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COOK BOOK

Slow Food Movement
The Way We It Does Matter





2024

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METHOD

Food culture, one of the most important elements of our cultural heritage, is not only a problem of European rights in Europe; it is also an important problem of immigrants who leave their homeland for various reasons and migrate to Europe. Societies that cannot carry their traditional dishes to Europe, or even if they do, cannot find the ingredients easily and cannot keep this culture alive, face the same problems. In addition, minorities and small communities that have been living on the European continent for hundreds of years have started to lose their traditional food and eating habits and are unable to pass them on to the next generation. According to a report by the International Commission on Migration, there are 32.5 million migrants living in the European Union, which is 6.5% of the total EU population, and it is expected to increase even more in the future and intercultural cohesion must once again become a common denominator.

The principles we have set out in preparing this book are as follows:

Impartiality: Information should be presented objectively, without being tied to particular interests.

Precaution: Facts should be presented as they are without exaggeration.

Measurability: Data should be measurable and measurable data should be comparable.

Clarity: The information presented should be designed to be understood by everyone.

Reliability: The information provided must be truthful.



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INTRODUCTION

Traditional dishes are the flavours that reflect the history, culture and geographical conditions of a nation or region and have survived from generation to generation. They express the identity, values and lifestyle of a society beyond just filling the stomach.

These dishes, which contain a story in each sip, carry the delicious traces of a journey from the past to the present. The ingredients used in them are closely related to the vegetation, animal husbandry and agriculture specific to that land. For example, the abundant sunshine and fertile soils of the Mediterranean climate have created a cuisine enriched with olive oil, herbs and fresh vegetables. Similarly, the rainy climate and seafood of the Black Sea region have resulted in dishes with a different flavour profile.

Traditional dishes stand out not only for their flavours, but also for the way they are prepared and table manners. While some dishes are prepared on special occasions or ceremonies, others are indispensable parts of the daily diet. The preparation of these dishes is tried to be maintained in the same way for generations thanks to the recipes and techniques passed down from generation to generation.However, today, globalisation and fast pace of life are replacing traditional meals with ready-to-eat foods. This situation negatively affects both our eating habits and our cultural heritage. In order to prevent the loss of traditional dishes and to pass them on to future generations, it is of great importance to protect and preserve these flavours.

CHAPTER I

1.SLOW FOOD

Italian gourmet, Carlo Petrini, started the Slow Food movement in 1986 in the Langhe region of Cuneo, Italy, as a reaction to the opening of a McDonald's restaurant in Rome's Piazza di Spagna. A group of Italian political and cultural activists drafted the Slow Food manifesto, which inspired the founding of the international movement Slow Food (Jones et al., 2003: 298). The Slow Food Manifesto emphasises the negative effects of fast life on our lives. The aim of the manifesto is not only to protest against McDonalds but also to offer an alternative to mass-produced globalised food. This manifesto is recognised as the starting point of the Slow Food movement, which today has around 100,000 members in more than 130 countries. The association has over 100,000 members who have joined 1,500 groups (local chapters that support its philosophy) and 2000 networked food groups (small-scale and sustainable production of quality food). There are currently 24 groups promoting the Slow Food philosophy in Türkiye (slowfood.com, 2015b)

Slow living is not a return to the past, to the good old days, laziness or the slow movement of life. On the contrary, slow living is a process in which daily life - in its pace, chaos, excitement and routine - is approached with care and attention. Slow living is above all the art of living in the 'now' in a meaningful, sustainable, thoughtful and pleasurable way (Gallagher, 2013: 99).Honore (2004: 16) defines 'slowness' as follows: slowness is not a simple rejection of fast life or a Luddite (anti-technological) response to the developing technological world; on the contrary, it is a state that makes the world attractive.

Slowness is about contemplating the pace at which we live, which 'means controlling the rhythm of your own life'. For Petrini (2001: 26), slowness requires devoting one's energies to creating the world one most wants to live in. He argues that 'if you want to revitalise a tradition and give it a breath of fresh air, what you usually need is a new toolbox and some innovative ideas'.

Parkins and Craig (2006: 67) argue that slow living can be perceived as an attempt to 'individualise' and challenge the normative trajectory of global; they further this argument.which is in line with the basis of the Slow Food ideology, whereby any effort to slow down means slowing down all obstacles.

The current state of cities and changes in the lifestyles of individuals are pushing cities towards social movement Slow Food and Slow City.Leading figures of Italian culture and representatives from 14 other countries gathered at the Opéra Comique in Paris for the event 'For the Right and Defence of Taste', which officially became an international movement with the signing of the Slow Food Manifesto.Food has a long tradition in modern history as a marker of social and cultural norms, relationships and differences. As Sidney Mintz has emphasized, eating is "never a purely biological activity" but rather a fundamental activity with social meaning(s) that are symbolically communicated and have histories (Mintz 1996: 7). A timeline showing the growth of Slow Food from a local protest movement against the disappearance of local food traditions to a global movement fighting to ensure that everyone has access to good, clean and fair food.

2.HISTORY OF SLOW FOOD

Slow Food is an organization that promotes local food and traditional cooking. It was founded by Carlo Petrini in Italy in 1986 and has since spread worldwide. Promoted as an alternative to fast food, it strives to preserve traditional and regional cuisine and encourages farming of plants, seeds, and livestock characteristic of the local ecosystem. It promotes local small businesses and sustainable foods. It also focuses on food quality, rather than quantity.[1] It was the first established part of the broader slow movement. He speaks out against overproduction and food waste.[2] It sees globalization as a process in which small and local farmers and food producers should be simultaneously protected from and included in the global food system.

Slow Food began in Italy with the founding of its forerunner organization, Arcigola, in 1986[3] to resist the opening of a McDonald's near the Spanish Steps in Rome. In 1989, the founding manifesto of the international Slow Food movement was signed in Paris, France, by delegates from 15 countries.[4]

At its heart is the aim to promote local foods and traditional gastronomy and food production. Conversely, this means an opposition to fast food and industrial food production.[5] The Slow Food organisation has expanded to include over 100,000 members, with branches in over 150 countries.[6] Over 1,300 local convivia chapters exist.

About 360 convivia in Italy—to which the name condotta (singular) / condotte (plural) applies—are composed of 35,000 members, along with 450 other regional chapters around the world. The organisational structure is decentralised: each convivium has a leader who is responsible for promoting local artisans, local farmers, and local flavors through regional events such as Taste Workshops, wine tastings, and farmers' markets.

Offices have been opened in Switzerland (1995), Germany (1998), New York City (2000), France (2003), Japan (2005), the United Kingdom, and Chile. Global headquarters are located in Bra, near Turin, Italy. Numerous publications are put out by the organisation, in several languages around the world. Recent efforts at publicity include the world's largest food and wine fair, the Salone del Gusto in Turin, a biennial cheese fair in Bra called Cheese, the Genoan fish festival called SlowFish, and Turin's Terra Madre ("Mother Earth") world meeting of food communities.

3.SLOW FOOD OBJECTIVES

Slow Food incorporates a series of objectives within its mission, including:

- Developing an "Ark of Taste"[10] for each ecoregion, where local culinary traditions and foods are celebrated
- Creating "Praesidia" grassroots organizations to promote slow foods to the public
- Forming and sustaining seed banks to preserve heirloom varieties in cooperation with local food systems
- Preserving and promoting local and traditional food products, along with their lore and preparation
- Organizing small-scale processing (including facilities for slaughtering and short run products)
- Organizing celebrations of local cuisine within regions
- Promoting "taste education"

- Educating consumers about the risks of fast food
- Educating citizens about the drawbacks of commercial agribusiness factory farms
- Educating citizens about the risks of monoculture and reliance on too few genomes or varieties
- Developing various political programmes to preserve family farms
- Lobbying for the inclusion of organic farming concerns within agricultural policy
- Lobbying against government funding of genetic engineering
- Lobbying against the use of pesticides
- Teaching gardening skills to students and prisoners
- Encouraging ethical buying in local marketplaces

Founder and president Carlo Petrini believes that "everyone has the right to good, clean, and fair food": good, meaning a high quality product with a flavorful taste; clean, meaning the naturalness in the way the product was produced and transported; fair, meaning adequate pricing and treatment for both the consumers and producers.[7]

4. INTERNATIONAL EVENTS

4.1.Terra Madre Salone del Gusto

It is an international event organised by Slow Food and dedicated to food politics, sustainable agriculture and the environment.The first world meeting of food communities Terra Madre Terra Madre is organised in Italy and brings together 5000 delegates from 130 different countries. Terra Madre is the first international event centred on small-scale producers, whose approach to food production gives a voice to those who protect the environment and communities. Terra Madre thus becomes a springboard for the work on social justice of the Slow Food movement worldwide. Organised by Slow Food, the Piedmont Region and the City of Turin, Terra Madre Salone del Gusto is an international gastronomic exhibition held every two years in Turin, bringing together food producers and artisans from around the world.

The event consists of a large market and other events such as conferences, forums, workshops, tastings and cooking classes.



The first edition of Salone del Gusto was published in 1996 Lingotto Fiere was held at the conference centre. From 2004 onwards, a parallel event, Terra Madre, was organised, as well as a gathering of Slow Food's food communities from around the world, made up of people who produce, transform and distribute food according to the principles of environmental sustainability and the preservation of traditional knowledge.

From 2012, Salone del Gusto and Terra Madre were merged into a single event;[3] in 2016 the name of the event was changed again to reflect the primacy of Terra Madre, becoming Terra Madre Salone del Gusto, and was held for the first time outside the Lingotto Fiere pavilions, in several different locations in Turin city centre, including: Parco del Valentino Royal Palace of Turin, Teatro Carignano , Eataly streets and squares around the centre, SavoyResidences of the Royal House of and Museo Egizio.After returning to Lingotto once again in 2018, the physical event was suspended in 2020 due to the pandemic, replaced by a year-long series of online events. The event returned to the streets of Turin in 2022 in a new location, Parco Dora, and looks set to remain there for the next event in September 2024.

4.2.Markt des guten Geschmacks

Good Taste Slow Food Fair is the leading four-day trade fair in Germany. Slow Food in Stuttgart, Germany, takes place over four days of regional, sustainable food. The focus is on sustainable and artisanal food.

All conscious connoisseurs, hobby cooks and connoisseurs of taste come together at this fair. The triad 'good, clean, fair' sets the tone for the product range of the entire fairground.



Artisan food producers safely and independently produce high-quality food from sustainably and transparently produced raw materials. Consumers (co- producers) increasingly appreciate handcrafted products and their diversity. Through their enjoyment and contact with producers, they help to strengthen and preserve the craft.By purchasing decisions for handmade products, they support the socially and ecologically sustainable transformation of our food system. In handmade food, the seasons, climatic conditions, the quality of the soil and the breeding conditions of the animals and the professional skills of the producers find their flavour expression. Industrial production, on the other hand, is dominated by the ideal of food that always tastes the same. At the same time, there is a low working depth: A large number of pre- products are used, the origin of the ingredients is often not transparent and the work is organised in such a way that individual employees only master a few steps. The goal of always producing the same product at the lowest possible cost is often achieved by mixing raw materials from different sources and adding flavourings and flavour enhancers.

