

Culinary Culture and Special Day Meals of Elazığ

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Abstract

The Purpose of Study: Elâzığ province and its nearby region is investigated because of its being home to historically ancient civilizations. This study was conducted with the idea that detailed information can be obtained about the attitude of the families from Elazığ to the concept of local food and whether they include local dishes in their homes.

Literature Review/Background: The features that distinguish local dishes from the others are that they are a part of special day celebrations and rituals in traditional meals. Elâzığ, which hosts one of the societies that existed in Türkiye and settled down from the oldest known civilizations, is the heir of a rich culture and one of the most important gastronomic values worth exploring.

Method: In this study, data were collected using the semi-structured interview technique, which is one of the qualitative research methods, to promote the local heritage and tastes with gastronomic identity and culinary culture of Elazığ and contribute to raising awareness. Content analysis method was used in the evaluation of the data. The recipes for four of the dishes were preserved and recorded as the participants learned from their ancestors. The application of 'ıçli köfte', 'zilfet', 'kofik dolması' and 'lobik soup' was made in Başkent University Gastronomy Laboratories.

Results: Analyzing the data, it was observed that the local dishes were cooked by the whole of the participants (N=11) at home, however, when evaluated in terms of the frequency of doing them at home, it could be highlighted that there were significant differences between the two generations.

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Conclusion: The main findings of the study are that families from Elazığ have a high level of local culinary awareness, but there is a significant difference between the two generations.

Keywords: Elâzığ, culinary culture, local heritage, products with geographical indications, local dishes.

Elazığ Mutfak Kültürü ve Özel Gün Yemekleri

Öz

Giriş ve Çalışmanın Amacı: Elâzığ ili ve yakın çevresi, tarihsel olarak eski uygarlıklara ev sahipliği yapması nedeniyle araştırılmaktadır. Bu çalışma Elazığlı ailelerin yöresel yemek kavramına karşı tutumları ve evlerinde yöresel yemeklere yer verip vermedikleri hakkında detaylı bilgi edinilebileceği düşüncesiyle yapılmıştır.

Kuramsal/Kavramsal Çerçeve: Yöresel yemekleri diğerlerinden ayıran özellikler, geleneksel yemeklerde özel gün kutlamalarının ve ritüellerinin bir parçası olmalarıdır. Türkiye'de var olan ve bilinen en eski uygarlıklardan yerleşik toplumlardan birine ev sahipliği yapan Elazığ, zengin bir kültürün mirasçısı ve keşfedilmeye değer en önemli gastronomik değerlerden biridir.

Yöntem: Bu çalışmada, Elazığ ilinin gastronomik kimliği ve mutfak kültürü ile yöresel miras ve lezzetlerinin tanıtılması ve farkındalık yaratılmasına katkı sağlamak amacıyla nitel araştırma yöntemlerinden yarı yapılandırılmış görüşme tekniği kullanılarak veriler toplanmıştır. Verilerin değerlendirilmesinde içerik analizi yöntemi kullanılmıştır. Dört yemeğin tarifleri, katılımcıların atalarından öğrendikleri şekilde korunmuş ve kaydedilmiştir. Başkent Üniversitesi Gastronomi Laboratuvarlarında içli köfte, zilfet, kofik dolması ve lobik çorbanın uygulaması yapılmıştır.

Bulgular: Veriler incelendiğinde yöresel yemeklerin katılımcıların tamamı (N=11) tarafından evde pişirildiği görülmüştür. evde yapma sıklığı açısından değerlendirildiğinde, iki kuşak arasında önemli farklılıklar olduğu vurgulanabilir.

Sonuç: Araştırmanın temel bulguları Elazığlı ailelerin yerel mutfak bilincinin yüksek düzeyde olduğu ancak iki kuşak arasında önemli bir fark olduğudur.

Anahtar Kelimeler: Elâzığ, mutfak kültürü, yerel miras, coğrafi işaretli ürünler, yöresel yemekler.

1. Introduction

There are different definitions made for local dishes. Local cuisine has been a tradition for many years with people inhabiting in the same area together. For local food, the products grown in this region have been called (Inwood et al, 2009, p.183). In another study, local food was given as a food made with products grown in that region and having a unique identity characteristic of the region (Çulha & Kalkan, 2015). These local dishes are foods and drinks that have been served with appropriate cooking methods (Saatcı &Demiral, 2018). Smell and

aroma, color and visuality are seen as important in the presentation of these foods (Ağan &Doğan, 2022). More importantly, what distinguishes these dishes from others is that they are often preferred during holidays, stage ceremonies such as birth, engagement, wedding, death, or collectively eaten meals such as celebration, send-off, and welcome. In other words, these dishes have traditionally been part of special day rituals in collectively eaten dishes. Local dishes reflect not only the traditions and customs of the region, but also their economic level and their own way of preparation and presentation (Ciğerim, 2001). Therefore, it is possible to suggest that they are part of the cultural heritage for local dishes (Çapar & Yenipınar, 2016).

