



## A Gastronomic Stop on the Lycian Road, Kınık\*\*

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### Abstract

Since the early ages of Anatolia, many civilizations, mainly Hittites, Phrygia, Lycia, Lydia, Ion, Roman-Byzantine, Seljuk and Ottomans, have been hosted. The Turkish cuisine has been fed from the kitchens of these civilizations and has become its present state. The Teke peninsula extending from Antalya to the Gulf of Fethiye to the Mediterranean is the Lycia region with the world's oldest and only one road map. Xanthos, one of the cities of the Lycian Union connected by the Lycian road, is the largest religious and administrative center of the Lycian region. The ancient city of Xanthos is within the boundaries of the Kınık town. The origin of indigenous people living in Kınık, which constitute the research area, is based on Kınık tribes and, Kayı, Avşar, Bayındır, Salurlar and Kınık tribes have an important place in the conquest of Anatolia. The aim of this study was to determine and record the dishes of the region, to see the possible effects of local dishes on the gastronomic tourism mobility and to determine the commercial uses of these dishes. For this purpose, inventory of restaurant businesses and menus in the region have been prepared. Within the scope of the study, data will be collected through a qualitative research by interviewing the local residents and restaurant operators living in Kınık.

### Article Type

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## **INTRODUCTION**

The Teke Peninsula, which extends from Dalaman River to Antalya Konyaltı, has been named as Lycia since ancient times and the people living here are also called Lycian (Akşit, 1998: 9). Describing Greek traditions, Herodotus says that the origins of the Lycians came from Crete, while the Hittite sources refer to the Lukka people. According to the information in these sources, Lukka was located in Lycia in the 14th century BC. With all this information, it is accepted that Lycia was founded by the Cretans towards 1400 BC, under the leadership of Crete Prince Sarpedon. Herodotus noted that the Lycian traditions are partly Cretan, partly Carian (Bean, 1998: 23,25).

Due to its geographical location, the Lycian ports have been very important throughout history, because it was on the maritime trade route between the port cities of the Near East and Constantinople, as well as it mattered to have a voice in the Aegean and the Mediterranean. Because of these reasons Hittites, Persians, Romans, Arabs and Turks have struggled for many years in order to have Lycian ports (Borchhardt, 1999: 16). However, including the Hittites, the dominion over the Lycian; had been limited or contracted or had been very short-lived. This arised from free spirited warriors of the Lycian people, along with the geographical location with the mountains surrounding it like a fortification (Başgelen, 2002: 33). The Lycian people united in order to get rid of the pressure of the foreign states and to regain their freedom, and founded the Union of Lycian Cities comprising 23 cities in the 2nd century BC. Every city in the region had different voting rights. Tios, Xanthos, Pinara, Patara, Myra and Olympus were classified as first-class cities with triple votes, second-class cities with double votes and other third-class cities with single vote (Akşit, 1971: 75,76). Due to the Turk's conquest of the region in the 11th century the Byzantine presence in the region drew to a close and because of the Teke Tribe settling in the region, the region has been named Teke (Çevik, 2002: 16).

Xanthos, who has been the capital of the Lycian Union, has an important place in the cities of Lycia. Xanthos, the greatest city of all time in Lycia, is a city that has been the scene of dramatic events in history (Bean, 1997: 51).

The people of Xanthos resisted the commander Harpagos against the attacks of the Persians in 545 BC, but when they realized that they could not cope with this great army, they burned their women, their children, their slaves and their precious goods in the Castle, and they themselves died fighting. 588 years after this incident, M.S. In the year 43, when Brutus came to collect money and power, history repeats and Xanthos have chosen to kill their families with their own hands and commit suicide (Çevik, 2002: 61, Borchhardt, 1999: 10,11). Xanthos, who gave the name of the city, is the most important river of Lycia, with its current name Eşen river (Bean, 1998: 51) The fertile lands of Eşen river, which hosts Xanthos, are still home to Kınık.

Kınık is one of the 42 Kınık named settlements established by Kınık people in Anatolia (Anonymous, 4). The Seljuks dynasty, which came from the Kınık family, played an important role in the settlement of the Turks in Anatolia (Yetişgin, 2007).

Kınık, located 235 km away from the center of Antalya province, was established in an efficient ovale on the coast of Eşen river, about 45 km from the center of Kaş district and 9 km from the Mediterranean Sea. Kınık, the village of Kaş in 2014, became a neighborhood of the Kaş district with the law of metropolitan municipality (Anonymous, 1). A total of 5580 people live in Kınık according to the statistics of the year 2016 (Anonymous, 3).

