 4 crushed garlic cloves. For sauce, melt 50 gr of butter on low heat and add some dried mint and chili powder.



Kahramanmaraş



Artvin Silor Pastry 200 g

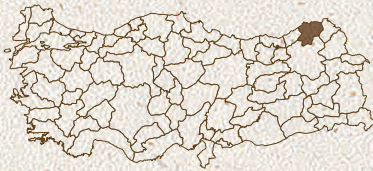
A crispy tradition on a wood-burning fire!

Artvin's traditional pastry delicacy silor is made by baking rolled up phyllo dough and can be turned into both sweet and savory dishes.



Artvin's traditional pastry delicacy, silor, is made in almost all of the homes in the region. It is often consumed at breakfast tables or as part of Ramadan feasts.

Silor is made by baking thin phyllo dough shaped into rolls and cut into small pieces. It can be eaten as a snack by itself or by dipping it into yogurt, or be turned into other sweet or savory dishes. For the savory option, lay the silor onto the baking sheet, wet with a mixture of water and butter, bake for 15 minutes, and then put a layer of whisked yogurt, bake again and drizzle some molten butter on it when it comes out of the oven. For the sweet option, add enough hot water to moisten it, then add sugar and molten butter and bake again until crisp.



Thracian Egg Noodles 500 g

Traditional egg noodles from Thrace

Made with flour, milk, eggs and salt, the Thracian egg noodles are made using traditional methods and keep their fresh taste from the store to your home.



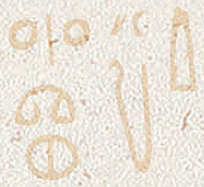
The Thracian egg noodles can be made any time of the year, applying traditional methods that involve the use of flour, milk, eggs and salt. It is a robust, nutritious food item favored by many.

The traditional method involves making dough using flour, milk, eggs and salt. The dough is kneaded and put to rest for a few hours, before being kneaded again and then shaped into small balls. The balls are then rolled out into thin sheets and dried in a cool and dark place before being cut into noodles using the traditional method.

Thracian Egg Noodles can be enjoyed at any time of the year, and they make a great meal.



Tekirdağ



Karakılçık Whole Wheat Flour From The Amik Plains 500 g

Flour made from wheat that is thousands of years old!

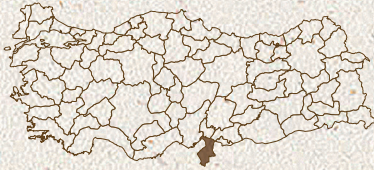
The karakılçık wheat grown using traditional methods in the fertile soils and excellent climate of the Amik Plain is ground in a stone mill to make whole wheat flour.



The unique color, aroma and taste of the karakılçık wheat that has been grown for thousands of years in the ancient land known as the Fertile Crescent are a result of traditional methods employed on the Amik Plain, which has rich soil and the perfect climate.

Karakılçık wheat is ready for harvest in this area by the middle of June. When the wheat is ready to harvest, it lays down under the weight of the long heads of grain. It is stored in silos after harvest. It is then ground in a stone mill to produce whole wheat flour.

You can use this whole wheat flour produced with traditional methods to make bread or in any recipe that calls for whole wheat flour.



Amanos Mountains Breakfast Za'atar 160 g

A delicacy from Amanos Mountains to your table!

Za'atar collected from Amanos Mountains is grinded together with various herbs and dried fruit seeds into this condiment, a breakfast staple of Hatay.



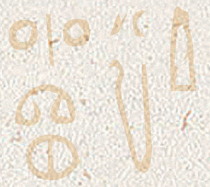
Breakfast za'atar is a mixture of many herbs and dry seeds, added to the main ingredient, *Thymbra Spicata*, a species of za'atar which grows wild in the Amanos mountains.

Picked by hand by the villagers, the za'atar is then cleaned and dried naturally. Later, seeds of terebinth, watermelon and melon, as well as peanuts, cracked wheat, fennel, coriander, cumin, lemon salt, sumac, pepper and salt are roasted with the za'atar and ground into the consistency of flour using stone mortars.

An important part of Hatay's breakfast traditions since the Ottoman days, breakfast za'atar is known for its appetite rousing quality and is usually eaten by dipping bread or pita first into extra-virgin olive oil and then into the za'atar mix.



Hatay



Hatay Kitle Pickles 550 g

Traditional crispy treats

Grown in Hatay's Amik Prairie in limited amounts, the kitle cucumbers, specific to the region, are pickled in village homes using traditional methods.



Kitle is a special type of cucumber known for its long and slim structure and unique taste. It is planted only in limited amounts in Hatay's Amik Prairie and is used specifically for pickling. Harvested before it is completely ripe to achieve the desired crunchiness, kitle comes in light and darker color varieties.

Only harvested during September and October in small amounts by hand, kitle is pickled in the village homes using traditional methods. Once the perfect kittes are selected, the pickling is completed with the addition of grape vinegar, rock salt, chickpeas, and garlic. The fresh taste of the Kitle pickles is due to the pickles being pickled on the very day the kittes are harvested.

