



Offal in Turkish Cuisine: Example of Adana Province

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Abstract

Offal, which has an important place in Turkish culinary culture, is defined as the edible parts of slaughtered animals, excluding meat. Since ancient times, when people began to hunt animals, offal has been a part of the dietary habits of Turks and other ethnic groups. In the light of this information, I aimed to bring together the findings about offal, to reveal the place and importance of Turkish cuisine from past to present, and to determine and evaluate the offal in the menus of food and beverage businesses in Adana. The target population of the study consists of food and beverage businesses located in the center of Adana. It was determined that the enterprises participating in the research operate in the center of Adana and include offal dishes in their menus. Accordingly, a total of 17 businesses that include offal in their menus were interviewed. Content analysis were used in the analysis of the data obtained for the study. When the results of the analysis are examined, it has been determined that the menus of the enterprises in Adana mainly include şırdan (abomasum), mumbar, kırkkat (rumen), tripe, khash, tongue, çürük and brain offal dishes. When we look at the data obtained as a result of the interviews, it is seen that offal dishes have an important place. The fact that both local people and guests from different provinces prefer offal in Adana reveals that offal is also important in the scope of gastronomic tourism in Adana region.

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INTRODUCTION

Culinary culture includes activities such as preparing, cooking, preserving and consuming the kinds of food and beverages necessary for the continuation of human life (Kasar, 2021). The nutritional habits of a society include the geographical and socio-cultural characteristics of the region and its interactions with different cultural societies (Kızıldemir, Öztürk & Sarıışık, 2014). Turkish culinary culture, based on Anatolian societies with nomadic lifestyles and Ottoman civilization, includes some characteristics of the steppe culture on the one hand, and the favorable diversity of the Mediterranean and Middle East geography on the other (Durlu, Özkaya & Cömert, 2017). Sheep, goat, cattle and mare meat were consumed a lot in Central Asian Turks (Ertaş & Karadağ, 2013). Offal, obtained mostly from poultry, game meats, organs of ovine and bovine animals, are also among the products consumed by Turks since their early days (Özdemir, 2020).

Offal is used not only in Turkish cuisine, but also in world cuisine. Offal is among the traditional dishes of many countries. For example, in Lyon, France, tripe stuffed with guts, pepper, wine, onions and spices, resembling thick salami, Foie gras pâté are among the most expensive and favorite offal dishes. Stuffed tripe called Haggis, filled with a mixture of lungs and liver, heart pieces, oats and spices, is the national dish of Scotland. Kidney Pie, made from beef and lamb kidneys in England, is one of the country's most popular dishes. In addition, blood sausage (Black Pudding) made with pork blood, rice and spices, is one of the most consumed offal. In Germany, sour tripe served with French fries, ravioli stuffed with bone marrow, is the main dish of weddings in some regions. Liver cooked with apple and onion slices, liver stew served with small dumplings and dozens of sausages are among the national products of the country. Similarly, in many countries such as Finland, Italy, Spain, Portugal, Hungary, Mexico and Argentina, offal is consumed both as a street food and as a special day meal (Yaşın, 2020). With its journey from palace kitchens to public kitchens, offal has become the symbol of multicultural cuisines today as it was in the past. It can be said that the variety, preparation and presentation of foods prepared from offal in different cultures has a heritage feature. Adana province is also a city that has come to the fore with its offal. The fact that offal consumption is common in Adana reveals the importance of offal in the regional cuisine. In the light of this information, a comprehensive literature review was conducted to draw attention to the place of offal in Turkish cuisine and the gastronomic importance of offal dishes in Adana.

Conceptual Framework

Offal

Evidence confirming the consumption of offal as a food source has been found in prehistoric excavations. It is also known that at that time, people offered offal in various rites in line with their own beliefs (due to the fact that the brains and internal organs of the animals were taken from the skulls) (Tonder, 2018). In the following periods, offal has taken its place in the banquet menus and daily diets of many civilizations (Ancient Greece, Egypt, Rome, Byzantine, Anatolian Civilizations, Seljuks, Ottomans, etc.) (Özdemir, 2020).

