

## Ottoman Contributions to the World

[Turkey](#) is also the home of many other cultivated plants, such as chickpeas, lentils, apricots, almonds, figs, hazelnuts, cherries and sour cherries. Their origin is recorded in the Latin names for some of these species, such as *Ficus caria*, meaning "fig of [Caria](#)". [Caria](#) was an archaic civilization of [Anatolia](#) in the southern [Aegean region](#). Similarly the cherry's scientific name *Cerasus* comes from the ancient name of its place of origin, today the province of [Giresun](#) on [Turkey's Black Sea coast](#).

Of the large number of ornamental flowers cultivated from Turkish wild forms, we can cite the [tulip](#), [crocus](#), [snowdrop](#), [lily](#) and [fritillary](#).

### TULIPS

Although tulips are associated with [Holland](#), both the flower and its name originated in the [Persian empire](#). The tulip, or *lale* (from [Persian](#) لاله, *lâleh*) as it is also called in Turkey, is a flower indigenous to [Turkey](#), [Iran](#), [Afghanistan](#) and other parts of [Central Asia](#). Although, it is unclear who first brought the flower to northwest Europe, it is the Turks who made tulip known in Europe. The most widely accepted story is that of [Oghier Ghislain de Busbecq](#), ambassador from Ferdinand I to [Suleyman the Magnificent](#) of the Ottoman Empire in 1554. He remarks in a letter upon seeing "an abundance of flowers everywhere; Narcissus, hyacinths, and those which in Turkish Lale, much to our astonishment, because it was almost midwinter, a season unfriendly to flowers" (see Busbecq, qtd. in Blunt, 7). In Persian Literature (classic and modern) special attention has been given to these two flowers, in specific likening the beloved eyes to Narges and a glass of wine to Laleh. The word *tulip*, which earlier in English appeared in such forms as *tulipa* or *tulipant*, entered the language by way of French *tulipe* and its obsolete form *tulipan* or by way of Modern Latin *tulīpa*, from [Ottoman Turkish](#) *tülbend*, "muslin, gauze". (The English word [turban](#), first recorded in English in the 16th century, can also be traced to Ottoman Turkish *tülbend*.)

### COFFEE

The word "coffee" entered English in [1598](#) via Italian *caffè*. This word was created via [Turkish](#) *kahve*, which in turn came into being via [Arabic](#) *qahwa*, a truncation of *qahhwat al-bun* or *wine of the bean*. [Islam](#) prohibits the use of alcohol as a beverage<sup>[[citation needed](#)]</sup>, and coffee provided a suitable alternative to [wine](#). One possible origin the name is the [Kingdom of Kaffa](#) in [Ethiopia](#), where the coffee plant originated (its name there is *bunn* or *bunna*).

[

**Legendary accounts.** There are several legendary accounts of the origin of the drink itself. One account involves the Yemenite Sufi mystic Shaikh ash-Shadhili. When traveling in Ethiopia, the

legend goes, he observed goats of unusual vitality, and, upon trying the berries that the goats had been eating, experienced the same vitality. A similar myth attributes the discovery of coffee to an Ethiopian goatherder named [Kaldi](#) and the [Legend of Dancing Goats](#). The story of [Kaldi](#) did not appear in writing until 1671, and these stories are considered to be apocryphal.<sup>[2]</sup>

It is supposed that the Ethiopians, the ancestors of today's [Oromo](#) tribe, were the first to have recognized the energizing effect of the coffee plant.<sup>[2]</sup> However, no direct evidence has ever been found revealing exactly where in Africa coffee grew or who among the natives might have used it as a stimulant or even known about it there earlier than the seventeenth century.<sup>[2]</sup> The earliest credible evidence of either coffee drinking or knowledge of the coffee tree appears in the middle of the fifteenth century, in the Sufi monasteries of the Yemen in southern Arabia.<sup>[2]</sup> From Ethiopia, coffee spread to [Egypt](#) and [Yemen](#)<sup>[3]</sup>. It was in [Arabia](#) that coffee beans were first roasted and brewed, similar to how it is done today. By the 15th century, it had reached the rest of the Middle East, [Persia](#), [Turkey](#), and [northern Africa](#). From the [Muslim world](#), coffee spread to [Italy](#), then to the rest of [Europe](#), to [Indonesia](#), and to the Americans.<sup>[4]</sup>

The earliest mention of coffee may be a reference to [Bunchum](#) in the works of the 10th century CE [Persian](#) physician [Razi](#), but more definite information on the preparation of a beverage from the roasted coffee berries dates from several centuries later.

