

Everyday Menu in Türkiye

In Turkey, food is art. With its mix of spices, herbs, and fresh ingredients, Turkish cuisine offers a vast array of delicious meals, desserts, and drinks. In this presentation, we will explore the most popular daily meals in Turkey.

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Popular vegetable meals

- Cauliflower
- Cabbage
- Stuffed eggplant
- Chickpeas
- Peas
- Vegetable stew
- Stuffed artichokes
- Stuffed peppers
- Stuffed vine-leaves
- Stuffed aubergines
- Cabbage stew with olive oil
- Green beans with olive oil
- Dried beans
- Vegetable patty

Popular meals with meat

As meal dishes

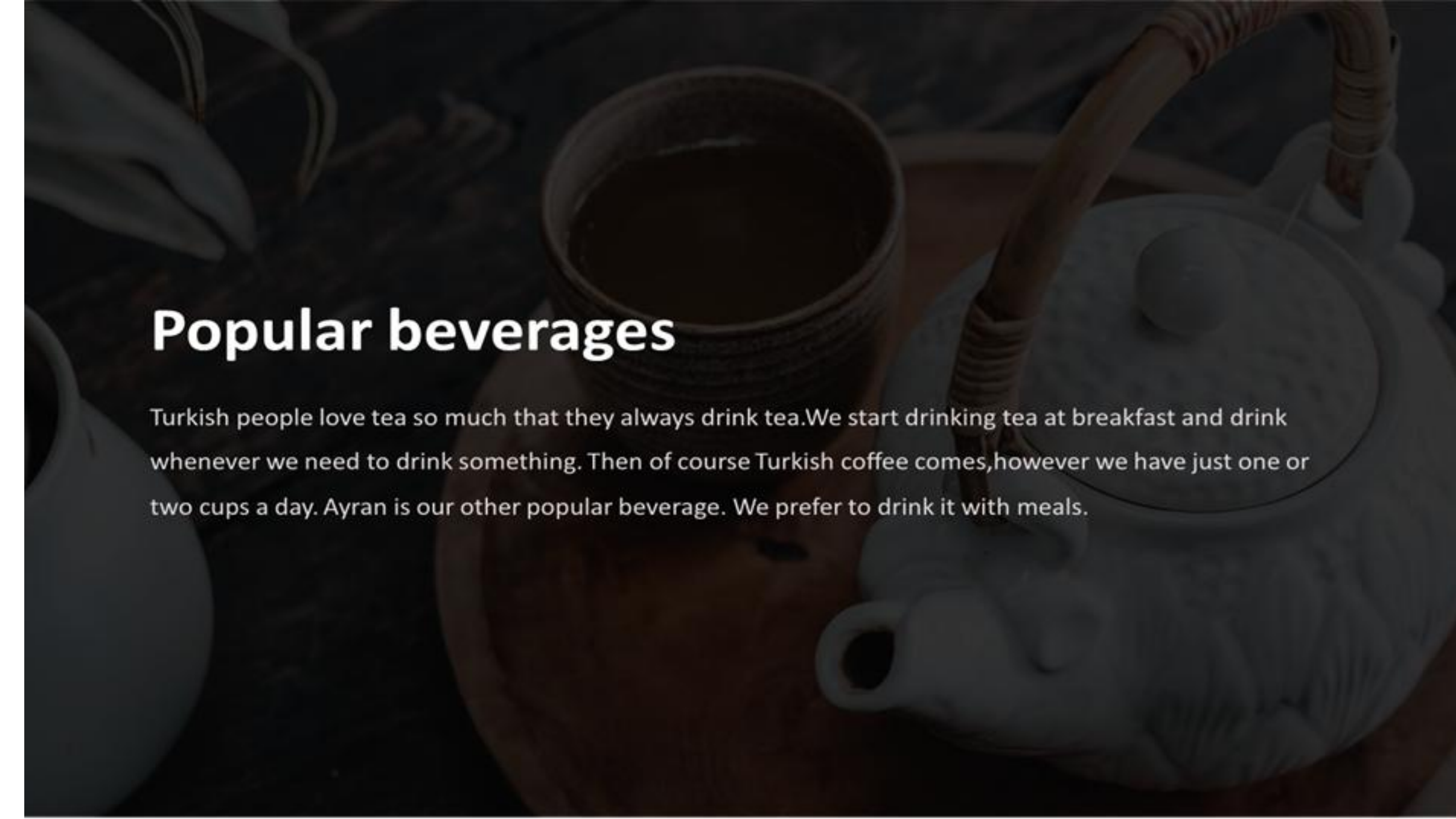
- Kebab
- Doner
- Meat in casserole
- Roasted meat
- Meat skewers
- Iskender
- Stuffed meatballs
- Lahmacun and pita with meat
- Fish and chicken meals

As Turkey covers a large area with different cultures, you can find different kinds of both meat and vegetable dishes in different regions. But in every meal except breakfast, there is rice or bulgur pilaf on every table with a vegetable or meat meals.

Popular soups

In Türkiye Soups are various as well. You can find and taste many different kinds of soups. But the most popular ones are;

- Ezogelin soup
- lentil soup
- traditional tarhana soup
- yoghurt soup
- chicken soup and tomatoe soup.



Popular beverages

Turkish people love tea so much that they always drink tea. We start drinking tea at breakfast and drink whenever we need to drink something. Then of course Turkish coffee comes, however we have just one or two cups a day. Ayran is our other popular beverage. We prefer to drink it with meals.

Popular desserts

We have many different kinds of desserts. As you understand Turkish people have a sweet teeth. The most popular (maybe it is world famous) one is **Baklava**

Höşmerim is very popular in our region .It is a kind of dessert made of cheese. It is so tasty.

Other popular desserts

- rice pudding
- kadayif
- semolina halva
- Künefe
- Kemalpaşa dessert
- Şekerpare
- baked semolina
- kalburabastı

What do Turkish people eat for breakfast?

We eat;

- eggs with sausage
- menemen
- potatoe fries
- bakery products
- bagels
- pancakes
- pastries, for breakfast.

We also have food such as;

- honey
- jam
- olives
- tomatoes
- cucumber and chees As a beverage.



We like to consume tea for breakfast.

What do Turkish people eat for lunch and dinner?

We usually start lunch or dinner with **soup**. Meat dishes such as **doner kebab, chicken, lamb on skewer** and **lahmacun** are preferred as the main course, for lunch or dinner. Vegetable dishes such as stuffed **artichokes, beans, okra, broad beans, vegetable patty, stuffed eggplant** are preferred.

In addition to these, we consume them with **salad, rice and cucumber-yoghurt**. As a **dessert we eat baklava, rice pudding, hoşmerim, semolina dessert**. Of course we don't have dessert everyday.