Offal, which is consumed almost everywhere in the world, is seen as an excellent source of protein. At the same time, offal is considered among the basic traditional delicacies. In many parts of the world, offal meats are included in menus as traditional dietary ingredients. In addition, it can be used in pastries with a low-cost approach (Alao, Falowo, Chulayo & Muchenje, 2018).

Literally, offal is expressed as the internal organs of the slaughtered animal such as the heart, liver, kidney, rumen, brain, etc., as well as the head and feet (TDK Sözlüğü, 2021). Etymologically, offal is of Arabic origin and means "spills" (Nişanyan, 2021). The word offal is also etymologically related to the Dutch word "afval". It is noteworthy that "abfall or offal" in German is expressed with similar words as "avfall" in Norwegian and Swedish, and all of them refer to the verb "to fall" (Edwards, 2013). It is thought that this is probably due to the fact that the first pieces that fall to the ground when the animal is slaughtered are offal (Özdemir, 2020).

Generally, offal obtained from organs other than poultry, game animals, ovine and bovine animals are expressed as gastronomic products (Bourdain, 2012). Offal stands out as a cheap protein source, both as a food requirement and as a delicious food (Young, 2018). Offal is considered as the head, brain, bone marrow, lung, liver and whole heart and is known to have high nutritional value. In this regard, it is also important for its nutritional value (Dalby, 2003). In particular, good quality protein although it has resources, it is thought that offal is not used enough today. By including offal products in the daily diet, good quality amino acids, vitamins and it is possible to benefit from the maintenance of mineral substances (Küçükkömürler & Koluman, 2021).

Offal in Turkish Cuisine

Nomadic Turks felt the need to preserve their animal sourced food during migration. In line with their needs, they developed a preservation method by stuffing meat into offal such as tripe and intestines. In this way, they have obtained gastronomically valuable products known in Turkish culinary culture and world cuisines. Cheese, which has a great place in the world of gastronomy, is one of these products. The first samples of cheese were obtained by keeping the milk in the tripe for storage. Then it had been fermented as a result of contact with the abomasum, which is one of the 4 parts of the tripe and whose juice is natural yeast. In this context, the importance of offal has been revealed from the past to the present (Dumanlı, 2015; Özdemir, 2020).

The liver, head, spleen, heart, kidneys, rumen, brain and large intestine of the slaughtered animal were consumed in the ancient Turks. Meat and offal of slaughtered animals were cooked in an earthen well called "tandoor" or by roasting them (Sürücüoğlu & Özçelik, 2007). This cooking method is also seen in the Seljuk cuisine culture. Seljuks also consumed offal, such as heart, liver, kidney, etc., by cooking them over fire or in tandoor ovens (Oral, 2008). Consumption of offal is also seen in the Ottoman palace cuisine. These consumptions are recorded in accounting and visiting books. Since the meat used in the palace cuisine was limited to lamb and mutton, the offal of these animals was used. In particular, feet, liver, intestines, tripe, head, and şırdan are among the most common products among these records. In addition, products such as eyes, brain, spleen, kidney and tongue were found in these sources. Offal was also included in the menus of official invitations organized by the Ottoman sultans. Tripe soup and egg dishes with tongue are shown as examples in the menu of the invitation given by Sultan Reşad in 1915 (Dumanlı, 2015). In line with this information, it is seen that offal dishes have not been separated from Turkish cuisine and that with the development of cooking techniques; recipes have been added to the culinary culture and have survived to the present day (Küçükkömürler & Koluman, 2021). Offal differ in terms of preparation stages, cleaning principles, storage conditions, cooking time and degrees. The main reason for this situation is that the physical and chemical contents of organ meats vary. It is possible to see the same offal with different types of dishes among traditional recipes. This shows that it is shaped depending on the cuisine culture of the territory or region. For example, considering mumbar; using rice or bulgur as a stuffing, adding liver and lungs to the stuffing in the Tokat region represents a difference

than in other regions (MEGEP, 2011).

