

Prof. Dr. Günay KARAAĞAÇ Çevirileri 1*

On Turkish Words about Dairy Products¹

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In places and times when people's lifestyles depend on geographical conditions rather than their own actions, every circle of latitude, every sea, lake or river shore, in short, every surface shape naturally presented its own conditions to the people living on it. This allowed them to live in these conditions and forced them to either show the necessary behaviors or to emigrate those who did not. In ancient times, when the way of life was largely dependent on geography, people took on the color of the geography they lived in all areas of their culture, from their diet and clothing to their beliefs.

The forested area in the north of the Eurasian continent, which offers a fisher, hunter and gatherer lifestyle to its inhabitants, continues to the south with a temporary bush belt; further south from here, open and grassy steppes stretch from Nagyalföld in Hungary to Mongolia and the Great Wall of China.³ This steppe belt offers its inhabitants a different and more demanding lifestyle than the forest and bush belts in the

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¹ Karaağaç, G. (1997). Türkçenin Süt Ürünleriyle İlgili Sözlere Üzerine. *Türk Dünyası Dil ve Edebiyat Dergisi*, (4).

Bu değerli makale için merhum yazarın ailesinden izin alınmıştır. Çeviride başlıklar ve dipnotlar korunmuştur. Çeviri metindeki tüm italik yazımlar metnin orijinaline aittir. Metnin orijinalinde ayrı bir kaynakça bölümü olmadığından çeviri metinde de gerek görülmemiştir.

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north. The changing conditions of the meadows and pastures of the steppe zone in summer and winter forced the peoples to a nomadic lifestyle in order to continue their lives; thus, the fierceness of the struggle for survival made the peoples of this region stronger than the settled peoples, and led to the enrichment of their knowledge of the art of living.

The dominance in this steppe zone, which has been the settlement area of both Turkish and Iranian tribes since the first ages, has definitely passed into the hands of the Turkish tribes with the Hun raids in AD 370.⁴ As far as history knows, Turkish tribes were not only the sole rulers of the steppe belt, but also settled in the agricultural belt that included China, North India and the Middle East. Therefore, it is a fact that Turkish tribes have lived in the southern agricultural belt of the steppe since the dark ages of prehistory. This is clearly demonstrated by the language data we have. Several plant names, mainly arpa, buğday, burçak, etc. grain crops, as well as agricultural words such as arık, pulluk, saban, etc. were taken from Turkish in many of the neighboring languages.

When we take a look at the words related to the food and clothing culture that Turkish has given to the neighboring languages, we can see that the names of animal products such as meat and milk, which play a fundamental role in the nutrition of the people of the steppe belt, and the clothing names based on wool and leather, which are the raw materials of clothing of the people in this belt, names of plants that play a fundamental role in the nutrition of the people of the agricultural belt, and the names of clothes based on cotton and cloth, which are the raw materials of clothing of the people in this belt, are given to these languages and taught to neighbors. The fact that Turkish has presented its neighbors with the names of food based on agriculture and grain on the one hand, and clothing based on cotton and cloth on the other, shows that the agricultural belt is the settlement area of Turks as well as the steppe belt.

Since the texts up to the 13th century, apart from *Divanü Lugat-it Türk* and a few small texts, are full of the concepts of history, state administration, religion, goodness and evil, lamentation and love, and therefore belong to the areas far above the lower layers of a culture such as clothing and nutrition, they do not offer detailed information about the daily life of these periods.

Clothing is largely related to geography, both in the past and today. Nutrition has been an important measure in the descriptions of cultures, as it is related to economic life as much as geography.⁵ While the main food source of Asia and the Middle East in the south of the steppe was grain and bread, the main source of nutrition for the steppe peoples was milk and dairy products.

Meals obtained from milk of the Mongolian tribes, which came to the stage of history long after the Turkish and Iranian tribes, based on their nutritional culture, are also quite abundant including cagan idegen: dairy products called white food and hara idegen: meat products called black food: sü(n): milk; sütey / sütü: dessert made by adding milk; subsu / ayrag: kumiss, fermented milk of mare or cow; arakı(n): beverage made from ayran;

³ Czeglédy, Károly, *Nomád népek vándorlása– Napkelettől Napnyugatig*, Budapest 1969, p.8

⁴ a a.g.e., p. 10

⁵ Conrad, Jo Anna, "The importance of milk in pastoral nomadic societies of Inner Asia". *Silk Road – International Folk Literature Symposium Statements, Ankara 1995*.

