



Tirsik: Turning Poison into an Alternative Medicine

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Abstract

Arum maculatum L., a poisonous plant that should not be directly consumed by humans, is the primary ingredient in Tirsik, the Kahramanmaraş province's most well-known culinary dish. Tirsik is a registered dish with the Turkish Trademark and Patent Office and has a geographical indication. However, this ethnic dish is not widely known, even within the country, and is seldom consumed outside of the region. The aim of this research is to demonstrate how fermentation may transform a common toxic plant into an alternative source of healing. The study is significant in terms of promoting the awareness and consumption of such healthy ethnic foods by the society. In the study, the author gathered the literature about the Tirsik dish and demonstrated all the dish's preparation processes. As the dish is believed to be beneficial for human health, the Tirsik dish is called as 'Andirin's doctor' among the people. Tirsik made by fermenting this plant's leaves with water, (sour) yogurt, chickpeas, and cracked wheat is an exceedingly difficult dish to prepare because Tirsik is prepared over approximately twenty-four hours, and its structure and texture are similar to soup. As a consequence, it can be said that *A. maculatum*, a poisonous plant, becomes the Tirsik dish, which is believed to be a source of healing in the hands of local people through fermentation. Toxic substances in the plant's content give way to substances potentially beneficial to human health. Tirsik is not only a functional dish, but it is also a significant dish that has shaped local people's identity. Therefore, such ethnic foods should be protected, and their consumption by future generations should be ensured.

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