Elâzığ, one of the important provinces of the Eastern Anatolia Region, is located in a region where the oldest settled societies live. With the help of this feature, Elâzığ is the heir of a rich culture and is located among the rich cuisines of Anatolian region and the influence of different civilizations and cultures. The history of Elâzığ province begins with the history of Harput province, which it replaced. The beginning of the history of the province of Harput finds the year 2000 BC. Elâzığ has a great tourism potential with its natural, cultural, archaeological and historical past (Kabasakal, 2007, p.9).

In this study, it was investigated that Elâzığ province and its region are home to historically ancient civilizations and therefore they have inherited many cultural values and reflected them in their culinary culture with approximately 150 different kinds of dishes pertaining gastronomic values, and hence information gathered was given about these dishes. It is expected that this study will contribute to the promotion and awareness-raising of the local heritage and tastes with a gastronomic identity.

A Brief History of Elâzığ

Elazığ is located in the Upper Euphrates basin. Its altitude is 1067 meters. Due to the fact that the city of Harput was not suitable for settlement, it was founded by Reşit Mehmet Pasha in 1834 at its current location. Although the history of the region where the province of Elazığ is located is very old, the history of Elazığ is new. For this reason, it is unthinkable to examine the history of Elazığ separately from the history of Harput. Harput castle is surrounded by cliffs and the castle forms the core of the city. Harput Castle (Inner Castle) BC. It is estimated to have been made in 2000 (Geziarkadas, 2019). It was discovered that the Castle consists of stairs, tunnels and cells carved into the rocks. There is also a waterway inside the castle. Harput has a 4000-year history. Harput, Hartaş (rock) and put (berd) is a combination of castle syllables and today it is known as Taş Castle (Elazığ İl Tarım ve Orman Müdürlüğü, 2019). However, although its history is very bright, today Harput has the appearance of an abandoned city (Kültür ve Turizm Bakanlığı, 2019). According to today's sources, the first inhabitants of Harput

are the Huris. Hurrians BC. After the 2000s, they settled in Eastern Anatolia. After the Huris, the region passed into the hands of the Hittites, but the Hittite domination did not last long. Since the XVIII century B.C., the Urartus have established sovereignty in the region for a long time (Elazığ Belediyesi, 2019).

During the time of Hz. Omar, the Arabs captured Syria and Iraq, and by the middle of the 7th century, they captured Harput and its surroundings. Thus, the Arab dominance in the region continued until the middle of the 10th century. It is thought that Harput and its surroundings fell into the hands of the Turks at the end of the Battle of Manzikert on 26 August 1071, but this information is not certain. After this event, which coincided with the Seljuk period, the first Turkish ruler of Harput was Çubuk Bey. After Çubuk Bey, his son Mehmet Bey took over. For this reason, this time in the history of Harput is called the "Çubukçuoğulları Period". Turkmens, who came with Çubukçuoğulları, form the ancestors of the people of Harput (Güllü & Yaşar, 2019).

Elazığ was captured by the Ottoman army after the Battle of Çaldıran in 1516. Thus, Harput, which came under Ottoman rule, was made a sanjak of Diyarbakır Province in the early days. According to historical records, there were 14 Muslim and 4 Armenian neighborhoods in Harput in 1530. According to Kamus-ul-a'lam, there were 2670 houses, 10 madrasas, 10 mosques, 8 libraries and churches, 843 shops, 12 inns and 90 baths in Harput at the end of the 19th century. 5 Years after Sultan Abdulaziz ascended the throne, the name "Mamurat ul -Aziz" was given in 1867 at the suggestion of Governor Ismail Pasha. However, because the people had difficulty in saying it, it was pronounced as El Aziz for short. During Atatürk's visit to the city in 1937, the name Elazığ, which means Azık Province, was given and this name began to be pronounced as Elazığ after a while (Elazığ İl Tarım ve Orman Müdürlüğü, 2019)

Geographical Structure and Climate

The area of Elazığ is 9151 km². The province of Elazığ accounts for 1.2% of the territory of Turkey (Elazığ İl Tarım ve Orman Müdürlüğü, 2019). Its neighboring provinces are Bingöl, Tunceli, Malatya and Diyarbakır provinces. The climate of the region is continental. Winters are cold and rainy, summers are hot and dry. However, the climate is influenced by the lakes surrounding Elazığ.