Hatay Kitle Pickles can be enjoyed as a snack throughout the day, as a garnish or as a way to give extra flavor to appetizers.



Samandağ Hot Pepper Pickles 500 g

Unique taste of the famous Samandağ peppers

Pickled using traditional home methods, the Samandağ Hot Pepper Pickles are the perfect accompaniment to appetizers and dishes with its hot and fresh taste and meaty texture.



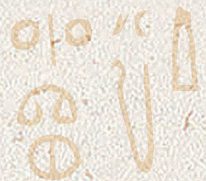
The hot pepper pickles are canned between May and August in Hatay's Samandağ district, using non-industrialized, traditional methods. They are unique for their extra spiciness, fresh taste and meaty texture.

The pickling is made using grape vinegar with the addition of Samandağ peppers, garlic, salt, lemon salt and sugar. In about three weeks, the pickles acquire the desired taste. The climate around the Samandağ region give these peppers their unique taste.

A widely known and acclaimed taste from Hatay, Samandağ Hot Pepper Pickles can be added to appetizers or meals to give them a spicy hot taste.



Hatay



Amanos Mountains Olive-Oil Za'atar 300 g

A delicious seasoning made of herbs picked on steep slopes

Picked by the villagers in the foothills of the Amanos Mountains with painstaking labor, the za'atar is preserved in olive oil for long-term use.

Consumed since antiquity, *Thymbra Spicata*, a species of za'atar, or wild thyme, grows on rocky and steep hills and can only be picked in limited amounts during May to July.

Za'atar is best collected before the first dew of the morning by the villagers from around the Amanos Mountains, with a delicate effort. It is then picked over, washed and left to natural drying. Next, it is chopped and blended with a mixture of rock salt and olive oil and finally filled into glass jars.

Za'atar can be consumed as an accompaniment to meals or breakfast, and can be turned into a salad by adding onions, parsley, green peppers, pomegranate reduction and red pepper flakes, or it can be used as a seasoning for chicken or beef dishes.



Hatay



Amanos Mountains Za'atar Salad 300 g

Delicious salad from the Amanos Mountains

Picked by the villagers in the foothills of the Amanos Mountains with painstaking labor, the za'atar is made into za'atar salad using traditional methods.



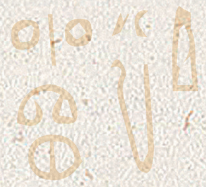
Consumed since antiquity, *Thymbra Spicata*, a species of za'atar, or wild thyme, grows on rocky and steep hills and can only be picked in limited amounts from May to July.

Villagers from around the Amanos Mountains delicately collect the za'atar, which is best done before the first dew of the morning. It is then picked over, washed and left to natural drying. Next, it is chopped and blended with a mixture of rock salt, olive oil and Hatay's local pepper paste before finally being filled into glass jars.

Za'atar salad can be enjoyed as an accompaniment to meals or breakfast, and can be enhanced by adding onions, parsley, green peppers and pomegranate reduction, or it can be used as a seasoning for chicken or beef dishes.



Hatay



Konya Bozkır Double Roasted Tahini 360 g

A delicacy from the stone mill!

The exquisite taste of the tahini produced in Konya's Bozkır district is owed to the long roasting of the sesame seeds and the use of stone mills for grinding.



Dating back to the 1800s, Konya Bozkır Tahini is different from the traditional white tahini in that the sesame seeds undergo extra roasting and stone mills are used for grinding.

Acquired from the Manavgat region, just as it was 100 years ago, the sesame seeds are first set in water to rid them of their bitterness. A day later, they are dehulled and cooked over a wood fire for five hours. The roasted sesame is then sifted and grinded in a natural stone mill.

You can enjoy this delicacy with honey or molasses.



Kemaliye (Eğin) Mulberry Molasses 375 g

Traditional mulberry molasses made from wild berries

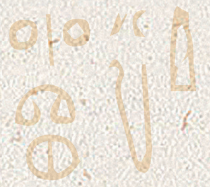
The mulberries that grow in Erzincan's Kemaliye (Eğin) district are turned into molasses by the villagers in the region using traditional methods.



Mulberries that grow in Erzincan, a region rich in wild fruits and biological diversity, have a unique taste due to the climate and soil of the region.

Grown wild and only in limited amounts on steep hills, the fruit is collected, dried in the sun and turned into slightly fermented juice by the local people. After the juice is boiled briefly, it is left under the sun to mature and change into molasses.

This high-density molasses can be diluted with water and turned into juice, be used as a sweetener or enjoyed with tahini.



Taraklı Tahini Halva 500 g

A delicacy from the chef!

Tahini, made purely from sesame seeds, with the addition of gypsophila, is developed into halva by bakers in Taraklı.

Made with methods that have been passed down from generation to generation by the bakers of Taraklı, Sakarya, only local ingredients are used in the tahini halva.