Ripening control agents, antioxidants and preservatives are used to maintain product and hygiene standards. Direct contact between consumers and producers is not possible; information on product quality is only exchanged indirectly (e.g. through labelling, marketing, etc.).



4.3.AsiO Gusto

This event was the first Asian international slow food fair, bringing together producers and distributors from Asia as well as delegations from other countries. This originated in Italy in 1989 and has so far involved more than 100,000 members all over the world. They promote the love and enjoyment of good food with a commitment to respect biodiversity, community and the environment.

The slow food movement is growing rapidly in Asia and this event was a great opportunity to show that countries in this region have their own food traditions as well as sharing many ingredients (think rice or tea varieties for example) and methods.In Asia, food is closely associated with ceremonies and religious traditions in which certain foods are prepared and consumed on certain days.

Asian food culture is the relationship with food and health: Many Asians will be able to recommend the ingredients to use in order to obtain certain benefits (e.g. benefit your intestines or liver), or associate the consumption of certain ingredients with food and health body type.



Many people outside Asia have a very limited view of the culinary riches of the region, mediated by their experiences in restaurants in their home countries and perhaps their travels, but rarely do they have a deeper knowledge of the continent's very different cuisines within a single country.

AsiO Gusto will offer a unique opportunity to experience the biodiversity of this vast continent in a single location. A continent where 100,000 traditional rice varieties are still grown, home to fermented drinks and foods such as Korean kimchi and Japanese miso, the bright colours and pungent smells of forest-grown spices, and thousands of varieties of tea. The event will offer a journey through the vibrant landscapes and flavours of Asia, from the Kazakh steppes to the green mountains of Bhutan, from Chinese markets to the street food stalls of Thailand, from the Philippine sea to the islands of Oceania.

4.4.Euro Gusto

Euro Gusto was first organised in France, followed by major European events such as Algusto, based in Spain. At a time when decisions affecting the future of agriculture and food are increasingly being taken at the European level, these events are seen as creating a new space for exchange and co-operation across Europe. The international events brought together stakeholders from various sectors, including those working in the food, agriculture, environment and public health sectors, as well as consumers and others interested in the future of our food system.Held in the city of Tours in France's UNESCO World Heritage-listed Loire Valley, Euro Gusto aims to bring together the living heritage of Europe's food traditions, ancient plant and animal species, extraordinary natural landscapes and gastronomic treasures from across Europe. The event included lectures and tasting workshops on cheeses, potatoes and wines from all over Europe.

The four-day event features French and European food markets with hundreds of producers of high-quality handmade food, Flavour Education workshops, a wine bar, a discovery area for children and a market with rare food products under protection and cultural traditions in danger of extinction.





At a time of increasing decisions affecting the future of agriculture and food at European level, Euro Gusto and Slow Food are creating a new space for exchange and co-operation across Europe. The weekend events will bring together stakeholders from various sectors such as food, agriculture, environment and public health, as well as other stakeholders interested in the future of our food system.

4.5.Zurich Slow Food

The gastronomy scene requires rethinking and replanning. It offers great opportunities for young talent. Find out how the next generation of gastronomy experts are being trained in Zurich and why the topic of nutrition begins with young children in apple orchards.Flagship Presidia The programme was launched as an extension of Ark of Taste, which goes even further in guaranteeing the survival and success of small-scale quality food products. These grassroots initiatives bring together farmers, fishermen and food artisans who produce local food that is threatened with extinction. These projects are the movement's first step into the production process and practice the Slow Food philosophy on agriculture and biodiversity.

The last two and a half years have turned the gastronomic scene upside down, not only in Zurich but all over the world. What is needed now: Rethink, re-plan and react playfully. Young talents can do just that and are truly passionate about what they do. They prove themselves in competitions and develop exciting gastronomic concepts that are well received.



The training paths are also more diverse than ever before. The Hotel Management School Zurich has adapted its curriculum and is becoming more harmonised. Pupils cook with the vegetarian school cookbook and even the youngest ones are introduced to the topic of nutrition in a playful way in apple orchards.

5.SLOW FOOD MANIFEST

Environmentalists and Slow Food are concerned that not enough is known about how these genetically modified crops affect the environment and human health. At the same time, the patenting of genetically modified crops by large agricultural companies forces farmers to buy seeds and products at high prices from a small number of suppliers. Thus, industrial agriculture threatens both biodiversity and local agricultural economies. For more than three decades, Petrini has therefore insisted on the role of taste and pleasure as mediators in protecting different local cultures from the homogenising effects of industrialisation and globalisation (Schneider, 2008: 390-397). '25 years ago, my friends and I started the Slow Food movement because we believed that we were on the verge of losing something essential to life, something clean and good, the diversity of food, the richness of our traditions, the connection between what we eat and how it is produced. Since then, Slow Food has been the only movement that links the pleasure of food with social responsibility, fighting for the fundamental right to good, clean and fair food for all' (cittaslow.org, 2015d).

Slow Food is an educational and rhetorical movement. The educational model of the movement is lifelong education as a means of improving social knowledge about food and higher education in gastronomy science as a way of improving the position of gastronomy as a scientific field. Slow Food's other educational programmes seek to develop gastronomy as a democratic and social practice. To this end, the movement emphasises the importance of sensory education as a way of getting to know good food through school and community-oriented programmes (Schneider, 2008: 390-397). Slow Food's efforts to shape gastronomy and give an academic stance to nutritional knowledge resulted in the opening of the University of Gastronomic Sciences in Italy. Its aim is to become an international research and training centre for people working on renewing agricultural methods, preserving biodiversity and creating an organic relationship between gastronomy and agricultural science (unisig.it, 2015).

> Good, Clean and Fair: The Slow Food Manifesto for Quality The food production and consumption systems most common today are harmful to the earth, to its ecosystems and to the peoples that inhabit it. Taste, biodiversity, the health of humans and animals, well- being and nature are coming under continuous attack.

This jeopardises the very urge to eat and produce food as gastronomes and exercise the right to pleasure without harming the existence of others or the environmental equilibria of the planet we live on. If, as the farmer poet Wendell Berry says, !eating is an agricultural act", it follows that producing food must be considered a !gastronomic act". The consumer orients the market and production with his or her choices and, growing aware of these processes, he or she assumes a new role.

Consumption becomes part of the productive act and the consumer thus becomes a co-producer. The producer plays a key role in this process, working to achieve quality, making his or her experience available and welcoming the knowledge and knowhow of others. The effort must be a common one and must be made in the same aware, shared and interdisciplinary spirit as the science of gastronomy. Each of us is called upon upon to practice and disseminate a new, more precise and, at the same time, broader concept of food quality based on three basic, interconnected prerequisites.

Quality food must be:

1) Good. A food's flavour and aroma, recognisable to educated, welltrained senses, is the fruit of the competence of the producer of the producer and of choice of raw materials and production methods, which should in no way alter its naturalness.

2) Clean. The environment has to be respected and sustainable practices of farming, animal husbandry, processing, marketing and consumption should be taken into serious consideration. Every stage in the agro- industrial production chain, consumption included, should protect ecosystems and biodiversity, safeguarding the health of the consumer and the producer.

3) Fair. Social justice should be pursued through the creation of conditions of labour respectful of man and his rights and capable of generating adequate rewards; through the pursuit of balanced global economies; through the practice of sympathy and solidarity; through respect for cultural diversities and traditions. Good, Clean and Fair quality is a pledge for a better future. Good, Clean and Fair quality is an act of civilisation and a tool to improve the food system as it is today. Everyone can contribute to Good, Clean and Fair quality through their choices and individual behaviour.

CHAPTER II

6.EUROPEAN FOOD CULTURE

The cuisines of European countries are internally diverse. Compared to the traditional cooking methods of Asian countries, for example, meat is more prominent and portion size is also more important.[8] Wheat flour bread has long been the most common source of starch in European cuisine, alongside pasta, dumplings and pastries, but potatoes have become the most important starch crop in Europe since the colonisation of the Americas.

European food contains more meat, flour and starchy ingredients. Bread, veal, lamb, noodles, buttered potatoes are found in European dishes. Salad is also an important part of the cuisine, as is ordered food. Rice and corn are now part of European dishes, but they are not traditionally associated or used as staple foods. The ingredients have characteristics that bring together many cultures spread around the world. European cuisine was primarily concerned with serving appetisers in a different way to desserts, which needed more variety and flavour. Later, products such as rice and corn became part of European cooking but they are not traditionally associated with or used as staple foods. It met cultures that travelled around the world and exchanged cooking tips.

6.1.Central European Cuisine

6.1.1. Liechtenstein Cuisine

Liechtenstein cuisine refers to the dishes and ingredients found in Liechtenstein. The cuisine is varied and has been influenced by the cuisine of nearby countries, especially Switzerland and Austria,[9] and has also been influenced by Central European cuisine.[10] Cheeses and soups are an integral part of Liechtenstein cuisine. Dairy products are also common in the country's cuisine due to an extensive dairy industry.[11] Common vegetables include greens, potatoes and cabbage. Commonly consumed meats include beef, chicken and pork. It is common to eat three meals a day.

Käsknöpfle



Make the spaetzle: In a large bowl, whisk together the flour, eggs, milk, salt, and nutmeg until smooth.Bring a large pot of salted water to a boil.Using a spaetzle maker or a grater, press small dollops of the batter into the boiling water.Cook until the spaetzle float to the surface, then remove with a slotted spoon and drain. **Make the cheese sauce:** In a medium saucepan, melt the butter over mediumheat. Whisk in the flour to form a roux. Gradually whisk in the milk, stirring constantly to prevent lumps. Bring to a simmer and cook until the sauce has thickened. Stir in the Gruyère and Emmental cheeses until melted and smooth. Season with salt and pepper.

6.1.2. Hungarian Cuisine

Hungarian cuisine is the culinary culture of the nation of Hungary and its primary ethnic group, the Hungarians. Traditional Hungarian dishes primarily include meat, seasonal vegetables, fruits, bread, cheese and honey. The recipes are based on centuries-old traditions of spices ,methods of preparation. [12]

Hungarian cuisine shows mostly Central European continental characteristics, with some elements from Eastern Europe, such as the popularity of the use of elements such as poppy, kefir and kesmikin. Paprika is often associated with Hungary and is used prominently in many dishes. Typical Hungarian food is dominated by milk, cheese and meat, similar to neighbouring Czech and Slovak cuisines. Chicken, pork and beef are commonly used; Türkiye, duck, lamb, fish and game are mostly eaten on special occasions. Hungary is also known for its relatively cheap salamis and sausages, produced mainly from pork, but also from poultry, beef and other meats.