Vegetation and Underground Riches

Meadows and pastures make up 50% of Elazığ province. 28% of the province is covered with usable agricultural land, 10% with dams and lakes, and 12% with forest land. 87% of the agricultural land is irrigable land. The forest area in Elazığ is 123,043 hectares (Elazığ İl Tarım ve Orman Müdürlüğü, 2019). Walnut, alder, ash, hedlembik and juniper trees are found in high places. In addition, poplar and willow trees are found on the banks of streams and rivers.

Elazig has underground resources rich in copper, copper pyrite, fluoride, lead, chromium, zinc, manganese, iron, molybdenum and tungsten copper (Eryilmaz & Orhan, 2021).

Culinary Culture of Elazig

Elazig province has a very wide range of products in terms of culinary diversity. It is the 3rd province that richest geographically marked food in Turkey after Trabzon and Iğdır (Saatçi, 2019).

There are about 150 types of food in Elazig province. In addition to the 3 known meals, there are meals called midday and bedtime. The tables set up during these 2 meals include foods such as walnuts, pestilles, fruits and orcik. The culinary culture of Elazig was also influenced by the Turkish culinary culture. The history of foods such as tutmac, kara kavurma, anam aşı, umaç aşı, is based on the Oghuz (Gastromanya, 2019).

In Harput, table cloths are made of white cloth manufactured in the region. Table cloths made by hedgers (printmakers) by decorating them with black motifs on a light pink background are widely used in the region. These table cloths (dest-i hun) were laid out in the middle of the room where the food was eaten and a sini was placed on it. Materials and dining sets were placed inside the cabin and tables were set up by placing floor cushions around it. In some cases, in order to raise the table more from the floor, a small table made specifically for sini with a height of 50x50 cm was placed on the table cloth sini was placed on it. Nowadays, ground table is usually preferred in Elazig and its surroundings. However, there is a dining table in almost every house, especially in the city, but the use of a dining table is usually preferred when guests arrive (Güllü & Yaşar, 2019).

In Elazig, Harput and its region, tables with a length of 3-4 meters, which are usually set up at the time of the wedding, are called Somat. Wedding dishes prepared in this way are also called "Somatos".

In the Elazig table culture, there are rules for sitting at the table and starting a meal. The elders are seated at the table first, and if there are guests in the house, the host is expected to start the meal first. In large families, first the elders and men, then the children and ladies eat their meals. In some cases, separate tables are set up for adults and men, and separate tables for children and ladies. The host lady usually sees the service. Everyone eats the dishes placed on the village tables from the same container. It is considered a sin to talk at the table, so it is not talked about. However, it is seen that there is a conversation at the big banquet tables (Kültür ve Turizm Bakanlığı, 2019).

Kitchens and Pantries

The pantry and the kitchen are sometimes arranged together, sometimes separately. In the old houses of Harput, there is a kitchen on one side of the area leading to the sofa and a cellar door on the other. 7-8 months of grain are kept in the cellars (Güllü & Yaşar, 2019).

Products of Elazığ with Geographical Indications

Ağın chickpeas is one of the most well-known geographically indicated products of the province of Elâzığ. It is usually done in autumn. Two stoves are installed outside the house in two separate places. Necessary materials (pot, sieve, wood, chickpea, roasted chickpeas, oak ash water, salt and burlap sack) are prepared. The furnaces are lit and the fine sand placed on the roasted chickpea plate is heated. This sand is the sand extracted from the vicinity of Bademli Village and which gives the chickpea its characteristic. The chickpeas poured into the lye boiling in the second stove are boiled until the water evaporates and salt is added to it. Chickpeas taken from the stove are poured onto the heated sand and mixed until golden brown. The sheet taken from the stove is poured into the sieve and the chickpeas are separated from the hot sand. Chickpeas put in Telis sacks are rubbed and separated from their shells (T.C. Ağın Kaymakamlığı, 2019).

Another famous and geographically marked product of Elazığ is orcik. Orcik (walnut sausage), which is usually made in villages and consumed in winter, has spread to many parts of Turkey. Because it is made of grapes, the production of orciks begins with the breakdown of the vineyard. Almonds, hazelnuts, walnuts, raisins, and sometimes chocolate are strung on a thread, dried by soaking grapes or juices condensed by boiling. In addition to the name orcik, it is also called molasses sausage, walnut sausage, musted sausage, and keme (Hürriyet, 2019).