Kınık has a scattered settlement where the houses are built on the side of the gardens. Agriculture, especially greenhousing, is the most important source of livelihood for the village. It is one of the important settlement centers that meet the vegetable needs of Turkey with greenhouse agriculture. At the same time, it exports about 60% of its production (Anonymous, 2). Because Kınık is located on the skirts of the historical city of Xanthos, Turkey's longest hiking trail, which is an old trade route of 3000 years and now used for tourism purposes, is located on the Lycian way. The Lycian way is a walking path extending from Fethiye to Antalya, 509 km long. The Lycian Way, which is considered as one of the 10 most beautiful walking routes of the world, continues from sea coast in some places and 1800 meters in some places (Bozhüyük- Ardahanlıoğlu and Çınar, 2013).

In the project competition organized by Garanti Bank in 1996 to reveal the values that Turkey possesses, the first prize was earned by the "Lycian Way" project, presented by British citizen Cate Clow. The walking route, which was created by marking and mapping part of the path on the road by volunteers and Cate Clow, was put into service in 1999. The first section of Lycian Way completes in Faralya Village, Butterfly Valley, Kabak Bay, Yedi Burunlar, Sdyma, Pınara, Letoon, Xanthos antique cities and Patara starting from Fethiye Ölüdeniz. The second part of the road ends in Antalya after Antiphellos / Kaş, Apollonia, Simena, Kekova, Mirira / Demre, Limra and Yanartaş / Olympos with its unbreakable fire for centuries and Phaselis. This road is marked by international standards. "Lycian Way", is considered to be one of the longest 4 walking routes in Europe (Tanrısever - Baştemur, 2009). Lycian Way, may be an alternative to mass tourism described as classic sea, sand and sun tourism with its both natural beauty, and historical texture values.

The fact that walking events on the Lycian Way are carried out in the spring, fall and winter months, which are considered as dead season in terms of mass tourism, contributes to the local people who generate income from tourism by providing tourism activities throughout the whole province.

Within the scope of the project "Four Seasons Kaş", in order to promote the Lycian Way and to spread tourism to four seasons with the contributions of the Kaş Tourism Infrastructure Association, Tourism and Promotion Association and Underwater Research Associations, Kaş Municipality, since 2013, the Lycia Spring Road Walk Fest is hold. Baştemur (2009) and Bozhüyük-Ardahanlıoğlu and Çınar (2013) in their works in order to provide ecotourism to the Lycian Way stated that the Lycian walkway is a beautiful route to be evaluated for nature tourism based on ecotourism. The Lycian Way and its surroundings with the correct and supervised planning on the basis of sustainability; economic, social, cultural and environmental improvements can be achieved in the region.

In addition, in order to promote tourism in the region, it is important to serve regional gastronomic tourism in food and beverage establishments by introducing regional dishes to the foreground in order to promote the food culture of the region and to create a tourist attraction. It is acknowledged by many researchers that regional food made from local products is an essential element of Gastronomy Tourism (Hall & Sharples, 2003; Güneş, Ülker and Karakoç, 2008; Küçükaltan, 2009; Serçeoğlu, 2014; Şengül and Türkay 2016) Aydoğdu and Spear, 2017).

Regarding regional cuisines: Aslan, Güneren and Çoban (2014) conducted a research to determine whether Nevşehir cuisine is used as an attraction element in the tourism movement and to determine the contribution of the regional food culture of the province to the branding of the region. They stated that local cuisine is not among the

reasons for visiting the region and that it is considered risky to have these dishes in restaurant menus due to the high cost of local food serving and not being able to store them. Zagralı and Akbaba (2015) also investigated the role that local dishes play on the destination preference of tourists visiting the İzmir Peninsula. He stated that local food did not play a decisive role in the tourists' choice of the Peninsula, but as a result of their food experiences during their stay in the region, they liked local food and there was a lack of publicity in local food. Şengül and Türkay (2016), in their study aimed at presenting the Mediterranean cuisine culture as a tourist product to the guests visiting the region and evaluating the regional Mediterranean cuisine elements in the context of gastronomic tourism, identified the dishes belonging to the region and made recommendations for using these dishes as a tourist attraction. Mil and Denk (2015), in the study that investigated the frequency and quality of local kitchen products in tourism establishments serving in Erzurum Palandöken, classified and reported the product and product groups used in local dishes. He stated that the touristic establishments located in Palandöken district of Erzurum use local products in their menus, mostly because of supply problems or because of cost concerns, they mostly give place to national and / or international products. In his study, Cömert (2013) examined the Hatay cuisine and included examples of regional dishes and stated that the original recipes of the local products should be preserved and brought to tourism.