Töltött Káposzta



Prepare the filling: Finely chop the onion and garlic. Sauté them in oil until softened. Add the ground pork and cook until browned. Stir in the rice, egg, cumin, paprika, salt, and pepper. **Prepare the cabbage:** Rinse the sauerkraut thoroughly. Remove the core from the green cabbage and blanch the leaves in boiling water until soft.**Assemble the cabbage rolls:** Place a spoonful of the filling onto each cabbage leaf and roll them up tightly.**Cook the cabbage rolls:** In a large pot, layer the sauerkraut and cabbage rolls. Add water, bay leaves, cumin, and salt. Bring to a boil, then reduce heat and simmer for about 2 hours, or until the cabbage is tender.**Make the sauce:** In a separate pan, sauté the onion and garlic in oil. Stir in the paprika, then add the diced tomatoes and water. Season with salt and pepper.

6.1.3. German Cuisine

German cuisine originates from the food style of the German nation. Over the centuries, the cuisine has evolved under the influence of social and political changes from region to region. [13] The southern regions of Germany, Bavaria and Swabia, share many common food cultures. Ingredients and dishes vary according to the states. Most German recipes focus on bread, potatoes and meat, especially pork, and plenty of greens such as cabbage and kale. Cake, coffee and beer are also very popular elements of German cuisine. These dishes have been passed down from generation to generation and are still popular today, both in Germany and around the world. German cuisine has a variety of flavours and textures and there is something for every taste.

Eintopf



Brown the meat: In a large pot or Dutch oven, heat a little oil over medium-high heat. Brown the beef on all sides.**Sauté the vegetables:** Add the onion, carrots, celery, garlic to the pot, cook until softened.**Add the broth and seasonings:** Pour in the beef broth, add the bay leaves, thyme, marjoram, salt, and pepper. Bring to a boil, then reduce heat and simmer for about 1 hour, or until the meat is tender.**Add the potatoes and zucchini:** Add the potatoes and zucchini to the pot and cook for an additional 20-30 minutes, or until the vegetables are tender.**Serve:** Ladle the Eintopf into bowls and serve hot.

6.1.4. Czech Cuisine

The Czech Republic is known for its rich historical and cultural heritage as well as its delicious cuisine. Located in the heart of Central Europe, the food of this country is a combination of the geographical and climatic conditions of the region as well as long-standing traditions. Czech cuisine has both influenced and been influenced by the cuisine of its neighbouring countries. Many of the cakes and pastries popular in Central Europe originated in Czechia. Pork is quite common in Czech cuisine and beef and chicken are also popular. Main Features of Czech Cuisine Meat Orientated: Meat dishes are quite common in Czech cuisine. Especially pork, beef and poultry are frequently used. Beer: Czech Republic is one of the countries where beer is consumed the most in the world. Beer is consumed both with meals and alone. Types of Pancakes and Fritters: Sweet pancake types such as Trdelník and various pastries are indispensable flavours of Czech cuisine. Soups: Soups have an important place in Czech cuisine. Especially in winter, hot soups are frequently consumed. Cheese with Clothes: Cheese with clothes such as Olomouc cheese is one of the characteristic flavours.

Vepřo knedlo zelo



Prepare the pork: Preheat oven to 350°F (175°C). In a large roasting pan, combine the pork, onion, garlic, smoked paprika, marjoram, salt, and pepper. Roast for 2-3 hours, or until the pork is tender and cooked through.**Make the dumplings:** In a large bowl, combine the bread cubes, milk, eggs, flour, salt, and nutmeg. Let sit for 10 minutes to allow the bread to soak up the liquid. **Cook the dumplings:** Bring a large pot of salted water to a boil. Using a spoon, form the dumpling mixture into small balls and drop into the boiling water. Cook for 10-15 minutes, or until the dumplings float to the surface. **Prepare the sauerkraut:** In a large skillet, sauté the onion and garlic in a little oil until softened. Add the sauerkraut, bay leaf, caraway seeds, salt, and pepper. Cook over medium heat for 20-30 minutes, **Serve:** Slice the roasted pork and serve with the dumplings and sauerkraut.

6.1.5. Polish Cuisine

Polish cuisine bears traces of Russian, German, Austrian, Austrian, Italian, Lithuanian, Czech, Jewish, French and Hungarian food cultures thanks to the traders from different and neighbouring nations and the minorities living in Poland, as it is located at the intersection of trade routes between Europe and Asia. In the carbohydrate and protein-heavy Polish meals, potatoes are the centrepiece of the cuisine, even if cereals and root vegetables are generally used among vegetables. Duck, pork and fish are preferred from meat. [14]Polish Cuisine is based on Cabbage and Potatoes: Polish cuisine is based on cabbage and potatoes. These two main ingredients are indispensable for many dishes. Meat Diversity: Pork, beef and poultry are frequently used. Especially pork has an important place in Polish cuisine. Soups: Polish soups are usually thick and flavourful. Fermentation methods are frequently used in Polish

Pierogi



Make the dough: In a large bowl, combine the flour, egg, salt, and water. Knead the dough until smooth and elastic. Cover and let it rest for about 30 minutes. **Prepare the filling:** In a bowl, combine the mashed potatoes, grated cheese, chopped onion, egg, salt, and pepper. Mix well. **Assemble the pierogi:** Roll out the dough into a thin sheet. Cut out circles using a cookie cutter or a glass. Place a spoonful of the filling in the center of each circle. Fold the dough over to form a half-moon shape and seal the edges with a fork. **Cook the pierogi:** Bring a large pot of salted water to a boil. Gently place the pierogi in the boiling water and cook for 3-5 minutes, or until they float to the surface. **Serve:** Remove the pierogi from the water using a slotted spoon. Serve immediately, topped with melted butter, fried onions, and sour cream.

6.1.6. Slovak Cuisine

Slovak cuisine varies from region to region and has been influenced by the traditional cuisine of its neighbours. [15] The origins of traditional Slovak cuisine can be traced back to a time when the majority of the population lived in villages, with very limited food imports and exports. This resulted in a cuisine heavily dependent on a range of staple foods that could withstand hot summers and cold winters, including wheat, potatoes, milk and dairy products, pork, sauerkraut and onions. Slovak Food Culture: Hidden Flavours of Central Europe Slovakia is a country located in the heart of Central Europe and has a rich cultural heritage. As a reflection of this richness, its cuisine is full of hearty and delicious dishes prepared with natural and local ingredients. Main Characteristics of Slovak Cuisine Simple and Filling: Slovak food is usually prepared with simple ingredients, but it is very satisfying.

Seasons: Slovak cuisine is shaped under the influence of seasons. While lighter and fresh vegetable dishes are preferred in summer, heavier and hot dishes come to the fore in winter. Potatoes, Cabbage and Dairy Products: These three basic ingredients are the indispensables of Slovak cuisine. Potatoes are boiled, fried or mashed. Sauerkraut gives a sour taste to many dishes. Meat Variety: Pork, beef and poultry are often used. Pork in particular is the main ingredient in many dishes.

Bryndzové Halušky



Prepare the potatoes: Grate the potatoes and let them sit for a few minutes to release some of the moisture. Squeeze out any excess liquid. **Make the dough:** In a large bowl, combine the grated potatoes, flour, egg, and salt. Mix until a dough forms. **Cook the dumplings:** Bring a large pot of salted water to a boil. Using a potato ricer or a spoon, drop small portions of the dough into the boiling water. Cook for about 3-5 minutes, or until the dumplings float to the surface. **Sauté the bacon and onion:** In a skillet, cook the bacon until crispy. Add the chopped onion and cook until softened. **Serve:** Drain the cooked dumplings and place them in a serving bowl. Top with the crumbled bryndza cheese, fried bacon, and onion.

6.1.7. Swiss Cuisine

Swiss cuisine is a style of cooking characteristic of Switzerland. It is influenced by French, German and Northern Italian cuisine, as well as the history of Switzerland as a predominantly agricultural country. [16] As a result, many traditional Swiss dishes tend to be relatively simple and are made from basic ingredients such as potatoes and Swiss cheese. The great cultural diversity in Switzerland is also reflected in the numerous local specialities.

Raclette



Prepare the potatoes: Boil the potatoes and slice them.**Prepare other ingredients:** Slice the onions, pickles, salami, or ham. Prepare other garnishes.**Heat the raclette machine:** Turn on the raclette machine and heat the trays where you'll place the cheese.**Melt the cheese:** Place the raclette cheese slices on the heated trays and let them melt.**Scrape the cheese:** Once the cheese is melted, use a scraper to scrape it onto the potatoes, onions, or other garnishes.**Serve:** Arrange the scraped cheese, potatoes, onions, and other garnishes on plates. Season with salt, pepper, and other desired seasonings. Serve with bread.

6.1.8. Austrian cuisine

Austrian is the national cuisine of Austria. The flavours and ingredients in this cuisine were largely transferred from the Austro-Hungarian Empire.[1] Ottoman cuisine also influenced this cuisine and enriched it. Austrian cuisine was also influenced by Italian, Hungarian and German cuisines. Austrian cuisine is often identified with Viennese cuisine, but there are large regional differences. Main Features of Austrian Cuisine Meat Oriented: Meat dishes are quite common in Austrian cuisine. Especially beef, pork and chicken meat are frequently used. Pastries: Pastries are indispensable for Austrian cuisine. Especially sweet pastries are quite varied. Desserts: Austrian desserts are known for their rich and intense flavours. Desserts such as Sacher Torte and Apfelstrudel are famous worldwide. Coffee Culture: Austria is also famous for its coffee culture. Especially Viennese coffee is known for its different presentation styles.

Tafelspitz



Prepare the meat: Rinse the beef and place it in a large pot. **Add the aromatics:** Add the onion, carrot, celery, bay leaf, and peppercorns to the pot. **Cover with water:** Pour enough cold water into the pot to cover the beef by about 2 inches. **Bring to a simmer:** Bring the pot to a simmer over medium heat. Once it starts simmering, reduce the heat to low and cover. **Simmer:** Let the beef simmer for 2-3 hours, or until it is tender. Skim off any foam that forms on the surface during cooking. **Remove the meat:** Carefully remove the beef from the pot and let it rest for a few minutes before slicing. **Strain the broth:** Strain the cooking liquid into a clean pot. **Serve:** Slice the beef thinly and serve with horseradish sauce, apple sauce, boiled potatoes, and your choice of vegetables.

6.2. Eastern European Cuisine

6.2.1. Bulgarian Cuisine

Bulgarian cuisine is a representative of Southeast European cuisine. Essentially South Slavic, it has common features with other Balkan cuisines. Due to its relatively warm climate and varied geography, which provides excellent growing conditions for various vegetables, herbs and fruits, Bulgarian cuisine is diverse. [17] The main features of Bulgarian cuisine are the richness of vegetables: Bulgarian cuisine is known for its use of fresh and seasonal vegetables. Especially peppers, tomatoes, cucumbers and aubergines are frequently used. Fermented Products: Fermented products such as yoghurt, pickles and pickles are indispensable in Bulgarian cuisine. Meat Variety: Pork, lamb and chicken meat are frequently used. Especially grilled meats are very popular. Baked Dishes: Dishes cooked in the oven are quite common in Bulgarian cuisine. Pastries: Pastries such as banitsa are an important part of Bulgarian cuisine.

