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Turkey- the Land of Delicious Food by [Michael](#)

Article published on July 4th 2012 | [Food](#)

“Tatli yiyelim, tatli konuAalim”! It is a beautiful Turkish phrase that gives an insight into the Turkish culture. The literal translation is “Let’s eat sweet and let’s speak sweet.”

Turkey is a modern country which is deeply rooted in traditions and historic values. It follows a mixed culture that is inspired from Turkic, Anatolian and Ottoman traditions. Turkish music and literature hold a special place in the literary world. Its architecture is world famous and boasts of beautiful monuments and buildings. This country has a lot to offer be it literature, beauty or food.

Turkish cuisine is a fusion of Central Asian, Middle Eastern and Balkan cuisine. Olive oil is used extensively in cooking and seafood is widely eaten by the people. Everyone here like to eat home cooked food and have a gala time with family and friends. Yoghurt is an essential element and is served with everything.

Their meal starts usually with soups or shorbas and ends with deserts. Kebabs, a meat based rolls are commonly eaten here and has become a specialty all over the world. Freshly baked breads are served with the kebabs, their beautiful aroma filling all the Turkish bakeries. There are several online bakery stores that bake beautiful dough based specialties.

The main course includes beautifully cooked vegetable dishes with onions and tomatoes and is served with its own water. Pilaf or a rice dish is served either as a main or side dish. Tursu, a kind of pickle is enjoyed with the food as an appetizer.

Meat and chicken are significant elements in this cuisine. They can be served as soups, snacks or main course cooked with vegetables or lentils. Dried fruits are often spread over meat and pilav dishes to enhance their taste. Turkey is surrounded by seas, so variety of sea food comes here in abundance. Anchovy and Sardines are pretty famous here. Fried mussels and squids are also some of the popular dishes served with yoghurt based sauces.

After the main course, comes the desert time. Sweets like pistachio baklava, marzipan, sutlac are some of the world renowned deserts. The ice creams are made with rose water and served with dry fruits like figs and apricots. The sweets here are so famous that people travel from other countries just to enjoy the delicacies. Beverages like coffee and tea are served usually with deserts.

Turkish food has already caught the fancy of food lover’s across the globe and is being served in restaurants all over.

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Article Keywords:
Pistachio baklavas, Online bakery store

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