In Turkey, which has a deep-rooted culinary culture, gastronomy tourism is crucial for many destinations. Turkish Cuisine, which is among the richest cuisines in the world, will make great contributions to the branding of destinations with an accurate positioning and an attractive image to be created (Güzel, 2009, p.28). However, some of the researches show that these values in our country, which has such a rich food culture, are not used sufficiently as a touristic product.

Within the scope of this research, the local cuisine of Kınık, which was established on the skirts of Xanthos which has an important place on the Lycian way, was prescribed and recorded. In order to see the possible effects of local dishes on the gastronomic tourism mobility and to determine the commercial usage of these dishes, the inventory of restaurant establishments and menus in the region were prepared.

## **Methods**

The research has a qualitative character and the food and beverage business owners in Kınık and the housewives of the middle age from the local people constitute the universe. Semi-structured interview form was used as the data gathering tool and the findings were analyzed descriptively. Business names are coded within the scope of the research.

Data collected within the scope of the research. A, B and C establishments are a restaurant serving a variety of Turkish dishes. D is also a bistro-style establishment serving as a restaurant and cafe. Establishment E is a company that sells meat döner, F is a company that sells chicken döner and toast varieties, G is a company that sells roasted chicken products and H sells çiğköfte. All of the businesses are located in the center of Kınık.

All commercial food and beverage businesses in the region were interviewed. Snowball technique was used in interviews with housewives and when the information given was repeated, the interviews were ended. In this context, 6 housewives and 8 food and beverage businesses were interviewed. All the housewives were born and raised in

Kınık. Furthermore, Münevver Konu, one of these ladies, makes wedding meals at local weddings. All women were selected to be older than 50 years.

The following research questions were developed to be used in interviews with food and beverage establishments.

1. What dishes are on the menu of the establishment?
2. Are there local dishes in your menus? What are their names? Otherwise, why don't you include local dishes?
3. What dishes do visitors mostly prefer?

In interviews with housewives;

1. What dishes are unique to this region?
2. What ingredients do you use to make the meals?
3. Can you describe the construction of these dishes?
4. From whom did you learn to cook this dish?

With the answers given to the questions, the dishes belonging to the region were prescribed and recorded.

## **Findings**

The findings of the study were analyzed in two groups. In the first part of the study, the findings of interviews with the food and beverage companies in Kınık were obtained. In the second part, the findings of the interviews with the housewives of the local people were obtained. As a result of negotiations with food and beverage companies, the inventory of food and beverage companies in the region has been extracted. As a result of the interviews made with the local housewives, localsoups, pies, and desserts recipes were recorded.

## **Interviews With Food And Beverage Companies**

In Kınık, it is determined that the total number of catering services is eight. There are three restaurants, one bistro-style cafe restaurant, two döner saloons, one chicken barbecue restaurant, and one çiğköfte restaurant. The restaurants have pot dishes, grill varieties, kebabs and pide varieties on the menu, but it is seen that the local dishes do not exist in the menu.

The business owner Serap Açıkgöz and Ayfer Kaya said “The locals are already making and eating these dishes at home. For this reason, they will not want to eat it in a restaurant.” Businesses prefer to serve widely known dishes that both local people and tourists would prefer to consume. Tahir Çamlıbel, one of the owners, told about the food preferences of tourists “Foreign tourists coming to the region eat in the restaurants. Tourists mostly prefer cookware dishes. For this reason, they take a little bit of all the cookware dishes on the menu and taste all of them. Table 1 shows the establishments in the region, the type of these establishments and the dishes served in the establishments.