Shopka



Combine vegetables: In a large bowl, combine the diced tomatoes, cucumber, bell pepper, and onion. **Add feta:** Crumble the feta cheese over the vegetables. **Make the dressing:** In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt, and pepper. **Toss to coat:** Pour the dressing over the salad and toss to coat all the ingredients evenly.

6.2.2. Romanian Cuisine

Romanian cuisine has been most influenced by Turkish cuisine, followed by Austrian, German, Greek and Hungarian cuisines. Meatballs, soups, dolmas, desserts, salads are very similar to the dishes of the Ottoman Empire, under whose rule they were for more than four hundred years. Wine is the most popular alcoholic beverage. [18]Romanian wine is among the top ten most produced in the world. Beer is also a preferred alcoholic beverage. [19]

Tocitura



Brown the meat: Heat some oil in a large pot or Dutch oven over medium-high heat. Add the meat and brown on all sides. **Sauté the onions:** Add the chopped onion and sauté until softened. **Add spices:** Stir in the paprika, marjoram, black pepper, and bay leaf. Cook for about 30 seconds, until fragrant. **Add tomatoes and water:** Pour in the crushed tomatoes and water. Bring to a boil, then reduce heat to low, cover, and simmer for 1.5-2 hours.

6.3.Northern European Cuisine

6.3.1. Danish Cuisine

Danish cuisine (Danish: det danske køkken) was born with the peasant population's own local produce. Cooking techniques developed and prospered with the second industrial revolution in the late 19th century. Sandwiches, known as smørrebrød, are made from quality ingredients favoured for lunches and are internationally known in the country's cuisine. Meat or fish is typically used in hot dishes. In addition to meat and fish, pork is also prominent and flæskesteg is famous. Traditional frikadeller carbonader medisterpølse dishes made with minced meat became even more famous with the industrial revolution. [20]

Smørrebrød



Choose your bread: Traditional smørrebrød is made with dense rye bread, but you can also use other types of bread like sourdough or whole wheat. **Spread the butter:** on each slice of bread. **Add your toppings:** Get creative with your toppings! You can keep it simple with a slice of smoked salmon a squeeze of lemon, or layer on a variety of ingredients for a more complex flavor profile. **Add condiments:** Enhance the flavor of your smørrebrød with a dollop of mustard, horseradish, or remoulade.

6.3.2. Estonian Cuisine

Estonian food culture is inspired by Denmark, Sweden, Russia and Germany. The most commonly used products are: Meat, Sausage and processed meats, Potatoes, Cream, Pickles, Cabbage, Cabbage, Brown bread The indispensable dishes of Estonian citizens are Seljanka, namely meat stew, fried dishes and seafood dishes, especially salmon and trout. Cold appetisers are of great importance in Estonia's culture. [21]

Mulgikapsad



Sauté the aromatics: In a large pot or Dutch oven, heat some oil over medium heat. Add the onion and garlic, and sauté until softened. **Brown the meat:** If using pork, add the cubed pork to the pot and brown on all sides. **Add the rest of the ingredients:** Add the shredded cabbage, pearl barley, bay leaves, marjoram, black pepper, and vegetable broth to the pot. Bring to a boil, then reduce heat to low, cover, and simmer for 1.5-2 hours, or until the cabbage is tender and the liquid has thickened.

6.3.3.Latvian Cuisine

Latvian cuisine usually consists of agricultural products and most of the main dishes include meat. Due to Latvia's location on the eastern coast of the Baltic Sea, fish is often consumed. It has been influenced by other countries on the Baltic coast. [22] Common ingredients in Latvian recipes are found locally, such as potatoes, wheat, barley, cabbage, onions, eggs and pork. Latvian cuisine is markedly seasonal, with each season having its own distinctive products and dishes. A Baltic Delight cuisine, nestled in the heart of the Baltic region, offers a unique blend of flavors influenced by its history, geography, and cultural interactions. Known for its hearty dishes and emphasis on fresh, seasonal ingredients, Latvian cuisine is a delightful exploration for food enthusiasts. Key Characteristics of Cuisine Hearty and Comforting: Latvian dishes are often designed to be filling and satisfying, perfect for the region's colder climate. Seasonal Ingredients: Latvian cuisine emphasizes the use of fresh, seasonal produce, ensuring that dishes are not only delicious but also nutritious. Rye Bread: Rye bread, known as "rupjmaize," is a staple in Latvian cuisine and is often served with meals or as a snack. Dairy Products: The cuisine incorporates a variety of dairy products, including sour cream, cheese, and butter. Fish and Seafood: Given Latvia's coastal location, fish and seafood play a significant role in the country's culinary traditions.

Pelēkie zirņi ar speķi



Soak the peas: Place the dried grey peas in a large bowl and cover with cold water. Let them soak overnight. **Cook the peas:** Drain the soaked peas and place them in a large pot. Cover with fresh water and bring to a boil. Reduce heat to low, cover, and simmer for about 1-1.5 hours, or until the peas are tender. **Sauté the aromatics:** While the peas are cooking, heat some oil in a large skillet over medium heat. Add the chopped onion and garlic, and sauté until softened. **Cook the pork:** Add the diced smoked pork to the skillet and cook until browned on all sides. **Combine:** Add the sautéed onion, garlic, and pork to the pot with the peas. Stir in the bay leaf, marjoram, and black pepper. **Season and simmer:** Season with salt to taste. Continue simmering for an additional 15-20 minutes, or until the flavors have melded together. **Serve:** Serve the Pelēkie zirņi ar speķi hot with a side of crusty bread.

6.3.4.Lithuanian Cuisine

Lithuania's cool and humid northern climate is characterised by a culinary culture favouring products suited to the climate. Barley, potatoes, rye, beetroot, green vegetables, strawberries and mushrooms are grown locally, and dairy products are one of the country's specialities. Various pickling methods are used to preserve food for the winter.Soups are extremely popular and widely recognised as key to a healthy diet. Because it shares climate and agricultural practices with Northern Europe, Lithuanian cuisine has much in common with its Baltic neighbours and northern countries in general. Long traditions of agriculture and foraging have shaped Lithuanian cuisine, with various influences throughout the country's history. [23]

Cepelinai



Prepare the potatoes: Peel and grate half of the potatoes. Boil the other half, then mash them. **Mix the dough:** Combine the grated potatoes, mashed potatoes, egg, potato starch, and salt. Mix well until a dough forms. **Prepare the filling:** In a skillet, sauté the onion and garlic until softened. Add the ground pork and cook until browned. Season with salt and pepper. **Assemble the cepelinai:** Shape the potato dough into large oval dumplings. Create a well in the center of each dumpling and fill with the meat mixture. Seal the edges carefully. **Cook the cepelinai:** Bring a large pot of salted water to a boil. Gently place the cepelinai in the boiling water and cook for about 20-25 minutes, or until they float to the surface. **Serve:** Drain the cepelinai and serve immediately. Top with melted butter, fried bacon bits, and a dollop of sour cream

6.3.5.Finnish Cuisine

It consists of a combination of the dishes of the European continent and the local dishes of the people of the region. While the dishes eaten in the eastern part of the country consist of various vegetables and mushrooms, fish and meat dishes in the western part of the country constitute Finnish cuisine. Traditional Finnish cuisine is similar to Swedish, German and Russian cuisines. Finnish dishes are slightly less sweet than Swedish dishes. The dishes in Finnish cuisine consist of wholemeal products (rye, barley, oats), fruits such as blueberries, red blueberries, mulberries and sea buckthorn. [24]

Karelya



Make the dough: In a large bowl, combine the rye flour, water, and salt. Knead the dough until smooth and elastic. **Cook the rice:** Rinse the rice and cook it in the milk with a pinch of salt until the liquid is absorbed. Stir in the butter. **Roll out the dough:** Divide the dough into small balls. Roll each ball into a thin circle. **Fill the pies:** Place a spoonful of rice filling in the center of each circle. Fold the dough in half to form a semicircle. **Bake the pies:** Preheat the oven to 220°C (425°F). Place the pies on a baking sheet and bake for 10-15 minutes, or until golden brown. **Prepare the egg wash:** Beat together an egg, milk, and a pinch of salt. **Brush and bake again:** Brush the tops of the pies with the egg wash and bake for a few more minutes until the tops are golden brown.

6.3.6.Icelandic Cuisine

The most typical Icelandic dish is fish, lamb or Icelandic skyr. These have been the main elements of the Icelandic diet for more than a thousand years. Due to the scarcity of arable land in the past, Icelandic food is often meat-based. However, geothermally heated greenhouses make vegetables more easily accessible, allowing modern chefs to be more creative and add new ingredients to old recipes. Norwegian food traditions have much in common with other Scandinavian countries [25]. Fresh Seafood: As an island nation surrounded by the Atlantic Ocean, Iceland boasts an abundance of fresh seafood. Cod, salmon, haddock, and halibut are common.. Rye Bread, known as "rúgbrauð," is a staple food in Iceland ,often served with meals or as a snack. Dairy Products, such as skyr (a fermented dairy product similar to yogurt) and butter, are also important components.Fermentation is a common technique used cooking to preserve food and add unique flavors.

Plokkfiskur



Prepare the ingredients: Cut the fish into bite-sized pieces. Peel and dice the potatoes and onion. **Cook the potatoes:** Boil the potatoes until tender. Drain. **Make the sauce:** Melt the butter in a saucepan. Whisk in the flour until smooth. Gradually add the milk, whisking constantly to prevent lumps. Bring to a simmer and cook until the sauce has thickened, stirring occasionally. Season with salt, pepper, and white pepper. **Combine:** Add the cooked potatoes, fish, and onion to the sauce. Stir gently to combine. **Simmer:** Simmer over low heat for about 10-15 minutes, or until the fish is cooked through. **Serve:** Serve hot, topped with a dollop of salted butter and fresh herbs if desired.

6.3.7.Norwegian Cuisine

Traditionally, Norwegian food has revolved around meat or fish, potatoes and vegetables. As fishing and hunting have always been quite common in Norway, many Norwegians have historically caught their own dinner to serve at mealtimes. Due to Norway's vast territory, Norwegians have always relied heavily on fish and seafood for subsistence. Seafood remains an important part of Norwegian cuisine, with traditional Norwegian dinners including meatballs .Meatballs made from beef, pork, lamb or reindeer meat,

Lapskaus (a stew made with potatoes, vegetables and whatever else you have on hand - a great dish to utilise leftover meat), fårikål (a hearty stew made with mutton, considered by many to be Norway's national dish), lutefisk (dried, salted cod), sodd (mutton soup) and of course pølse med lompe (sausage in lompe, a traditional potato pancake). [26]

Pinnekjøtt



Soak the ribs: Place the lamb ribs in a large pot and cover with cold water. Soak for 2-3 days, changing the water several times. **Rinse and drain:** Rinse the ribs thoroughly under cold running water. **Simmer:** Place the ribs in a large pot with the onion, carrots, and potatoes. **Add** enough water to cover the ingredients. Bring to a boil, then reduce heat and simmer for 3-4 hours, or until the meat is tender. **Serve:** The pinnekjøtt hot, with boiled potatoes and vegetables. Traditional accompaniments include mashed rutabaga and boiled cabbage.