The most important of the early writers on coffee was Abd al-Qadir al-[Jaziri](#), who in 1587 compiled a work tracing the history and legal controversies of coffee entitled *Umdat al safwa fi hill al-qahwa*.<sup>[5]</sup> He reported that one [Sheikh](#), Jamal-al-Din al-Dhabhani, [mufti](#) of Aden, was the first to adopt the use of coffee (circa 1454). Coffee's usefulness in driving away sleep made it popular among Sufis. A translation<sup>[6]</sup> traces the spread of coffee from Arabia Felix (the present day Yemen) northward to [Mecca](#) and [Medina](#), and then to the larger cities of [Cairo](#), [Damascus](#), [Baghdad](#), and [Istanbul](#).<sup>[citation needed]</sup>

Coffee beans were first exported from Ethiopia to [Yemen](#). Yemeni traders brought coffee back to their homeland and began to cultivate the bean.<sup>[citation needed]</sup> The first coffeehouse opened in Istanbul in 1554.<sup>[7]</sup> Coffee was at first not well received. In 1511, it was forbidden for its stimulating effect by conservative, orthodox imams at a theological court in [Mecca](#)<sup>[citation needed]</sup>. However, the popularity of the drink led these bans to be overturned in 1524 by an order of the [Ottoman Turkish Sultan Selim I](#), with [Grand Mufti Mehmet Ebussuud el-İmadi](#) issuing a celebrated *fatwa* allowing the consumption of coffee.<sup>[8]</sup> In [Cairo](#), Egypt, a similar ban was instituted in 1532, and the coffeehouses and warehouses containing coffee beans were sacked.<sup>[9]</sup>

Similarly, coffee was banned by the [Ethiopian Orthodox Church](#) some time before the 17th century.<sup>[10]</sup> However, in the second half of the 19th century, Ethiopian attitudes softened towards coffee drinking, and its consumption spread rapidly between 1880 and 1886; according to [Richard Pankhurst](#), "this was largely due to [Emperor] [Menilek](#), who himself drank it, and to [Abuna Matewos](#) who did much to dispel the belief of the clergy that it was a Muslim drink."<sup>[11]</sup>

Coffee was first imported to Italy from [Ottoman Empire](#). The vibrant trade between the Italian city of [Venice](#) and the Muslims in North Africa, Egypt, and the East brought a large variety of African goods, including coffee, to this leading European port. Venetian merchants decided to

introduce coffee to the wealthy in Venice, charging them heavily for the beverage. In this way, coffee was introduced to Europe. Coffee became more widely accepted after it was "baptized" by [Pope Clement VIII](#) in 1600 despite appeals to ban the Muslim drink. The first European coffee house (apart from those in the Ottoman Empire, mentioned above) was opened in Italy in 1645.<sup>[4]</sup>

## BARLEY, WHEAT, RYE, GRAPES

### Centers of origin of selected crops



## HAZELNUTS/FILBERTS

Common Hazel is cultivated for its nuts in [commercial orchards](#) in [Europe](#), [Turkey](#), [Iran](#) and [Caucasus](#). The name "hazelnut" applies to the nuts of any of the species of the genus *Corylus*. This hazelnut or cobnut, the [kernel](#) of the [seed](#), is edible and used raw or roasted, or ground into a [paste](#). The seed has a thin, dark brown skin which has a [bitter](#) flavour and is sometimes removed before cooking. The top producer of hazelnuts, by a large margin, is Turkey, specifically the [Ordu Province](#). Turkish hazelnut production of 625,000 [tonnes](#) accounts for approximately 75% of worldwide production.<sup>[4]</sup>

In the [United States](#), hazelnut production is concentrated in two states, [Oregon](#) and [Washington](#)

## PISTACHIOS

The pistachio tree is native to western Asia and Asia Minor, from Syria to the Caucasus and Afghanistan. Archaeological evidence in Turkey indicates the nuts were being used for food as early as 7,000 B.C. The pistachio was introduced to Italy from Syria early in the first century A.D.