Local Dishes of Elazığ

Traditionally, the most consumed and preferred types of food in Elazığ are usually dishes made with meat and pastries. Bulgur from cereals is used as the main ingredient in many dishes. In addition, plenty of oil, tomato paste and onions are roasted together to obtain 'soğaraç'. This is the main ingredient of many Elazığ dishes. Various vegetable dishes and egg dishes are made with herbs and vegetables belonging to the region- pırpırım, ışkın, kuzukulağı, dağ pancarı. In many dishes (sırın, zilfet, soup with buttermilk, etc.) yoghurt and butter are used abundantly as an indispensable flavor. The most important thing of Elazığ cuisine is bread.

2. Material and Method

In this study, a qualitative research method was used to introduce the local heritage of Elazığ and its tastes with gastronomic identity and to contribute to the creation of awareness.

Thus, it was considered that detailed information can be obtained about the approaches of Elazig families to the concept of local food, whether they include local food in their homes, and geographically marked products belonging to the region. In qualitative research, data collection method, semi-structured interview technique was used and data were analyzed by content analysis method. The interview questions created for this research were adapted by using the study conducted by Serçeoğlu (2014). The open-ended questions prepared for the semi-structured interview form were updated and finalized by taking expert opinions from academics working at a foundation university. A total of 11 participants were interviewed in the data collection process as face-to-face and telephone interviews. One of the most preferred methods of data collection in qualitative research method is the interview method. It is known that this method is effective in detecting the experiences, feelings and thoughts of people (Yıldırım, 1999).

The interview form consists of two parts. The first part consists of demographic characteristics related to gender, age, marital status, educational status and place of birth. In the second part, there are seven basic questions. These questions are aimed at collecting information about the concept of local cuisine, whether local dishes are included in kitchens, how often they are made if they are given, from whom recipes for dishes are learned, and most importantly, what should be done to preserve recipes belonging to families as a cultural heritage.

In qualitative research, it is aimed to reach a sample group that will represent all the variations expected to be in the universe as much as possible without worrying about generalization (Karataş, 2015). Therefore, based on the purposeful sampling method, people born in Elazig and residing there were preferred for this study. The interviews were conducted between 27 October 2019 and 16 December 2019. Interviews conducted for the research took about 30-60 minutes, and they were all made by taking audio and video recordings with the permission of the participants. The answers were repeated and continued until the satisfaction point was reached. The recorded interviews were transcribed, edited and commented on in the discussion section.

In order to ensure reliability in qualitative research methods, it is necessary to specify how the data are analyzed (Kozak, 2018, p. 124). In qualitative research, reliability and validity to be used to ensure strategies "depth-oriented data collection, long-term interaction, diversification, detailed description, participant confirmation, consistency review, and confirmation purposive sampling review" is expressed as (Kozak, 2018, s. 124). The content analysis method has been preferred as a data processing approach. In this study, depth-

oriented expert review, participant confirmation, data collection and purposeful sampling were applied for validity and reliability.

The limitation of the research is that some participants who participated in the interview did not want the video recording due to their cultural values and it did not cover the entire province of Elazığ.

During the interview, all the participants were informed about the purpose of the research, their permission was obtained using the volunteer participant form, and the interviews were recorded. In addition, observation notes were taken during the interviews and the Decodes between K1 and K11 were given to the participants. After the interviews, each data obtained was deciphered. Content analysis was used to analyze the data. The data obtained were analyzed in four stages as coding, creation and arrangement of themes, identification and interpretation of findings.

3. Findings

The data on demographic information showing the gender, age, marital status, place of birth and educational status of the participants participating in the study are given in Table 1. When the data were analyzed, it was seen that 3 participants graduated from university and 8 participants graduated from primary school; 2 participants were single and 9 participants were married.

Table 1. Demographic Information of the Participants

Participant	Gender	Age	Educational Background	Marital Status	Birthplace
K1	Man	31	College - Undergraduate	Single	Elazığ, Karakocan
K2	Man	34	College - Undergraduate	Single	Elazığ, Harput
K3	Woman	32	College - Undergraduate	Married	Elazığ, Karakocan
K4	Woman	49	Primary school	Married	Elazığ, Harput
K5	Woman	55	Primary school	Married	Elazığ, Karakocan
K6	Woman	56	Primary school	Married	Elazığ, Harput
K7	Woman	51	Primary school	Married	Elazığ, Karakocan
K8	Woman	89	Primary school	Married	Elazığ, Karakocan
K9	Woman	73	Primary school	Married	Elazığ, Kizilpınar
K10	Woman	66	Primary school	Married	Elazığ, Kizilpınar
K11	Woman	78	Primary school	Married	Elazığ, Kizilpınar

The gender and age distributions of the interviewed participants are given in Table 2 in detail. When the data were examined, 2 of the participants were male and 9 were female. It was observed that the ages of the participants were between 31 and 89 years old.