Sesame seeds are harvested from the field, separated from their husks, washed and then roasted in the oven for two to three hours. Once they reach room temperature, they are milled into tahini. At this stage, when the tahini reaches its ideal color and density, the baker adds just the right amount of gypsophila and sugar to it.

Made simply of tahini, sugar, gypsophila, water and salt, you can enjoy this halva at any time of the day or as a dessert after dinner.



Kastamonu Buttery Pulled Halva 240 g

A halva that melts in your mouth

Kastamonu Buttery Pulled Halva's delicious taste comes from the expertise required for its traditional production, and its savory texture that melts in the mouth.



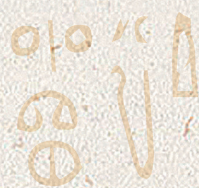
Produced by the expert halva makers of Kastamonu, using methods passed down from generation to generation, the pulled halva is made using only local ingredients. It is unique for its production method, which requires expertise, and its savory texture that melts in the mouth.

First, a syrup is made, and a flour and butter mixture, called "miyane", is added to the boiled syrup. Made into thin strands using a pulling method, the mixture is cooled off and then beaten down to give it its final shape.

Kastamonu Buttery Pulled Halva can be enjoyed at any time of the day as a snack.



Kastamonu



Hatay Crunchy Pumpkin Dessert 800 g

A crunchy dessert made from white winter pumpkin!

Unique to Hatay, the crunchy pumpkin dessert is made with traditional methods, which involves letting it rest in a solution of limestone steeped in water for one day.



Hatay's Crunchy Pumpkin Dessert is like no other pumpkin dessert. Made using white winter pumpkins, the dessert has a crunchy consistency on the outside and a soft one on the inside, because of its exposure to a solution of limestone.

The pumpkins are first deseeded and then cut into long slices. They are then exposed to a solution of limestone steeped in water for a day and then rinsed. Next, they are boiled in water before adding some sugar and left to simmer on low heat until the desired consistency is reached.

You can serve Hatay's Crunchy Pumpkin Dessert as a dessert, or as jam for breakfast.



Hatay Bergamot Orange Jam 450 g

A traditional jam from Hatay's villages...

Found in limited amounts in Hatay, bergamot oranges are a fragrant citrus fruit, and the jam is made completely by hand, using old methods still alive in the villages today.

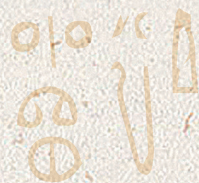


Native to East Mediterranean, bergamot oranges are a citrus fruit with a thick peel that has been ideal for jam making for centuries due to its pleasant smell and taste. Grown less and less in the region, the bergamot oranges are picked from the orchards during February and made into jam within a month, while they're still fresh. The jam making is done by hand completely using traditional methods still alive today in the village homes of Hatay,

Hatay Bergamot Orange Jam, found only in limited amounts every year, is ideal for breakfast or can be served as a dessert.



Hatay



Yusufeli Köme (Fruit Roll-ups) with Walnuts and Hazelnuts 250 g

A delicious snack from the Çoruh Valley

Made with a combination of mulberries, walnuts, hazelnuts, honey, milk, sugar, flour and water from the Çoruh Valley, köme makes a delicious snack.



Grown in the biologically diverse region of the Çoruh Valley in Artvin, the mulberries are turned into köme (fruit roll-ups) using traditional methods.

Wild mulberries are boiled in cauldrons, crushed and separated from their pulp. As the mulberry juice is boiling, a mixture of wheat flour, honey and milk is slowly added to it, and walnuts hanging on a string are dipped in and out of this mixture. Next, hazelnut pieces are added to the string and dipped in and out of the mixture one more time before being hung for air drying.

Yusufeli Köme can be enjoyed any time of the day as a snack, or with tea as an alternative to sugar.



Yusufuli Köme (Fruit Roll-ups) with Walnuts (Single-Dipped) 200 g

A delicacy from the Çoruh Valley

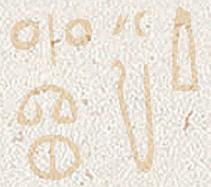
The mulberries that grow in the Çoruh Valley are mixed with walnuts, honey, milk, sugar, flour and water to make this delicious snack.



The single-dipped fruit roll-ups are made with traditional methods, using the mulberries of Çoruh Valley, famous for its biological diversity. After the walnuts are hung on strings in a tight, side by side manner, the string undergoes a single dip into the fruit roll-up mixture. It is traditionally offered to guests in this region when it is dried.

The fruit roll-up's preparation begins with wild mulberries being boiled down in cauldrons before they are crushed and then their juices separated from the pulp. While the juice is boiling, a mixture of wheat flour, honey and milk is slowly added to it. After this mixture is cooked, the walnuts on the string are dipped in it one time. Finally, the strings are hung to dry.

You can enjoy this single-dipped fruit roll-up as a snack or serve it to your guests on special occasions.