**Table 1.** Food and beverage business in Kınık and menus

<b>Business</b>	<b>Type</b>	<b>Owner</b>	<b>Menu</b>
A Business	Restaurant	Serap Açıkgöz	Soups: Ezo gelin, mercimek Meals: Tas kebabı, musakka, sulu köfte, chicken saute, türlü, vegetable dishes, fries, pilav, grills, pide varieties
B Business	Restaurant	Ayfer Kaya	Soups: Ezo gelin, mercimek, kelle paça, Meals: Nohut, kuru fasulye, musakka, tas kebabı, tavuk sote, fırın tavuk kanat, vegetable dishes, şakşuka, kızartma, grills, orman kebabı, tavuk ciğer, Arnavut ciğeri, sulu köfte, ekşili köfte, pilav, keşkek
C Business	Restaurant	Tahir Çambel	Soups: Ezo gelin, mercimek, chicken soup Meals: Nohut, kuru fasulye, musakka, tas kebabı sulu köfte, chicken saute, kavurma, grill, pide, vegetable dishes,
D Business	Cafe- Restaurant	Ali Kılınç	Soups: Ezo gelin, mercimek Meals: Kuru fasulye, musakka, taze fasulye, karnıyarık, grill, kavurma, tas kebabı, pide, lahmacun
E Business	Döner Restaurant	Kadir bey	Et döner
F Business	Döner Restaurant	Sefa Sarıkaya	Tavuk döner, toast
G Business	Chicken gril	Hayriye Kalkanlı	Roasted chicken, kömürde piliç, grilled chicken
H Business	Çiğköfte Restaurant	Ümit Yılmaz	Çiğköfte, toast

### **Interviews With Local Housewives**

As a result of interviews with housewives in order to identify and record the dishes specific to the region, different local dish recipes were obtained. Tarhana, milky keşkek and chickpea bread soup, kölle, keşkek, tatar and chickpea meat, sweet chickpea dessert, bread loaf, hoşmerim recipes were recorded. It was stated that keşkek, chickpeas, roast, rice pilaf, dried beans and flour halva are served as wedding meals in the region. During the weddings and religious holidays, bread kadayıf and bite-desserts are served as well. In the region, only butter or olive oil is used for cooking, but other oils such as sunflower oil are only used in pastry.

The use of fresh tomatoes and red powdered peppers instead of tomato paste in the meals is similar to the Cretan cuisine. The women we get the recipes, their information about the origins of food, is limited by their mothers and their mothers. They expressed that they learned from their mothers, and their mothers had learned from their grandmothers.

Hoşmerim, which is unique to mainly Marmara region, Aegean and Central Anatolian regions, is after yeasting milk with cheese yeast with whey and fresh cheese and semolina and sugar are added in Balıkesir, however in Konya it is made of butterfat, milk, flour and honey. Milk and dairy products (fresh cheese or cream) are used in the hoşmerim made although they are from different regions, but a very different hoşmerim is made in Kınık without using milk, cheese or cream. The recipe of the hoşmerim made in the region is given below.

### **Höşmerim ( Münevver Konu)**

**Ingredients:**

- 300 gr butter
- 2 water glass corn flour
- 2 water glass sugar
- 1/2water glass wheat flour
- 3 water glass hot water

\* Diameter of the used water glass: 200 ml,

### **Directions**

Butter is melted in a shallow pan. Than add the corn flour on the melted butter. Grind corn flour until lightly browned, wheat flour is added during the roasting process. Sugar is added to the corn flour to be mixed and mixed. Add boiled hot water to bring out the sugar mixture. The mixture is boiled for a few more minutes until the oil is recovered. The dessert is served warm.

One of the most popular desserts in Kınık is minced bread. Hatice Başkak said, “Ekmek makarnası is a dessert that is made a lot because it is easy and quick to make”. The recipe taken from Hatice Başkak is given below belongs to the minced bread dessert which is consumed fondly.

### **Ekmek Makarnası (Hatice Başkak)**

**Ingredients:**

**For the dough;**

- 5 cups of flour
- 1 tea spoon salt (wipe)
- 2 cups of water

**For sherry:**

- 4 cups water
- 4 cups of sugar
- half lemon (small size lemon)

**To roast:**

- 1 cup of oil

**For service:**

### **Roasted and battered sesame**

The phyllo dough is woked with water and salt. The top of the dough is closed and rested for 20 minutes. The dough is split into lumps and the dough lumps are rolled out a little thickerly than the phyllo. Both sided of the rolled out phyllo (yufka) is cooked on the sheet metal (sac) for a very short period of time. The warm phyllo taken from the cooker is rolled in and chopped in a thickness of 1-2 mm when it is still flexible. 1 cup of oil is poured on the chopped phyllos and it is fried in the oven until it is pink. To prepare the sherry, water and sugar are taken to a pot. After the sugary water starts boiling, it is boiled for half an hour. Lemon juice is squeezed 10 minutes before the cooker is

closed. The fried dough is taken into a deep bowl, mixed with sesame seeds poured over it. Slowly add the warm sherbet to the mixture and mix it gently and serve.