Table 2. Gender and Age Distribution of the Participants

	Frequency (N)	Rate (%)
Gender		
Woman	9	81,82
Man	2	18,18
Age		
30-49	4	36,364
50-69	4	36,364
70-89	3	27,272

All of the participants gave the same answer to the question about whether they included local dishes in their homes. Local food is prepared in the homes of all participants.

"In my family, local dishes make up an important part of our food culture. There is always at least one kind of local food for dinner."

"Rarely, yes. We usually eat local food at our mothers' house."

"Yes, but not very often. It's usually done at special times."

"We always make our own meals."

Although local dishes are included in the homes of all participants, their frequency can basically be divided into two. What is striking is that while the younger generation (K1, K2 and K3) rarely and only eats special day meals, the older generation (K4, K5, K8, K9 and K11) always includes local dishes in their homes every day. Some of the participants' opinions are as follows:

"Rarely. Once or twice a year."

"Not very often. Sometimes."

"It is done constantly. Local dishes are a must in our house. A table without local dishes is considered an incomplete and insignificant table. If there is no local food on our table, it means that one has left the table hungry or the dinner time is skipped. It should be highlighted that, our meals are made long before dinner time. They are set aside and become more tasty while cooling."

"We don't like other dishes."

In parallel with the previous question, two types of answers were received about the local dishes that the participants knew even if they did not cook. While the younger generation (K1,

K2 and K3) named at least 3 types of food, the older generation (K4, K5, K8, K9 and K11) named 10-31 local dishes.

The importance of preserving local dishes and transferring them to future generations is undeniable. When the participants were asked from whom and how they learned the dishes belonging to their region, all the answers received were the same.

"One of our family elders. I use their recipes because I am not satisfied with the hand flavors."

"I learned it from my mother in the first place. Since he was born and raised in Elazığ Karakochan, he grew up with local dishes and learned how to make them from his mother, father and those around him."

"I grew up with these dishes as a native of Harput. Making delicious and good food is an important virtue for one from Elazığ. Our family elders have a great influence on this."

"From my mother, of course. I used to help my mom in the kitchen at first. And then I started doing it as I got older."

Various opinions have been expressed about what should be done to preserve local dishes and pass them on to future generations.

"First of all, they need to be exposed to the understanding and story that these dishes carry by providing opportunities for the next generation to taste local dishes. The family kitchen can be seen as the touchstone of this. Providing parents with a place in the kitchen for their children and involving them in this process when preparing food will increase children's awareness of local dishes."

"With the developing technology today, family elders can record the recipes and structures of local dishes and pass them on to future generations and ensure that local delicacies, which are an important part of culture, are kept alive."

"At my age, when I lived with my family, I experienced a period when local dishes were made more often at home. I think that it was not very successful in passing on local dishes to my daughter in my own home, because I did less. At this point, it is important to take the recipes of our family elders and make them live by making these recipes, and pass them on to the next generations. And this is about sharing."

"If you do it in its original and special taste, the next generation who eats it will never forget this taste. And they will not forget to learn and do it."

"I think that the Ministry of Culture's award-winning cooking competition will be effective."

Finally, when the participants were asked which local dish to prefer on a special day such as feast, engagement, wedding, birth and how to make this dish, the name and recipe of 3 dishes were obtained from the participants.

"I'd prefer to cook "Sırın". "Sırın" is a dish that is laid out on the dinner table and shared by everyone. The main ingredient of the "sırın" is its handmade yufka."

"I think our preference would be "zilfet" for the whole family."

"This would definitely be "içli köfte" in the first place."

"İçli köfte is a must-have."

With this research, an inventory was created for 77 local dishes belonging to the province of Elazig and this inventory is given in Table 3. Within the scope of this study, four of the frequently made special day meals -Lobik Soup, İçli Köfte, Zilfet, Kofik Dolması- obtained from the participants and family elders were selected and their recipes were written. The application of the recipes was carried out in Baskent University Gastronomy Laboratories.