Gümüşhane Köme (Fruit Roll-ups) with Walnuts 250 g

The pure nature of Gümüşhane gives this delicacy its taste

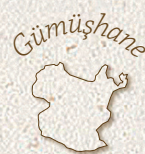
A delicacy of Gümüşhane, the special mix of local mulberries, walnuts, honey, milk, sugar, flour and water, called “herle”, is dried in the sun and makes a delicious snack.

Produced traditionally in Gümüşhane, the köme (fruit roll-ups) is made with the mulberries that grow in Harşit Valley and on the banks of streams that connect to this valley.

The cleanliness of the soil, water and air in the region, combined with just the right climate for the ingredients used in this fruit roll-up, make Gümüşhane’s köme very special.

Walnuts hanging on a string are dipped into the mixture of all the ingredients, which include mulberry molasses, and then the mixture is left to dry in the sun. This process is repeated four times until the köme reaches its final shape.

Gümüşhane Köme can be enjoyed at any time of the day as a snack.



Kemaliye (Eğir) Dried Mulberries 150 g

A delicious snack from Erzincan

The wild mulberries that grow in the unique nature of the Kemaliye (Eğir) district of Erzincan are picked by the local people on steep hills and then dried in the sun.



Mulberries that grow in Erzincan, a region rich in wild fruits and biological diversity, have a unique taste due to the climate and soil of the region.

Grown wild and only in limited amounts on steep hills, the mulberries are collected by the locals during July. The fresh mulberries are then laid on a cloth and dried in the sun.

Dried mulberries can be eaten as a snack or made into fruit compote.



Gümüşhane Pestil (Fruit Leather) with Walnuts 200 g

A walnut delicacy from the Harşit Valley

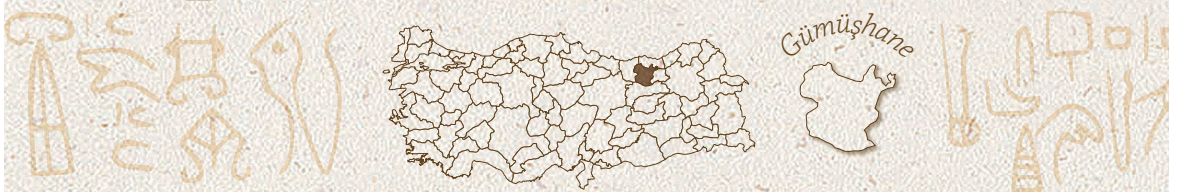
A delicacy of Gümüşhane, the special mix of mulberries, walnuts, honey, milk, sugar, flour and water, called “herle”, is dried in the sun and makes a delicious pestil (fruit leather).



The pestil (fruit leather) with walnuts, a traditional delicacy of Anatolia, is made in Gümüşhane, using long-established methods. It is made with the mulberries that grow in Harşit Valley and on the banks of streams that connect to this valley.

The local ingredients of Gümüşhane, including its crystal clear mountain water, honey, mulberries, milk, sugar, flour and walnuts, make this fruit leather unique. This mix of ingredients is called “herle”. Herle is made into a hot liquid and then dried in the sun on cloths before taking their final shape.

Gümüşhane Pestil can be eaten as is, turned into syrup by mixing it into water and letting it sit overnight, fried in oil with eggs, or eaten like a burrito by adding more nuts to it.



Gümüşhane Pestil (Fruit-Leather) with Hazelnuts 200 g

A hazelnut delicacy from the Harşit Valley

A delicacy of Gümüşhane, the special mix of mulberries, hazelnuts, honey, milk, sugar, flour and water, called “herle”, is dried in the sun and makes a delicious pestil (fruit leather).



The pestil (fruit leather) with hazelnuts, a traditional delicacy of Anatolia, is made in Gümüşhane using long-established methods. It is made with the mulberries that grow in Harşit Valley and on the banks of streams that connect to this valley.

The local ingredients of Gümüşhane, including its crystal clear mountain water, honey, mulberries, milk, sugar, flour and hazelnuts, make this fruit leather unique. This mix of ingredients is called “herle”. Herle is made into a hot liquid and then dried in the sun on cloth sheets.

Gümüşhane Pestil can be eaten as is, turned into syrup by mixing it into water and letting it sit overnight, fried in oil with eggs, or eaten like a burrito by adding more nuts to it.



Gümüşhane



Yusufeli Grape Pestil (Fruit Leather) 250 g

Famous grape roll-ups from Artvin

Grapes that grow in the unrivaled nature of Çoruh Valley in Artvin's Yusufeli district are picked and made into delicious pestil (fruit leather) using traditional methods.



Grown in the biologically diverse region of the Çoruh Valley in Artvin, the grapes are unique for their distinctive taste and thin skins.