## CUISINE

Modern Turkish cuisine is the result of history — the history of the Turkish people themselves and of the vast Ottoman Empire that included south-eastern Europe, most of the Middle East and North Africa. It includes traditional Turkic elements from Central Asia such as yogurt and grilled meats.

Turkey was the seventh-highest worldwide agricultural producer in 2005. As of March 2007, Turkey's ranking as a producer of various agricultural products was:

<b>World ranking</b>	<b>Food Products</b>
1	Apricot, cherry, fig, hazelnut, pomegranate and quince
2	Chickpea, cucumber and watermelon
3	Eggplant, green pepper, lentil, pistachio and tomato
4	Olives and onions
5	Sugar beet
6	Apples, tea and tobacco
7	Barley and cotton
8	Almonds
9	Grapefruit, rye and wheat

## Breakfast

## Breakfast

The Turkish word for breakfast is *kahvaltı*. It literally means "before coffee" — *kahve* for "coffee" and *altı* for "before". So you have tea with your breakfast and not coffee!



Starting the day with typical Turkish breakfasts.

- Sliced tomato
- Sliced cucumber
- Olives
- A boiled egg
- Various types of cheese
- *Etmek* (bread), with butter and jam
- And, of course, *çay!* (tea)

Other common breakfast foods include yogurt, often served with honey, and *menemen*, somewhat similar to Mexican *huevos rancheros*.

English took the word yogurt or yoghurt from the Turkish *yoğurt*.



## Kebabs

**Kebab**, or *kebab* in Turkish, is very common.

Here's a typical scene — a skewer of **chicken kebab** next to an array of dried fruits and nuts. A quick sandwich for right now, or fruits and nuts to take away for later. Or both!



Hot grilled meat prepared right in front of you — this is food you can feel safe about eating. ***Döner kebab*** literally means "rotating meat", and it can be either lamb (*kuzu*) or chicken (*tavuk*).

The ***kebabçı*** or kebab dealer below can prepare a freshly-squeezed orange juice to accompany your kebab. This is in İstanbul just outside one rear entrance to the Grand Bazaar, heading toward Uzunçarşı Caddesi (Longmarket Street).

Also below is a big sandwich of grilled chicken garnished with lettuce and tomato. It's lunch at one of the [treehouse guesthouses in Olimpos](#).



### Types of kebabs

Name	Description
<i>Döner kebab</i>	Basic rotating meat on a vertical spit kept hot by a nearby gas burner or electrical heater.
<i>Şiş kebab</i>	Literally "skewered grilled-meat" in Turkish, it's small cubes of meat threaded on a skewer, typically with vegetables including eggplant (aubergine or <i>patlıcan</i> in Turkish), tomato, green pepper, and onions. <i>Tavuk şiş</i> is chicken, <i>kuzu şiş</i> is lamb.
<i>Çöp şiş kebab</i>	Pounded boneless meat with tomatoes and garlic marinated with black pepper, thyme and oil and grilled on wooden skewers.
<i>Adana kebab</i>	Finely minced meat mixed with spicy red chili pepper and pressed onto a flat wide metal skewer before grilling.
<i>İskender kebab</i>	Döner kebab on <i>pide</i> with melted butter and tomato sauce and with a side of yogurt. Sometimes called Bursa kebab.
<i>Hünkârı kebabı</i>	"Sultan's kebab", sliced lamb with <i>patlıcan beğendi</i> or eggplant puree, basil, thyme, and

	bay leaf.
<i>Urfa kebab</i>	With lots of onions and black pepper
<i>Köfte</i>	<i>Köfte</i> is a pressed meatball made from finely minced and spiced meat. It can be used in place of <i>döner</i> to make dishes like <i>köfte şiş</i> and so on.

