

A Regional Food of Afyonkarahisar Cuisine: Sausage Doner Kebab

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Abstract

Afyonkarahisar, which can carry our traditions and customs to the present day, stands out with its gastronomic tourism. Meat and meat products have a special place in Afyonkarahisar cuisine culture. In this study, the content, preparation and consumption of sausage doner kebab cooked in Afyonkarahisar has been investigated. Qualitative research method was used in the study. The data of the study were obtained from face-to-face interviews with 7 participants between the ages of 32-51 using a semi-structured interview form prepared by the researchers. All interviews were recorded with a tape recorder and transmitted exactly. The obtained data were interpreted by descriptive analysis method. According to the data obtained from the research, it was determined that the production techniques of sausage doner kebab are known and a standard recipe is used in its ingredients, but there are deficiencies in the amount of the ingredients. It has been determined that the participants think that the sausage doner kebab is a kind of doner unique to Afyon. Sausage doner kebab is preferred because of its taste, filling, fast and easy preparation, curiosity and being a local product. It is consumed as a portion and as well as in lavash or bread. When serving sausage doner kebab, attention should be paid to its temperature. Since it is an oily product, it can freeze in the mouth. This can lead to loss of flavor and rejection of the food. It has been found that there are concerns about hygiene and sanitation. It will be possible to take the necessary precautions to ensure the continuity of the sausage doner kebab, which has an important place in Afyonkarahisar cuisine culture and has not yet been registered as a geographical indication, and to become a part of gastronomy tourism, with adequate promotion and marketing activities. In terms of the sustainability of the product, it is important to standardize every aspect of sausage doner kebab and even its service.

Keywords: Doner, sucuk doner kebab, local foods, sustainability, Afyonkarahisar

Afyonkarahisar Mutfak Kültüründe Yöresel Bir Yiyecek: Sucuk Döner Kebab

Özet

Gelenek ve göreneklerimizimizi bozulmadan günümüze taşıyabilen Afyonkarahisar, gastronomi turizmi ile öne çıkmaktadır. Afyonkarahisar mutfak kültüründe et ve et ürünleri özel bir yere sahiptir. Bu çalışmada, Afyonkarahisar'da pişirilen sucuk döner kebabın içeriği, hazırlanması ve tüketimi araştırılmaya çalışılmıştır. Çalışmada, nitel araştırma yöntemi kullanılmıştır. Araştırmanın verileri araştırmacılar tarafından hazırlanan yarı yapılandırılmış görüşme formu kullanılarak, yaşları 32-51 arasındaki 7 katılımcı ile yüz yüze yapılan görüşmelerden elde edilmiştir. Tüm görüşmeler ses kayıt cihazı ile kaydedilmiş ve aynen aktarılmıştır. Elde edilen veriler betimsel analiz yöntemiyle yorumlanmıştır. Araştırmadan elde edilen verilere göre, katılımcıların sucuk döner kebabının içeriğini ve hazırlık aşamalarını bildikleri ve sucuk döner

kebabının Afyon'a özgü bir döner çeşidi olduğunu düşündükleri belirlenmiştir. Sucuk döner kebabı lezzet, doyuruculuk, hızlı ve kolay hazırlanabilme, merak ve yerel ürün olma gibi özellikler nedeniyle tercih edilmektedir. Lavaş, ekmek arası tüketildiği gibi porsiyon olarak da tüketilmektedir. Sucuk döner kebabı servis edilirken ısısına dikkat edilmelidir. Fazla yağlı bir ürün olduğundan ağızda donabilir. Bu da lezzet kaybına ve yiyeceğin reddedilmesine neden olabilir. Genel olarak sucuk döner kebabının yapım tekniklerinin bilindiği ve malzemelerinde standart bir reçete kullanıldığı fakat içine konulan malzemelerin miktarları konusunda eksiklikler olduğu belirlenmiştir. Hijyen ve sanitasyon konusunda endişelerin olduğu tespit edilmiştir. Afyonkarahisar mutfak kültüründe önemli bir yeri olan ve henüz coğrafi işaret olarak tescil edilmemiş olan sucuk döner kebabının devamlılığının sağlanmasında gerekli önlemlerin alınması ve gastronomi turizminin bir parçası olabilmesi, yeterli tanıtım ve pazarlama çalışmaları ile mümkün olacaktır. Ürünün sürdürülebilirliği açısından sucuk döner kebabının ve hatta servisinin dahi her yönüyle standartlaştırılması önemlidir.