The harvested grapes are boiled in cauldrons, then crushed and separated from their pulp. Next, the grape juice is boiled, and a mixture of wheat flour, honey and milk are added to it slowly and mixed with a paddle until the mixture is thicker, than molasses. This mixture, known as "helme", is then poured onto cheesecloths in very thin layers and placed under the sun in an airy place until it dries.

Yusufeli Grape Pestil (fruit leather) can be enjoyed any time of the day as a snack, or with tea as an alternative to sugar.



Yusufeli Mulberry Pestil (Fruit Leather) 250 g

A delicacy from the Çoruh Valley

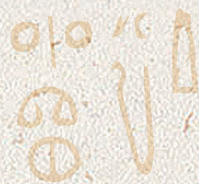
Wild mulberries that grow on steep hills in the unrivaled nature of Çoruh Valley in Artvin's Yusufeli district are picked by the local people and turned into delicious pestil (fruit leather) using traditional methods.



Grown in the biologically diverse region of the Çoruh Valley in Artvin, the local mulberry has a distinctive taste due to the climate.

Because of the steep terrain of the region, mulberries grow only wild and are picked in June, when they are at their peak. They are boiled in cauldrons, then crushed and separated from their pulp. Next, the mulberry juice is boiled, and a mixture of wheat flour, honey and milk are added to it slowly and mixed with a paddle until the mixture, known as "helme", thickens. The helme is then poured onto cheesecloths in very thin layers and placed under the sun in an airy place until it dries.

Mulberry pestil (fruit leather) can be enjoyed as a snack, or with tea as an alternative to sugar.



Safranbolu Turkish Delight 270 g

A centuries-old treat: Safranbolu's Turkish delight

Made in Karabük's Safranbolu district using traditional methods by the experts, the Turkish delight of Safranbolu carries a tradition passed down from generation to generation in Anatolia.



Made in Karabük's Safranbolu district using traditional methods, the Turkish delight of Safranbolu carries a tradition passed down from generation to generation in Anatolia.

This type of Turkish delight is prepared by cooking together water, sugar and starch uncovered. After adding hazelnuts to the mixture, it is let to rest before being covered with coconut flakes and cut into cubes. The unique aspect of this Turkish delight is that it does not leave an overly sweet taste in the mouth after eating it.

Safranbolu Turkish Delight can be enjoyed any time of the year.



Karabük



İzmit Pişmaniye (Butter-Based Cotton Candy) 150 g

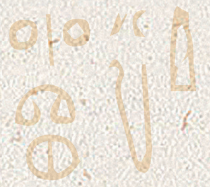
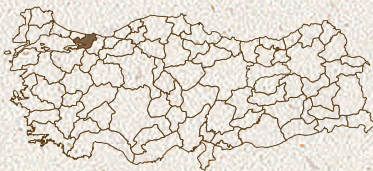
The famous delicacy from İzmit

The signature dish of İzmit, pişmaniye, is made using an original recipe that has been passed on from generation to generation for the last few centuries.

The signature dish of İzmit, pişmaniye, is made using an original recipe that has been passed on from generation to generation for the last few centuries.

First, sugar is boiled to a certain temperature to obtain a syrupy form and is then whitened. Meanwhile, flour and butter are cooked together to achieve an end product called "miyane". Next, the miyane and the syrup are mixed using a special stretching method, which produces thin strands of candy that appear as the mixture cools off.

İzmit Pişmaniye is available any time of the year, and is great by itself or as dessert after meals.



Taraklı Uğut Dessert 400 g

A traditional dessert made with heirloom wheat grains

Uğut dessert is made in Taraklı, Sakarya using sprouted wheat grains, without adding any sugar. It is prepared in cauldrons, where the concoction is constantly mixed until the desired consistency is reached, which typically takes 15-20 hours.

Making the uğut dessert of Taraklı is a tradition that goes all the way back to Central Asia. Just as it was done in the past, heirloom wheat grains are used without adding any extra sugar, and it involves a labor-intensive method.

The preparation begins with wheat grains being dampened, set on a cloth with a cover and then left to remain in a dark room until they sprout. When the sprouts reach the ideal length, they are crushed with a round stone or a mallet to extract their juice. The juice is then mixed with flour and boiled down for 15-20 hours while being constantly mixed to prevent the bottom from sticking. When the desired consistency is reached, they are poured into jars.

Also known as wheat sprout marmalade in Taraklı, you can enjoy this treat at any time of the day or use it as marmalade at breakfast.



Kahramanmaraş Tarhana Chips 150 g

A snack version of tarhana!

Made at home with traditional methods applied for centuries in Kahramanmaraş, the tarhana, prepared with milled-wheat, village yogurt and wild thyme, is enjoyed as thin chips.



Believed to have been brought to Anatolia by the nomadic Turkish tribes from Central Asia, the tarhana made in Kahramanmaraş is uniquely prepared. Although not as common a sight as it once was, the local tradition involves women gathering in the early hours of the morning and spreading tarhana sheets together for drying.