6.3.8.Swedish Cuisine

The country's long and cold winters have led to the development of various methods of preserving food. This has resulted in fermented and smoked flavours that are unique to Swedish cuisine. Salmon, which is abundant along the Swedish coastline, is usually consumed smoked, marinated or gravlax. Sill: Inca fish species, especially consumed in summer, is usually marinated with vinegar or spices.

Swedish cuisine is the traditional cuisine of Sweden. Due to the vastness of Sweden from north to south, there are regional differences between Northern and Southern Swedish cuisine. [27] Historically, fresh foods played a greater role in the south, while in the far north, meats such as reindeer and other game dishes were eaten, some of which have their roots in Sami culture. Many traditional dishes use simple and contrasting flavours, such as tart with traditional meatballs and brown cream sauce with tangy citrus jam. Swedish cuisine is generally simple and nutritious, emphasising the freshness of the seasons and local produce.

Husmanskost



Prepare the ingredients In a large bowl, combine the ground beef, ground pork, breadcrumbs, milk, egg, onion, garlic, allspice, salt, and pepper. Mix well until combined. Form the meat mixture into small meatballs. Heat a large skillet over medium heat and add a little oil. Cook the meatballs until browned on all sides. Remove the meatballs from the skillet and set aside. In the same skillet, melt the butter over medium heat. Whisk in the flour until smooth. Gradually whisk in the beef broth and heavy cream. Bring to a simmer and cook until the sauce has thickened. Return the meatballs to the sauce and simmer for an additional 5 minutes.

6.4. Southern European cuisine

6.4.1.Cyprus Cuisine

It can be described as a mixture of Greek and Turkish cuisines. Greek Cypriot cuisine is another Greek cuisine in the region, along with Cretan, Ionian Attica. [28]

Kolakas



Prepare the ingredients :Heat olive oil in a large pot over medium heat. Add onion and garlic and cook until softened. **Add**: kolakas potatoes, tomato paste, vegetable broth, water, oregano, salt, and pepper. **Simmer**:Bring to a boil, then reduce heat and simmer for 25-30 minutes, or until potatoes are tender. **Serve:**Garnish with fresh mint and parsley before serving.

6.4.2.Albanian Cuisine

Albanian cuisine is uniquely influenced by Turkish, Greek and Italian cuisines. Each region in Albania has its own specialities. Albanian cuisine is characterised by the use of various Mediterranean herbs such as oregano, black pepper, mint, basil, rosemary and more in cooking meat and fish. [29]

Tavë Kosi



Prepare : Preheat oven to 375°F (190°C). In a large skillet, brown the lamb in the butter. **Add**: The onion and garlic and cook until softened. In a separate bowl, combine the rice, yogurt, eggs, oregano, salt, and pepper. Layer the lamb mixture and rice mixture in a greased baking dish. **Cooking:**Cover with foil and bake for 45 minutes. Remove foil and bake for an additional 15-20 minutes, or until the top is golden brown. **Serve:** Let stand for 10 minutes before serving.

6.4.3. Greek Cuisine

It is the national cuisine of Greece. It is the cuisine heir to hundreds of years of Greek culture (including Ancient Greek and Byzantine. It is part of the Balkan and Mediterranean cuisines. It also includes Cretan cuisine. Olive oil foods are predominant. [30] The most characteristic and oldest element of Greek cuisine is olive oil, which is used in most dishes. It is produced from the region's famous olive trees and adds a distinctive flavour to Greek dishes. The olives themselves are also commonly eaten. The staple grain in Greece is wheat, but barley is also grown. [31]

Stifado



Prepare : Heat olive oil in a large pot or Dutch oven over medium-high heat. Brown the beef on all sides. Add the onions and garlic and cook until softened. **Add:**Stir in the red wine, beef broth, crushed tomatoes, bay leaves, oregano, cinnamon, cloves, allspice, salt, and pepper. **Simmer** :Bring to a boil, then reduce heat to low, cover, and simmer for 2-3 hours, or until the meat is tender.

6.4.4.North Macedonian Cuisine

N.Macedonian is the traditional cuisine of Northern Macedonia. Classified as Balkan cuisine, it reflects Mediterranean and Middle Eastern influences and shares characteristics of other Balkan cuisines.[32] The country's relatively mild climate provides favourable growing conditions for a variety of vegetables, herbs and fruits.

Tavče Gravče

Preparation: Soak the dried beans in plenty of watert for 8 hours. **Cooking:** Drain the beans and cook them in a pot of fresh water until tender. In a separate pan, sauté the onions , garlic in butter until softened. **Add:** The flour, red and black pepper and mint to the pan and stir to combine. Pour in a little water and cook. Combine the cooked beans and the onion mixture in a baking dish. Bake in a preheated oven at (180°C) for about 45 minutes.



6.4.5.Serbian Cuisine

(Serbian: српска кухиња, romanised: Srpska kuhinja) is a style of cooking unique to Serbia. Its roots lie in Serbian history, including centuries of cultural contact and influence with the Byzantines, Ottomans, Yugoslavia and the Balkans. Historically, Serbian food is characterised by the strong influence of Byzantine and Mediterranean cuisines, as well as Ottoman and, to a lesser extent, Central European cuisine.[33]

Cevapčići



Preparation: In a large bowl, combine the ground beef, ground pork, onion, garlic, paprika, black pepper, cumin, egg, breadcrumbs, and salt. **Mix** :Mixwell until combined. Form the mixture into small, finger-shaped sausages. Grill the cevapčići over medium heat until cooked through and browned on all sides.

6.4.6. Italian Cuisine

Italian cuisine is a very rich cuisine that dates back to the 4th century BC, has developed over centuries with social and political changes, and is known and loved all over the world. [34] The influence of Etruscan, Ancient Greek, Ancient Roman, Byzantine, Jewish and Arabic cuisines is very evident in Italian cuisine. [35]

Discovery of the New World, food products such as potatoes, tomatoes, bell peppers and corn, which are known as the basis of today's Italian cuisine but which were not actually available to the masses until the 18th century, were brought to Europe and significant changes were seen in the cuisine. [36] The characteristic of Italian cuisine is its high regional diversity, [37] and the fact that it contains many different flavours.

Lasagna



Cook the lasagna noodles: Cook the lasagna noodles according to the package directions. Drain and set aside. **Make the meat sauce:** In a large skillet, brown the ground beef, onion, and garlic. Drain any excess fat. Stir in the crushed tomatoes, oregano, basil, red pepper flakes, salt, and pepper. Bring to a simmer and cook for at least 30 minutes. **Make the béchamel sauce:** In a saucepan, melt the butter over medium heat. Whisk in the flour until smooth. Gradually whisk in the milk, stirring constantly until the sauce has thickened. Season with salt and pepper. **Assemble the lasagna:** Preheat oven to 375°F (190°C). Spread a thin layer of meat sauce in the bottom of a 9x13 inch baking dish. Top with a layer of lasagna noodles, followed by a layer of ricotta cheese and a sprinkle of Parmesan cheese. Repeat layers until all ingredients are used, ending with a layer of meat sauce and a sprinkle of mozzarella cheese. **Bake:** Cover the lasagna with foil and bake for 30 minutes. Remove the foil and bake for an additional 15-20 minutes, or until the lasagna is bubbly and the cheese is golden brown. **Let rest:** Let the lasagna rest for 10-15 minutes before serving.

6.4.7.Portuguese Cuisine

The oldest known book on Portuguese cuisine (Portuguese: Cozinha portuguesa), 16th-century Livro de Cozinha da Infanta D. Maria de Portugal, describes meat, fish, poultry and other popular dishes. Cinnamon, vanilla, lemon zest, orange zest, aniseed, cloves and allspice are used in many traditional desserts and some savoury dishes. Garlic and onion, herbs are also widely used; bay leaf, parsley, thyme, oregano , marjoram, rosemary coriander are the common. Olive oil is one of the staples, used both for cooking , flavouring dishes. This has led to a unique classification of olive oils according to their acidity [38]

Cozido à Portuguesa



Prepare the ingredients: Rinse the meats and vegetables. Soak the chickpeas overnight. **Brown the meats:** In a large pot or Dutch oven, brown the beef, pork, bacon, chorizo, and blood sausage. Remove from the pot and set aside. **Sauté the vegetables:** In the same pot, sauté the cabbage, potatoes, carrots, and turnips until slightly softened. **Combine ingredients:** Return the browned meats to the pot. Add the chickpeas, rice, salt, and pepper. Pour in enough water to cover all the ingredients by about 2 inches. **Simmer:** Bring to a boil, then reduce heat and simmer for 1-2 hours, or until the meats and vegetables are tender. **Add green beans:** Add the green beans and cook for an additional 15 minutes. **Serve:** Serve the cozido à portuguesa hot, garnished with fresh parsley.

6.4.8.Spanish Cuisine

Spain has an extensive history with many cultural influences and a variety of dishes with thousands of recipes and flavours resulting from variations in geography and climate. The cuisine is heavily influenced by the seafood found in the waters surrounding the country. Spanish cuisine has been heavily influenced by the historical processes that shaped local culture and society in some Iberian Peninsula regions of Europe.[39] Geography and climate have a great influence on cooking methods and available ingredients. These cooking methods and ingredients are still present in the gastronomy of the various regions that make up Spain. Spanish cuisine derives from a complex history in which the Spanish invasions and conquests changed traditions, making new ingredients available.

6.4.9. Turkish Cuisine

Turkish cuisine is the national cuisine of Türkiye. Being the inheritor of the Central Asian, Seljuk, Principalities and Ottoman cultures, Turkish cuisine in the Republican Era has both influenced and been influenced by Balkan and Middle Eastern cuisines. Turkish cuisine also varies according to regions. Many regions such as Black Sea cuisine, Southeastern cuisine, Central Anatolian cuisine have their own rich food reservoir. Eating and drinking styles, which contain flavours that differ from region to region, carry a different meaning and even sacredness on special days, celebrations and ceremonies. Turkish Cuisine contains examples that can be a source of healthy and balanced nutrition and vegetarian cuisine with many dishes and food types as well as in terms of richness of variety and suitability for palate [40].

Ezogelin soup

Soaking the lentils: For a creamier soup, you can soak the red lentils in water for 30 minutes before cooking. **Serving:** Ezogelin soup is often served with a dollop of yogurt or a drizzle of olive oil. **Variations:** You can add other vegetables to your Ezogelin soup, such as carrots or potatoes.



6.5.Western European cuisine

6.5.1.Belgian Cuisine

National cuisine of Belgium combines medieval culinary traditions with those of the neighbouring countries Germany, France and Netherlands. Its home-cooked food is simpler and more nutritious, as in Germany and Netherlands, while cookery in restaurants is heavily influenced by French cuisine.[41]

Waterzooi



Sauté the vegetables: In a large pot, melt butter and sauté the onion, carrots, celery, and leek until softened. Add garlic and cook for 30 seconds more. **Add the broth and chicken:** Pour in the chicken broth and add the bay leaf. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the chicken is cooked through. **Make the sauce:** In a small bowl, whisk together the egg yolks, heavy cream, and Dijon mustard. **Combine:** Remove the pot from the heat and slowly whisk in the egg yolk mixture. Return the pot to low heat and cook, stirring constantly, until the sauce has thickened slightly. Be careful not to let it boil, as the eggs may scramble. **Serve:**, Garnished with fresh parsley.