Anahtar kelimeler: Döner, sucuk döner kebab, yöresel yiyecekler, sürdürülebilirlik, Afyonkarahisar.

INTRODUCTION

In recent years, it has been observed that fast food culture has increased and eating and drinking habits have also changed in the daily rush, especially in big cities (Damian et al., 2009; Rajeshwari et al., 2005; Nicklas et al., 2004). Doner, one of the fast food system foods of today, is a traditional Turkish food that is widely consumed in many parts of the world (Jockel J. and Stengel, 1984; Ayaz, 1985; Kayahan and Welz, 1992; Acar, 1998; Elmali et al., 2005.; Ulukanli et al., 2006; Cebirbay and Aktas, 2008). In Germany, it has been recognized as the most successful fast-food with better sales than Hamburger (Möhring, 2008). Turkey and the meat used in cooking in many countries around the world, has always been a special place (Dogan, 2003). Sausage, which is one of the meat products consumed by the Turks since Central Asia along with pastırma and kavurma, has become synonymous with Afyon province (Baytok et al., 2001). In the past, meat doner kebab came to mind immediately when doner was said. Sausage doner kebab is also among the alternative doner kebabs today. Sausage doner kebab produced in Afyonkarahisar is produced from sausage, different from other doner varieties (Algan Ozkok & Yalcın, 2018; Dogan, 2003). It is important to protect the sausage doner kebab, which is a meat product not yet defined by the Turkish Food Codex Meat and Meat Products Communiqué and which is among the local flavors unique to Afyonkarahisar, and to pass it on to future generations. Sausage doner kebab resembles meat doner in its preparation stages before being cooked, and it is a type of doner kebab made by sauce of minced meat with sausage spices.

As with other doner types, the quality of the meat to be used in the production of sausage doner kebab is very important. Picture 1 shows the red meat to be used in the production of sausage doner, and Picture 2 shows the transportation and storage of red meat (Bereket Doner, 2017). The most delicious part of the animal, brisket and shirt fat are used in making sausage doner kebab. Meat is separated from the bones, visible fat and connective tissue are removed and opened with a knife. Picture 3 shows the shredding of red meats for sausage doner kebab, Picture 4 shows the thinning of red meats with a machine (Bereket Doner, 2017). After this process, the meats are mixed with black pepper, red pepper, ginger, allspice and garlic and passed through a fine-hole meat grinder several times. Picture 5 shows the drawing of meats for sausage doner kebab to be prepared as a combination of minced meat (Bereket Doner, 2017). Fatty minced meat is used in the production of sausage doner kebab to prevent it from being tough. If the meat temperature is around -2 °C during preparation, a better quality sausage dough is obtained. Salt is added to the meat gradually, allowing the meat to rest for a night in a cold environment (Baytok et al., 2001). The mixture that is formed into a paste is then attached

to a mold or skewer and pressed. Picture 6 shows the minced meat mixture attached to the skewer and pressed (Bereket Doner, 2017). At this stage, the sausage doner kebab is symmetrically shaped and packaged so that all sides are cooked equally (Picture 7, Bereket Doner, 2017; Picture 8, İkbal Restaurant, 2017). The humidity and retention time of the environment in the storage part, which is the stage after the packaging of sausage doner kebab, is also very important. In a study, it was determined that the oxidation rate in sausage doner kebab is higher than in meat doner samples. This can cause an unwanted bitter taste.



Picture 1. Procurement of red meat to be used in making sausage doner to businesses.



Picture 2. Transportation and storage of red meat.



Picture 3. Shredding of red meat.



Picture 4. Thin opening of red meat with machine.



Picture 5. Thinning of red meat.



