

Detecting The State of Recognition of Local Food for People Living in Alanya

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Abstract

This study aims to determine the level of awareness among local people regarding Alanya's culinary culture. The data for the study was collected by applying a survey of 413 people living in the Alanya district. The relevant data was collected online from the participants between April 1 and May 2, 2024. As a result of the study, it was determined that the local delicacies that the participants knew and tasted the most were Güllüklü soup, Şebit, and Yoğurtlama. In addition, it was revealed that the dishes that the participants knew and tasted the least were Balık mançuru, Kırtakı, and Badem kahvesi. In addition, while most participants thought that Alanya's cuisine was delicious, they stated that Alanya's culinary culture was not sufficiently recognized nationally. However, different opinions emerged about the diversity of Alanya cuisine and its forgotten dishes. The participants' suggestions for preserving Alanya's culinary culture were also evaluated within the study's scope. The participants emphasized that to ensure this heritage's sustainability, it is important to increase media promotion, support relevant individuals, organize training programs, and establish research institutions.

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INTRODUCTION

Nowadays, the phenomenon of eating and drinking is shifting to a different area, such as socializing, having a pleasant time, experiencing different tastes, and enjoying, rather than just a physiological need. Eating and drinking, which is an integral part of the tourism world, has recently evolved into experiencing local foods belonging to the destination and observing their production methods. Accordingly, when visiting a destination, tourists also consider gastronomic experiences such as local restaurants, local foods, and local food markets. Destinations can improve their images, promote their brands, increase their attractiveness, and even become centers of attraction for tourists with local cuisines formed in line with the method differences at each stage of the food of a region, the tools used, the geographical location of the region, traditions, beliefs, and rituals.

Alanya, one of the significant tourism regions of Turkey, stands out in terms of its sea, sand, and sun tourism. It needs to highlight local gastronomic elements in order to improve its existing image, increase its attractiveness, and extend tourism to 12 months. The first thing to do in this regard is to ensure the protection and promotion of local products belonging to the region. The aim of the research conducted in this context is to reveal the local people's perspective on Alanya's culinary culture and their knowledge/taste of local dishes. In this context, initially, information about Alanya's culinary culture was given in the research. Afterward, the knowledge and taste of the local people's culinary culture were determined, and suggestions were made to protect and increase the continuity of Alanya's culinary culture.

Literature review

Alanya Culinary Culture

Alanya, where tourism is widespread, is a region rich in culinary culture. It is also a place that is rich in terms of sea, sand, sun, and natural beauty. In Alanya, where the Mediterranean climate prevails, citrus fruit production and greenhouse cultivation are common, and variety of products can be cultivated. In addition to this, fresh vegetables and fruits can be produced throughout the year by producing on the coast in spring and in the plateaus in summer (Öz, 2017). In Alanya cuisine, dishes prepared with butter, goat meat and tomato paste from various vegetables; desserts made from walnuts, flour and molasses; and şebits cooked on sacs brought by the Yoruk culture, and stuffed bazlamas form the basis of the culinary culture. In addition to that, the variety of vegetables and fruits is quite broad, and cucumber, tomato, eggplant, zucchini, prickly pear, coffee tree, citrus fruits, grape, pomegranate, olive, fig, and carob are among the important products. Various herbs and plants such as sage, thyme, mastic tree, myrtle, laurel, thistle are also grown in the region (Nebioğlu, 2017). In Alanya cuisine, dishes prepared with butter, goat meat and various vegetables and tomato paste have an important place. Desserts made with walnuts, flour and molasses are also common. Moreover, Gözleme and similar pastries cooked on a sac under the influence of nomadic culture form the basis of the culinary tradition. (Alanya Mutfak Mirası, 2024). The gastronomic identity of the Alanya region is shaped by both traditional dishes and food products that were later introduced to the region. In addition to local flavors such as Güllüklü Çorba, Laba Dolması, İlabada Sarması, Ovmaç, Gıvrım Tatlısı, Kabuklu Kuru Fasulye Yemeği, Öksüz Helvası, Külük, Yarma Çorbası, fish dishes containing Tarator, fish varieties called “mançur”, Ayva Yemeği, Çiçek Dolması, Bakla Piyazı, pastries prepared with tomeken (purslane), mastic plant, sage, bay leaf, thyme, myrtle plant, gıgışkan, göleviz, nettle are also notable parts of the cuisine. In addition, bakery products such as Bişi, Aside, Göç Helva, Alanya Çöreği, S Kurabiye, Oklava Cekmesi, sweetened and unsweetened Peksimet, Şepit and

Dökme are prominent as well. Su böreği is not only a food for the local people, but also a treat with high spiritual value. In addition, products such as bananas, loquat, mango, papaya, pineapple, Chinese plum, date, pepino and coffee grown in Alanya have also become a part of the gastronomic identity (Kavacık et al., 2012).