Today, when modern Turkish cuisine is examined, it is seen that offal has an important place. It is possible to say that there are many types of food under the name of offal, both in restaurants for daily consumption outside and in home kitchens. The main offal and their contents in Turkish culinary culture are given in Table 1.

Table 1. The Main Offal Dishes in Turkish Cuisine

Stuffed Şırdan (<i>Şırdan Dolması</i>)	It is made by after cleaning the fourth and last part of the animal's stomach, <i>şırdan</i> (abomasum), stuffing it with spicy rice or bulgur, sewing it and cooking it in tomato paste water.
Khash Soup (<i>Kelle Paça Çorbası</i>)	It is a kind of soup made by seasoning the meat (offal) obtained by boiling the head and feet, adding it to the boiling water and serving it.
Stuffed Kırkkat (<i>Kırkkat Dolması</i>) (Forty-layers)	It is made by cleaning a part of the stomach of animals such as sheep or cows. Since this section has 40 layers, dish has this name. It is filled with spiced rice like <i>şırdan</i> stuffing and cooked.
Stuffed Mumbar (<i>Mumbar Dolması</i>)	It is prepared by filling the large intestines of sheep with rice or bulgur stuffing. It is made and preferred mainly in the winter months in the Southeast, Eastern Anatolia and Eastern Mediterranean regions.
Tripe Soup (<i>İşkembe Çorbası</i>)	It is a type of soup usually made from beef tripe (part of its stomach). After it is boiled, it is cut into small pieces, chopped, seasoned, combined with boiled water and flavoured.
Tuzlama	<i>Tuzlama</i> , also known as <i>damar çorbası</i> (vein soup), is served by chopping large tripe into a normal tripe soup. Garlic, butter, chili flakes are indispensable for similar soups.
Fried Liver (<i>Ciğer Tava</i>)	In Turkish cuisine, liver is usually cooked by frying it in a frying pan. Before frying, it is floured. It is a meat dish mostly made in Edirne. Edirne Fried Liver has also obtained its geographical indication. Preparing it from the daily livers of fat calves grown in the fertile grasslands of Thrace is an important factor in terms of the deliciousness of this dish
Albanian Liver (<i>Arnavut Ciğeri</i>)	Albanian liver is a Turkish dish made with cubes of lamb or beef liver fried in oil with onions, parsley, hot pepper and spices. Fried potato cubes are also added while serving.
Leaf Liver (<i>Yaprak Ciğer</i>)	Thinly sliced liver is cooked by frying in a pan. When served, it is served with sliced onions.
Liver Meatballs (<i>Ciğer Taplaması</i>)	It is a kind of food that is prepared mostly in Bitlis region. It is prepared by mincing lamb livers, kneading with fine bulgur, and flavoring with basil spice and salt. Prepared meatballs are boiled in boiling water and served with chili pepper butter sauce and finely chopped mint.
Paçık	It is prepared by boiling beef, lamb's feet or tongue pieces and placing them on diced bread. While serving, strained yoghurt with garlic and butter is drizzled on it.
Kokoreç	It is an offal dish made from sheep's small intestine and <i>mumbar</i> , wrapped in a bottle and fried over a ember. It is a street food mostly served in restaurants. Therefore, it is considered as one of the most common offal products for out-of-home consumption.
Piti Kebab	Piti kebab, which is made in all the cities in the Eastern Anatolia region, but known to belong to Kars, is also known as “ <i>bozbaş</i> ”. It consists of tripe and chickpeas placed on phyllo dough.
Lung Stew (<i>Akciğer Yahni</i>)	Stew dishes have a rich variety. Lung stew, one of the types of stew in Turkish cuisine, is cooked with seasonal vegetables.
Spleen, Liver, Heart, Kidney Roasting (<i>Dalak, Ciğer, Yürek böbrek, Kavurması</i>)	It is one of the types of dishes made with pan-roasting technique in almost every house, especially during the Eid al-Adha. The freshness of offal is important for the taste of the food. Most of the time, it is cooked simply just by seasoning.
Liver Skewers (<i>Ciğer Şiş</i>)	It is a type of kebab that originates from Diyarbakır, Gaziantep and Şanlıurfa, but is frequently made in the southern provinces of Turkey. It is also consumed as breakfast in Adana, Gaziantep, Şanlıurfa and Diyarbakır.
Sweetbread Roasting (<i>Uykuluk Kavurması</i>)	It is divided into three as neck sweetbread, small sweetbread and liver sweetbread and all of them have different cooking conditions from each other. The neck sweetbread should be turned frequently and cooked on high heat, while the small sleeper should be boiled first to release its excess oil, since it is quite oily, and then it should be prepared on high heat again. Liver sweetbread should be cooked on a lighter fire, otherwise it dries up.
Tripe-Head-Tongue, Brain, Söğüş (<i>İşkembe-Kelle-Dil Beyin Söğüş</i>)	The serving of boiled meat or vegetables without mixing them that are eaten cold is called cold cuts. Tripe, head, tongue and brain among the offal dishes, usually, with lemon and spices, served cold and without water.

