

# GENERAL FEATURES OF MUS CUISINE IN THE SCOPE OF TOURISM AND GASTRONOMY TOURISM

## Turizm ve Gastronomi Turizmi Kapsamında Muş Mutfağının Genel Özellikleri

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### ABSTRACT

Traditional foods are special products that emerge with years of experience without a specific production method. Examination of traditional foods in Turkish cuisine culture within the scope of gastronomy tourism will contribute to the tourism of our country. Knowledge of traditional flavors in every region of Turkey is important. Also, introducing them to gastronomy tourism, where demand is increasing day by day, is important in terms of providing support to local, regional and national development. Insufficient publicity about gastronomy tourism in Eastern Anatolian provinces and limited scientific research on the subject emphasize the importance of this study. For these reasons, it is important to introduce gastronomy tourism in the Eastern Anatolia Region. Within the scope of this study, the tastes and some geographically marked products of Mus province that can be included in gastronomy tourism are emphasized. Documents and visual materials about local dishes of Mus province were examined. In addition, the knowledge, experience, and experiences of the local people about products that can contribute to gastronomy and tourism were used. For this purpose, tourism, the importance of gastronomy tourism, and some traditional foods that have a gastronomic heritage in Mus province were emphasized in this study.

**Keywords:** Tourism, Gastronomy Tourism, Traditional Foods, Mus Province

### ÖZET

Geleneksel yiyecekler, belirli bir üretim yöntemi olmaksızın yılların tecrübesiyle ortaya çıkan özel ürünlerdir. Türk mutfak kültüründe geleneksel yemeklerin gastronomi turizmi kapsamında incelenmesi ülkemiz turizmimize katkı sağlayacaktır. Türkiye'nin her yöresinde geleneksel tatların bilgisi önemlidir. Ayrıca talebin her geçen gün arttığı gastronomi turizmiyle tanışmaları yerel, bölgesel ve ulusal kalkınmaya destek sağlaması açısından önemlidir. Doğu Anadolu illerinde gastronomi turizmi konusunda yetersiz tanıtım ve konuyla ilgili sınırlı bilimsel araştırma bu çalışmanın önemini vurgulamaktadır. Bu nedenlerle Doğu Anadolu Bölgesi'nde gastronomi turizminin tanıtılması önemlidir. Bu çalışma kapsamında Muş ilinin gastronomi turizmine dahil edilebilecek lezzetleri ve bazı coğrafi işaretli ürünleri üzerinde durulmuştur. Muş ilinin yöresel yemekleriyle ilgili belgeler ve görsel materyaller incelendi. Ayrıca yöre halkının gastronomi ve turizme katkı sağlayabilecek ürünler hakkındaki bilgi, deneyim ve deneyimlerinden yararlanıldı. Bu amaçla Muş ilinde turizm, gastronomi turizminin önemi ve gastronomik mirasa sahip bazı geleneksel yemekler bu çalışmada vurgulanmıştır.

**Anahtar Kelimeler:** Turizm, Gastronomi Turizmi, Geleneksel Yemekler, Muş İli

### 1. INTRODUCTION

Turkey has a rich region and is in a fortunate position of tourism within the scope of the so-called smokeless industry with different destinations. Expectations of domestic and foreign tourists, especially foreign tourists, from tourism are a plan based on sea-sand-sun (Türkben et al., 2012). Although it does not have these features, other winter tourism, nature tourism, gastronomy, and so on. There are regions and cities with many locations with many areas. In this context, it is also important in the understanding of rich cuisine culture to bring the attractive features of the region and the city to the tourism destination, to introduce tourism, sea-sand-sun as well as food and beverage culture such as gastronomy. The development

of culinary culture has occurred in recent years. Food and drinks, and the culinary culture that gathers them together is a mirror that reflects the cultural richness of the region and the nation. From the tribes of the Turkish nation, which established an empire and ruled over three continents, rich, varied, and culturally interacted a cuisine culture emerged from Central Asia (Arvas 2013). Tourism started to develop at the beginning of the 19th century (century). In addition, cultural interactions have occurred as a result of many reasons such as migration and wars. For this reason, new traditional foods and their cooking methods were sought in the kitchen as a result of blending different foods and local foods. During these periods, the concept of local cuisine culture emerged. Thus, regional and local foods were occurred (Delemen 2001).