Alanya culinary culture has changed over time and has been influenced by various civilizations. It can be said that the first communities in the region were engaged in animal husbandry in ancient times (Kinder and Hilgemann, 2006). Especially in mountainous areas, animals such as deer, rabbits, wild boars, turtle doves, partridges, starlings, pigeons, ducks, geese, and blackbirds were hunted and consumed. Agriculture was learned from other civilizations in later periods, and wild agricultural production became widespread. The region has been isolated over time since mountains and the sea surround Alanya's natural geographical structure. This isolation has also been effective in shaping Alanya's cultural and culinary structure. For this reason, the most prominent influences on Alanya's culinary culture emerged with the contributions of communities from the sea (Öz, 2017). However, the culinary culture developed when the Phoenicians, Greeks, and Romans established colonies in the region. Due to the colonies established by the Greeks in the region, various foods and beverages entered the region, and agricultural products diversified. The Greeks brought seafood such as fish, octopus, shrimp, mussels, oysters, and calamari to the region. In addition, vegetables and wild herbs such as nettle, mallow, sorrel, chard, artichoke, and asparagus in Greek cuisine have enriched Alanya cuisine (Bober, 2014). In ancient times, pomegranate and sesame were the most cultivated food in Alanya. It is also known that olives, grapes, figs, apples, pears, plums, citrus fruits, almonds, walnuts, chestnuts, pistachios, leeks, garlic, onions, cumin, coriander, dill, lentils, chickpeas, and peas were grown (Zohary et al., 2012; Akurgal, 2014). The Seljuks, who came to the region during the Seljuk period, when Alanya culinary culture experienced its brightest period after ancient times, also brought their unique food culture. It is possible to see the influence of the Seljuks in the local dishes of Alanya, such as Guluklu Soup, Flour Soup, Meaty Dried Okra, Shelled Dried Beans, Goleviz Dish, Quince Dish, Gourd Dish, Ogmaz Dish, Curd, Oksuz Helva, Aside and Kaşık Helva, as well as soups, meat dishes, vegetable dishes, buns and desserts. Thus, meat and dairy products have formed the basis of the region's culinary culture. It is possible to say that traces of the gastronomic practices of the Seljuk Period can be seen in the local dishes of Alanya. In the cuisine of the Seljuk State centered in Konya, where the use of grain products in bakery activities was shared, the consumption of pide and various types of bread and the use of tandoori was typical, and it is still possible to see this in Konya and its surroundings today. In the Yoruk lifestyle, grains are also frequently used in soups and desserts, especially when turning them into flour and using them as bread and buns using a sac. Examples of this are Millet Soup, Oğmaz, Kırırım, Kaşık Helvası, Öksüz Helvası, Aside and Göç Çöreği (Kalaycı, 2022). Besides meat and dairy products, the Seljuks brought various spices from India, dried vegetables, saffron, dolmas, and syrupy desserts from Iran. They brought dates and grains from the Middle East to this region. In addition, olives and grapes took their place in the culinary culture thanks to the Greeks and Phoenicians who settled in the region during this period. Seafood, wild herbs and vegetables resulting from the Greeks' settled life, and various meat and dairy products brought by nomadic life enriched the region's culinary culture (Öz, 2017; Özgen, 2013).

Alanya cuisine, which has taken its current form as a result of its historical developments, is taking some initiatives to protect the local culinary culture and ensure its continuity. Within the scope of these initiatives, Alanya has five geographically indicated products in the Turkish Patent and Trademark Office. These products are Alanya Avocado, Alanya Pistachio Lemonade, Alanya Gülüklü Soup, Alanya Banana, and Alanya Loquat. Among these products,

Pistachio Lemonade and Guluklu Soup are signs of origin, while Alanya Avocado, Alanya Banana, and Alanya Loquat are signs of origin. Alanya Carob is in the application process (Türk Patent ve Marka Kurumu, 2024). In addition to the geographical indication system, Alanya municipality carries out the Alanya Culinary Heritage project in order to preserve the existing culinary culture. Within the scope of the project aims to promote Alanya's culinary culture, agricultural products, produced foods, and local dishes internationally. Within the scope of the project, Alanya culinary culture house was restored and started to serve. Local dishes of Alanya cuisine are served to guests in the culinary culture house. This project contributes to the promotion of local dishes (Alanya Mutfak Mirası, 2024).

Method

The research population consists of people aged 18 and over living in Alanya. According to data, the population of Alanya in 2024 is 361.873 (Nufusu, 2024). Within the scope of Sekaran and Bougie's (2016: 264) sample size table, a sample size of 384 is considered sufficient in cases where the population is more than 1 million. In this context, the sample of this study consists of 413 people over the age of 18 living in Alanya and selected by convenience sampling method.

The necessary ethical approval for data collection in this study was obtained from the Alanya University Ethics Committee with Decision No. 03 on 28.03.2024. The research data was collected between April 1 and May 2, 2024 through online survey. The relevant survey consists of 3 parts, including questions about the demographic characteristics of the participants, their knowledge and taste of local dishes, and questions about Alanya cuisine. In the first part, participants were asked about their gender, age, and education levels to determine their demographic characteristics. In addition to demographic characteristics, participants were asked about the first food that came to mind when Alanya was mentioned. The gender, age and education level questions in this section were asked to the participants as multiple choice. The first food question that comes to mind when they think of Alanya was asked in an open-ended manner, and the participants were expected to answer it. In the second part, the participants were asked questions to determine their knowledge and taste of local dishes of Alanya cuisine. In this context, a total of 27 local products were asked. In collaboration with Alanya Municipality and Food Engineer Sevda Çapa, the survey's local dishes were sourced from the book "Alanya Yöresel Lezzetler" (2020). 27 dishes were identified from the relevant book and added to the survey form. In determining and categorizing these dishes, opinions were taken from the relevant book author and ten academicians who are experts in the Gastronomy and Culinary Arts departments of universities operating in the Alanya region.

All questions regarding knowing and tasting the specified dishes were answered: "I know, I have never tasted it"; "I would like to taste it"; "I know, I have tasted it"; "I don't know, but I'd like to taste it"; "I don't know, I have never tasted it / I might as well not taste it". In the last part of the survey form, participants were asked six questions about the adequacy of the diversity of Alanya's local dishes, their deliciousness, their state of being forgotten, their recognition, their presence in the kitchens, and their continuity. The questions were measured with a 5-point Likert-type scale (1: Strongly disagree, 5: Strongly agree). Finally, the participants were asked a question to measure their suggestions for what should be done to keep Alanya's culinary culture alive. Among the questions in the survey form, the food question that comes to mind when Alanya is thought of is from Çanakçı's (2021) study. Questions about the sufficiency of the diversity of Alanya's local dishes, their deliciousness, their state of being forgotten, their state of recognition, their inclusion in the kitchens, and what needs to be done to keep the culinary culture alive are questions

from Serçeoğlu (2014). The inquiry on the persistence of Alanya's culinary culture was formulated by the author. Table 1 lists the dishes that were part of the study.