Table 3: Local Food Inventory of Elazig Province

Type of Dish	The Name Of The Dish	Main Ingredients	Total Number
SOUPS	Anamaşı soup	Onions, roasting, green lentils, lobules, chickpeas, tomato paste, butter, water, salt.	11
	Ayranlı soup	Yogurt, chickpeas, garlic, water, parsley, salt, basil.	
	Bulgur soup	Oil, onion, tomato paste, thin bulgur, water, salt, butter.	
	Dövme soup	For example, chickpeas, yogurt, eggs, flour, salt, water, mint.	
	Erişte soup	Green lentils, chickpeas, onions, carrots, potatoes, noodles, water, butter, salt, reyhan.	
	Yarpuzlu ayran soup	For the filling, mix buttermilk, buttermilk, watermelon, ground pepper, salt.	
	Lobik soup	Tomato paste, onion, oil, water, tattoo, lobik, salt, chili pepper flakes, mint, butter.	
	Şehriye soup	Tomato paste, oil, water, noodles, salt, pepper flakes.	
	Tarhana soup	Tarhana, water, tomato paste, oil, salt, pepper, crushed red pepper.	
	Tutmaçlı soup	Yogurt, eggs, lentils, chickpeas, tutmac, garlic, butter, thyme, chili pepper flakes.	
	Un soup	Flour, butter, water, salt, pepper flakes, mint.	

MEAT DISHES	Ciğer tiridi	Onion, tomato, butter, liver, water, paprika, reyhan, salt.	10
	Güveç	Lamb with bones, tail fat, eggplant, garlic, hot pepper, tomatoes, salt, pepper, water.	
	İşkene	Onions, oil, tomato paste, roasting, tandoori bread, parsley, salt.	
	Kaburga dolması	Meat of jeans, rice, onions, minced meat, almonds, butter, tomato paste, parsley, salt, pepper.	
	Kaplama	Onions, garlic, potatoes, meat, tomato paste, flour, water, salt, pepper.	
	Saç kavurma	Meat, tomato paste, salt, oil, garlic, butter.	
	Kızartma	Meat with bones, onions, butter, paprika, reyhan, salt.	
	Tandır kebabı	Chop the lamb without bones, butter, oregano, pepper, salt.	
	Tas kebabı	Meat, onions, potatoes, garlic, tomato paste, lemon juice, milk, butter, salt, pepper, water.	
	Tava	Meat, tail oil, tomatoes, peppers, garlic, paprika, salt, pepper,	
MEATBALLS AND STUFFING	Ayar köftesi	Minced meat, bulgur, onion, egg, tomato paste, parsley, reyhan, cumin, chili pepper flakes, black pepper, salt, oil.	16
	Ayrınlı köfte	Add the flour, buttermilk, buttermilk, salt, water, mint, pepper flakes and salt to taste.	
	Ekşili köfte	Bulgur, eggplant, tomatoes, onions, tomato paste, oil, lemon, sumac, salt, pepper.	
	Kindık köfte	Bulgur, sugar, salt, flour, egg, yogurt, garlic, butter.	
	Harput köfte	Onions, parsley, minced meat, thin bulgur, oil, tomato paste, salt, pepper flakes.	
	İçli köfte	Bulgur, onion, walnut inside, flour, minced meat, salt, pepper, mint, tomato paste, egg.	
	Küncülü köfte	Bulgur, flour, egg, minced meat, onion, butter, salt, pepper, sesame, walnuts.	
	Lüle kebabı	Add the minced meat, tail oil, onion, flour, reyhan, salt, pepper.	
	Mercimek köfte	Tomato paste, onion, oil, red lentils, thin bulgur, spring onion, parsley, fresh reyhan, salt, cumin, chili pepper flakes, mint.	
	Muhaşerli köfte	Muhaser, tomato paste, onion, butter, fine bulgur, basil, salt.	
	Patlıcanlı yalancı köfte	Eggplant, pepper, onion, bulgur, flour, semolina, tomato paste, butter, reyhan, paprika, salt	
	Bumbar dolması	Chop the onion, onion, tomato paste, butter, salt and pepper.	
	Dilim dolma	Minced meat, onion, bulgur, tomato paste, tomato, pepper, eggplant oil, sumac, water, flour, butter egg, salt, pepper.	
	Kofik dolması	Dry eggplant, dry pepper, rice, onion, tomato paste, oil, salt, pepper, paprika, reyhan.	
	Lahana sarması	Cabbage, onion, butter, minced meat, bulgur, tomato paste, water, paprika, salt.	
	Soğan dolası	Onions, minced meat, bulgur, tomato paste, water, butter, pepper, sumac, reyhan, salt.	