## 2. RELATED STUDIES

The main reasons why foreign tourists go to a country for tourism purposes; to get to know the cuisine culture and to taste the flavors in the country's cuisine (Cömert 2014). Thus, introducing the local cuisine culture of a country; gastronomy tourism is kept alive as a result of tasting local foods and beverages on-site, getting information on the preparation and service of meals and meeting different people, establishing cultural interaction, and achieving new gains in life (Kodaş & Dikici 2012).

In this content, it is obvious that examining local products and beverages, which are important building blocks in Turkish culinary culture, within the scope of gastronomy tourism, which has recently increased in importance and interest, will contribute to the tourism of the country and promotions. In every region of Turkey, it is important to introduce them to gastronomy tourism, where demand is increasing day by day, and to support regional development.

For these reasons, it is very important to promote gastronomy tourism in the Eastern Anatolia Region. In this study, it was focused on some of the products with geographical indication included Mus province in Turkey's Eastern Anatolia region gastronomy tourism.

Qualitative research was carried out in the research, documents and visual materials about local dishes of Mus were examined. In addition, the knowledge, and experiences of the local people about products that can contribute to gastronomy and tourism were used. In the province of Mus, geographically indicated Çorti vaccine, Mus meatballs, and important traditional dishes were gastronomically described.

In the study, primarily the concepts of gastronomy, tourism and gastronomy tourism and their importance were emphasized.

According to Santich (2004) gastronomy; in addition to the rules and regulations related to eating and drinking, is the whole of guided activities as well as where, when, and how the products that contain cultural and environmental interactions should be eaten. According to the Turkish Language Association (TLA 2021), gastronomy; the sense of curiosity that occurs in eating food and beverage is its health, pleasant and delicious cuisine, food order, and system. In this context, there are also opinions that the subjects such as religious beliefs, culinary rituals, and cultural influences will be included in the field of gastronomy, as well as examining gastronomy from the production of foods to the preparation and consumption from the field to the table (Şahin, 2015).

The concept of tourism appeals to a wide spectrum. The International Association of Scientific Tourism Experts defines the concept of tourism as traveling to different places where people continue their lives, work and spend time, and benefit from the goods and services provided by different tourism enterprises in these places, and provide overnight stays (Canbolat et al., 2016).

The search for an alternative to tourism is important for tourism to be sustainable. The purpose of sustainability of tourism is not to host too many tourists in a short time as in some tourism approaches, but to make gains and increase the welfare of local people in the area where tourism will be made without losing their identity. In achieving the goals of tourism sustainability, it will be necessary to associate tourism with local traditions and cultures, protect and develop it with the support of experts and local people according to tourism types (Soykan, 2003).

The use of gastronomic values for tourism purposes helps the development of gastronomic tourism, which is developing rapidly. When the relevant sources are examined, it is seen that instead of gastronomy tourism, it is also used conceptually such as 'cuisine tourism', 'food tourism', 'wine tourism' and 'gourmet tourism' (Sormaz et al., 2016). In addition, according to Hall and Mitchell (2000), gastronomy tourism; Food festivals are named as tasting food and beverages, taking different food and beverage experiences in

the dining area by going to the designated regions.

In addition to eating the food of the regions in place, seeing the different production processes of the dishes and the materials used in place, consuming the dishes made by the local and famous kitchen chefs are considered within the scope of gastronomy tourism. However, regular daily visits to local restaurants are not included in gastronomy tourism (Cambourne 2003).

According to the International Culinary Tourism Association, the different characteristics of gastronomy tourism compared to other alternative tourism types are explained below (Crotts & Kivela 2006).

- ✓ Food is one of the physiological needs of people to be able to perform some of their activities. For this reason, local and foreign tourists eating meals during their travels and during their accommodation. For this reason, it should be considered as a great opportunity for publicity to offer local foods in the region where people are served their food needs within the scope of gastronomic tourism.
- ✓ Gastronomy tourism is one of the activities that have an important place among alternative tourism types.
- ✓ In addition to different types of tourism, gastronomic tourism is a tourism area that can be realized at any time of the day and at any time during the four seasons.
- ✓ Cooking food, tasting drinks, visiting the production places of the meals activities in Gastronomic tourism are a scientific branch of art that affects all five sensory organs of human beings.
- ✓ Tourists on food and beverage-related trips, especially in terms of entertainment, music, festivals, shopping, etc. There are agreement and positive communication among the tourists engaged in recreational activities in the area.
- ✓ People who are interested in gastronomy tourism consist of people with a spirit of discovery who like to travel more, who attract the attention of food and drinks, and reveal something that is not found or not.