The first ingredient in tarhana, wheat, is cracked in a stone mill, and then washed and cooked. The cooked wheat is then combined with village yogurt and flavored with wild thyme. It is laid to rest for one night and then dried in natural sunlight on a flat surface of thin sheets.

Featuring a strong flavor of yogurt and thyme, this snack can be enjoyed by itself or with other snacks, as the locals do.



Kahramanmaraş



Kahramanmaraş Baked Tarhana Chips 150 g

An exquisite baked treat

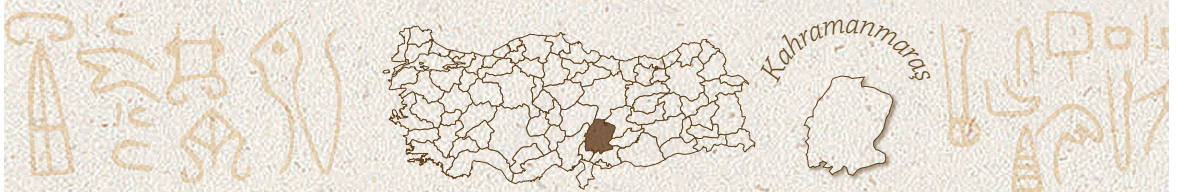
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Containing a strong flavor of yogurt and thyme, this snack can be enjoyed by itself or with other snacks, like the locals do.



Kahramanmaraş Spicy Tarhana Chips 150 g

An exquisite delicacy flavored with red pepper flakes!

Made at home using traditional methods in Kahramanmaraş for centuries, the tarhana, prepared with milled-wheat, village yogurt, wild thyme and crushed red peppers, is enjoyed as thin chips.



Believed to have been brought to Anatolia by the nomadic Turkish tribes from Central Asia, the tarhana made in Kahramanmaraş is uniquely prepared. Although not as common a sight as it once was, the local tradition involves women gathering in the early hours of the morning and spreading tarhana sheets together for drying.

The first ingredient in tarhana, wheat, is cracked in a stone mill and then washed and cooked. The cooked wheat is then combined with village yogurt and flavored with wild thyme and the famous red pepper flakes of the region. It is laid to rest for one night and then dried in natural sunlight on a flat surface of thin sheets before being baked in the oven.

Containing yogurt, thyme and crushed red peppers, this snack can be enjoyed by itself or with other snacks, as the locals do.



Kahramanmaraş Crushed Red Pepper 100 g

A unique taste with its color, flavor and aroma

Kahramanmaraş's famous crushed red pepper is also known as "Silk-cut Pepper". The pepper acquires its unique color, taste and flavor from the region's climate and is prepared using traditional methods.



Kahramanmaraş's soil and climate give these peppers their perfect color, aroma and exquisite taste. The family that prepares these delicious pepper flakes is a third-generation pepper producer that still uses the traditional methods.

Harvested August through October, the peppers are washed, cut and left to dry under sunlight. After the seeds are picked out, the peppers are ground into the desired size and sifted. Next, they are crushed with traditional stone mortars and then left to sit. None of these processes involve any oil or salt.

You can use Kahramanmaraş Crushed Red Pepper to flavor a wide variety of dishes.



Trabzon Kolot Cheese kg

A delicacy made from the milk of cows that pasture in the highlands

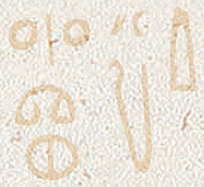
The Trabzon Kolot Cheese owes its special yellow color and taste to the milk of the animals that graze in the local plateaus.

Kolot Cheese is made from the milk of animals that graze in the plateaus of the East Black Sea. The biodiversity in the area give it its special yellow color.

Crafted by expert cheesemakers using traditional methods of the past, the cheese is made by adding rennet to the milk after it reaches the desired temperature. When the cheese curdles, it is separated from the whey, boiled in salt water and given a circular shape.



Kolot cheese can be enjoyed for breakfast or made into local cheese pizza, and also the local delicacy kuymak, prepared with corn meal and cheese.



Kars Zavot Gruyère Cheese kg

Made with the delicious milk of Zavot and Montofon cow breeds!

Made using a 150-year traditional method practiced in the Boğatepe village of Kars, this cheese acquires its aroma from the delicious milk of cows that have access to a wide variety of pastures, and the six months of ripening it undergoes in the cool climate of the plateau.

Kars Gruyère cheese is produced in Boğatepe, a remote village 2300 meters above sea level and 1.5 hours from Kars. The quality of the milk gathered from the Zavot and Montofon breeds of cows that produce only limited amounts of milk when they graze the pastures after the snow melts, is what distinguishes this cheese from others.

The cheese is produced during the short summer when the animals graze. To acquire the ideal taste, cheesemaking needs to start within one hour, at the latest, after milking the cows.

The fermentation process and the next steps are made with methods that have been passed on from one generation to the next for over the last 150 years, and the same centuries-old copper cauldrons are used in the production. When it is ready, the gruyère is ripened for at least six months in rooms that take in the cool air of the plateau, until it acquires the ideal density and aroma.