Table 1. Alanya's local dishes

Dishes	Description of The Dish
<i>Gülüklü Çorba</i>	It is a soup prepared with small meatballs, tripe, rice, chickpeas, tomato paste, onion, and butter.
<i>Övelemeç Çorbasi</i>	It is a soup prepared with flour, tomatoes, tomato paste, garlic, lemon, and butter.
<i>Darı Çorbasi</i>	It is a soup prepared with millet, yogurt, and mint.
<i>Kabuklu Kuru Fasulye</i>	It is a main dish prepared with shelled beans, tomatoes, tomato paste, onion, garlic, and butter.
<i>Göleviz</i>	It is a tuberous vegetable dish prepared with tomatoes, chickpeas, onions, and cubed meat.
<i>Balık Mançuru</i>	It is a dish prepared with onion, oil, fish, and vinegar.
<i>Barbunyalı Kuru Fasulye</i>	It is a dish prepared with kidney beans, green beans, onion, tomato, tomato paste, oil and garlic.
<i>Laba Dolması</i>	It is ribs stuffed with seasoned rice.
<i>Alanya Çöreği</i>	It is a walnut and carbonated pastry.
<i>S Pasta</i>	It is a cookie prepared with vinegar and sugar.
<i>İçli Bazlama</i>	It is a type of Turkish cheese pancake.
<i>Peynirli</i>	It is a type of Turkish pita with cheese.
<i>Şebit</i>	It is a type of filled pastry.
<i>Öksüz Helvası</i>	It is a type of halva made from molasses, flour and butter.
<i>Oklava Çekmesi</i>	It is a kind of dessert prepared with walnuts and phyllo dough.
<i>Kıvrım Tatlısı</i>	It is a kind of dessert prepared with walnuts and phyllo dough.
<i>Çiğirdik</i>	It is a dessert prepared with sesame and molasses.
<i>Şekerli Peksimet</i>	It is a type of dry bread dessert prepared by fermentation.
<i>Kırtakı</i>	It is a kind of pumpkin dessert.
<i>Dikenli Kabak Taratoru</i>	It is a dish of fried spiky zucchini prepared with walnuts, garlic, and lemon juice.
<i>Ülübü Piyazı</i>	It is a kind of dried black-eyed pea salad.
<i>Yoğurtlama</i>	It is a kind of dish in which vegetables are fried and consumed with yogurt.
<i>Oğmaç</i>	It is a dish prepared with onion, parsley, butter, cottage cheese and phyllo bread.
<i>İlibada Sarması</i>	It is a dish prepared by wrapping rice in locally grown ilibada leaves.
<i>Kabak Çiçeği Dolması</i>	It is a dish prepared by stuffing zucchini flowers with seasoned rice.
<i>Fıstıklı Limonata</i>	It is a lemon drink with peanuts.
<i>Badem Kahvesi</i>	It is a drink prepared with almonds and milk.

Reference: (Çapa, 2020)

The survey form was prepared online and distributed to the participants. 413 responses to the survey form were accepted between the relevant dates. Upon examination, 10 incomplete or incorrect responses were excluded, and the remaining 403 responses were transferred to SPSS 27 for analysis. Only descriptive statistics were used in the study for age, gender and education status. No different analysis was conducted based on age, gender and education status. Participants were asked about the first dish that comes to mind when Alanya is mentioned and a word cloud analysis was conducted for the responses provided by the participants in the MAXQDA 2020 program.

Findings

Table 2 includes the demographic characteristics of the participants. When Table 2 is examined, it is seen that the participants are mostly women (64%) between the ages of 25 and 31 (28.3%) and have a bachelor's degree (44.4%).

Table 2. Demographic characteristics of participants

		(f)	(%)
Gender	Male	145	36
	Female	258	64
Age	18-24	80	19,9
	25-31	114	28,3
	32-38	82	20,3
	39-45	58	14,4
	46+	69	17,1
Education	Elementary School	21	5,2
	High School	91	22,6
	Vocational School	55	13,6
	Bachelor's Degree	179	44,4
	Graduate	57	14,1

Figure 1 illustrates the first food that comes to mind when Alanya is mentioned. The responses to this open-ended question posed by the researcher are displayed in Figure 1.

**Figure 1.** Word cloud of Alanya's local food

According to the answers given, Gülüklü çorba (%84.24) is the dish that reminds the participants of Alanya the most. Based on this finding, it can be concluded that Gülüklü çorba has significant position in the regional culinary culture. Laba dolması (%3.20), Gölevez yemeği (%1.72), Ülübü piyazı (%1.23) were the other dishes most frequently mentioned by the participants. All other meals remained below 1%.

Table 3. Results of frequency analysis of Alanya local dishes according to gender groups