While gastronomy has had a supportive effect in the choice of holiday destinations in the past years, it has recently become a factor in the choice of vacation and place (Çelik 2018). Nowadays, gastronomy plays a big role in the selection of the holiday destination (Küçükaltan 2009). People who are interested in gastronomy tourism prefer to spend a good time in the period they live, spend time with their loved ones, eat, drink and taste new tastes, as well as looking for diversity (Sarioğlu et al., 2011). In addition to the expectations of the tourists who go outside the borders of the country for visiting purposes such as seeing different places and getting to know new culture, there is also the aim of trying new tastes (Kodaş & Dikici 2012).

Experiences such as tasting local foods in gastronomic tourism, some food, and beverage festivals, participating in activities and training in the kitchen area, tasting products from the field or production site can be experienced. In addition, to supply local products, local richness, cheese production places, and so on. visiting, participating in, or watching the competitions of amateur and professional chefs in the field of gastronomy, collecting endemic plants and fruits grown in the region are among the experiences that other gastronomy tourists can do (MacDonald et al., 2011).

Whether every trip, holiday, event originating from gastronomy is a gastronomy tourist, what are the motivating sources for tending towards gastronomy tourism, etc? The questions are the subject of discussion in the literature and there is no clear case yet (Çelik 2018). In addition, Fields (2002) examined the motivation of gastronomy tourism as physical, cultural, intrinsic, and status-prestige. The state of eating consumed as physical motivation is explained as the desire to know the local culture of any region as cultural motivation, to meet different people in the places visited as an intrinsic motivation, to provide an environment of conversation (López-Guzmán et al., 2011).

In the study conducted on gastronomic tourism, it was concluded that the satisfaction of tourists with different taste experiences, local hospitality during their trips, their returning and destination preferences and the opinions of tourists can also affect the demographic characteristics of the local people (Çelik, 2018; Akın, 2018).

All of this information is also necessary to spread the light of gastronomic tourism in the Eastern Anatolia region of Turkey. In this study, the province of Mus, which is located in the Eastern Anatolia Region and where gastronomy tourism needs to be introduced, was selected. For this purpose, the province of Mus was first introduced and information was given about its famous dishes.

Mus has hosted many civilizations from the past to the present. For this reason, it has also increased the food and beverage culture and diversity of the province. Since the main source of income is animal husbandry in the province of Mus, the cuisine culture also has a lot of meat dishes. In addition, milk and dairy products are abundant in the local cuisine. Due to the high production of agricultural products such as wheat, its use in meals is also high. In the production of vegetables and fruits in Mus Province, local cabbage, Vakkas grapes and so on. has diversity. Dishes made with cabbage grown in the region are the main vegetable dishes. In addition to vegetable dishes, pickles, drying, etc. hard and long winter preparations are found in the culinary culture. For this reason, the climatic characteristics, geographical structure, grown products etc. of Mus. factors also affect diet patterns. For this reason, the diversity of agricultural products is less and more resistant to cold compared to other regions (Sönmez, 2010).

Another factor in the formation of regional cuisine culture is sociocultural beliefs. Turkey is a country adopts the religion of Islam as religious beliefs. Alcohol consumption, pig, carrion and so on. meat consumption is also prohibited. The province of Mus does not include banned products in accordance with Islamic religious beliefs in its local dishes (Sönmez, 2010).

Mus has been registered as a geographical indication as a product and food with its rich cuisine. Local products such as Mus meatballs, Mus Çorti Pickles, Mus Çorti Meal / Çorti Vaccine, Vakkas Mus Grape are among the products registered by the Turkish Patent and Trademark Office (Turkish Patent and Trademark Office, 2010). In addition, many types of food that can attract the attention of gastronomic tourists are made in the region. Various soups such as Helle soup and milk soup are made in the region. Meat dishes Mus meatballs, Herse, Abdigör meatballs, Ribs stuffed are made in the regional cuisine. Desserts such as Teter halva, Flour halva and Beşi are made for dessert in the region during the winter months. Some winter products are prepared during the cold winter months. Hawthorn jam, pickled Kelek, pickled Kelem, Pırvaz (Pepper and Sauerkraut), grape molasses are examples of some of these winter preparations (Mus Governorship, 2018).