And many more....



### Pide

*Pide* is Turkish-style pizza. Fantastic stuff — cooked when you order it with a wide variety of toppings.

You can garnish yours with hot pepper. A jar of **crushed hot red pepper** is standard on a Turkish table.



Pernirli — cheese

Kıymalı — minced lamb

Yumurtlalı — egg

Karaşık — mixed

**Lahmacun** is made on much thinner crust with finely minced meat and some tomato sauce. It's much more of an Arabic style "pizza".



This side street in the Sultanahmet district of İstanbul has a number of *pideciler* or *pide* restaurants with sidewalk seating.

The *Kara Deniz Pideci* or Black Sea Pizza Shop is one of many with excellent *pide*.

As you might be realizing, *-ci* indicates a dealer in a given product. You would buy your *pide* from a *pideci*, and in the Grand Bazaar you could get a small glass of hot tea or *çay* from a *çaycı*.

That final vowel varies according to the rules of Turkish vowel harmony.

The suffix *-ler* indicates the plural. So there are a few *pideciler* on this street, and many *çaycılar* in the Grand Bazaar. Again with the vowel harmony....



### Meals

Dinner at the Hattusas Baykal Otel ve Pansiyon in Boğazkale, next to the Hittite capital of Hatusaş:

Simple mixed vegetable and potato stew

*Plav* (rice and orzo pasta pilaf)

*Cacik* (yogurt with shredded cucumber and garlic with a bit of mint)

Beans

And, of course, great Turkish bread!



Lunch at a sidewalk cafe in Konya:

*Mercimek çorbası* (lentil soup)

*Plav* (rice and orzo pasta pilaf)

Mixed salad



A light supper in Denizli before boarding the overnight train to İstanbul:

*Mercimek çorbası* (lentil soup)

Plav (rice and orzo pasta pilaf)

Garnish of hot peppers, onion and tomato slices.



Two large evening meals in Göreme, in Cappadocia.

Kebabs and *plav*, with bread.

To drink — Turkish Efe Pilsen beer, and *ayran* (a watery salted yogurt, similar to what is known as *kefir* in Russia).



### Snacks

Gözleme for a mid-day snack. Like a crepe, with a wide variety of fillings.

And Cappy, a line of drinks made from fruit juice.



Two *simit*, a toasted bread roll coated with sesame seeds.



See the *simitci*, the simit seller, balancing a tray of his goods on his head.

He is standing in an entrance to the Grand Bazaar in İstanbul, in the lane leading to *Uzunçarşı Caddesi* (Longmarket Street).



## Coffee

At the end of the meal or for a nice break, have a small cup of Turkish coffee.

Turkish coffee is prepared by boiling finely powdered roast coffee beans in a pot, possibly with sugar, and serving it in a cup where the dregs settle.

If you want it sweet, ask for it to be sweetened as it is prepared.

Ask for it sweet — *kahve şekerli* — or very sweet — *kahve çok şekerli*.



Sip it slowly and let the grounds settle!

Coffee originally came from Ethiopia and Yemen. By the late 15th and early 16th centuries AD it had spread into the outlying Ottoman empire in Cairo and Mecca.

The Ottoman chronicler İbrahim Peçevi reported the opening of the first coffeehouse in İstanbul: "Until the year 962 (AH, or 1554-55 AD), in the High, God-Guarded city of Constantinople, as well as in Ottoman lands generally, coffee and coffeehouses did not exist. About that year, a fellow called Hakam from Aleppo and a wag called Shams from Damascus, came to the city: they each opened a large shop in the district called Tahtalkala, and began to purvey coffee."



And maybe a *hookah* after your meal?

Below are a couple of places in the Grand Bazaar in İstanbul. The Fes Cafe, a coffeeshop, and a kebab place with outdoor seating.