Table 1. The Main Offal Dishes in Turkish Cuisine (Cont.)

Wrapped Liver (<i>Ciğer Sarması</i>)	This dish, especially made during the Hidrellez times, represented the increase in fertility in the spring months when sheep and goats were lambed during the periods when there was no livestock. It was made by the herd owners and distributed to the public in order to herald the new animals to the herd. Preparing and giving liver wraps has become a kind of status indicator. It is especially seen among the prestigious offal dishes of restaurants that symbolize the concept of Ottoman cuisine. The main products for the meal are liver and lamb's shirt.
Trotter Pie (<i>Paça Böreği</i>)	It is one of the types of pastry prepared with boiled and deboned trotters and trotter juice.

Source: The table has been compiled by the Source people.

Method

In the study, it was aimed to determine and evaluate the offal in the menus of food and beverage businesses in Adana. The target population of the study consists of food and beverage businesses located in the center of Adana. In line with the data obtained from the Adana Kebab Shop Presidency, 375 food and beverage businesses were identified throughout the province of Adana, which included offal on the menu. The interviewed businesses were selected by convenience sampling method. The research was carried out only on businesses operating in the center of Adana, which include offal products in their menu. Ethics committee approval was obtained for the study. The interviews were held between 06 October and 20 November 2022. The interviews are on a voluntary basis. It was determined that the enterprises participating in the study operate in the center of Adana and include offal dishes in their menus. Accordingly, a total of 17 businesses that include offal in their menus were interviewed. Content analysis were used in the analysis of the data obtained for the study. Content analysis requires a closer examination of the data obtained and reaching the concepts and themes that explain this data (Yıldırım & Şimşek, 2008). In this direction, the descriptive findings of the participants interviewed with content analysis were evaluated. At the same time, the contents of the participants' views were systematically defined by content analysis (Altunışık et al., 2010). In this context, the information obtained from the forms was accepted as a data source. The obtained data were coded by making content analysis. Some criteria have been determined for the purpose of the study. The relevant literature review was used to determine these criteria. The fact that the study was conducted in Adana is among the limitations of the study. Conducting similar studies more comprehensively in different geographical regions will contribute to the literature.

Findings

Table 2. Offal Dishes Prepared in the Province of Adana

FOOD GROUPS	Dishes Made from the Liver	Dishes Made from the Head	Dishes Made from The Abdomen	Dishes Made from the Intestine	Other Offal Dishes
DISHES	Liver skewers, liver roasting, lung	<i>Khash</i> , tongue, brain <i>söğüş</i> , <i>çürük</i> , foot-trotter	Tripe, <i>Tuzlama Şırdan</i> , <i>kırkkat</i> ,	<i>mumbar</i> , <i>kokoreç</i>	Spleen, heart, kidney roasting and grill, ram's testicles (<i>billur</i>), sweetbread
TOTAL	3	5	4	2	5

In Table 2, offal dishes made in Adana province are grouped. It has been found that the offal dishes in the Turkish cuisine called liver meatballs, wrapped liver, leaf liver, fried liver, lung stew, Albanian liver, paçık, trotter pastry and piti kebab in Table 1 are not served in the enterprises participating in the study. Accordingly, in terms of production and consumption, generally offal dishes made from the head and other offal dishes (spleen, heart, kidney, ram's testicles, sleeper) are consumed in Adana.