		<i>Gütlük Çorba</i>	<i>Öveleme Çorbası</i>	<i>Darı Çorbası</i>	<i>Kabuklu Kuru Fasulye</i>	<i>Gölevez yemeği</i>	<i>Balık Mançuru</i>	<i>Barbunyalı Taze Fasulye</i>	<i>Laba Dolması</i>	<i>Alanya Çöreği</i>	<i>S Pasta</i>	<i>İçli Bazlama</i>	<i>Peynirli</i>	<i>Şebit</i>	<i>Öksüz Helvası</i>	<i>Oklava Çekmesi</i>	<i>Kıvrım Tatlısı</i>	<i>Çiğirdik</i>	<i>Şekerli Peksimet</i>	<i>Kırtala</i>	<i>Dikenli Kabak Taratoru</i>	<i>Ültili Piyazı</i>	<i>Yoğurtlama</i>	<i>Oğmaç</i>	<i>İlibada Sarması</i>	<i>Kabak Çiçeği Dolması</i>	<i>Fıstıklı Limonata</i>	<i>Badem Kahvesi</i>
1	M	0	19.3	13.8	6.9	12.4	26.9	4.1	13.8	9.7	2.1	3.4	3.4	2.1	8.3	13.8	5.5	12.4	6.2	17.9	9	7.6	2.1	7.6	12.4	8.3	9.7	18.6
	F	1.2	12.4	5.4	3.5	5.4	18.2	4.3	11.6	4.7	0.8	0.4	0.4	0.4	3.5	2.7	2.3	5	3.9	14	4.3	0.4	0.4	2.3	7.0	6.6	2.7	11.6
2	M	98.6	54.5	67.6	80	75.2	28.3	86.2	62.1	71	90.3	91	89	94.5	80.7	62.8	77.2	62.1	80	31.7	66.2	84.1	97.2	79.3	56.6	73.8	76.6	47.6
	F	98.1	52.7	74	78.7	81.4	27.5	82.6	65.5	70.5	96.5	91.9	90.3	98.4	85.7	80.6	83.3	75.2	81	38	81	91.5	96.9	88.8	68.6	84.5	86	52.3
3	M	0.7	17.2	11	7.6	7.6	27.6	6.2	17.9	14.5	4.1	3.4	6.2	2.8	10.3	16.6	13.8	20.7	6.9	35.9	14.5	4.1	0.7	6.9	22.8	11	12.4	25.5
	F	0.4	25.2	15.5	10.9	8.9	34.9	9.7	17.8	22.1	2.3	6.2	8.5	0.4	8.1	15.5	13.6	18.2	10.1	39.5	11.2	6.6	1.6	7.4	19.4	7	10.1	32.6
4	M	0.7	9	7.6	5.5	4.8	17.2	3.4	6.2	4.8	3.4	2.1	1.4	0.7	0.7	6.9	3.4	4.8	6.9	14.5	10.3	4.1	0	6.2	8.3	6.9	1.4	8.3
	F	0.4	9.7	5	7	4.3	19.4	3.5	5	2.7	0.4	1.6	0.8	0.8	2.7	1.2	0.8	1.6	5	8.5	3.5	1.6	1.2	1.6	5	1.9	1.2	3.5

Note: All data in the table are given as percentage (%). 1: I know, I have never tasted it/I would like to taste it. 2: I know, I have tasted it. 3: I don't know, but I'd like to taste it. 4: I don't know, I have never tasted it/I might as well not taste it. M: Male, F: Female.

Table 4. Results of frequency analysis of Alanya local dishes according to age groups

		Günlük Çorba	Övelemeç Çorbası	Darı Çorbası	Kabuklu Kuru	Gölevez yemeği	Balık Mançuru	Barbunyalı Taze	Laba Dolması	Alanya Çöreği	S Pasta	İçli Bazlama	Peynirli	Şebit	Öksüz Helvası	Oklava Çekmesi	Kıvrım Tatlısı	Çiğirdik	Şekerli Pekşimet	Kırtakı	Dikenli Kabak	Ülülü Piyazı	Yoğurtlam a	Oğmaç	İlibada Sarması	Kabak Çiçeği	Fıstıklı Limonata	Badem Kahvesi
1	18-24	3.8	20	10	5	13.8	27.5	7.5	18.8	8.8	1.3	1.3	2.5	2.5	8.8	11.3	3.8	11.3	12.5	23.8	10	7.5	2.5	8.8	10	11.3	12.5	22.5
	25-31	0	18.4	11.4	6.1	8.8	19.3	7	14.9	6.1	2.6	2.6	3.5	0.9	6.1	7	4.4	11.4	3.5	13.2	9.6	4.4	0.9	5.3	11.4	7	6.1	17.5
	32-38	0	12.2	11	4.9	6.1	19.5	1.2	8.5	4.9	0	1.2	0	1.2	3.7	4.9	2.4	8.5	3.7	13.4	3.7	1.2	1.2	2.4	8.5	3.7	1.2	9.8
	39-45	0	10.3	3.4	6.9	6.9	22.4	1.7	12.1	8.6	1.7	1.7	0	0	6.9	1.7	1.7	3.4	0	15.5	1.7	0	0	1.7	6.9	5.2	3.4	10.3
	46+	0	10.1	2.9	0	2.9	18.8	1.4	5.8	4.3	0	0	0	0	0	7.2	4.3	0	2.9	11.6	1.4	0	0	1.4	5.8	8.7	1.4	7.2
2	18-24	92.5	43.8	63.7	66.3	53.8	15	72.5	43.8	66.3	82.5	87.5	81.3	92.5	68.8	55	68.8	56.3	66.3	27.5	52.5	72.5	90	70	43.8	72.5	62.5	32.5
	25-31	99.1	48.2	66.7	81.6	82.5	25.4	84.2	57.9	70.2	95.6	90.4	89.5	98.2	86	71.9	80.7	67.5	84.2	36.8	71.9	92.1	99.1	86.8	62.3	75.4	80.7	45.6
	32-38	100	51.2	72	78	85.4	36.6	87.8	73.2	72	98.8	91.5	91.5	98.8	89	79.3	84.1	74.4	84.1	34.1	87.8	90.2	97.6	90.2	67.1	90.2	95.1	61
	39-45	100	56.9	79.3	81	84.5	22.4	86.2	70.7	62.1	96.6	94.8	93.1	94.8	84.5	89.7	91.4	81	82.8	34.5	86.2	96.6	100	93.1	74.1	79.3	86.2	51.7
	46+	100	72.5	82.6	89.9	91.3	40.6	89.9	82.6	82.6	98.6	95.7	95.7	100	91.3	81.2	84.1	78.3	85.5	46.4	85.2	94.6	98.6	88.4	79.7	88.4	91.3	66.7
3	18-24	1.3	17.5	13.8	11.3	21.3	32.5	8.8	27.5	18.8	10	7.5	12.5	2.5	17.5	23.8	21.3	26.3	12.5	35	21.3	13.8	3.8	10	31.3	8.8	22.5	38.8
	25-31	0.9	24.6	15.8	8.8	6.1	30.7	6.1	18.4	18.4	1.8	6.1	7	0	6.1	17.5	14.9	17.5	7	40.4	13.8	1.8	0	5.3	19.3	12.3	10.5	30.7
	32-38	0	30.5	13.4	13.4	3.7	30.5	9.8	15.9	20.7	1.2	3.7	7.3	0	6.1	14.6	12.2	17.1	7.3	41.5	8.5	8.5	1.2	7.3	20.7	6.1	3.7	24.4
	39-45	0	20.7	13.8	6.9	5.2	41.4	10.3	13.8	27.6	1.7	3.4	6.9	5.2	6.9	8.6	6.9	13.8	8.6	39.7	3.4	0	0	5.2	15.5	10.3	10.3	34.5
	46+	0	15.9	11.6	7.2	5.8	29	8.7	11.6	13	0	4.3	4.3	0	8.7	11.6	10.1	20.3	10.1	33.3	13	4.3	1.4	8.7	14.5	2.9	7.2	21.7
4	18-24	2.5	18.8	12.5	17.5	11.3	25	11.3	10	6.3	6.3	3.8	3.8	2.5	5	10	6.3	6.3	8.8	13.8	16.3	6.3	3.8	11.3	15	7.5	2.5	6.3
	25-31	0	8.8	6.1	3.5	2.6	24.6	2.6	8.8	5.3	0	0.9	0	0.9	1.8	3.5	0	3.5	5.3	9.6	5.3	1.8	0	2.6	7	5.3	2.6	6.1
	32-38	0	6.1	3.7	3.7	4.9	13.4	1.2	2.4	2.4	0	3.7	1.2	0	1.2	1.2	1.2	0	4.9	11	0	0	0	3.7	0	0	4.9	
	39-45	0	12.1	3.4	5.2	3.4	13.8	1.7	3.4	1.7	0	0	0	0	1.7	0	0	1.7	8.6	10.3	8.6	3.4	0	0	3.4	5.2	0	3.4
	46+	0	1.4	2.9	2.9	0	11.6	0	0	0	1.4	0	0	0	0	0	1.4	1.4	1.4	8.7	0	1.4	0	1.4	0	0	0	4.3