Chickpea, which is used in many dishes in Antalya cuisine, from bam to crayfish, from pilaf to tarhana soup, goes along with pumpkin dessert in Kınık. Hatice Başkak said “We make Kabak tatlısı with chickpeas. In addition, our dessert is a bit juicy, sherbet is abundant. ” The recipe for the pumpkin dessert with chickpeas from Hatice Başkak is given below:

### **Nohutlu Kabak Tatlısı (Hatice Başkak)**

#### **Ingredients:**

- 1 kg peeled and chopped pumpkin
- 3 cups of granulated sugar
- 2 cups boiled chickpeas
- A few pieces of carnations and walnuts

#### **Directions:**

Pumpkins are placed in a large pot in the evening. The granulated sugar is poured on the pumpkin and it is waited until the morning. In the morning, carnations and walnuts are added to the pumpkin, which has released its own water and put on the stove. It is cooked until the pumpkin softens. 2 cups of boiled chickpeas are added to the pumpkins and the mixture is put in to the oven. The pumpkin dessert is removed from the oven when it is slightly juicy and served with sprinkled small pieces of walnut.

Neslihan Konu describes Keşkek, history of which is based on very old, mostly known as a wedding meal, although there are differences in the ingredients of keşkek recipe depending on the region, “Keskek Kınık’ is cooked with only wheat and butter without using lamb or chicken meat. ” The recipe for the keşkek from Neslihan Konu is given below:

### **Keşkek (Neslihan Konu)**

#### **Ingredients:**

- 500 gr wheat
- 3 cups of water
- Salt
- Butter

#### **Directions:**

The stones are removed from the wheat and soaked in the evening. In the morning the wheat is washed until the water is clear. Add water to over four fingers amount and put on the oven. When the wheat softens, the salt is added and the mixture is mashed by the help of a wooden spoon. In a separate frying pan butter is melted and poured on top of the keşkek while serving.

As in many places in Anatolia, in Kınık also Keşkek is essential for the special days and weddings. Keşkek is mostly made in the form of pilaf, however keşkek soup is also made in Kınık. Hatice Başkak describes Keşkek Soup,



“We add milk and thyme to keşkek and we love to consume it as a soup.”. Milk and thyme flavored Sütli Keşkek Çorbası recipe is given below.

### **Sütli keşkek çorbası (Hatice Başkak)**

**Ingredients:**

500 gr wheat  
3 cups of water  
Butter to pour over  
1 liter milk  
Salt, thyme

**Directions:**

Keşkek is cooked like the recipe of Keşkek. Milk is added to the Keşkek to provide soup texture. Thyme is enclosed into a piece of cheesecloth and put in the soup. After milk has started to boil, it is boiled for about 5 minutes to give the aroma of the thyme. The thyme is removed from the soup, salt is added and the keşkek is removed from the stove. Served with pouring melted butter on top.

Although it shows differences according to the regions where it is made, tarhana is one of the most important soups of the Turkish cuisine. Either Maraş tarhana (Anonymous, 6), which is made with wheat and yoghurt and which is the food source of the army of Yavuz Sultan Selim during Egypt Campaign, or spicy Uşak tarhana which is made of pepper, chickpeas, yoghurt and wheat flour, both are nutritious foods. There is even a difference between the Kınık tarhana and the Korkuteli tarhana, another town of Antalya. Münevver Konu said “We knead tarhana with fresh mountain thyme and mint. We saute the vegetables with butter. For this reason, our tarhana is fragrant with thyme and is very delicious.” Kınık Tarhana recipe taken from Münevver Konu is given below.

