

A Taste Cracking the Palate-Burdur Walnut Paste

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Abstract

Turkey is a country with a high geographical indication potential depending on the conditions provided by its geographical location characteristics. According to the Turkish Patent Institute data in 2021, geographical indications were obtained on 945 products, and 744 applications are going through the announcement process. As of 2021, "Antep Baklava/Gaziantep Baklava", "Aydin Fig", "Malatya Apricot", "Aydin Chestnut", "Taşköprü Garlic", "Milas Olive Oil" and

"Bayramiç White" were registered in the EU's geographical indication list. However, we have only seven internationally approved products.

The Chamber of Industry and Commerce received the "Burdur Walnut Paste" Geographical Indication registration certificate as a geographical indication in 2009. This study will give information about Burdur walnut paste.

Keywords: Geographical indication, Burdur Walnut Paste, Production procedure, Nutritional value

1. Introduction

The cultural heritage of societies is their most valuable treasure. The traditional diversity in food and agricultural products is part of this treasure. Global competition and commercial concerns necessitate the protection of traditional food and agricultural products and necessitate taking measures on sustainability. In this process, it is possible to reveal the advantages of geographically indicated products as a development tool at every stage of the economic value chain and to benefit from it at the micro and macro level (Artık, 2021).

A geographical indication is a distinctive feature, reputation or It is a sign indicating a product that is identified with the region, area, region or country of origin in terms of other characteristics. In geographical indication registration, the quality that the region-specific features bring to the product and the subjectivity that enables it to be distinguished from similar products are the most basic objectives. With this registration method, it is possible to protect the products in question. Protection of products with geographical indication; It provides advantages such as increasing marketing opportunities, protecting the producer and contributing to economic gain and rural development (Ayber, 2005, Tekelioğlu, 2021a,b).

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2. Burdur Walnut Paste

Burdur is a region suitable for alternative tourism activities such as camping and caravan tourism, angling, windsurfing, bird watching, and cultural tourism with its museums and ruins. The province of Burdur contains traces and assets of different cultures from the Neolithic Age to the present day. Moreover, Burdur is the spiritual capital of the "Teke Region," the historical name of the Western Mediterranean Region. The local product of Burdur, which is known and loved throughout the country, is walnut paste. Walnut paste, a new product in the confectionery and dessert industry, can become a national brand. Burdur walnut paste, which is taken abroad by our expatriate citizens because mercenary training was held in this city for a long time, has also had the opportunity to export to the regions where they live densely (Kırdar 2021).

Seeing the potential of walnut paste to open up to national markets, the Chamber of Industry and Commerce received the "Burdur Walnut Paste" Geographical Indication registration certificate as a geographical indication on 06/02/2009 (Registration No.117) (Figure 1). There are nine geographical indication registered products in Burdur Province. It is seen that the majority of the institutions that have registered geographical indications in the Burdur region are composed of Municipalities and Chambers of Commerce and Industry. (Table 1).

Among the Burdur walnut paste producers, some produce as the 4th generation, those who start production at home and then open a shop, and those who create this business later gain great acclaim. Walnut paste in Burdur is made through 18 micro-enterprises in the SME classification, which sell what they produce themselves.

Burdur walnut paste is a very healthy food because no other oil is mixed except the original oils of walnuts and semolina and because of the cholesterol-preventing feature of walnuts. This food, formed by adding and mixing walnuts and semolina into boiling syrup, is a light and healthy food item since it is not boiled, roasted, tempered, or otherwise processed. With this production method, since the natural and chemical structures of walnuts (Table 2) and semolina (Table 3) do not deteriorate, the contribution and benefits of these substances to the body are preserved (Anonim, 2021c, Kırdar 2021).

2.1. Distinctive Feature

The distinctive feature of Burdur walnut paste is its unique formula structure, production method, and its unique structure that differs from other similar desserts and foods. Another feature is that it is produced from walnuts with a unique taste and aroma grown in the Lakes Region and Burdur region and from semolina obtained from hard wheat produced in the same area. Walnut is made in Burdur, and its region has a humidity rate of 6.3%. This ratio, which is lower than other walnut types, means minor foreign matter. In this case, the taste of walnuts is fuller. This is the ratio required for the full flavor of walnut paste.

