



The Special Fermented Turkish Drink: Boza

*Gülşen BAYAT^a , Gülçin YILDIZ^a 

^a Iğdır University, Faculty of Tourism, Department of Gastronomy and Culinary Arts, 76000, Iğdır, Turkey

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Abstract

Fermented foods are a significant part of the ready to eat products all over the world in recent years. A traditional cereal based fermented drink called as Boza is made from various raw materials including millet, maize, rice, and wheat and several techniques in different countries. The quality parameters of boza can change according to the type of raw materials and fermentation techniques used in production. This very special drink has a characteristic sweet-sour taste, light yellow colour and acidic-alcoholic odor. It has an important place because of its taste, flavour and nutritive value. Boza is made and consumed in Turkey especially in winter season because of its high energy content and nutritional value. It becomes available in the first days of autumn and continues until the early cold days of spring. Turkish people are familiar with the shouting of the boza sellers which starts their rounds in the streets following the evening prayers during cold and snowy winter days. The purpose of this study is to give a small review about the product characteristics, history, production (both home-made and commercial) and service, storage and health benefits of Boza.

Article Type

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* Corresponding Author

E-mail: gulsen.bayat@igdir.edu.tr (G. Bayat)

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