Picture 6. Attaching and pressing the minced dough mixture.



Picture 7. Packaging of sausage doner.



Picture 8. Cooking of sausage doner.

MATERIALS AND METHODS

Qualitative research method was used in this study in which the content, preparation and consumption of sausage doner kebab cooked in Afyonkarahisar was investigated. Qualitative research is one of the processes of generating knowledge to understand people's lifestyles, stories, behaviors, organizational structures and social change (Strauss & Corbin, 1990). "Qualitative data" constitutes the most important component of qualitative research. Qualitative data is all kinds of information that includes the perceptions and thoughts of people about events, in a natural environment for specific purposes, obtained through various techniques such as observation and interview (Leech & Onwuegbuzie, 2007). Participant group of this study consisted of sausage doner kebab masters living in Afyonkarahisar city center. The limited number of sausage doner specialists in Afyonkarahisar is the limitation of this study. The data of the study were obtained from face-to-face interviews with a total of 7 male participants aged 32-51 years, using a semi-structured interview form prepared by the researchers. Semi-structured interview technique is a flexible technique, the researcher prepares the interview form containing the questions he plans to ask in advance. All interviews were recorded with a tape recorder and transmitted exactly (Erişti et al., 2013, p. 104; Smith, 2003). The consent of the participants, and short notes were taken to support the data during the interview. Due to the intensity of their work, the blunt answers of some masters as yes or no were not taken into consideration in order not to shake the reliability. Interviews taken an average of 30-60 minutes. In the semi-structured interview form, the definition of sausage doner kebab, belonging, the way it is served, the process of production, its ingredients and recipe, the reasons for consuming sausage doner kebab, and various questions on sustainability were included. Interviews with sausage masters were held by the researchers between November and December 2017. The raw data obtained from the interviews were analyzed using the descriptive analysis method, one of the qualitative analysis methods.

Direct citations are often used in deceptical analysis to present the resulting findings to the reader in an interpreted form. The explanations made are explained, interpreted, cause and cause relationships are examined and some results are reached (Erişti et al., 2013, p, 154). Quotations from the opinions of the participants were frequently included in order to increase the internal reliability and validity of the research findings. Participants are coded as Participant 1 (P1) and Participant 2 (P2) in the text.

RESULTS AND DISCUSSION

The main themes emerging in the research; The definition of sausage doner kebab has been determined as belonging, the way it is served, production techniques, materials, reasons for

preference and sustainability. The demographic characteristics of the participants are given in Table 1.

Table.1 Demographic Characteristics of Participants

Participants	Age	Gender	Education status	Years of experience
P1	33	male	University	9
P2	51	male	Primary education	28
P3	41	male	Primary education	22
P4	40	male	Primary education	20
P5	41	male	Primary education	18
P6	39	male	Primary education	10
P7	32	male	University	8

When the demographic information of the participants was evaluated, a total of 7 male sausage doner kebab masters participated in the study, and the age range of the participants ranged from 32 to 51. The education status of the masters is at primary education (n = 5) and university (n =2) levels, and their years of experience in the sector vary between 8-28 years. The demographic characteristics of the participants are given in Table 1.

The main themes emerging in the research; the definition of sausage doner kebab, belonging, serving style, production techniques, materials, reasons for preference and sustainability have been determined. Table 2 shows the main themes of the research and the expressions of the participants.

Table 2. Main themes and participant statements

Participants	Definition	Belonging	Service style	Materials	Construction techniques	Reasons to choose	Sustainability
P1	Doner type	Afyon, Kayseri	Lavash, bread roll, over rice	Brisket, shirt fat, red pepper, cumin, garlic, salt	The brisket, shirt fat, minced meat is grinded, mixed with pepper, cumin, garlic and salt, kneaded, kept, rested, attached to the skewer in flat pieces, shocked and cooked over slow fire.	Local product	Compliance with hygiene and sanitation rules, inspection, promotion
P2	Meat dish	Afyon	Bread roll, lavash, portion	Brisket, tallow, spices	Brisket, tallow and sausage seasoning spices are all	Taste, flavor, halal food, curiosity	Inspection, compliance with hygiene rules, promotion,