Note: All data in the table are given as percentage (%). 1: I know, I have never tasted it/I would like to taste it. 2: I know, I have tasted it. 3: I don't know, but I'd like to taste it. 4: I don't know, I have never tasted it/I might as well not taste it.

Table 5. Results of frequency analysis of Alanya local dishes according to educational status groups

		<i>Günlük Çorba</i>	<i>Övelemeç Çorbası</i>	<i>Darı Çorbası</i>	<i>Kabuklu Kuru Fasulye</i>	<i>Gölemez yemeği</i>	<i>Balık Mançuru</i>	<i>Barbunyalı Taze Fasulye</i>	<i>Laba Dolması</i>	<i>Alanya Çöreği</i>	<i>S Pasta</i>	<i>İçli Bazlama</i>	<i>Peynirli</i>	<i>Şebit</i>	<i>Öksüz Helvası</i>	<i>Oklava Çekmesi</i>	<i>Kıvrım Tatlısı</i>	<i>Çiğirdik</i>	<i>Şekerli Pekşimet</i>	<i>Kırtaki</i>	<i>Dikenli Kabak Taratoru</i>	<i>Ültübü Piyazı</i>	<i>Yoğurtlama</i>	<i>Oğmaç</i>	<i>İtibada Sarması</i>	<i>Kabak Çiçeği Dolması</i>	<i>Fıstıklı Limonata</i>	<i>Badem Kahvesi</i>
1	E.S	0	4.8	0	4.8	9.5	19	0	14.3	0	4.8	0	9.5	0	14.3	9.5	0	9.5	0	14.3	0	0	0	9.5	19	9.5	9.5	9.5
	H.S	0	16.5	3.3	2.2	6.6	22	4.4	8.8	7.7	1.1	1.1	1.1	1.1	3.3	3.3	3.3	7.7	3.3	16.5	3.3	4.4	1.1	4.4	5.5	6.6	3.3	12.1
	V.S	0	10.9	3.6	0	10.9	23.6	7.3	12.7	7.3	1.8	0	0	1.8	5.5	9.1	3.6	9.1	5.5	23.6	9.1	1.8	1.8	3.6	7.3	7.3	9.1	25.5
	B.D	1.7	15.6	12.3	6.1	6.1	20.7	3.9	15.1	6.1	0	1.7	1.1	0.6	5	5.6	3.4	7.3	6.1	13.4	7.3	2.8	0.6	3.4	10.6	7.8	5	13.4
	G	0	17.5	12.3	8.8	12.3	21.1	3.5	8.8	7	3.5	3.5	1.8	1.8	5.3	12.3	5.3	7	3.5	12.3	5.3	3.5	1.8	5.3	7	5.3	3.5	10.5
2	E.S	100	71.4	81	85.7	81	28.6	90.5	71.4	71.4	95.2	90.5	85.7	100	81	71.4	85.7	71.4	90.5	47.6	85.7	100	100	81	71.4	81	85.7	57.1
	H.S	97.8	59.3	81.3	84.6	81.3	34.1	84.6	71.4	76.9	96.7	93.4	95.6	95.6	85.7	81.3	86.8	73.6	85.5	48.4	79.1	87.9	96.7	83.5	71.4	80.2	83.5	63.7
	V.S	100	56.4	78.2	85.5	72.7	16.4	85.5	58.2	74.5	98.2	98.2	90.9	98.2	87.3	72.7	83.6	67.3	83.6	30.9	60	90.9	96.4	85.5	61.8	80	78.2	34.5
	B.D	97.8	51.4	65.9	76.5	79.3	27.4	82.1	61.5	67	92.2	91.1	89.9	97.2	82.7	74.9	78.8	69.3	78.2	30.7	77.7	88.8	96.6	87.2	61.5	81	82.1	47.5
	G	98.2	40.4	64.9	70.2	80.7	29.8	84.2	64.9	68.4	93	84.2	80.7	96.5	82.5	63.2	75.4	71.9	77.2	31.6	75.4	84.2	98.2	84.2	61.4	80.7	86	52.6
3	E.S	0	19	19	9.5	4.8	42.9	9.5	14.3	23.8	0	9.5	4.8	0	4.8	19	14.3	19	9.5	38.1	9.5	0	0	9.5	9.5	9.5	4.8	28.6
	H.S	1.1	16.5	9.9	6.6	6.6	23.1	5.5	14.3	13.2	1.1	5.5	3.3	2.2	8.8	9.9	7.7	15.4	9.9	27.5	9.9	4.4	2.2	7.7	14.3	7.7	12.1	19.8
	V.S	0	20	10.9	7.3	12.7	38.2	5.5	25.5	18.2	0	1.8	9.1	0	5.5	16.4	10.9	18.2	9.1	30.9	16.4	7.3	1.8	9.1	25.5	10.9	12.7	38.2
	B.D	0	22.9	14.5	9.5	10.1	33	9.5	17.3	21.2	5	3.9	6.7	1.1	10.1	16.2	16.2	21.2	7.8	41.9	11.7	4.5	1.1	5	21.2	6.7	10.6	31.8
	G	1.8	33.3	19.3	17.5	3.5	35.1	12.3	19.3	22.8	3.5	10.5	17.5	1.8	10.5	22.8	17.5	19.3	10.5	50.9	15.8	12.3	0	10.5	28.1	12.3	10.5	33.3
4	E.S	0	4.8	0	0	4.8	9.5	0	0	4.8	0	0	0	0	0	0	0	0	0	0	4.8	0	0	0	0	0	0	4.8
	H.S	1.1	7.7	5.5	6.6	5.5	20.9	5.5	5.5	2.2	1.1	0	0	1.1	2.2	5.5	2.2	3.5	3.3	7.7	7.7	3.3	0	4.4	8.8	5.5	1.1	4.4
	V.S	0	12.7	7.3	7.3	3.6	21.8	1.8	3.6	0	0	0	0	0	1.8	1.8	1.8	5.5	1.8	14.5	14.5	0	0	1.8	5.5	1.8	0	1.8
	B.D	0.6	10.1	7.3	7.8	4.5	19	4.5	6.1	5.6	2.8	3.4	2.2	1.1	2.2	3.4	1.7	2.2	7.8	14	3.4	3.9	1.7	4.5	6.7	4.5	2.2	7.3
	G	0	8.8	3.5	3.5	3.5	14	0	7	1.8	0	1.8	0	0	1.8	1.8	1.8	1.8	8.8	5.3	3.5	0	0	0	3.5	1.82	0	3.5