In addition to geographically marked dishes such as Mus Çorti Pickles, Mus Çorti Aşı, Mus Meatballs, the materials and preparation of Cavbelek and Teter Halva products, which are frequently featured in Mus meals on the sites of public institutions and organizations, were examined in detail.

✓ Corti Pickles:

Materials:

1 medium white cabbage

1 glass of coarse salt

Preparation: Cabbage is chopped in the desired size. It is kept for about an hour by rubbing it thoroughly with salt. Later, it is filled into a container and added as much water as possible, and the container is closed tightly and left to be it (Mus Governorship, 2018).



Picture 1. Çorti Pickle (Mus Governorship, 2018).

## ✓ Corti Meal:

## Materials:

1 kg of pickled white cabbage

3 onions

1 pinch of basil

1 pinch of fresh mint

1 cup of wheat

500 grams of bone-in red meat

5 tablespoons of butter

1 tablespoon of salt

4 glasses of water

Preparation: Chop the leaves of cabbage. Small chopped onion and basil (mint) are filled in a large pot and cooked with bone-in meat. Cooking time takes about 1 hour. Melted butter is poured over it (Mus Governorship, 2018).



Picture 2. Corti Meal (Mus Governorship, 2018)

## ✓ Mus Meatballs:

## Materials:

1 kg of lean meat

500 gr fine bulgur

2 onions

1 cup of walnuts

1 tea glass of rice

5 tablespoons of butter

2 eggs

1 tablespoon of salt

1 tablespoon of chili pepper

6 glasses of water

Preparation: Minced meat is thoroughly beaten or ground. The finely ground bulgur is well kneaded. Two eggs are broken into it to make it more delicious. Then it is cut small and made round. It is hollowed out and made round and put into the pot. For the meatballs, the onion is chopped into small pieces, boiled rice is filled in water, mixed, then roasted in oil, pepper is poured on it and put into the meatball. It is boiled in water for 15-20 minutes. Oil is poured on it (Mus Governorship, 2018).



**Picture 3.** Mus meatball (Mus Governorship, 2018)

✓ Cavbelek:

Materials:

1 kilo of bulgur flour

10 glasses of water

1 soup bowl drained yogurt

1 head of garlic

2 onions

5 tablespoons of butter

1 tablespoon of salt

Preparation: Bulgur flour is cooked thoroughly in water. Garlic and onion are cut into small pieces and mixed. It is put into containers after it is cooked well. Strained yoghurt is poured on it (Mus Governorship, 2018).



**Picture 4.** Cavbelek (Mus Governorship, 2018)

✓ Teter Halva:

Materials:

2 glasses of grape molasses

10 tablespoons of butter

Stale enough bread

Preparation: take the molasses in a pot, add the oil and boil it thoroughly. Then, chop the stale bread as much as the molasses taken from the stove and mix it well. (Mus Governorship, 2018).



Picture 5. Teter Halva (Fidancı, 2016)

### 3. RESULT

One of the most important factors affecting the economies of countries in the tourism sector. One of the sub-sectors affecting the development of this sector is gastronomy tourism. In this study, the necessity of the development of gastronomy tourism was emphasized in our study. Introducing the gastronomic properties located in many provinces in the Eastern Anatolia region of Turkey, region and is essential to the country's economy. For this purpose, some traditional foods that have a gastronomic heritage in the province of Mus are focused on in our study. Examination of traditional foods in Turkish cuisine culture within the scope of gastronomy tourism will contribute to the tourism of the country. Knowledge of traditional flavors in every region of Turkey is important. Introducing them to gastronomy tourism, where the demand is increasing day by day, is important in terms of supporting local, regional, and national development. It was concluded that the study was important because there was not enough publicity about gastronomy tourism in Eastern Anatolian provinces and the scientific researches on the subject was limited.

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