Ögel, Bahaeddin, *Introduction to Turkish Cultural History*, Ankara 1991, V. 4, p. 1-5.

kirem / kirm-e: reconstituted boiled milk; tarag: sour milk; cag-a: boiled tarag; horuca: triple distilled hard milk cognac; bocu: sediment, cottage cheese; cige(n) / cege(n): kumiss obtained from mare's milk; şar tos/ çöçgiyn tos: butter, etc.⁶

As we said, while our language heirlooms before the 13th century do not have much nutritional material, as they belong to the upper cultural areas, the number of words related to dairy products in *Divanü Lugat-it Türk* reaches nineteen, thirteen of which are nouns and six are verbs: süt: milk; kayak / kanak: clotted cream; igdük: milk food; iprük: milk beverage; buldunı: hoşmerim prepared by adding fresh or dried raising; sag yag: butter; uditma: fresh cheese; süzme: skim and dry cheese; kurut / sugut: cottage cheese, cheese made from skimmed yoghurt; ayran: churn milk; yogrut: yoghurt; kımız: beverage obtained by fermenting mare's milk; kor: beverage obtained by fermenting curdled milk; korlan- / bağırlan- / koyul- / udiş- / biş-: fermentation, thickening, intensifying.⁷

In the *Tarama Sözlüğü* of *Türkiye* Turkish, which is mostly obtained by scanning literary works, there are only the words süt, sütlü aş, ağız / angız / süt ağızı, ayran kurusu, kurut, çökek / çökelek, dorak / torak , and the words yoghurt and ayran are not available.⁸

In the *Türkçe Sözlük*, which is the written language dictionary of today's *Türkiye* Turkish, prepared by consulting the works of the twentieth century writers of *Türkiye* Turkish, only the words ayran, çökelek, hoşmerim, katık, kaymak, kesik / keşmik, kurut, lor, peynir, süt and yoghurt are included.⁹

The fact that we have forgotten many dairy products, and therefore their names, on this path from the old Turkish written language to the written language of the Turks of *Türkiye* can easily be interpreted as the settled life pushing the animal to the second place next to the plant and thus changing the nutritional tradition; but as it is known, the *Derleme Sözlüğü*, which consists of the words of *Türkiye* Turkish other than the written language, contains the names of more than hundred food and beverages made with milk and dairy products.¹⁰ Although the *Derleme Sözlüğü* contains quite a few words related to dairy products, when we look at the richness of other Turkish dialects living in the steppe and the abundance of words Turkish gives to Russian, Hungarian, Persian and various Balkan languages, it is clear that we also leave most of the names of these products in the steppe, as we did the tradition of eating dairy products.

We encounter a very rich diet based on milk in Kazakhs, who gather their traditions of eating with dairy products around the words ak and kara, just like the Mongols: ak: any food made from animal milk; ayran: ayran; aksım-: craving milk, craving food made from milk; süt pisirim: in a short time; cebin süt: milk obtained by milking quickly; jent: a national soup made by adding cracked millet, ground semolina, sugar and oil; iyindi: last milk of dairy cow, some dark milk; irimşik: sweet, delicious national soup made by freezing yellow, dark and viscous substances obtained by boiling fatty milk; irkit: ayran prepared to be boiled to make cottage cheese; kilegey / kaymak: cream on

⁶ Lessing, Ferdinand D., *Mongolian – English Dictionary*, Bloomington 1973.

⁷ Dankoff Robert – Kelly James, Mahmyd el-Kaşgari, *Türk Şiveleri Lügati*, Harvard 1985.

⁸ *Tarama Sözlüğü*, TDK Yay., Ankara 1963-1977.

⁹ *Türkçe Sözlük I-II*, TDK Yay., Ankara 1988.