Note: All data in the table are given as percentage (%). 1: I know, I have never tasted it/I would like to taste it. 2: I know, I have tasted it. 3: I don't know, but I'd like to taste it. 4: I don't know, I have never tasted it/I might as well not taste it. E.S: Elementary School. H.S: High School. V.S: Vocational School. B.D: Bachelor's Degree. G: Graduate

Based on Table 3, females mainly stated that they knew and tasted Gülüklü soup (98.1%), S pasta (96.5%), and Yoğurtlama (96.9%). It was seen that the dishes that females stated that they knew the least were Balık Mançuru (27.5%), Kırtakı (38%), and Badem Kahvesi (52.3%). Male mainly stated that they knew and tasted Gülüklü soup (98.6%), Yoğurtlama (97.2%), and Şebit (94.5%). It was also seen that the dishes that males stated that they knew the least were Balık Mançuru (28.3%), Kırtakı (31.7%), and Badem Kahvesi (47.6%).

Based on Table 4, The participants in the 18-24 age group mainly stated that they know and tasted Gülüklü soup (92.5%), Şebit (92.5%) and Yoğurtlama (90%). It was seen that the dishes that the participants in the 18-24 age group that they know the least are Balık mançuru (15%), Kırtakı (27.5%) and Badem Kahvesi (32.5%). The participants in the 25-31 age group mainly stated that they know and tasted Gülüklü (99.1%), Şebit (98.2%) and Yoğurtlama (99.1%). It was seen that the dishes that the participants in the 25-31 age group most stated that they know and tasted Balık mançuru (25.4%), Kırtakı (36.8%) and Badem Kahvesi (45.6%). The participants in the 32-38 age group mainly stated that they know and tasted Gülüklü soup (100%), S pasta (98.8%), Şebit (98.8%), and Yoğurtlama (97.6%). It was seen that the dishes that the participants in the 32-38 age group stated that they know the least are Kırtakı (34.1%), Balık mançuru (36.8%), and Övelemeç soup (51.2%). The participants in the 39-45 age group mainly stated that they know and tasted Gülüklü soup (100%), Yoğurtlama (100%), Ülubü piyazı (96.6%) and S pasta (96.6%). It was seen that the dishes the participants in the 32-38 age group that they know the least are Balık mançuru (22.4%), Kırtakı (34.5%) and Badem kahvesi (51.7%). The participants in the 46+ age group mainly stated that they know and tasted Gülüklü soup (100%), Şebit (100%), S pasta (98.6%), and Yoğurtlama (98.6%). The dishes that the participants in the 46+ age group stated that they know the least are Balık mançuru (40.6%), Kırtakı (46.4%) and Badem kahvesi (66.7%).