6.5.2. Dutch Cuisine

(Dutch: Nederlandse keuken) is a style of cooking characteristic of the Netherlands. Dutch cuisine is based on simplicity and naturalness and generally consists of plenty of vegetables and hearty dishes. The country's geographical location, rich in agricultural land and seafood makes its cuisine very diverse. The country's cuisine is shaped by its location on the fertile North Sea river delta of the European Plain, which led to fishing, farming (for crops and domestic animals) and trade across the sea, the former colonial empire and the spice trade. [Traditionally, Dutch cuisine is simple and straightforward with many vegetables and little meat: breakfast and lunch are typically bread with sauces such as cheese, while dinner is meat and potatoes, supplemented with seasonal vegetables.[42]

Erwtensoep



Soak the peas: Rinse the split peas **Sauté the vegetables:** In a large pot or Dutch oven, sauté the onion, carrots, and celery in butter until softened. **Add the broth and spices:** Drain the soaked peas and add them to the pot along with the smoked ham hock, bay leaf, and vegetable or chicken broth. Bring to a boil, then reduce heat and simmer for about 1-2 hours, or until the peas are very soft. **Remove the ham hock:** Carefully remove the ham hock from the pot and set aside to cool slightly. **Add the sausage:** Add the smoked sausage chunks to the soup and simmer for an additional 15 minutes. **Shred the ham hock:** Remove the meat from the ham hock and shred it into small pieces. Return the shredded meat to the soup. **Season and serve:** Season the soup with salt and pepper to taste. Serve hot, garnished with fresh parsley.

6.5.3.French Cuisine

French cuisine is synonymous with elegance and sophistication throughout the world and has a rich history and cultural heritage. It is a national cuisine developed in France, famous for its richness and diversity, emphasising the artistic aspect of cooking.[43] The origins of French cuisine date back to the Middle Ages. It developed in proportion to the power France gained on the world stage during the Colonisation period after the French Revolution. Chefs such as Marie-Antoine Carême (1784-1833), who rose to fame under Napoleon Bonaparte, made great contributions to French cuisine by developing an elaborate style of cooking called haute cuisine (high culinary art).

Ratatouille



Preheat oven to 400°F (200°C). **Prepare vegetables:** Place the eggplant, zucchini, and bell peppers on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. **Roast vegetables:** Roast in the preheated oven for 25-30 minutes, or until tender and slightly browned. **Sauté onion and garlic:** While the vegetables are roasting, heat olive oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes. Stir in the garlic and cook for 30 seconds more. **Combine ingredients:** Add the roasted vegetables, crushed tomatoes, tomato paste, oregano, thyme, salt, and pepper to the skillet. Stir to combine. **Simmer:** Bring to a simmer and cook for 15-20 minutes, or until the sauce has thickened.

6.5.4.Luxembourg Cuisine

Luxembourg cuisine reflects the country's position between Latin and Germanic countries, influenced by the cuisines of France, Belgium and Germany. More recently, it has been influenced by the country's many Italian and Portuguese immigrants. dishes include liver dumplings (quenelle) with sauerkraut and boiled potatoes, Träipen (black pudding) with apple sauce, sausages made with mashed potatoes and horseradish, and green bean soup (Bouneschlupp). French cuisine features prominently on many menus, and there are also some dishes from Germany and Belgium.[44] Despite its small size, Luxembourg has a rich cultural mix and this is reflected in its cuisine. It has created its own unique flavours by being influenced by the culinary traditions of neighbouring countries Belgium, France and Germany. Luxembourg cuisine usually consists of hearty, seasonal dishes prepared with local products.

Judd mat Gaardebounen



Prepare the pork: Place the smoked pork collar in a large pot. Cover with water and bring to a boil. Reduce heat and simmer for about 1-1.5 hours, or until the meat is tender. Remove from the pot and let cool slightly. **Cook the beans:** Drain the soaked broad beans and add them to a separate pot. Cover with fresh water and bring to a boil. Reduce heat and simmer for about 1 hour, or until the beans are tender. Drain and set aside. **Make the sauce:** In a large pot, melt the butter over medium heat. Add the onion and cook until softened. Add the leeks, carrots, celery, bay leaf, thyme, peppercorns, and garlic. Cook for 5 minutes, or until fragrant. **Combine:** Add the cooked pork, broad beans, and white wine to the pot. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the sauce has thickened. **Serve:** Season with salt to taste. Serve the Judd mat Gaardebounen hot, with boiled potatoes.

7. EUROPEAN CUISINE RECIPES

Cuisine refers to the characteristic cooking practices and traditions usually associated with a particular culture.European cuisine (also called 'Western cuisine') collectively includes the cuisines of Europe and other Western countries.[45] European cuisine includes (depending on the definition) the cuisines in Europe. This section includes traditional recipes from the European cuisine of Türkiye, Italy, Norway, Portugal, Portugal, the Netherlands and Sweden.

7.1.DUTCH CUISINE

7.1.1.STAMPPOT

Stamppot is a classic Dutch dish that has been a staple in the country for centuries. Stamppot is not only a delicious and hearty dish, but also has a cultural significance in the Netherlands. In fact, it has become an icon of Dutch cuisine and is often served at national events and celebrations. Stamppot is a popular dish served on King's Day, a national holiday in the Netherlands. It is also a common dish served during the winter months, especially during the holiday season. The history of Stamppot dates back to the 16th century, when potatoes were first introduced to the Netherlands. Potatoes were not immediately recognised as a food source and it took several years before the Dutch began to incorporate them into their cuisine. However, as soon as potatoes became widely available, they quickly became a popular staple food.

Ingredients

- Potatoes
- Kale
- Bacon
- Whole milk
- Butter
- Nutmeg
- Salt
- Black pepper
- Smoked beef sausage



Instructions:

Peel and quarter the potatoes. Add them to a pot of boiling water and cook, covered, over medium-high heat for 20 minutes or until cooked through. Wash the cabbage, remove the stems and cut into medium-sized pieces. Add the cabbage to the other pot of boiling water and cook over low-medium heat for about 10-15 minutes. Drain and set aside. In a frying pan, cook your bacon until lightly crispy. Stir frequently. Set aside to cool, but do not discard the fat. Also prepare the smoked sausages according to the instructions on the packet (in the microwave or on the hob). After the potatoes are cooked, drain the water and put them in a large bowl. Then add the butter, milk, nutmeg, salt and pepper and mash until smooth.

7.1.2.TRADITIONAL EGG SHAKSHUKA

Ingredients

- ½ Onion
- 1 Garlic
- ¼paper
- 2 tomatoes
- Parsley
- 2 eggs
- 40 grams cheese



Instructions:

Chop the onion and press or finely chop the garlic. Remove the seeds from the red pepper and red pepper and chop both finely. Dice the tomatoes and finely chop the parsley.Heat the olive oil in a wok or a lidded pan and fry the onion, garlic and red pepper over medium heat for 2 minutes. Add the pepper, tomato and half of the curly parsley.Then add 30 ml of water per person to the wok or frying pan and crumble the vegetable stock cubes over the pan. Bring to the boil while stirring and leave to cook under the lid for 5 minutes. Season with salt and pepper.Make a well in the vegetable mixture for each egg and crack the eggs into this well. Sprinkle the eggs with salt and pepper.

Break the goat cheese into pieces over the whole, cover the pan and leave the eggs to stand for 10 minutes. For the last 4 minutes, remove the lid from the pan, increase the heat slightly, and allow any excess moisture to evaporate.Meanwhile, bake the spelt baguette in the preheated oven for 5-7 minutes.Divide the dish onto plates. Garnish with the remaining curly parsley.

7.2.İtalian Cusine

7.2.1.CASONCELLI CAMUNI

Although the exact date of birth of Casoncelli is unknown, it is thought to have emerged with the development of agriculture in the region and the shaping of the eating habits of the local people. Named after the Val Camonica valley in the south of the Lombardy Alps, this pasta has adorned the tables of the people of the region for centuries.

Ingredients:

- 2 cups of all-purpose flour
- 2 eggs
- A pinch of salt
- Water, if needed
- For the filling:
- 1/2 lb ground beef
- 1/2 lb ground pork
- 1/2 cup grated Grana cheese
- 1/4 cup breadcrumbs
- 1 egg
- Salt and pepper to taste
- Nutmeg (optional)
- Butter
- Pancetta, diced
- Fresh sage leaves



Instructions:

Start by making the pasta dough. On a clean surface, mound the flour and create a well in the center. Crack the eggs into the well and add a pinch of salt. Gently beat the eggs with a fork and gradually incorporate the flour until a dough forms. If it's too dry, add a little water. Knead the dough until smooth, then cover it with plastic wrap and let it rest for about 30 minutes. While the dough is resting, prepare the filling. In a bowl, mix together the ground beef, ground pork, grated cheese, breadcrumbs, egg, salt, pepper, and nutmeg (if using). Roll out the pasta dough to a thin sheet and cut it into squares. Place a small amount of filling in the center of each square. Fold the dough over to form a triangle and press the edges to seal. Bring a large pot of salted water to a boil and cook the casoncelli for a few minutes until they float to the surface. In a separate pan, melt some butter and sauté the diced pancetta until crispy. Add fresh sage leaves and let them cook for a minute.

7.2.2.CAPONATA SICILIANA

Ingredients

- 10 eggplants oval black
- 2 White Onions
- 1 Celery
- 1 kg Peeled tomatoes
- 2 Tablespoons of capers under salt
- 300 g green olives (without stones)
- Extra virgin olive oil (just enough)
- peanut oil (for frying)
- salt (just enough)
- half a glass of vinegar
- 3 tablespoons sugar



Instructions:

Cut the eggplant into cubes (about 4 cm) and put them under salt for at least an hour in a colander. Wash the celery well, cut it into pieces (even the leaves) and put it in a pan. Cover the celery with water. Cook until the water is dry.At this point remove from the heat, then add the roughly chopped onion and fry with plenty of extra virgin olive oil.Then add the capers well rinsed from the salt, the olives cut in half or into slices and finally the peeled tomatoes passed to the mixer or masher (in the absence of peeled tomatoes use the tomato preserve). Season with salt and cook over a low heat until you get a thick and tasty sauce.Before removing from heat add sugar and vinegar to make sweet and sour, possibly adjusting the sweet and sour according to your taste. Fry eggplant for caponata. Dab the eggplants well and fry them in hot and abundant oil, in this way the eggplants will absorb very little oil! Drain the eggplant by passing them through a colander to eliminate any excess grease or put them on a tray with paper towels.

7.3. Turkish Cuisine

7.3.1.DOMATES CIVESI

Although there is no exact information about the exact origin of tomato flavour, it is thought to have emerged with the enrichment of Mediterranean cuisine. The fertile soils and sunshine of Antalya have enabled the tomato to take its most delicious form and this flavour has gained an important place in the culinary culture of the local people.