					mixed and ground into minced meat, salt is added and kept waiting. It is rested, attached to the mechanism in flat pieces, shocked, rotated and cooked.		registration
P3	Doner type	Afyon	Bread roll, over rice	Brisket, shirt fat, red pepper, cumin, garlic, salt	Red meat and tallow are mixed with spices and minced meat is kneaded and kept overnight. Doner kebab mold or skewer is attached to the flat, shocked, cooked slowly over low heat.	Taste, fast consumption	Quality, standard promotion, compliance with registration hygiene rules, inspection
P4	Doner type	Afyon, Kayseri	Serving sandwich, over rice	Red meat, tallow	Good quality Red meat, various spices; Cumin, red pepper and garlic are mixed. It is kept for a day, turned into minced meat and given a flat shape. Doner is taken into mold and shocked. It is cooked slowly over wood fire.	Local product, curiosity, satiety, taste	Marketing, promotion, hygiene
P5	Meat dish	Afyon	Lavash, bread roll	Ground beef, salt, cumin, garlic	Other spices such as ground beef, salt, cumin and garlic are mixed. It is kneaded,	Flavor, filling	Promotion, quality, registration

					pulled from the machine, passed to the doner rod in a flat shape, packaged and shocked. It is cooked in a wood fire for about 10 minutes.		
P6	Doner type	Afyon, Kayseri	Bread roll, lavash, portion	Lamb, lard, garlic, cumin, red pepper, salt	We use meat, lard, garlic, cumin and salt. Minced meat is ground, kneaded, rested and attached to the doner rod in flat pieces. Cooked about 8 minutes.	Quality, halal slaughter, taste, filling, fast consumption	Promotion
P7	Doner type	Afyon	Bread roll, lavash, portion	Normal sausage batter	Sausage dough is used.	Flavor, satisfying	Promotion, marketing

1- What is sausage doner kebab? How to serve sausage doner kebab? Are there places other than Afyon that are also built? The opinions of the participants to the question are as follows;

Most of the participants (P1, P3, P4, P6, P7) expressed the definition of sausage doner kebab as a doner type generally made of sausage. Atik ve Denктаş (2015) and Kızıldemir (2019) also support the opinions of the participants. They defined it as a type of sausage doner obtained by giving the doner shape of sausage dough without fermenting, freezing or cooling it. In addition to these definitions, participants (P2, P3, P5, P7) who think as sausages doner kebab belongs to Afyon stated that there were doner masters in many parts of Turkey but they don't hear sausage doner master. Again, Atik and Denктаş (2015) and Kızıldemir (2019) reported in their studies that the sausage doner kebab is one of the local industrialized products unique to Afyon. On the contrary, P1, P4, P6 participants stated that the sausage doner kebab was also made in Kayseri outside of Afyon. In the light of the data obtained on the subject, it can be said that the sausage doner kebab masters think that the sausage doner kebab is a local doner type unique to Afyon.

The participants regarding the serving style of the sausage doner kebab;

P1, P2, P4, P5, P6, P7 sausage doner kebab is served in the form of lavash, bread or in portions, it is also served on top of rice, and the sausage doner kebab is preferred due to its taste, filling, fast and easy preparation, curiosity and being a local product. One of the most important points to be considered in the sausage doner kebab service is that the temperature must be paid attention to during the service. As a common view, the masters reported that the sausage doner

kebab freezes in the mouth because it is a high fat product, which causes loss of flavor and the rejection of the food.