Based on Table 5, the participants at the primary school level mainly stated that they know and tasted Gülüklü soup (100%), Şebit (100%), Ülubü piyazı (100%) and Yoğurtlama (100%). The dishes that the participants at the primary school level stated that they know the least are Balık mançuru (28.6%), Kırtakı (47.6%) and Badem kahvesi (57.1%). The participants at the high school level mainly stated that they know and tasted Gülüklü soup (97.8%), S pasta (96.7%), and Yoğurtlama (96.7%). The dishes that the participants at the high school level stated that they know the least are Balık mançuru (34.1%), Kırtakı (48.4%) and Övelemeç soup (59.3%). Participants at the vocational school level mostly stated that they know and tasted Gülüklü soup (%100), S pasta (%98.2), İçli bazlama (%98.2), and Şebit (%98.2). It was seen that the dishes that the participants at the vocational school level stated that they knew the least were Balık mançuru (%16.4), Badem kahvesi (%34.5), and Kırtakı (%30.9). Participants at the bachelor's degree level mostly stated that they know and tasted Gülüklü soup (%97.8), Şebit (%97.2), and Yoğurtlama (%96.6). It was seen that the dishes that the participants at the bachelor's degree level stated that they knew the least were Balık mançuru (%27.4), Kırtakı (%30.7), and Badem kahvesi (%47.5). Participants at the graduate level stated that they know and tasted Gülüklü soup (%98.2), Şebit (%96.5), and Yoğurtlama (%98.2). It was observed that the dishes that the graduate level participants stated that they knew the least were Balık mançuru (29.8%), Kırtakı (31.6%), and Övelemeç soup (40.4%).

Nebioğlu (2016) asked restaurant managers which dishes they knew about the local cuisine of Alanya. The study found that Gülüklü Çorba, Ülubü Piyazı, Laba Dolması, and Öksüz Helvası were among the dishes most known by the restaurant managers.

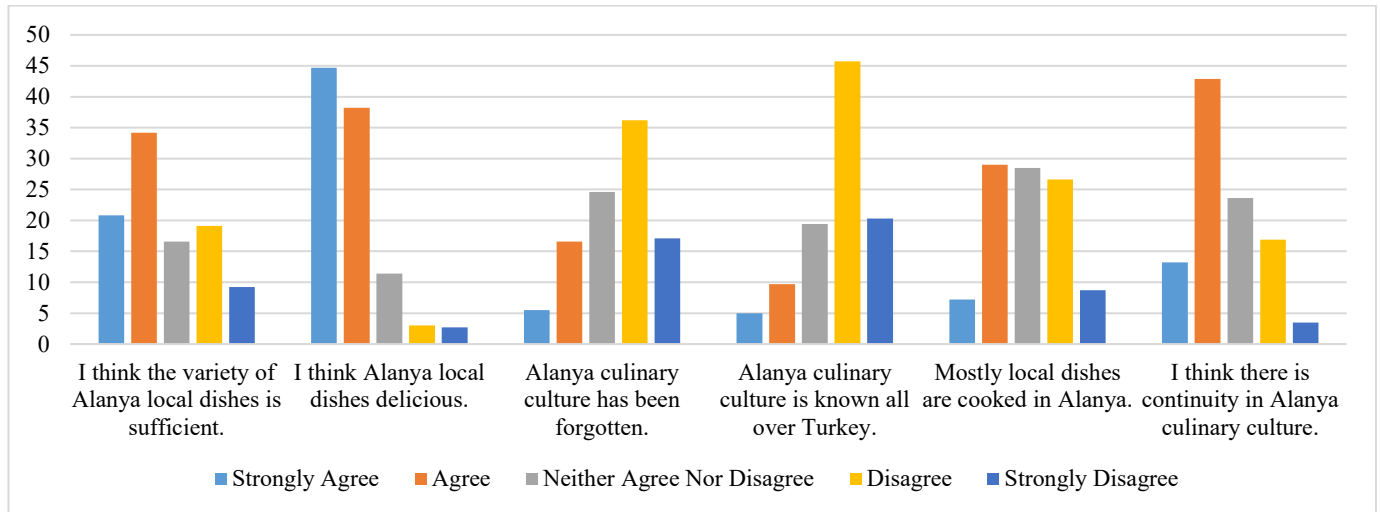


Figure 2. Opinions of participants about Alanya cuisine

Figure 2 illustrates participants' opinions on Alanya cuisine. Regarding the statement "I think the variety of Alanya local dishes is sufficient"; 34.2% agreed, 20.8% strongly agreed, 19.1% disagreed, 16.6% were neutral, and 9.2% strongly disagreed. For "I think Alanya's local dishes are delicious"; 44.7% strongly agreed, 38.2% agreed, 11.4% were neutral, 3% disagreed, and 2.7% strongly disagreed. On "Alanya culinary culture has been forgotten"; 36.2% disagreed, 24.6% were neutral, 17.1% strongly disagreed, 16.6% agreed, and 5.5% strongly agreed. For "Alanya culinary culture is known all over Türkiye"; 45.7% disagreed, 20.3% strongly disagreed, 19.4% were neutral, 9.7% agreed, and 5% strongly agreed. On "Mostly local dishes are cooked in Alanya"; 28.5% were neutral, 26.6% disagreed, 29% agreed, 8.7% strongly disagreed, and 7.2% strongly agreed. Finally, for "I think there is continuity in Alanya's culinary culture"; 49.9% agreed, 23.6% were neutral, 16.9% disagreed, 13.2% strongly agreed, and 3.5% strongly disagreed. Serçeoğlu (2014), in his study on Erzurum culinary culture, found that 59.4% of the participants thought that Erzurum culinary culture was not forgotten, 58.7% thought that Erzurum culinary culture was not known in Turkey, and 67.6% found that mostly local dishes were not made in Erzurum. In addition, Dağdeviren (2022), in his study on Ordu culinary culture, found that 64.5% of the local people found the variety of Ordu local foods moderately sufficient, 68% found Ordu local foods moderately delicious, and 75.5% found the recognition of Ordu culinary culture in Turkey insufficient.