### **Tarhana (Münevver Konu)**

**Ingredients:**

30 kg wheat  
2 kg chickpeas  
2 kg dry beans  
2 kg green lentils  
20 kg tomato  
20 kg onion  
20 kg red capia pepper  
20 kg yogurt  
1 kg butter  
1 kg mountain thyme  
1 kg mint

**Directions:**

Mint and mountain thyme are boiled in 20-25 liters of water in a vessel. Onions, tomatoes and peppers are chopped and cooked thoroughly in butter. Decanted mint and thyme water is poured onto the mixture. Wheat, chickpeas, beans and lentils are milled. The wheat mixture coming from the mill is sieved on the sieves and the bigger upper pieces are cooked by adding boiling water. The sieved wheat and pulses flour is kept to spread under the rest when it is laid down to dry the tarhana later. Yogurt is filtered through cloth bags and the kese yogurt (condensed yogurt) is obtained. After the cooked mixture is cooled, yogurt is added to the mixture and mixed and placed in a bag and allowed to ferment for 20 days. At the end of 20 days, the wheat flour that have been separated before are laid on the clean cloth covers laid in the shade and the tarhas are left to dry in pieces. Dried tarhanas are either powdered into the hands or in the mills.

Small chopped pieces of dough and chickpea which is indispensable in the Antalya region constitute the two main ingredients of the Bread soup with chickpeain Kınık. The soup recipe taken from Zeliha Kulaksız is given below.

**Nohutlu ekmek çorbası (Zeliha Kulaksız)**

**Ingredients:**

- 1 cup of flour
- 1 cup of boiled chickpeas
- 50 gr butter
- Water, salt, red pepper

**Directions:**

Knead dough with flour, water and salt. After resting the dough for 15-20 minutes, roll out phyllos. First the phyllos are cut into 7-8 mm strips. Later, these strips are cut into square pieces. After the square pieces are fried with butter, hot water is added on. Red pepper is added to give color and flavor. Add boiled chickpeas and salt to the soup when the soup is almost cooked and cook for a few more minutes. The soup is served with lemon juice.

There are meals which have the same same but different ingredients as Keşkek and Tarhana in Kınık as well as there is same food identified with a different name which is Kölle especially consumed in winter. The meal, called Kölle in Kınık, is known as Kaldur Kuldur soup in the Korkuteli province of Antalya. With only one difference, this soup is made with tomato sauce in Korkuteli.

**Kölle (Ayşe Kulaksız)**

**Ingredients:**

- 1 cup of wheat
- 1 tea cup of chickpeas
- 1 tea cup of beans
- 1 tea cup of green lentils
- ½ tea cup of pods
- ½ tea cup of corn

**Directions:**

The ingredients are soaked in water in the evening. In the morning stuff is put in a pot and cooked together. When it is almost cook the salt is added. It is consumed with flaked red pepper and pomegranate syrup.

Particularly in Middle Anatolia, the widely consumed Arabaşı is also among the dishes made differently in Kınık. The most distinctive feature of the Kınık cuisine is also seen at the Arabaşı. Not the use of tomato paste is not the only distinguishing feature of Arabaşı made in Kınık from the others. This meal, which is made using wheat flour in other regions, is made using corn flour in both its dough and soup in Kınık. Münevver who gave the recipe said, “Arabaşı soup is a nomadic dish and is consumed especially in winter ”.

**Arabaşı (Münevver Konu)**

Ingredients:

1 bowl of boiled chicken meat (Village hen)

1 tea cup of corn flour

50 gr butter

6 cups of chicken broth

1 dessert spoon red pepper

1 dessert spoon salt

For the dough

2 cup corn flour

10 cups water

1 dessert spoon salt

**Directions:**

To make the dough corn flour and salt is cooked in 10 cups of water for about 20 minutes until they get soft and mushy. The cooked dough is poured into a container to get cool.

Corn flour and butter is roasted in a pot. First red pepper is added and then immediately chicken broth is added. (The soup should be in texture of the lentil soup.) Salt and chopped village chickens are added and soup is boiled for a few more minutes. The pot is removed from the stove. The cooled dough is chopped with the help of a knife as bite sizes. It is consumed by taking a piece of dough to the spoon and some soup on that.

Tatar is also one of the known tastes named differently as Kölle. The fried peppers known as yoğurtlama in Antalya, is named as tatar in Kınık. For Ayşe Kulaksız said about tatar meal “This is the food that is consumed most and fondly. Easy to prepare. When we come home from the greenhouse it is prepared in a very short time. Therefore, it is an indispensable taste of our tables.”

**Tatar**

Ingredients:

Chili pepper

Condensed yogurt

Garlic

Salt

Olive oil for frying

**Directions:**

The washed and dried peppers are chopped 4-5 cm long and fried with oil. It is served with the desired amount of garlic flavored yoghurt poured on it.

