

Be  
Local Eat  
Local



Karavan



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# BE LOCAL, EAT LOCAL!

As Karavan Travel we have always aimed at showing our guests what Turkish culture could offer to feel like a local. And what better way is there to show that, than eating like a one! Geographically Turkey has been the crossroads of numerous civilisations and cultures, hence the variety of Turkish cuisine today. Whether It is a typical homemade food or street food or even posh and chic restaurant food, Turks quest and love of good food never change. The objective of Karavan Travel is to provide our guests with an experience where they can understand, feel and share the same passion that a Turk has, when tasting the delicious food. Of course, a typical Turkish meal is never complete without a traditional drink such as ayran for lunch on a busy work day or raki at dinner with friends.

Last but not the least as Karavan Travel, we present our guests with the tastes of regional delicacies as part of our tour itineraries. As we take our guests from one region to another, we make sure that they experience all these different kinds of food and Karavan Travel has the right knowhow and expertise to show them this rich variety.



## UNIQUE DINING EXPERIENCE WITH LOCALS

To experience a dinner with locals is what we all dream of while travelling. This is a great opportunity to meet local people at their private places, experience their culture, daily life, hear their stories and taste the homemade local dishes. The event may take place in an apartment, an art gallery or in a atelier of an artist. Join a locals table to discover best kept secrets of local life!

## SIMIT



Simit is a savoury ring shaped dough. And as one can imagine it has a lot of crust. Sometimes light caramel, sometimes deep reddish brown, but always satisfying and crunchy. Along with dough there is a small bit of grape molasses and to make it nice and crisp sesame seeds are essential. It is a good option for quick breakfast and goes well with some Turkish feta or goat cheese not to mention a glass of well-brewed Turkish tea.



## BOREK



Borek is a family of baked filled pastries made of a thin flaky dough known as phyllo, found in the cuisines of the former Ottoman Empire. A börek may be prepared in a large pan and cut into portions after baking, or as individual pastries. It always comes stuffed with different ingredients such as; spinach, minced meat, cheese etc. Borek is also a delicious starter for traditional Turkish lunch or dinner and tastes even better with a glass of ayran (It is a cold yogurt beverage mixed with water and a pinch of salt).

## LAHMACUN



Lahmacun is a round, thin piece of dough topped with minced meat (beef or lamb), minced vegetables and herbs including onions, tomatoes and parsley, and spices such as cayenne pepper, paprika etc. and then baked. It has a crust like a pizza but a lot thinner which makes it healthier. Lahmacun is served best with ayran or şalgam (It is simply «turnip juice” and is actually made with the juice of red carrot pickles, salted, spiced, and flavoured with aromatic turnip fermented in barrels with the addition of ground bulgur rice.) Lahmacun is served as street food and as a starter for kebabs.



## DONER



Doner is a type of Turkish kebab, made of lamb, beef or chicken cooked on a vertical rotisserie. The doner tradition has been existing for centuries in our food culture and it is the ideal encyclopaedic illustrated definition of Turkish street food. Depending on different tastes, doner is sometimes served plain and sometimes wrapped in a pita bread.

## DOLMA



The stuffed vine or cabbage leaves are commonly called as dolma. Other common vegetables that are stuffed and could be called as dolma are tomato, pepper, zucchini and eggplant. The stuffing may or may not include meat. Meat dolmas are generally served warm and often served with garlic yogurt sauce; meatless or simply the ones stuffed with rice are generally cooked in olive oil and served cold. The cold dolmas can be served as meze (classic Turkish starter) and warm dolmas as main course.



## BALIK-EKMEK



One of the most popular street food tradition in Istanbul is definitely balik-ekmek or better known as fish sub or fish sarnie. As one walks around the neighbourhoods of Karakoy or Eminonu, one can't escape the irresistible smell of fish coming from the boats docked by the shore. Added in the sandwich with small chopped pieces of fresh tomato, lettuce or arugula, this delicious street food is definitely an option to try.

## BAKLAVA



Baklava is a rich, sweet pastry made of layers of phyllo filled with chopped walnuts or pistachios and sweetened and held together with syrup. It was a signature dessert of the Ottoman Empire for centuries. For any foodie, a visit to Turkey is not complete without a slice of baklava.



## IRMIK HELVASI



Helva or commonly known and written as halva is a dessert which is made with semolina. Mostly, served hot, with a pinch of pine nuts along with some cinnamon add a nice flavour to this delicious dessert. Depending on the cook, milk is also a good option as an ingredient. Although semolina may sound a little different at the beginning, don't miss it while you are in Turkey!

## AYVA TATLISI



Ayva tatlısı is a dessert from Turkish cuisine that is made with quince. After cooking the quince in boiling water, syrup is added and topped with clotted cream. Turkey is probably the only place in the world where you can eat quince as a dessert. It is served as either warm or cold throughout Turkey. The right time is winter for fresh quince dessert.



## TURK KAHVESI



The most important thing to know about Turkish coffee is that it is not Greek! Joke aside, it has become one of the signature drinks for this part of the world. Served in small cups Turkish coffee is definitely a popular conversation drink. After drinking the coffee, act like a local and make sure that you have your fortune told to you by a fortune teller. The thick grounds of coffee make strange shapes around the cup for great stories.