Kars Gruyère Cheese can be enjoyed in sandwiches or on cheese plates or served at cocktail parties.



Kars Göbek Kasseri Cheese kg

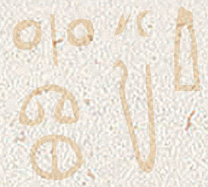
A traditional delicacy from fresh milk

The kasseri produced throughout the year with the milk obtained from the native species of cows in Kars and its environs owes its taste to the quality of the milk and the traditional method used in making it.

Kars göbek kasseri cheese is produced in Boğatepe, a remote village 2300 meters above sea level and 1.5 hours from Kars. Made from the milk of native species of cows, this kasseri has a distinguished taste.

Kars göbek-kasseri is made entirely by using traditional methods. The curds obtained by fermenting the fresh milk with rennet are first cooked in boiling water. Next, the cheese is kneaded by the cheese crafters before they extract a piece of the cheese at the point where it bulges, known as the “göbek” (which means the “belly”). The kasseri is then packaged.

You can enjoy this cheese for breakfast or melt it in a pan and mix it with eggs.



Kars Molokan Cheese kg

A delicacy made from the milk of cows from Kars

Kars Molokan cheese owes its delicious taste to the milk obtained from cows during their resting stage.

Originally made by the Molokans, who in the past lived in the vicinity of Kars, this cheese is made using the milk obtained from cows during their resting stage. The taste is owed to taking the milk from cows that give birth 8 to 9 times in their life time, with a total of 300 days of milking per year.

For the Molokan cheese, raw cow milk is warmed up to 35°C and fermented with rennet. It is then boiled at 72°C degrees before being formed into its shape. Needing a maturation period of at least 40 days, the cheese is usually ready for consumption in 60 days.



Best paired with quince jam, orange jam and Kars' own flower honey, you can enjoy this cheese for breakfast or as a snack.



Taraklı Circassian Cheese kg

A delicacy whose flavor comes from the milk of animals that feed on fresh thyme

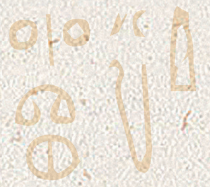
Introduced to Turkey about 150 years ago as part of the Circassian people's cultural heritage, the Taraklı Circassian Cheese is produced using traditional methods.

Taraklı Circassian cheese owes its aroma and flavor to the milk obtained from cows that graze on fresh thyme in the plateaus of Taraklı. Introduced to Turkey about 150 years ago as part of the Circassian people's cultural heritage, the Taraklı Circassian Cheese is produced using traditional methods. The Circassian cheese is made using whole milk that is fermented naturally, using rennet. The fermented cheese is then separated from its whey and shaped using special molds after being boiled in slightly salty water.

The Circassian cheese, renowned for its low-salt content, can be enjoyed for breakfast.



Sakarya



Taraklı Basket Cheese kg

Made from milk from the sheep, goats and cows that pasture in the highlands of Sakarya!

Made with a combination of milk from goats, sheep and cows that consume the fresh thyme in the pristine pastures of the Taraklı valley in Sakarya, basket cheese tastes best when fried.

Dating back to the 1800s, the basket cheese is made with a combination of milk from goats, sheep and cows that consume the fresh thyme in the pristine pastures of Sakarya.

Basket cheese is made using a unique and completely traditional method that only involves acidifying warm milk without the use of any additives. The cheese curdles before being filled into baskets and laid to rest until its unique flavor and aroma emerge.

Produced without any salt, Taraklı Basket Cheese can be enjoyed fried, or eaten with jam at breakfast.



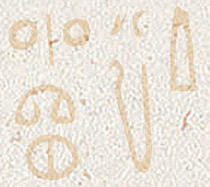
Taraklı Abaza Cheese kg

Made from milk from the sheep, goats and cows that pasture in the highlands of Sakarya!

Made with a combination of milk from goats, sheep and cows that consume the fresh thyme in the pristine pastures of Taraklı valley in Sakarya, Abaza cheese is an ideal accompaniment to breakfast.

Abaza cheese is made with a combination of milk from goats, sheep and cows that consume the fresh thyme in the pristine pastures of Taraklı valley in Sakarya. Produced with the utmost care, the story of Abaza cheese goes back hundreds of years.

Settled largely in the Central West Anatolia region (Sakarya, İzmit, Bolu, Düzce) from the Caucasus region, Abkhazians have preserved their traditional ways of cheese-making, which is the secret behind this cheese's unique taste today. Every month, the milk is cultured, the curd is boiled and shaped into desired form and then stored in brine. The whole process involves only milk and the culture. Taraklı Abaza Cheese is an ideal accompaniment to breakfast.



Antakya Sünme Cheese kg

A traditional delicacy made by stretching by hand

This unique cheese from Antakya is made with a traditional recipe that involves stretching the cheese by hand in boiling water.