Table3. General Characteristics of the Participants and the Enterprise

Participant Code	Number of Active Working Years of the Business	The Concept of the Business	Position in the Business	Age	Years Of Experience	What should be the internal design of businesses selling offal food?
P.1	12	Offal	Chef	51	30	Casual
P.2	27	Offal	Employer	38	27	Casual
P.3	10	Offal	Chef	41	30	Casual
P.4	11	Offal	Chef	42	19	Casual
P.5	18	Offal	Business Manager	48	14	Casual
P.6	12	Restaurant	Chef	48	27	Casual
P.7	15	Restaurant	Chef	48	25	Casual
P.8	10	Offal	Chef	40	20	Luxurious
P.9	35	Offal	Business Manager	35	20	Casual
P.10	32	Offal	Chef	34	10	Casual
P.11	23	Offal	Chef	46	20	Casual
P.12	44	Restaurant	Chef	51	44	Luxurious And Attractive
P.13	15	Offal	Chef	55	35	Casual
P.14	14	Restaurant	Business Manager	41	15	Luxurious
P.15	30	Offal	Business Owner	32	16	Luxurious, Attractive
P.16	14	Restaurant	Chef	42	21	Casual
P.17	16	Restaurant	Business Manager	46	21	Luxurious

According to the findings obtained from Table 3, the active working years of the participating enterprises were determined as P.12 with a maximum of 44 years. Of the 17 participants, 6 are restaurants and 11 are offal concept businesses. The duties of the participants in the business were explained as chef, employer, business manager and business owner. It has been determined that the interior design of businesses selling offal food should be predominantly casual. Based on the answers given, they stated that the reason why the interior design is casual is that the guests who come to eat offal should feel comfortable in an environment.

Table 4. Information on Offal Meals in Participating Businesses

Participant	What are the Offal Dishes on Your Menu?	From where do you get the offal in your business?	Number of Plates in Demand Per Day (Course Count)	What Is the Most Preferred Offal Dish in Your Business?
P.1	<i>Şırdan Mumbar, Kırkkat</i> Tripe, Trotter, Tongue, Brain, <i>Çürük</i> , Feet	Slaughterhouse	500-600	<i>Şırdan, Mumbar</i>
P.2	<i>Şırdan, Mumbar, Kırkkat</i> Tripe, Trotter, Tongue, Brain, <i>Çürük</i> , Feet	Slaughterhouse	400-500	<i>Şırdan, Mumbar</i>
P.3	<i>Şırdan, Mumbar, Kırkkat</i> Tripe, Trotter, Tongue, Brain, <i>Çürük</i> , Feet	Slaughterhouse	500-600	<i>Şırdan</i>

Table 4. Information on Offal Meals in Participating Businesses (Cont.)