2- How is sausage doner kebab made? Can you explain the construction phase, the materials used, the amount and description in detail? Can you add a different material to the recipe than known materials? The general statements of the participants (P1, P2, P3, P4, P5) to the question;

They used brisket meat, shirt fat for the production of sausage doner kebab, in addition, they added special spices (cumin, black pepper, red pepper, chili pepper, new spring) and added amounts of it, kneaded with crushed garlic and salt and rested. They stated that they then cut the rested mixture into pieces of the desired size and attached it to the doner skewer with the tail fat lid between them, and if it was not cooked immediately, it should be shocked. Participants will spend approximately 8-10 minutes in an oak charcoal doner-oven or gas stove. They reported that they served it cooked over low heat. Sausage doner kebab, which is more preferred in the summer months, is made on an average of 100-150 kg per day. They also stated that no chemicals were added. P4: "*He emphasized that cooking sausage doner kebab is important in terms of flavor, wood fire adds a completely different flavor and smell...*". Again, P4 and P5 think that blending doner kebab in melted doner kebab oil before serving will increase the flavor. Anar (2010), Atik and Denктаş (2015), TS (2016), Kızıldemir (2019) explained that doner production stages; procuring raw materials and auxiliary materials, marinating meats with flavoring materials, skewer lining, shaving, preserving (cold or freezing) of doner kebab meat, thawing, cooking in doner oven (electric, tube, wood fire), cutting with döner knife to 3-5 mm thickness and packing. Sausage doner is cooked by rotating continuously in doner kebab ovens and sliced to consumers. They stated that it is served with garnishes. In general, from similar study findings and data obtained from the study; It has been determined that the making techniques of sausage doner kebab are known and a standard recipe is used in its production, but there is a lack of information about the amount of the ingredients. In terms of the sustainability of the product, it is important to standardize every aspect of sausage doner kebab and even its service.

3- Can you explain the reasons why we prefer sausage doner kebab? Do you have private customers? Participants to the question;

P1: "*It is a local product.*" P2: "*It is preferred because of our experience, taste, different flavor and halal meat. Those coming from out of the city prefer it more than curiosity.*" P3: "*I think it is one of the reasons for consumption that it is different and delicious than other known doner. Since Afyon is at the point of visit, those who have less time and fast food lovers prefer it so that they can be eaten easily.*" According to the findings of a study that supports the expression of P3, Driskel et al. (2006) determined that consumers consume fast food style foods because they like taste and limited time. Planned Behavior in examining the variables affecting fast food consumption According to the research findings of Dunn et al. (2011), it was found that factors such as taste, satiety and quick and easy preparation are effective in food consumption. From the participants P4: The reasons for choosing the sausage doner kebab; "*It may be a local product, people's wishes at the moment, and those coming from outside are curious about Afyon's famous sausage doner kebab. Of course, it is also important to feed one's stomach. It is a delicious food that can be consumed easily at any meal of the day...*" Similarly, P5 also said "*Doner with a sharp taste, also very spicy and delicious, even its smell invites people, it is satisfying because it is made from meat.*" P6: "*It should be made of quality meat and there should be halal slaughter. It is satisfying, especially in cold winter days, because it can be consumed quickly, our customers will never be missing, it is delicious.*" P7: "*Sausage doner kebab is preferred more than meat lately. Sausage doner kebab is more delicious and satisfying*

than meat." They answered in the form. In a study conducted by Gonulalan et al. (2004), where similar results were obtained, sausage doner and traditional meat doner samples were evaluated by panelists in terms of taste, texture, color and general acceptability, and sausage doner samples got higher scores compared to traditional meat doner samples in terms of all these features.

4- What do you think about the fact that sausage doner kebab can be a marketing factor in gastronomy tourism? What do you think are the necessary measures to be taken to ensure its sustainability? To the question;