VEGETABLE DISHES	Dağ pancarı	Beets, eggs, butter, salt, pepper.	13
	Gaygana	Yogurt, eggs, flour, salt, oil.	
	Güveç bamyası	Meat, okra, tomatoes, oil, tomato paste, salt, pepper.	
	Işkinli yumurta	Fry onions, tomato paste, butter, eggs, cilantro, salt.	
	İmambayıldı	Eggplant, onion, tomato, tomato paste, garlic, black pepper, paprika, salt.	
	Karniyank	Eggplant, minced meat, onion, tomato paste, garlic, water, salt, pepper.	
	Kenger kavurma	Kenger, onion, butter, egg, salt.	
	Lobik salad	Lobules, green onions, parsley, dill, paprika, salt, lemon, oil.	
	Pirpirim aşısı	I put the onion, tomato paste, butter, water, salt, pepper, paprika, bulgur, yogurt.	
	Pirpirim borani	I cook rice, garlic, yogurt, butter.	
	Soğan aşısı	Onions, butter, salt, bread.	
	Söğürtme	Eggplant, paprika, garlic, oil, milk, paprika, salt.	
	Kuzu kulağı	Mix the lamb, eggs, oil, salt, pepper.	
DISHES MADE FROM BREAD AND BREAD	Fodula kebab	Fodula bread, meat, onions, peas, carrots, tomato paste, tomatoes, water, oil, fennel, salt, butter.	12
	Fetir bread	Flour, water, salt.	
	Gömme	Flour, water, salt, butter, roasting, onion, black pepper, paprika, dried buttermilk.	
	Kelecos	Add the butter, chickpeas, onion, tomato paste, salt, pepper, and salt to taste.	
	Chickpea bread	Flour, water, oil, salt, sugar, yeast, nigella, sesame, eggs.	
	Patıla	Mix flour, water, salt, onion, minced meat, parsley, salt, pepper.	
	Cheese bread	Fresh unsalted cheese, sugar, flour, salt, water.	
	Sırın	Flour, water, salt, butter, buttermilk, garlic, paprika, salt.	
	Tandır ekmeği	Flour, water, salt.	
	Taş ekmeği	Flour, milk, water, eggs, oil, sugar.	
	Yağlı ekmek	Butter, milk, salt, flour, sourdough.	
	Zarafat	Flour, salt, water, yogurt, garlic, butter, ground pepper.	
HALVAS AND DESSERTS	Aşure	Chickpeas, dried beans, nuts, peanuts, walnuts, raisins, dried apricots, sugar, cloves, water.	15
	Baklava	Milk, butter, yogurt, flour, egg, salt, walnuts, almonds, water, sugar, lemon peel.	
	Bişi	Eggs, flour, water, butter, sugar.	
	Dilberdudağı	Flour, eggs, milk, butter, walnuts.	
	Dolanger	Yogurt, water, eggs, butter, baking powder, salt, walnuts, starch, flour.	
	Rose dessert	Sugar, eggs, flour, walnuts, oil, sugar, water, lemon.	

Heside	Starch, water, sugar, butter, peanuts.	
İrmik helvası	Semolina, butter, milk, sugar, walnuts.	
Kalbur hurması	Flour, eggs, yogurt, milk, butter, salt, sugar.	
Künefe	Thin wire kadayifi, walnuts, water, sugar, lemon,	
Peynirli helva	Unsalted cheese, sugar, flour.	
Revani	Granulated sugar, semolina, oil, yogurt, flour, egg, baking powder, walnuts, water, lemon.	
Şeker böreği	Butter, flour, sugar, water, cloves.	
Un helvası	Flour, butter, water, sugar, milk.	
Zerde	Rice, granulated sugar, starch, water, nuts, peanuts, almonds, currants, cinnamon, turmeric, water.	
GRAND TOTAL		77

Lobik Soup

Ingredients: 1 cup lobik, 1 onion, 1 tablespoon tomato paste 1 cup water, 1 tomato, 8 cups of beef broth, half cup vegetable oil, red pepper flakes, mint, salt.

Direction: Lobik and wheat are left in the water the day before. Diced onion is put into a saucepan and cooked in vegetable oil. After 3 minutes first tomatoes and then tomato paste are added and cooked for about 2 more minutes. If there is no stock, plain water is added. When it boils, lobik and wheat are added and stewed for about 40 minutes. Finally, taken away from the stove mint and salt are added. The visual image of Lobik soup is given in Figure 1.



Figure 1: Lobik Soup

Kofik Dolması

Ingredients: 1 tomato, grated 3 cups rice, 1 tbsp red pepper paste 1 tablespoon tomato paste 2 edible onion, chopped, 2 garlic cloves, crushed or grated 1 tablespoon vegetable oil, black pepper, mint, pepper, basil, dried peppers, and eggplant.