2.2. Production Method

2.2.1. Preparation of the Mixture

Walnuts are broken and separated from their shells and diaphragms. Dry and blackened walnuts and stale and bitter walnuts are not used. Otherwise, the taste and flavor of the walnut paste will deteriorate, and its color will appear black and brown. Fine semolina obtained from flour factories in the Burdur region is used as semolina. The semolina must be fresh, moisture-free, and dry. On the other hand, sugar is preferred to be produced from beet in the Burdur region. The most important factor here is the necessity of using natural sugar. Natural or synthetic sweeteners such as glucose, lactose, or other sweeteners are never used. It is recommended that the water used to dissolve sugar and wax should be spring water with low lime content (Kırdar 2021).

2.2.2. Production of Walnut Paste

The original formula, which was produced when it first appeared, is the main element that creates the reputation and taste of the walnut paste. For this reason, keeping the original formula intact and producing it according to its original form is essential for maintaining the traditional taste and preserving its cultural values. According to the procedure transferred from the old confectioner masters, it consists of 1 measure of sugar (1000g)-1 measure of semolina (800 g)-1 measure (600g) of walnuts. The same measuring cup should be used for the materials. The tolerance in the measure or gram weight of the materials used in crushing cannot exceed $\pm 5\%$. In addition, other than the ingredients in the original formula and water, no materials or additives such as flour, starch, bread flour,

biscuit powder, and peanuts are added to the Burdur walnut paste and are never added (Anonim, 2016a, Kirdar 2021).

From the materials prepared by the properties and dimensions described, sugar is preferably put in a tinned copper deep cauldron/pot, and $\frac{1}{4}$ of the sugar is added to the boil to make sherbet (Figure.1). On the other hand, walnuts are pounded in a mortar and thoroughly crushed. It is also recommended to grind half of the walnuts very finely and leave the other half large enough to reach the tooth. In the walnut paste produced in this way, the walnut flavor will be more dominant as the walnuts left large will be felt more in the mouth during eating. Walnuts can be prepared both ways; the important thing is to add the specified amount of walnuts. The walnuts should be plump, white, and oily. The less semolina is added, the better the quality and longevity of the walnut paste (Anonim, 2021a, Kirdar 2021).

The walnuts and semolina, which are pounded in a separate bowl, are mixed and blended well, so that some of the natural oil of the walnut is absorbed by the semolina. The mixture of semolina and walnuts is added to the syrup, which is boiling and has a consistency, and it is mixed quickly and the pot is removed from the stove, the lid is closed and left to rest. The tray on which Burdur walnut paste will be poured should preferably have four corners and a maximum height of 2.5 cm (Fig.2). Preparations are completed by sprinkling powdered sugar of equal thickness under this tray. The mixture, which is rested in the pot for 5-6 minutes, ensures that the sugar bonds with the semolina and walnuts. This mixture, mixed again by opening the lid, is poured into the prepared tray and compressed by spreading evenly and

smooth with a rolling pin or roller. Finally, powdered sugar is poured evenly over the paste that has started to cool. The best time to cut and slice the paste is when it is warm. If the paste cools completely, it cannot be cut and crumbled. The original cutting method of walnut paste is lozenge cut, the paste in the tray is cut into 1.7 cm transverse strips, and the cutting process is completed. For the paste to be sliced (Fig.2) and ripened, it is recommended to put it on the market one day after it is produced. Produced with its authentic structure and original formula, Burdur walnut paste can preserve its flavor for up to 3 months when stored in a dry environment and packed without air (Anonim, 2021a, Kirdar, 2021).

