



## Traditional Turnip Meals of Konya

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### Abstract

Belonging to the Brassicaceae family grown in Europe, Asia and America, turnip (*Brassica rapa* subsp. *rapa*) commonly named as salgam, shalgam, shaljam, is a very important vegetable. It has a lot of positive effects as an antioxidant, antidiabetic, antimicrobial, antitumor, and antiinflammatory. There are many recipes related to turnips in Turkish Cuisine. Some traditional turnip dishes belong to the food group of soups, dolmas (stuffed), sarmas (rolling), pilavs (pilaf), böreks (pastry), salads, and juice. This research has been conducted to determine how turnip meals are made in Konya in Turkey. In this study, the qualitative research method was used. Interviews were held with 32 participants selected by the purposive sampling method. At the end of this study, there were a lot of meals made from turnip and at least 18 meals were found. They should take their deserved place in the menus in restaurants. Turnip dishes can be used as a gastronomic element. Addition to, turnip is a valuable vegetable in terms of human nutrition.

### Article Type

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