P1: *"Inspection is a necessary, if you look at the kitchens of the enterprises, there is dirt, the customers are served even with dirty hands, whereas the meat is a product that spoils very quickly, attention is not paid, the promotion should be increased."* answered in the form. Regarding hygiene, it is important that the workplace and the staff comply with the hygiene and sanitation rules. Clean and hygienic working areas will also be effective in ensuring that the products produced are healthy and hygienic (Çelen & Avcıkurt, 2017). Läckö-Roto and Nevas (2014) also reported that the failure to prepare food in food and beverage and restaurant establishments in a hygienic environment jeopardizes the safety of food and consequently the health of consumers. P2 from other participants: *"As the price of meat increases, our business is affected. Customers complain about the high prices. However, since there are many under the stairs in the market, the inspections are insufficient, which makes us different from the others, there are too many unhygienic workplaces, it is a product specific to Afyon, but we have not yet received a geographical sign, the promotion is necessary, the product must be registered ... "* P3: *"Lack of publicity. If there is, it is registered, if the geographical indication is obtained, its location is determined. I do not think it is made in the desired quality everywhere. There is no specific standard, cheap meat and dyed ingredients are used. There are many poor quality sausage doner kebabs in the market. I don't believe it's hygienic. How much lira per kilo of meat. There are those who sell it for 5 TL. There is a certain trick. The municipality, police and agriculture directorate should increase the inspections, the penalties should be kept high, the illegal producers should be closed and the controls should be made frequently. But not everyone is the same, thank you."* He gave his opinion in the form. In a study supporting the views of master1 and master2, the quality characteristics of doner made from fermented Turkish sausage and meat were investigated. In the study, meat doner and sausage doner kebabs were stored at -30 °C for 60 days. All raw and cooked doner kebabs were examined in chemical and microbial terms. As a result of the chemical analysis, it was determined that the total number of pathogenic bacteria was found in high rates in raw and cooked doner kebab depending on the storage conditions of the sausage doner kebab (Gonulalan et al., 2004). Similarly, in a study by Kayisoglu et al. (2003), the chemical composition and microbiological quality of doner sold in Tekirdağ market were investigated. As a result of the study, it was found that the doner kebabs sold here are of low hygienic quality. Acar (1996), Oksuztepe and Beyazgul (2014), Turp and Yıldırım (2019) also stated that if doner is not produced under suitable conditions, it can cause food poisoning since a favorable environment will be created for microbial development. In relation to this issue, Jeon et al. (2015) stated that there is a need for personal hygiene knowledge, appropriate facilities, sanitation management and practices in order to provide healthy food products to consumers. Others; P4: *"There are deficiencies in marketing and promotion, there are a lot of cleaning problems in businesses..."*, P5: *"Afyon product should be claimed, geographical indication should be taken, if promotion is not necessary, other cities will claim it, it should be registered as soon as possible. In addition, quality should not be compromised."*, P6: *"There is globalization but still sausage doner kebab has not been globalized, why because of insufficient promotion."*

P7: “Due to lack of publicity, sausage doner kebab could not go beyond being a local product. The lack of advertising makes marketing difficult, so meat was not as popular as doner. In addition, due to the increase in meat prices, the customers find it expensive, there are also those who complain about the portion size.”

CONCLUSION

According to the data obtained from this study conducted to investigate the content, preparation and consumption of sausage doner kebab, which is a local food in Afyonkarahisar, it was determined that the participants generally knew the construction techniques of sausage doner kebab and they used a standard recipe, but they had a lack of knowledge about the amount of the ingredients. In terms of the sustainability of the product, it is important to standardize every aspect of sausage doner kebab and even its service. It was determined that the participants thought the sausage doner kebab was a local product belonging to Afyonkarahisar. Sausage doner kebab is preferred because of its taste, filling, fast and easy preparation, curiosity and being a local product. It is consumed as a portion and as well as in lavash or bread. When serving sausage doner kebab, attention should be paid to its temperature. Since it is an oily product, it can freeze in the mouth. This can lead to loss of flavor and rejection of the food. It was concluded that there were concerns about hygiene and sanitation and that the increase in meat prices negatively affected the sausage doner kebab. In this context, it is important for public health and safety to comply with the hygienic rules required in all production stages of sausage doner kebab from preparation to serving, and to closely monitor and inspect places that sell sausage doner kebab. Appropriate service should be done taking into account the properties of the product. In addition to Afyonkarahisar, new markets should be created with appropriate marketing activities for the recognition and preference of the sausage doner kebab by the consumers and to increase its consumption. Taking the necessary precautions to ensure the continuity of the sausage doner kebab, which has an important place in Afyonkarahisar cuisine culture and has not yet been registered as a geographical indication, and being a part of gastronomy tourism, will be possible with adequate promotion and marketing studies. In terms of the sustainability of the product, it is important to standardize every aspect of sausage doner kebab and even its service.

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