¹⁰ *Derleme Sözlüğü*, TDK Yay., Ankara 1963.

cooked or uncooked milk; katık: yoghurt, meat or cheese put into soup; kospa: a dish made by mixing cheese, millet, oil and more; kurt: dried hard cheese; sarmal: a type of kumis that is not well-fermented; süzbe: kurt is made from strained yoghurt, a kind of feta cheese, cottage cheese and süzbe; uytkı: yeast used to prepare yoghurt and similar foods; uyıt-: to thicken something liquid, to make yoghurt from milk; şubat: kumiss made from camel milk; şalap: watery ayran made from kurt, similar to cacı; sarı may: butter; şırtıldak: meal obtained by mixing yulky oil and butter, etc. The names of dairy products, which have an important place in the nutrition culture of Kazakh Turks, are taken to metaphorical meanings and include the upper cultural elements in expressions: sütsiz koy mangıravık: sheep without milk always blats; süttey uyısın: let it fit together like milk; kaymağı buzılmasın!: Don't let the cream be spoiled, don't lose peace; ak mol bolsın!: have plenty of ak soup based on milk; ayran- asır bol-scatter; abıroyı ayranday tögildi: glory spilled like buttermilk, etc.¹¹

The language of the Persians, the oldest neighbor of the Turks with the Chinese, is given fifteen words related to dairy products: aguz: fatty milk; ayran: ayran; ayrag: kumiss made from cow's milk; çızık: fried oil; kimara: beverage made from mare's milk; katık: sour milk; kayimag: cream; kımız: kumiss; kuyma: a kind of beverage made from fatty milk; kurud / kurut: cheese; tarag: sour milk; targun: oil; torak: cheese; yogurt: yoghurt.¹²

The number of Turkish words for dairy products in Russian is eighteen: bişlek: home-made cheese; uren / iren / ıryan: ayran; kaymak: cream obtained from boiled milk; katık: sour ayran made from sheep's milk; kaçkaval: a type of cheese obtained from sheep's milk; kumus / kumız: a beverage from sour mare's yoghurt; kurt / krut: dry and salty cheese; syuzma / süzme: food made by straining yoghurt; torak: a type of baked yeast milk; tuk: butter, frozen oil; çigit: heavily salted curd; çuman: a kind of watery ravioli made by adding yoghurt or ayran; çurt: fermented, sour milk; şalap: a beverage prepared by adding water to yoghurt, kumiss or ayran; şauş: oil; şubat: kumiss made from camel milk; yaurt / yourt / yugurt / yogurt: yoghurt; yuraga: milky juice.¹³

The number of Turkish words related to milk in the languages of the Southern Slavs and Balkan tribes such as Greek, Romanian and Albanian, who were neighbors in late periods with the Turks of Türkiye who abandoned the steppe lifestyle, is five: ayran: a beverage obtained by beating or diluting milk or yoghurt; höşmerim: a halva made by adding starch and rice flour to unsalted fresh cheese; kaymak: cream; sütlü: sweet, milky meal made with milk; yogurt: yoghurt.¹⁴

Hungarians, whose history is closely related to Turkish history, who lived with the Turks as subjects of the Caspian State, and who included many Turkish tribes, have only four of the Turkish words related to dairy products, three of which are nouns and one is a verb: turô (< tü. tarag): dairy product prepared from aged milk, curd, cottage cheese;

¹¹ Kazak Tilinin Tüsinirme Sözdigi, I-X, Almaty 1974-1986.

¹² Doerfer, Gerhard, *Türkische und Mongolische Elemente im Neuperischem, I-IV*, Wiesbaden 1965.

¹³ Şipova, E. N., *Slovar' tyurkizmow v ruskom yazıke*, Almaaty 1976.

¹⁴ Şkaljić, Abdulah, *Recherches sur l'histoire de la langue osmanlie des XVI. et XVII. siecles. Les elements osmanlis de la langue hongroise*, BOH XIX, Budapest 197.

Bakos, Ferenc, *A magyar szakerzlet roman elemeinek törtenete*. Budapest, 1982.

joghurt: yoghurt; sajt (< tü. ıgıt): cheese; köpü: yayıg and köpül- “to extract oil with churn.”¹⁵

As can be seen, the nutritional culture of the steppe has a richness that will teach the world cuisine a lot. In today’s environment, where the culture wars are heating up, it remains for us to revive this knowledge, which we have begun to forget, by making use of the possibilities of technology and marketing knowledge, and to present it to the service of humanity.

¹⁵ Ligeti, Lajos. *A magyar nyelv török kapcsolatai a honfoglalás előtt es az Arpad-korban*. Budapest 1986.