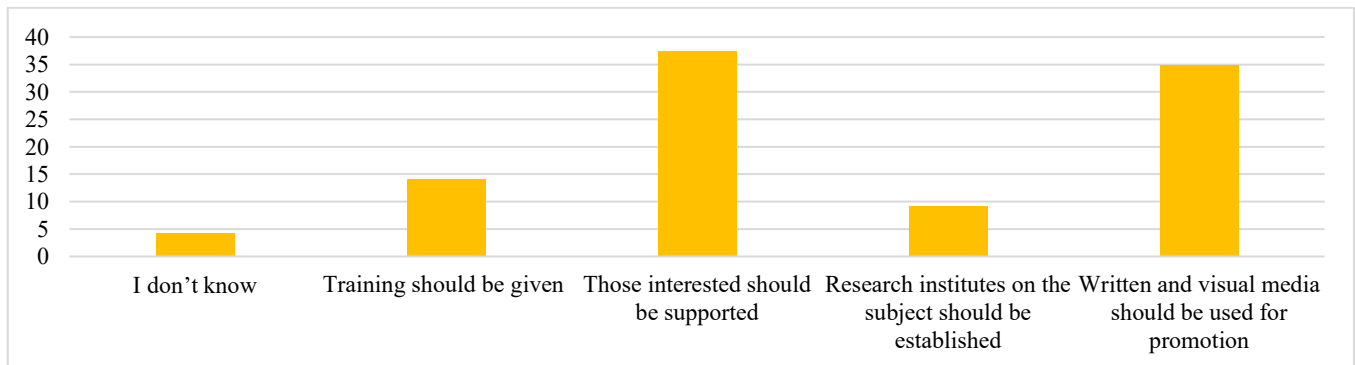


Figure 3. Things to do for Alanya cuisine

Figure 3 illustrates data on the necessary measures to preserve the culinary heritage of Alanya. Specifically, 151 participants (37.5%) indicated that support should be provided to individuals with an interest in the matter, 141

participants (35%) suggested that written and visual media should be utilized to promote the cuisine, 57 participants (14.1%) emphasized the need for training initiatives, 37 participants (9.2%) proposed the establishment of research institutions dedicated to the topic, and 17 participants (4.2%) reported that they were unaware of the matter.

Conclusion

Hosting many civilizations over time, Alanya has also inherited its culinary culture from this rich past. Animals hunted in its mountains, flavors from the sea, and products grown in its fertile lands have graced tables for centuries. The cuisine, shaped by spices brought by migrations and contributions from different cultures, has gained a unique identity by blending traditional flavors over time. However, the recognition and sustainability of this deep-rooted gastronomic heritage stands out as an important issue today.

Local dishes offered in tourism destinations increase the region's attractiveness, enrich visitors' experiences and make the destination a distinctive element from others. Alanya, one of Türkiye's significant tourism centers, can strengthen its tourism potential and preserve its gastronomic heritage by emphasizing its local cuisine. In studies conducted within this scope, it has been observed that local people are highly familiar with some traditional dishes, while they are less familiar with others. This situation indicates the need for increased conscious efforts to ensure the sustainability of the culinary culture.

When the participants' views are examined, although the rate of those who do not think Alanya's culinary culture is on the verge of being forgotten is higher, there is a strong perception that it is not sufficiently recognized throughout Türkiye. Suggestions such as providing media support for preserving and disseminating traditional dishes, creating educational programs, and establishing institutes for local cuisine research come to the fore. The registration of Gaziantep cuisine by UNESCO and the protection of Hatay and Afyonkarahisar cuisines with geographical indications are important steps in the sustainability of local gastronomic cultures. Countries worldwide have applied to platforms such as UNESCO to promote and protect their culinary cultures, and the registration of traditional cuisines by France and Japan has increased awareness in this area (Kodaz and Açıklın, 2014). Adopting a similar approach for Alanya cuisine will ensure the protection of gastronomic heritage and create significant brand value in tourism. There are some obstacles to the sustainability and recognition of Alanya cuisine. First, the inadequate documentation of local cuisine and the lack of promotion can make it difficult for this cultural heritage to reach large audiences.

In addition, the risk of traditional dishes being forgotten can also increase due to the effects of globalization and modern eating habits. The limited number of local dishes offered in tourist establishments can also negatively affect this process. In order to overcome these obstacles, those interested should be supported, and promotional support should be received from written and visual media. Food and beverage establishments in the region should include Alanya's local dishes in their menus. In addition, steps should be taken to protect products with geographical indications and to register geographical indications so that other local products are not forgotten. Cooking competitions featuring Alanya's local dishes should be organized more frequently, and public participation should be encouraged. More importance should be given to organizing festivals themed around Alanya's local products. All local products should be included in relevant festivals. Education should be provided to increase awareness of Alanya's local dishes and ensure the standardization of these products. Finally, Alanya's gastronomy can be brought to the forefront by bringing together authorities operating in the field of gastronomy in the Alanya region and focusing

on scientific studies. This study was conducted only in the Alanya region and on specific products. Future studies can be conducted on different districts and products of the Antalya region.

Declaration

All authors of the article contributed equally to the article process. The authors have no conflicts of interest to declare. The necessary ethical approval for data collection in this study was obtained from the Alanya University Ethics Committee with Decision No. 03 on 28.03.2024.

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Appendix 1. Ethics Committee Permission

Evrak Tarih ve Sayısı: 01.04.2024-14607



ALANYA
ÜNİVERSİTESİ

T.C. ALANYA ÜNİVERSİTESİ ETİK KURUL KARARI

Tarih : 28.03.2024
Karar Sayısı : 03

İlgi: Sanat ve Tasarım Fakültesi Dekanlığının 27.03.2024 tarihli ve 14498 sayılı yazısı.

İlgi yazı ekinde sunulan; Gastronomi ve Mutfak Sanatları Bölümünde görev yapmakta olan Arş. Gör. Aslı Yerlikaya'nın yürüttüğü "*Yerel Halkın Mutfak Kültürünü Tanıma Durumunun Tespit Edilmesi: Alanya Örneği*" adlı bilimsel çalışmada kullanılacak olan anket formu örneği Üniversitemiz Etik Kurulu'nun 28.03.2024 tarih ve 03 sayılı Etik Kurul Kararı ile kurulumuzca uygun bulunmuştur.