Ingredients

- 5 tomatoes
- 4 green peppers
- 4 onions
- 1 head of garlic
- 5 pieces of sugar cubes
- 1 coffee cup of rice
- 1 teacup of olive oil
- 1 bunch of basil
- 1 teaspoon of salt



Instructions:

Heat the pot over medium heat. Add the olive oil. In the hot oil, sauté finely chopped onions, diced green peppers, and minced garlic until they turn golden brown.Add the sugar cubes to the sautéed mixture and stir. Then, arrange the peeled tomatoes, sliced circularly about 5 mm thick, on top. Reduce the heat to low after the first boil. Leave to cook with the lid closed. When the tomatoes are cooked, sprinkle with salt and rice.When the rice expands and absorbs the liquid released by the tomatoes, turn off the heat and let it cool.If you want, you can add currants, pine nuts and a little cinnamon to the dish. Instead of basil, you can use chopped parsley or mint mixed with curd or both. In some applications, chopped mint or basil is mixed with 3-5 crushed garlic cloves and poured over the dish.

7.3.2.ANTALYA PIYAZI (ANTALYA BEAN SALAD)

Especially in the winter months, when vegetables are scarce, various dishes have been developed to create different flavours with the available ingredients. Piyaz also emerged in this period and became widespread among the people over time.

Ingredients

- 500 g beans
- 3 tablespoons boiled beans
- 1 coffee cup tahini
- 5-6 cloves garlic (crushed)
- 2 coffee cups olive oil
- Juice of 1 lemon
- 1 coffee cup vinegar
- 1 teaspoon salt
- 2 teacups water
- 4 boiled eggs
- 3 tomatoes
- 6 green peppers
- 4 spring onions
- ½ bunch parsley
- 2 teaspoons red pepper



Instructions:

The beans in salty water overnight to swell. If you want the beans to swell quickly without soaking for a long time, boil them in plenty of salty water for 5 minutes and let them sit in the boiling water for 1 hour.Boil the swollen beans in plenty of salted water over medium heat for about 20 minutes. Drain the boiling water. Wash the beans and put them back in the pot with salted water to boil.Boil the beans until they crack and are well cooked, and until the boiling water is absorbed. Take 3 tablespoons of boiled kidney beans and put them in a deep bowl. Add the other sauce ingredients listed and mix well. You can also use an electric mixer for this process. Add peeled and diced tomatoes, quartered boiled eggs, cleaned and finely chopped spring onions, green peppers, and parsley to the salad.

7.4. Norwegian Cuisine

7.4.1.RAKFISK

In early autumn a group of fishermen mounted their horses and started their journey deep into the Norwegian mountains. As the lakes were plentiful, the fishermen spent their days with great success. It would take a lot of salt to preserve this abundance, but to their dismay they had not brought enough salt on this journey. They used what they had and had nothing left to spend. They began their long journey down the mountain in the hope that the fish were still preserved. Days turned into weeks and the fish began to ferment. When they returned home and hoped that the fish had not gone to waste, the fisherman discovered something quite extraordinary. The fish had gone through a process that preserved it in a different way. They had stumbled upon something so pleasant that it took hold and became a traditional delicacy throughout the country.This is the story I was told when I was asked how Rakfisk came to be.But what we do know is that the fermentation process has been known and popular around the world for thousands of years. Whether the accidental fermentation stories are true or not, the method of fermenting fish has become an important part of the diet in Norway and an old tradition that is still maintained today.

Ingredients

- 300 g rakfisk
- 0.5 red onions
- 0.5 leek
- 4 boiled almond potatoes
- 4 tablespoons sour cream
- 4 pieces of lefse



Instructions

Cut the head off the fish. Grasp the backbone and carefully tear it out. Remove the skin. Cut the fillets into slices about 2 cm wide. Finely chop the red onion and leek.Serve the fish with boiled almond potatoes, sour cream, red onion, leek and lefse.This recipe is intended as a starter; if you're eating rocket fish as a main course, you should calculate about 200 g per portion + more potatoes, sour cream, vegetables and lefse.

7.4.2.FÅRIKÅL (NORWEGIAN LAMB AND CABBAGE STEW)

Ingredients

- 2 kg / 4 ½ lbs lamb, coarsely chopped (neck, shoulder, shank)
- 60 g (½ cup) flour *(do not use for a gluten-free option)*
- 4 cups (1 ¾ cups) water
- 2 kg white cabbage, coarsely sliced.
- 5 teaspoons whole black pepper
- 3 teaspoons salt



Instructions:

In a large bowl, mix the lamb and flour. The flour will help thicken the stew a little as it cooks.Pour the water into a large casserole dish. Put a layer of floured lamb on the bottom, followed by a layer of cabbage. Add some black pepper and salt. Repeat this process until you have used all the ingredients and put a final layer of cabbage on top. The volume should be about 1 part meat and 4 parts cabbage.Cover with a lid and bring to the boil. Reduce the heat and simmer gently for about 2 hours until the meat is tender and easily separated from the bone. The cabbage contains a lot of water that will be expelled during the cooking time, so do not be forced to add more water than the indicated amount.Serve hot with boiled fresh potatoes and a knob of butter.

7.5. Swedish Cuisine

7.5.1.SWEDISH MEATBALLS

The 18th century Swedish King Karl XII was a prisoner of war during his wars with the Ottoman Empire. During this period, the king, who was closely acquainted with the Ottoman cuisine, especially liked the meatballs very much. Karl XII, who returned to Sweden after being freed from captivity, brought with him not only his war experiences but also the flavours he learned. This dish, which he prepared inspired by Ottoman meatballs, gained an important place in Swedish cuisine over time and became known as 'köttbullar'.

Ingredients

- Minced pork
- Flat-leaf parsley
- Onion
- Garlic
- Panko breadcrumbs
- Eggs
- Extra virgin olive oil
- Butter
- All-purpose flour
- Beef broth
- Lemon
- Spices: Ground allspice, nutmeg, salt and pepper
- Cream



Instructions:

Prepare the onion and garlic, remember we want you to grate the onion rather than slice or chop it. Grating it with a box grater will allow it to melt smoothly into the mince and pork mixture. In a large bowl, gently mix the meatball ingredients and spread them out on the baking tray, being careful not to overmix. Tongs are handy for this. Using the same pan, prepare the most amazing Swedish meatball sauce you have ever eaten. Put the meatballs back in the pan and cook them in the creamy, spicy Swedish meatball sauce!

7.6. Portuguese Cuisine

7.6.1.BACALHAU (CODFISH)

In the 16th century, Portuguese sailors discovered the abundant cod fish in the Atlantic Ocean. Considering that it was difficult to find fresh fish during long sea voyages, a method of preserving this fish by salting and drying was developed. Thus, bacalhau became a source of food for sailors.

Ingredients

- 4 loins of cod soaked
- 4 eggs
- 200g turnips
- 300g potatoes
- 500g of Portuguese cabbage
- 300g of sprouts
- 200g of carrots
- 4 spring onions
- olives
- 1 branch of curly parsley



Instructions:

Boil the water with sea salt and the eggs. When boiling, place the potatoes peeled and cut in half and the carrots peeled and cut lengthwise into four. Let it boil for 3 minutes.After this time, place in the same water the washed sprouts and cabbages and the peeled and cut turnips and the peeled onions. Let everything cook for 15 minutes, then add the codfish and turn off the cooker.Drain everything, peel the eggs, and serve on a platter with the bottom watered with olive oil.

CHAPTER III

8.MIGRATION

Global cities, which are the scene of change brought about by human mobility, offer a multi-layered field on the relationship between migration and food, and multifaceted discussions are carried out in the relevant literature. In this context, when the relationship between migration and food is evaluated, a diverse framework is encountered that touches upon ;

(1) Tthe contribution of food to the social cohesion/integration process in the country of destination,

(2) Its key role in acquiring economic and social capital,

(3)The transmission of tradition and in maintaining ties with the homeland,

(4) Its opening up space for intercultural encounter spaces and dialogue,

(5) The fact that immigrant restaurants are the acceptable face of multiculturalism for the mainstream and are colonised and culinary imperialism debates (Bailey, 2017; Çağlar, 1999; Gasparetti, 2012; Heldke; 2003; Highmore, 2008). When the relationship between food and migration is evaluated, one of the areas of discussion that comes to the fore is 'ethnic food/kitchen'. Since food is often an indicator of ethnic and group identity (Vallianatos & Raine, 2008, pp. 365-366), migrant restaurants can be characterised as 'ethnic'.

9.ETHNIC CUSINE

As a material and cultural practice, food is a social activity that contains a wide range of discourses with its various contexts and functions; mobilises the senses and emotions; can be a means of intimacy/inclusion or distance/exclusion; is a cultural and political performance; and embodies the national (Appadurai 1981; Finkelstein 1999; Montanari, 2004, Highmore, 2008; Ichijo & Ranta, 2018). In this framework, when the food culture of a community is discussed, it is the national food culture of a certain nation, which is shaped around the national identity, beyond the eating habits that are often referred to.

In Mintz's (1997, p. 48) words, food is a marker of 'who and what people are, both to themselves and to others'. From this perspective, food is highly communicative and a vehicle for national identity. Narayan (1995, p. 64) argues that this seemingly simple and powerful marker has much to reveal in thinking about food, revealing interesting and problematic aspects of our relationship with the socially 'other'.Dae Young Kwon (2015, p. 1) narrowly defines ethnic foods as 'foods that originate from the heritage and culture of an ethnic group that utilise their knowledge of the local components of plants and/or animal resources' and cites Hindu food from India, Maori food from New Zealand and Masai food from Kenya as examples of ethnic foods. On the other hand, he also mentions the ambiguity of the concept of ethnic food and broadly defines ethnic food as 'the cuisine of an ethnic group or a country that is culturally and socially accepted by those outside the relevant ethnic group' (Kwon, 2015, p. 1).

In the mid-nineteenth century, German and Irish cuisine was replaced by Italian and Eastern European in the late nineteenth century, and by Latin and Asian in the twentieth century. Well-known and widespread ethnic restaurants may not be recognised as ethnic after a while, or the perception of cuisine may change as the community moves up the social ladder. Ray (2007, p.101), in his study Ethnic Succession and the New American Restaurant Cuisine, makes this point as follows: 'When American Italians left the ghetto and entered gymnasiums, corporate offices, governor's mansions, city halls, and film studios, Italian food was reevaluated in the American imagination.' Lisa Heldke adds to this discussion that - on a US scale - ethnic cuisines are also categorised within themselves.On the other hand, Hedlke notes that such categorical determinations do not always work: People of African descent have been in the US with their cuisine for a long time, but they are still considered ethnic. Here the prefix 'ethnic' is a kind of coding for the 'other' (Heldke, 2003, p. 51).In his analysis of food critics and the media, Krishnendu Ray (2016a, p.63) notes that journalists, restaurant critics and professional chefs framed twentieth-century culinary culture in two ways: (1) high-status foreign cuisine - initially limited to continental European and French cuisine, but also affirming Italian and Japanese cuisine by the end of the century - and (2) ethnic cuisine, including the low-status product of labour and the tacit knowledge of poor immigrants.