## SAHLEP



Sahlep is a flour made from the tubers of the orchid genus *Orchis* (including species *Orchis mascula* and *Orchis militaris*). Salep flour is consumed in beverages and desserts, especially in places that were formerly part of the Ottoman Empire. In England, the drink was known as saloop. Popular in the 17th and 18th centuries in England, its preparation required that the sahlep powder be added to water until thickened whereupon it would be sweetened. The drink sahlep is now often made with hot milk instead of water. It is by far the most popular drink in winter since it is served hot.



## RAKI



This national drink of Turks is produced by twice distilling grape pomace (or grape pomace that has been mixed with ethanol) in traditional copper alembics of 5000 liters, and flavoring it with aniseed. Dilution with water causes raki to turn a milky-white color. This phenomenon has resulted in the drink being popularly referred to aslan sütü («lion's milk»). Since aslan («lion») is a Turkish colloquial metaphor for a strong, courageous man, this gives the term a meaning close to «the milk for the strong». Having high alcohol content, it is generally considered to be consumed with meals especially with mezes and seafood.

## DURUM



A durum is like a roll or a wrap that is usually filled with typical döner kebab ingredients such as beef, lamb or chicken. Additional ingredients like, lettuce, tomatoes, pickles and potato chips brings the taste to a higher standard. The wrap is made from lavash or yufka flatbreads. A durum is the ideal example of street food concept in Turkey.



## TANTUNI



Tantuni can be considered as a kind of durum which is filled with beef, tomatoes, peppers and rich combination of various spices. It is always served in a wrap made from a very very thin lavash (tortilla). Although found in almost every city in Turkey, it is actually a local dish from the city of Mersin. The locals there believe that a Tantuni is not a real tantuni if it does not burn your lips.

## CIG KOFTE



Çig köfte means a raw meatball dish in Turkish and it is similar to steak tartare. It is traditionally made with either beef or lamb, and usually served as an appetizer or meze. In Turkish çig means «raw» and köfte means «meatball». In the beef variant, ground beef is used. Tendons and fat are removed before grinding the beef. It is important to use expensive high-quality beef so that the meat can be safely served raw. It is a specialty of Southeastern Turkey from the cities of Şanlıurfa and Adıyaman. A favorite way of eating çig köfte is rolled in a lettuce leaf, accompanied with good quantities of ayran to stop the burning feeling that this very spicy food will taste. It is definitely an acquired taste but once when it is gotten used to it is impossible to live without.



## ICLI KOFTE



Icli köfte is a dish made of bulgur (cracked wheat), minced onions, and finely ground lean beef or lamb with spices such as cinnamon, nutmeg, clove, allspice, walnuts etc. The best-known variety is a torpedo-shaped fried croquette stuffed with cooked minced beef or lamb with onion. It is generally served hot as pre-kebab dish. Although, it is highly known as a Southeastern cuisine, it is generally served all around Turkey.

## MIDYE DOLMA



This is basically a dish which is stuffed with seasoned rice (often containing garlic, cinnamon, pepper, currants) and served in their shells with a lemon wedge. Obviously one may have (quite valid) worries about consuming shellfish on the street but there are plenty of other good, reputable places at which to indulge-and indulge one must, because it is incredibly delicious.



## HAMSI



Hamsi is the European anchovy (*Engraulis encrasicolus*) is a forage fish somewhat related to the herring. Anchovies are placed in the family Engraulidae. Although also found in the sea of Marmara, it is mostly associated with the Black Sea and the people of the same region of Turkey. For the people of Black Sea, hamsi is not just a fish but also a symbol for their folkloric jokes and anecdotes. It is cooked in many different ways (almost 60!) not to mention the dessert that they make in Black Sea.

## GOZLEME



Gözleme is a traditional savory Turkish flatbread and pastry dish, made of hand-rolled leaves of yufka dough that are lightly brushed with butter and eggs, filled with various toppings in different regions such as variety of meats, vegetables (spinach, zucchini, eggplant, mushrooms) and different kinds of cheese. Best goes with ayran.



## BOYOZ



Boyoz is a Turkish pastry, associated with İzmir, Turkey, which is practically the only city where it is prepared for commercial purposes and follows the original recipe. As such, in the eyes of Izmir locals boyoz acquired the dimension of a symbol of their hometown or of their longing for it when away. The most widely preferred boyoz is plain, without addition of meat or cheese or spinach stuffings, and as cooked by a handful of master boyoz bakers in İzmir. Boyoz paste is a mixture of flour, sunflower oil and a small addition of thin. The best way to enjoy boyoz is to eat with a glass of Turkish tea.

## KUMRU



Kumru is a Turkish sandwich on a bun, typically with cheese, tomato, and sausage and mostly associated with food culture of Izmir. The name of this street food translates as 'collared dove', and derives from the shape of the sandwich. The original kumru was ring-shaped and covered with sesame seeds. The present one appeared in the mid-20th century, and soon became very popular. The secret of its popularity is in its tasty and soft bread. Some kumru vendors also serve it with pickled cucumbers, hot pepper, mayonnaise and ketchup. Kumru best goes with ayran.





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