P.4	<i>Şırdan, Mumbar, Kırkkat</i> Tripe, Trotter, Tongue, Brain, Çürük, Feet	Slaughterhouse	450-500	Trotter
P.5	<i>Şırdan, Mumbar, Kırkkat,</i> Tripe, Trotter, Tongue, Brain, Çürük, Foot	Slaughterhouse Offal Wholesaler	300-400	Trotter
P.6	<i>Şırdan, Fried, Mumbar,</i> Tripe, Trotter, Tongue, Brain, Çürük, Feet	Butcher	150-200	Tripe
P.7	Sweetbread, Spleen, Kidney, Heart, Ram's testicles, Lung.	Butcher	500-600	Liver, Sweetbread
P.8	<i>Şırdan, Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Feet, <i>Kokoreç</i>	Slaughterhouse	400-500	<i>Şırdan</i>
P.9	<i>Şırdan, Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Feet, <i>Kokoreç</i> Liver, <i>Kokoreç</i> , Heart, Spleen, Ram's testicles	Slaughterhouse	400-500	<i>Şırdan, Liver</i>
P.10	<i>Şırdan Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Foot	Slaughterhouse	3000-4000	<i>Şırdan</i>
P.11	<i>Şırdan, Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Foot	Slaughterhouse	1000	Trotter
P.12	Heart, Kidney, <i>Billur,</i> Spleen, Liver	Butcher, Wholesaler	100-150	Liver
P.13	<i>Şırdan Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Feet, <i>Kokoreç,</i> Sweetbread, Ram's testicles	Slaughterhouse	1000-2000	<i>Şırdan, Mumbar</i>
P.14	Heart, Kidney, <i>Billur,</i> Spleen, Liver, Sweetbread	Butcher, Wholesaler	600-700	Liver
P.15	<i>Şırdan Mumbar, Tripe,</i> Trotter, Tongue, Brain, Çürük, Feet <i>Tuzlama</i>	Butcher	300-400	<i>Khash</i>
P.16	<i>Mumbar, Kırkkat, Tripe,</i> Trotter, Tongue, Brain, Çürük, Feet <i>Khash</i>	Butcher	150-200	<i>Khash</i>
P.17	Sweetbread, Spleen, Liver, Kidney, Heart, Ram's testicles, Lung.	Butcher	200-250	Liver

In Table 4, it has been established that in the menus of the enterprises, there are mainly şırdan, mumbar, kırkkat tripe, khash, tongue, çürük and offal dishes made from brain. In P.17, P.14, P.13, P.12, P.9 and P.7 businesses, it has been determined that there are predominantly sweetbread, spleen, kidney, liver, ram's testicles (billur), lung, heart and kokoreç. 10 of the participants stated that they obtain offal from the slaughterhouse, and the remaining 7 from butchers, wholesalers and offal sellers. The highest number of plates in daily demand was found to be in P.10 with 3000-4000 plates. It has been determined that the most preferred offal dish is şırdan.

Table 5. How Preferable are the Participating Enterprises?

Participant code	Age range demanding for your business	Are there any people coming to your business from outside of adana?	Offal Where should the businesses be located?
P.1	7-70	Yes, 30%	Proximity to the center Proximity to the product
P.2	12-70	30%	Proximity to the center Proximity to the product
P.3	7-70	50%	Proximity to the center Proximity to intercity transport Proximity to the product
P.4	20-55	25%	Proximity to the center
P.5	20-50	10%	Proximity to the center
P.6	18-60	30%	Proximity to the center
P.7	20-60	50%	Proximity to the center
P.8	7-70	30%	Proximity to the center
P.9	7-70	60%	Proximity to the center
P.10	18-40	70%	Proximity to the center
P.11	25-65	30%	Proximity to the center
P.12	10-80	60%	Being close to the center
P.13	7-70	70%	Proximity to the center
P.14	15-70	60%	Being at the center
P.15	7-70	40%	Being at the center
P.16	25-65	30%	Being at the center
P.17	25-55	15%	Being at the center

In Table 5, the age ranges showing the demand for the businesses, the average value of the guests coming from outside Adana and the importance of the location of the offal business have been found. In this context, it has been determined that there are businesses that appeal to all age groups. It was found that the average of guests from outside Adana was at the highest level in P.10 and P.13 businesses. 17 businesses included in the study stated that it is important to be close to the center as a location. The fact that the business is located close to the center provides an advantage in terms of easier access for people and easier supply of offal used in the business.

