

- Pizza Margherita: tomato, mozzarella, basil
(red) (white) (green) → Italy flag
- Actually, flatbreads with toppings
- If you think pizza as flat bread cooked in oven → history in Middle East
Babylonians, Egyptians
- If pizza has to have toppings, ancient Greeks and Romans
with olive oil and local spices. → Focaccia breads
- Pizza (tomato, cheese, toppings) originated in Italy
- Lahmacun

Ayran

- Turkey, Iran, Iraq, Kyrgyz, --
- was popular in Persia (Iran)
(still)
- cold drink of curdled milk and water seasoned with mint
(?)
- First Goletsuks. They want to ↓ acidity of sour yogurt by adding water.
- Turkey → Susurluk, fermented structure

Pasta

- Exported somewhere from Asia, before Marco Polo.
- Italian term macaroni.
- Pasta as main dish.
- First, drying noodles 1-4 week.
Then, people say it should retain some firmness (cooked for minutes)
Then industry

re

Americano → American Spanish
↳ Italian for American Coffee.

American soldiers dilute espresso with hot water to approx coffee which they were accustomed.

Turkish Coffee → oldest prep. method coming from Ottomans

↳ finely ground unfiltered coffee.

↳ arabica beans best, robusta is also used

↳ very fine powder.

↳ considered as drug due to interpretation of Quran but later no prohibition.

↳ first coffee house in Britain opened by Turkish Jew (17th cent)

Foam, flavor, smell, serving style

Only serving style that coffee has the ground at the bottom.

Kahvealtı → foam consumed before coffee

Turkish Delight

- Behir efendi

- rahat-ül hulkum (heal the throat) → rahat lokum → lokum
English traveler could not pronounce, said Turkish Delight

- favorite is plain jelly studded with pistachios


- won many awards

Honey

- Most imp. sweetener until 16th cent, cane sugar became more available.
- Now, alternate to sugar

Honeybee → Plants provide the insects with food
insects carry fertilizing pollen

Process

- Collect nectar
- Gather in beehouse(?), process (spitting each other)
- Put in the , evaporate water to 50 or 60%



①



②

1 means close (distance)
2 means far.
left means, left to the sun.
more excited wiggling, better food

Pure Honey

- Honey aroma (exception rare bee)
- Mild burning in throat (acidic)
- Does not separate into layers(?)
- Natural impurities (purity)
- Soft texture (thin, filament-like trickle)



- Thick
- No foam

False honey

- Sour smell or no smell
- No burning
- Layers
- No impurities
- Rough texture
- Runny, drips & immediately spreads
- Has foam

In order to boost dilution of false honey.
+ water + Nigasta

- Hold a match (cigarette) → real melt
↳ fake less straight away
(?)

Iodine + niosome → blue

- Bread + honey /

- Bread + honey
- Honey + 2,3 drops vinegar. If foam \rightarrow fake
- Heated metal, good honey will stick not false back to the jar

Water 17%

Fructose 58%

Glucose 31%

Glucose 31%
Acidic (3.4 - 6.1), average 3.8

contains a microorganism Clostridium botulinum: Botulinum Toxin (Botox) (Heart diaphragm) might be

Clostridium botulinum: (Botulinum toxins) might be fatal.
Paralysis of muscles (Heart, diaphragm)

Ready purposes

Antibacterial paper hrs.

Ready prepared
Antibacterial paper plates.
- ^{They} should not be fed to children. They don't have developed digestive
- ^{They} ^{are} ^{not} ^{safe} ^{for} ^{infants} ^{and} ^{young} ^{children} ^{because} ^{they} ^{contain} ^{large} ^{numbers} ^{of} ^{spores} ^{of} ^{the} ^{organism} ^{that} ^{causes} ^{dysentery} ^{and} ^{other} ^{intestinal} ^{disorders}.

- Honey often carries dormant spores of
Infant can have diff. in breathing & paralysis

Simple Sugars

- Glucose, Fructose, Galactose
- Monosaccharides.

★ Fundamental units ★

Glucose → Grape, fundamental unit of most of sugars
Fructose → Fruit sugar.
Galactose → Milk and synthesized by mammals

$C_6H_{12}O_6$

Disaccharides

- Maltose → Glucose + Glucose
barley (cereal) sugar

indigestible enzyme maltase

- Lactose → Glucose + Galactose
milk sugar.

indigestible enzyme Lactase

- Sucrose → Glucose + Fructose
table sugar.

taken as reference sweetness
indigestible enzyme sucrose

coke zero → tatlar fakler Kullarlar
coke light → sehr fakler.

Polysaccharides

- Starch (Nikasta)

long chain of glucose

_____ Amylase

_____ Amylopectin

Cellulose

we cannot digest
glucose as its monomer

- Glycogen

multibranched polys. of glucose.

- serves as a form of energy storage in humans.
- all glycogen is depleted once animal is slaughtered (after glycine eaten)

Corn Syrup

- Big portion is starch.
- When starch is hydrolyzed, yielding molecule is glucose.
- In the presence of acidic medium, tasteless starch is converted to sweet glucose. → corn syrup.