3. Nutritional Value

Due to the phosphorus and calcium it contains, walnuts relieve mental fatigue, strengthen bones and teeth, and are rich in potassium. Potassium is necessary for the stimulation of nerves and the functioning of muscle tissue. Since it contains magnesium, it contributes to muscle-relaxing red blood cells. In addition, it is a very rich nutrient in terms of iron, which helps transport oxygen from the lungs to the tissues and prevents anemia. Since walnut, which is recommended to be eaten in specific amounts every day, is found in its natural state in Burdur walnut paste, eating this dessert during the day will ensure that the body needs walnuts. In addition, the semolina and sugar in the walnut paste will keep the body vigorous and fit as it will meet a significant part of the carbohydrates and energy that the body will need during the day. Due to these properties, Burdur walnut paste is a healthy and balanced food item (Anonim, 2021c, Kirdar, 2021).

CONCLUSION

Burdur walnut paste is unique to Burdur as defined in the registration certificate. It is estimated that while it was made only in Burdur before, it was produced in the wide area of Antalya-Isparta-Burdur by the people of Burdur, who settled in this region from Burdur over time, following the conditions written in the registration certificate and using walnut and semolina, which are the products of origin. Commercial enterprises that produce Burdur walnut paste will be able to make and sell by following the production rules and recipes and inspection conditions specified in the annex of the geographical indication registration certificate and obtaining authorization from the institutions authorized by the relevant commission in the inspection department.

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Figure 1 Burdur Walnuts paste



Figure 2. Burdur Walnuts paste production

Table.1. Registered products of Burdur province

Name of Geographical Indication	Registration date	Type	Product group	Applicant/Registrar
Burdur Walnut Paste	13.10.2009	Geographical Indication	Chocolate, confectionery and derivative products	Burdur Chamber of Commerce and Industry
Burdur Shish Meatballs	20.3.2012	Geographical Indication	Meals and soups	Burdur Chamber of Commerce and Industry
Melli Fig	30.7.2018	Protected Desination of origin	Processed and unprocessed fruits and vegetables and mushrooms	Bucak Municipality
Karaman Walnut	28.8.2020	Protected Desination of origin	Processed and unprocessed fruits and vegetables and mushrooms	Karamanli Municipality
Coriander from Karaman	28.9.2020	Protected Desination of origin	Processed and unprocessed fruits and vegetables and mushrooms	Karamanli Municipality
Dirmil Sips	30.10.2020	Geographical Indication	Other products	Altinyayla District Governorate
Karaman Fennel	4.1.2021	Protected Desination of origin	Processed and unprocessed fruits and vegetables and mushrooms	Karamanli Municipality
Bucak sahlep	10.8.2021	Geographical Indication	Soft drinks	Bucak Chamber of Commerce and Industry
Tefenni Fennel	6.9.2021	Protected Desination of origin	Processed and unprocessed fruits and vegetables and mushrooms	Burdur Tefenni District Governorate
Golhisar Roast		Geographical Indication	Processed Unprocessed Meat Products	Golhisar Municipality
Bucak Black Cumin		Protected Desination of origin	Condiments/flavors, sauces and salt for food	Bucak Chamber of Agriculture
Bucak Black Cumin Oil		Protected Desination of origin	Condiments/flavors, sauces and salt for food	Bucak Chamber of Agriculture
Burdur Poppy Halva		Geographical Indication	Chocolate, confectionery and derivative products	Burdur Poppy Halva
Yassigüme grape		Geographical Indication	Processed and unprocessed fruits and vegetables and mushrooms	Burdur Province Central District Village Service Union
Ibecik Cloth		Protected Desination of origin	Weavings	Golhisar Municipality

Table.2. Nutritional Value of 100g Walnuts

General Components (%)		Mineral substances (mg)		Vitamins (mg)	
Protein	20.5	Calcium	99	Vitamin A(IU)	30
Fat	70.80	Phosphorus	380	Thiamine	33
Carbohydrate	6.9	Iron	3.1	Riboflavin	13
Ash	1.8	Sodium	2	Niacin	9
Calorie	700	Potassium	450	Ascorbic acid	2
Water	3.5	Magnesium	131	Energy (cal)	700

Table.3. Average Energy and Nutritional Value of 100g Semolina

Energy (kcal)	354
Protein (%)	10.5
Carbohydrate (%)	75