Sünme cheese has been produced in Antakya for centuries using a traditional water boiling method. Its uniqueness comes from it being stretched by hand in boiling water.

Produced daily in limited amounts, this cheese is made with raw milk and preserved in brine. The raw cow milk is warmed up to 32°C, fermented with rennet and then the curds are taken out in a cheese cloth. Next, the cheese is stretched by hand in boiling water and once the desired consistency is achieved, it is cut into squares and placed in cold brine. All the water is then filtered out and prepared for packaging.

Known as the salty version of the kunafeh cheese, Antakya Sünme cheese is ideal for using in pastries or grilled cheese sandwiches. If you wish, you can let the cheese sit in warm water for 5 minutes before consumption.



Antakya Boiled Cheese kg

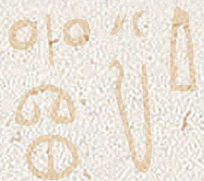
The traditional delicacy from Antakya

Produced only in limited quantity, Antakya's boiled cheese is unique for being made by hand, using raw milk.

Antakya's boiled cheese is unique for being made by hand, using raw milk. The cheese is made daily in limited amounts using the water boiling method, and is then preserved in brine.

Raw milk is warmed up to 32°C, fermented with rennet, and then the curds are taken out with a cheese cloth. The excess water is squeezed, and the cheese is cut into squares and left to sit in boiling water before being drained again.

Antakya's boiled cheese can be enjoyed by roasting it in butter and garlic in the oven, or simply by grilling or frying it. If you wish, you can let the cheese sit in warm water for 5 minutes before consumption.



Antakya Duberke 200 g

Salty yogurt flavored with olive oil and spices

Duberke is a delicacy made by combining salty yogurt with oil and spices.

Duberke is a delicacy made by combining salty yogurt with oil and spices. It is believed that Duberke has a history of 300 years, and was originally made to preserve the surplus milk obtained in spring through the winter months.

Completely made by hand, the first step of duberke making involves warming-up raw cow milk to 50°C and fermenting it using rennet for one day. The excess water is then drained, and the duberke is cooked, salted and let to rest. Next day, it is rolled into small balls and dried in a special drying room. The dried duberke is then dipped into mint and red pepper flakes and marinated in olive oil for another day. Finally, the spicy balls are ready for packaging.

You can serve duberke by drizzling olive oil over it for a snack or for breakfast.



Antakya Salty Goat Yogurt 200 g

A delicacy made of milk from goats that pasture in the highlands

Produced from the milk of goats that roam the pastures in Antakya, the salty goat yogurt is produced during the spring months, using traditional methods.



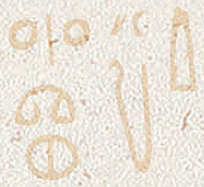
The salty goat yogurt is unique for being made with milk from goats that graze in the plateaus of Antakya and for being prepared over a wood fire.

The salty goat yogurt is made using traditional methods, with milk collected during the spring months. The raw goat milk is cooked at 50°C, fermented using rennet and let to rest for one day. The following day, it is cooked over a wooden fire and then filled into hot glass jars.

Antakya Salty Goat Yogurt can be enjoyed as an appetizer made with some olive oil, red pepper flakes and mint, prepared as yogurt soup, used as an accompaniment to certain zucchini and chard dishes, or turned into ıspanak borani (spinach and yogurt dip).



Hatay



Hatay Small Halhali Olives 300 g

A thousand year-old delicacy from Hatay!

Picked from centuries-old trees in Hatay, the Halhali olives are unique for their meaty texture, small seeds, and high levels of oil content.

Estimated to have a history of one thousand years, the Halhali olives are known for their meaty texture and high levels of oil content.

Halhali olives are harvested from Hatay and its surrounding region during fall, from trees that are hundreds of years old. These small olives are picked, slit and rinsed in a new batch of fresh water every day to rid them of their bitter taste.

Hatay Small Halhali Olives can be enjoyed with meals or as a bite-sized snack, and their taste can be enhanced by adding some sumac and lemon.



Hatay Halhali Spiced Olives 330 g

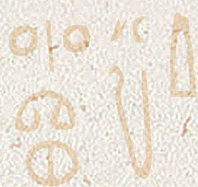
Great for breakfast, great for snacks!

Picked from centuries-old trees in Hatay, the Halhali olives are prepared and seasoned using traditional methods.

Believed to have a history of one thousand years, the Halhali olives are known for their meaty texture and high levels of oil content.

Halhali olives are harvested from Hatay and its surrounding region during fall, from trees that are hundreds of years old. These small olives are picked, slit and rinsed in a new batch of fresh water every day to rid them of their bitter taste. They are then marinated in an olive oil and dried red pepper sauce, which give them their spiciness.

Hatay Halhali Spiced Olives can be enjoyed with meals or as a snack.





ANADOLU
LEZZETLERİ
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From the Fertile



land Of Anatolia...

MiGROS



ANADOLU
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