Direction: First, eggplants and peppers are left to soften in boiling water, the stuffing ingredients are combined and softened peppers and eggplants were filled with. Stuffed peppers and eggplants are put in a pan and water is added. It's simmered for 30 to 40 minutes. The visual image of the Kofik dolması is given in Figure 2.



Figure 2: Kofik Dolması

Zilfet

Ingredients: 3 kg of whole wheat flour. (It can also be ordinary Flour), 300 gr. to make buttermilk, water, buttermilk, half a liter of strained yogurt, 5 cloves of garlic, salt.

Direction: Flour and salt are kneaded with water, a hard dough is made for bread. The dough is rolled into a round dough with a thickness of 1.5-2 fingers, a diameter of 30 cm. The dough is baked in an oven preheated to 250°C for about 20 minutes until it hardens well. In the dark buttermilk made thoroughly crushed garlic is added and is heated on the stove. The cooked dough is removed from the oven and placed in a round container. The dough is hollowed out in the middle so that 2 cm remains from the edges, and the removed pieces are stacked on the dough again. First, it is served by pouring garlic buttermilk and well-fried butter on it. "Zilfet" is eaten all together from a single tray. The visual image of the "Zilfet" is given in Figure 3.



Figure 3: Zilfet

İçli Köfte

Ingredients: 1 kg lean ground beef, 1 kg bulgur, salt, water, ½ kg medium-fat ground beef, 4 onions, 500 g butter, salt, pepper, chili pepper, parsley, walnuts.

Direction: Butter, diced onion and medium-fat minced meat are placed in a baking dish and roasted. Spices, walnuts and parsley are added and removed from the fire. The prepared stuffing ingredient is removed to the refrigerator for freezing. When the oil freezes and gets creamy, it is removed from the fridge and large balls are made. For the stuffing, minced meat, water and salt are gradually added to the bulgur and kneaded. A smooth mortar that does not stick to the hand is formed and divided into walnut-sized meringues. The dough is rolled out very thinly with the help of the index finger. The inner meringues prepared in advance and cooled in the fridge are placed inside the opened meringues and folded and given a round shape. After each meatball is prepared in this way, it is allowed to rest in the refrigerator for several hours. To boil the meatballs in a saucepan, a little water is brought to a boil and a pinch of salt is added to it. Boiled meatballs are placed on a serving plate and served with fried butter on it. The visual image of "İçli köfte" is given in Figure 4.



Figure 4: "İçli Köfte"

4. Conclusion and Recommendations

The culinary culture of Elâzığ, one of the important provinces of the Eastern Anatolia Region, is among the rich cuisines of Anatolia under the influence of many different civilizations and cultures. Elâzığ and its region have historically been home to very ancient civilizations. Therefore, it has an extremely valuable cultural heritage.

In order to contribute to the promotion and awareness-raising of the local heritage and gastronomic identity of Elâzığ and its tastes, this study was conducted with the idea that detailed information can be obtained about the approaches of the families from Elâzığ to the concept of local food and whether they include local dishes in their homes.

When the data obtained were examined, it was determined that the participants included local dishes in their homes and this situation differed significantly between the two generations in terms of frequency. What is common to all of the participants is that at least one kind of local food is definitely included on special occasions. Another issue on which all the participants agree is that the most important factor in transferring local dishes to future generations as a cultural heritage is their families, from whom they can acquire this culture.

The main findings of the study are that families from Elâzığ have a high level of local culinary awareness, but there is a significant difference between the two generations. Although the younger generation considers these dishes to be a cultural value and thinks that the dishes should be transferred to the future generations, they 'rarely' make them in their own kitchens. In addition, the older generation perceives local dishes as part of their identity, traditions and customs and expresses that they make these dishes almost every day at their homes and hence they state that they have the chance to conserve their cultural heritage.

Elâzığ province and its region are among the important provinces of our country due to its nature, history, cultural richness and geographical location. Therefore, it is especially highly important to promote the activities necessary to bring to the forefront dishes with a gastronomic identity and to pass them on to future generations.

In addition, researching and classifying Anatolian Cuisine Culture in future studies and standardizing the recipes of the products obtained and transferring them to new generations are very valuable in terms of determining Turkish culinary culture and the cultural memory of the geography.

The results obtained in this study cannot be generalized because there are undoubtedly some limitations since the qualitative research approach was used in this study. Future studies can be expanded with mixed research method by making use of both qualitative and quantitative research approaches. Another limitation is that the sample selection was made from a single province. In future studies, different findings can be obtained by selecting a sample that includes different regions.

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