Although it recalls the chickpea meal with meat when it is first heard, Nohutlu et (meat with chickpeas) is a totally different unique meal in Kınık. It can be defined as boiled meatbroth with chickpeas. Hatice Ögmen's describes Nohutlu et, "In Kınık Nohutlu Et as a wedding dinner is an indispensable part of weddings together with keskek. The difference from chickpeas dish with meat is the majority in this dish is meat. The chickpea is in less quantity."

The Recipe is given below:

**Nohutlu et (Hatice Ögmen)**

Ingredients:

2 kg of meat cubes

1 cup of chickpeas

500 gr shallot

Salt, red pepper

**Directions:**

Chickpeas are soaked in the evening. Morsel sized pieces cut meat and chickpeas are braised with 1 tea cup of water and. When the chickpeas and meats are soft, shallots, red pepper and salt are added and boiled together for 10 minutes.

**Result**

Decreasing existing resources and deteriorating their qualifications, understanding the importance of sustainable tourism, efforts to spread tourism to the whole year, consumers who are bored from classical sea, sand, sun tourism and looking for different entertainments required different excitement and holiday opportunities for consumers. In this context, cultural values have an important place among the factors that direct tourists to travel to that region. Culinary culture constitutes an important part of the culture within the cultural values of a society. Particularly considering that gastronomy tourism has a large share in tourism revenues, the dishes specific to the region come into prominence as an attraction element. However, many businesses do not want to take risks by serving local food because of this lack of awareness and economic concerns.

At the end of the research, it was seen that different flavors belonging to the locality were found but these flavors were not used commercially in food and beverage business. By evaluating local food within the scope of gastronomic tourism, as an alternative to mass tourism, it will be ensured that the natural resources and the local environment will be protected and the share of the tourism income of the local people will be increased.

It has been determined that Kınık cuisine is similar to Crete cuisine in terms of not using tomato paste in the meals. This similarity can be said to have been influenced by the Lycian culinary culture of Kınık people, which later settled down in the locality, when Herodotus was judged by the rhetoric of the establishment of Lycia by the Cretans. It is also striking that corn flour, which we are not used to seeing in the Mediterranean cuisine, is consumed in the region too much.

Foreign tourists visiting the local area tend to go for more stew dishes and taste all available dishes, showing that they are open to new tastes and want to experience different tastes unique to the region. Various suggestions for activities to promote local food culture and marketing local dishes as a touristic product are given below:

- Commercial evaluation of regional dishes in food and beverage establishments
- Informing the local people about gastronomy tourism and changing travel motivations of tourist
- Especially in destinations such as Kınık with their cultural attraction, cooperating between tour operators and local businesses, guiding tourists to local dishes, considering that tourists who prefer cultural tourism may have more original expectations.
- Conducting cooperatives to encourage local women to produce and market local products and dishes.
- Printing a brochure such as “Meals that must be tasted on the route” or “Lycian way flavor guide” specially for the walking route of Lycian Way and ensuring that these are delivered to the tourists coming to the region either through social media or broadcasting.
- It is recommended that the title of the study be used as a slogan for the revitalization of tourism in the region.

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#### **Business owners interviewed within the scope of the research**

Açıkgöz, Serap, A Restaurant işletmecisi, 28.08.2017 date

Bey, Kadir, E Döner owner, 28.08.2017 date

Çambel, Tahir, C Restaurantowner, 28.08.2017 date

Kalkanlı, Hayriye, G Tavuk Evi owner, 28.08.2017 date

Kaya, Ayfer, B Restaurant owner, 28.08.2017 date

Kılınç, Ali, D Restaurantowner, 28.08.2017 date

Sarikaya, Sefa, F Döner owner, 28.08.2017 date

Yılmaz, Ümit, H Çiğköfte owner, 28.08.2017 date

#### **Housewives interviewed within the scope of the research**

Başkak, Hatice, Housewife, 29.08.2017 date

Konu, Münevver, Housewife, (She is making wedding meals in the region), 29.08.2017 date

Konu, Neslihan, Housewife, 29.08.2017 date

Kulaksız, Ayşe, Housewife, 29.08.2017 date

Kulaksız, Zeliha, Housewife, 29.08.2017 date

Öğmen, Hatice, Housewife, 29.08.2017 date. Face-to-face interview. In addition, talks were held with local business ladies on local dishes.