Conclusion and Recommendation

Turkish cuisine has become a rich and deep-rooted culture with the cultural interaction of different societies from past to present. As a result of the spread of Turks to wide geographical areas, Turkish Cuisine has taken its place among the few and the largest cuisines in the world. The Turks, who adopted the nomadic lifestyle, mostly engaged in animal husbandry. In this direction, they often consumed meat and meat products. Offal are also among these products. It is seen that offal has a very important and wide place in traditional Turkish culinary culture. Offal has an important share in Turkish culinary culture in terms of both nutrition and preservation of other food products.

In the past, Turks consumed almost all parts of the animals they slaughtered. Examples of these parts are the liver, head, spleen, heart, kidneys, tripe, brain and large intestine of the slaughtered animal. Consuming these products, which have a very high nutritional value, is also important in terms of health. Today, when we look at modern Turkish cuisine, offal is among the indispensable parts. The offal, which has taken its place in the kitchens of many businesses or local people, has become a product integrated with the Turkish culinary culture. The journey of offal, which is also seen in Central Asia, Seljuks and Ottomans, covers a long period from past to present. With the interaction of different societies, offal dishes, which still exist today, are served in various ways from region to region. And this is due to the geographical region in which it interacts. The promotion and highlighting of offal, which has an important

place in traditional Turkish cuisine, is also important in terms of gastronomic tourism. In this context, it is necessary to show the necessary devotion to serve offal dishes to the local people in restaurant establishments rather than home kitchens. When the preference status of the enterprises is examined, it has been found that both the local people and the guests from different provinces visit the enterprises to taste the offal dishes. It was found that the average of guests from outside Adana was at the highest level in P.10 and P.13 businesses. This, in turn, shows that offal is important in the context of gastronomic tourism in the Adana region.

Turkish cuisine, which is mostly based on agricultural and animal products, is seen as a nostalgic representative of traditions and customs, although it differs according to geographical regions and social structure. In this direction, it is revealed how important it is to transfer Turkish cuisine to future generations without losing its local characteristics. With its past history, the offal dishes that have survived to the present day should be given the value they deserve in the Turkish culinary culture and should be brought to the fore. It is thought that more studies in this field should be increased in order to highlight the local dishes in Turkish cuisine and to create an international awareness within the scope of gastronomy.

Bringing the Turkish cuisine to the places it deserves, and bringing local flavors and flavors to the fore, will also ensure product diversification in tourism. Therefore, including offal dishes in the menus of local businesses will directly contribute to the gastronomic tourism of the city.

Within the scope of gastronomic tourism, more care and attention should be paid to offal dishes, which can attract attention both in terms of presentation and taste. In addition to the offal dishes that stand out in the Adana region, it is thought that the forgotten offal dishes in Turkish cuisine should be highlighted in local businesses.

Declaration

All authors of the article contribute equally to the article process. The authors have no conflict of interest to declare. Ethics committee approval was obtained for the study.

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Annex-1: Ethics Committee Permission**Üzerinde doküman numarası bulunmayan dokümanlar kontrolsüz dokümandır.**

**HATAY MUSTAFA KEMAL ÜNİVERSİTESİ
SOSYAL VE BEŞERİ BİLİMLER BİLİMSEL
ARAŞTIRMA VE YAYIN ETİĞİ KURULU
KARARLARI**

TOPLANTI TARİHİ	TOPLANTI SAYISI	KARAR NO	SAYFA NO
05.10.2022	10	09	2/5

Üniversitemiz Sosyal ve Beşeri Bilimler Bilimsel Araştırma ve Yayın Etiği Kurulu 05.10.2022 tarihinde Başkan Prof. Dr. Seval YAVUZ başkanlığında toplanarak aşağıdaki kararları almıştır.

KARAR-9: Öğr. Gör. Hilal ÖZ tarafından gerçekleştirilecek “**Türk Mutfağında Sakatatın Yeri: Adana İli Örneği**” başlıklı araştırma için hazırlanan materyaller Yükseköğretim Kurumları Bilimsel Araştırma ve Yayın Etiği Yönergesi kapsamında değerlendirilmiş olup uygulanmasının uygun olduğuna oy birliği ile karar verildi.

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