‘High-status foreign cuisine’ is characterised by aesthetic notions of taste and skill and labour-intensive processes, while “ethnic cuisine” is characterised by labour without compulsory and determining characteristics and low wages. Kendall Park (2017) argues that ‘ethnic cuisines’ remain tied to immigrant communities (e.g. Vietnamese, Cuban), while foreign cuisines cross neighbourhood boundaries and integrate into the American palate, depending on who the ethnic group is.

10.CULTURAL HERITAGE: FOOD CULTURE

Food culture, which is one of the most important elements of our cultural heritage, is not only a problem of European rights in Europe; It is also an important problem of immigrants who leave their homeland for various reasons and migrate to Europe. Societies that cannot carry their traditional dishes to Europe, cannot find the ingredients easily even if they do, and cannot keep this culture alive face the same problems. In addition, minorities and small communities living on the European continent for hundreds of years have started to lose their traditional food and eating habits and have become unable to pass them on to the next generations. According to the report of the International Commission on Migration, 32.5 million migrants live in the European Union, which corresponds to 6.5 per cent of the total EU population, and that this proportion will increase even more in the future and that intercultural cohesion must become a common denominator again.

When looking at the relationship between migration and food from a sociological perspective, the strong connection between food and belonging and identity stands out first and foremost. Just as we see in elements such as language, music, clothing, architecture and religious rituals, food and culinary practices as a cultural and social symbol have a constitutive effect on the construction of migrant identities and the bond of belonging (Haviland, 1999, pp. 42-53). In the aftermath of migration, diaspora societies often ignore their ethnic, religious and individual differences in favour of constructing a new cohesive common identity based on common food and drink cultures (Gasparetti, 2012). In this construction process in which new practices of belonging are woven, especially the dishes attributed traditional value function as the main unifying element.It would be more accurate to say that these dishes are consumed and their common consumption patterns become a symbol of identity rather than the dishes themselves.

Because the fact that people who consume a hometown-specific dish are together or at the same table leads to the formation of a group belonging and a sense of identity based on cultural symbols among migrants (Agutter & Ankeny, 2017). In this process, 'resorting to the culture of origin, which is a point of resistance for international migrants, helps people to maintain their self-esteem in situations where skills and experiences are damaged' (Castles & Miller, 2008, p. 53).

11.INTERCULTURAL CULİNARY INTERACTION

In the relationship between migration and food, the function of food in terms of mutual cultural interaction and social integration is important. The most important question in this field is whether culinary culture has a rapprochement effect. The main determinant here is often the performances of culture and identity that are reproduced every moment through daily life practices (Goffman, 2018). For example, certain culinary practices such as which dishes are cooked at home, the restaurants chosen when eating out, setting tables with immigrants belonging to a close culture, exchanging food with neighbours, and (not) sitting at the same table with strangers point to certain boundaries in the areas of food-identity-integration in the new migration culture.

The preservation of culinary culture also means the preservation of the community and culture of which one is a part. In the modern age, culture is regarded as a 'fortress under siege' for societies, and refugees (foreigners) are among the groups that should never be completely included in this fortress (Bauman, 2011, pp. 67-68). Therefore, any transformation in food and beverage practices or any loss in culinary culture actually means the loss of a part of the elements of cultural belonging. For this reason, while cultural values are preserved, a wall is consciously or unconsciously built against new cultural values/practices.The reactions of immigrant and recipient societies towards each other in the interaction between cuisines and cultures can also be considered in this context.People who leave their homeland and migrate to another place, whether compulsorily or voluntarily, carry with them not only belongings but also memories and cultures. Therefore, sometimes a story, a piece of music or sometimes a recipe is actually the most valuable property in a migrant's suitcase.

The place that certain dishes hold in the memory with different senses and memories such as smell and flavour ensures the continuity of individual and social memory in the new life after migration. In addition, as a result of mutual cultural interactions in the field of cuisine, not only migrants but also receiving societies become the subject of a sociocultural change. Although sometimes assuming divisive functions, eating and drinking practices appear as a positive starting point in terms of reducing the cultural distance between societies and breaking prejudices. [46]

12. THE RELATIONSHIP BETWEEN MIGRATION AND FOOD

Bailey (2017, p. 59), in her fieldwork with Indian migrants living in the Netherlands, argues that the culture and food practices of eating together help to create four basic feelings for migrants and their families, which can be explained as a sense of self (food and belonging), a sense of home (cooking and food practices), a sense of community (partnership with common ethnic groups) and a sense of living together. Naidu and Nzuza (2014), in their ethnographic study of Sierra Leonean migrants, find that flavours of home, such as ginger beer, rice and egusi soup, provide strong concrete frameworks for cultural identity and adherence to rituals that evoke feelings and memories of homeland and family members.

Simone Cinotto (2013), analysing the settlement of Italian immigrants in the US through food after their migration to the United States, notes how Italian immigrant restaurateurs and their employees turned cultural differences into a marketing tactic in response to the exclusionary Immigration Act of 1924, which implied the racial inadequacy of Italian immigrants and their inability to become good American citizens.

D'Sylva and Beagan (2011), with their study on women from Goa, bring a different perspective on the relationship between food, migration and gender beyond the discussions on food as a gendered responsibility and oppression in women's studies. Unlike other parts of India, Goa, a state of India, was colonised by Portugal for a long time and this past has left its mark on its cuisine. For Goans, food is a means of asserting identity, not only from Canadians but also from other South Asians, and of establishing a sensory connection with Goa, a place they have never visited.

Founded in 2017 by Syrian and Turkish women, Kadın Kadına Mülteci Mutfağı (Women to Women Refugee Kitchen) started with the production of food such as jam and pickles and contribution to the household economy, and continued with an industrial kitchen, where women gathered around food to gain both social and economic power. Beyond food production, distribution and supporting the family budget, this kitchen has assumed the function of being 'a community support centre where women can socialise with their children in a space different from their homes and realise themselves' (Kadın Kadına Mülteci Mutfağı, 2019).

Hughes (2019) points out that migrants from Myanmar to Coffs Harbour, Australia, mobilise social networks (within and outside the community) through food and gardening activities, thereby maintaining traditions and rituals. Myanmar people come from a culture where food supply is tightly tied to seasonality and agriculture, and in this context, they engage with space by transforming the landscape (gardens), cuisine and neighbourhood (Hughes, 2019, p. 7). On the other hand, in events such as the Thadingyut Festival, Chin National Day and Myanmar community Christmas celebrations, cooking and eating together is a very important part of the celebration, and in preparation for these festivals, social networks within outside ethnic communities are mobilised meals are shared (Hughes, 2019, p. 11).

13. LOCAL DISHES BROUGHT TO EUROPE BY MIGRANTS

In the history of the Mediterranean basin, population movements have been an integral part of its future. Sometimes for commercial reasons, sometimes for military or other reasons, Phoenicians, Greeks, Romans, Arabs, Turks and Europeans have contributed to this rich mix. The arrival of people bringing their culture with them is expressed in various forms (art, music, clothing, cuisine, etc.) and has occurred almost continuously since the remotest Antiquity.[46] The culinary practices and food habits of immigrants come with them. Perhaps they are not part of their primary baggage, are rare or absent, but they are not slow to recover them once they settle. As shown by different studies, first arrivals are often relatively young men living alone or in shared flats, who are not used to cooking. Their diet tends to be meagre: they eat something from the bar downstairs, convenience foods, etc. However, once minimally settled, they begin to recover the habits and practices of the places they came from.

13.1.THE STORY OF COUSCOUS

Couscous, a dish of Berber origin, is recognised as a ‘common cultural heritage’ of Morocco, Algeria, Mauritania and Tunisia. According to historians, couscous, which is made by mixing semolina with wheat flour, is a type of food that has survived from the Berber peoples settled in North Africa.[47] Today, it is one of the most popular dishes eaten by the French. In France, it is part of school menus and found on restaurant menus. Couscous, a traditional dish of the North African region with more than 1000 years of history, ranks first in Tunisian cuisine. Flavoured with different sauces in every city of Tunisia, couscous is one of the most important dishes served at events organised on various occasions, especially weddings. In December 2020, UNESCO recognised couscous as a ‘common cultural heritage’ of Morocco, Algeria, Mauritania ,Tunisia and included it on the Representative List of the Intangible Cultural Heritage of Humanity.Couscous is also a symbol as it allows the expression of national identities and ways of life and has religious and symbolic meanings. Couscous accompanies Friday and end of Ramadan celebrations and birth and wedding feasts. The association of couscous with these festivities also links it with the concepts of abundance, fertility, fidelity and Barakah (God's blessing)..

Ingredients

- 1 kilo of lamb meat with bones
- 4-5 carrots
- 7-8 potatoes
- 2-3 capia peppers
- Half cabbage(small size)
- 1 pineapple (canned is fine)
- 1 bunch of parsley
- 2 onions
- For the couscous
- Half a kilo of couscous
- 100 grams of butter
- A little less than half a tea glass of olive oil
- 1 tablespoon of chilli powder
- 1 teaspoon of powdered cummel
- 1 teaspoon of grain cummel
- A little isot
- A little chilli flakes



Instructions:

Firstly, let's fry the meat in hot oil. Add the coarsely chopped onion and mix. Dilute the tomato paste and add half a litre of water. Wash the parsley as a whole, tie it tightly with a string, add it to the pot and cook it over medium heat for about 20 minutes. Peel the carrots, chop them coarsely and add them to the meat. Let it boil for five more minutes and add cabbage, capric pepper, potato and pineapple respectively, close the lid, turn the heat down and let it cook slowly. Wash the couscous in a large bowl with warm water. Melt the butter in the pan. Add spices and oils and mix well. Add salt to our meat mixture and mix gently. Put the couscous in the part of the pot for steam, close the lid and let it cook with steam over low heat for about half an hour.

13.2. THE STORY OF PAELLA

Paella, which originated in Valencia in ancient times and then became a dish of the whole country when it started to be prepared with ingredients specific to each region, would not be wrong to say that it is a gift of the Spaniards to the World Cuisine. Although paella is a dish belonging to Spanish culture, its invention actually harbours a hybrid story behind it. Around the year 714, the Arabs invaded Andalusia, the Romans invented the frying pan and Paella was formed by blending with the delicious rice of Spanish lands... It emerged as a result of the meal that the servants of the Moorish kings of these two Spanish cultures prepared by mixing the leftovers from the banquets of their servants to take home, and it has reached today as a completely different flavour.

Paella, whose story dates back to ancient times, is actually seen as a rice dish created in large containers. On the other hand, it also refers to the pan in which it is cooked. This dish, which was called the food of servants in ancient times, has become a popular flavour until today.

Paella

Ingredients



- 2 medium sized onions
- 4 cloves of garlic
- 2 medium-sized tomatoes
- 5 tablespoons of olive oil
- 200 grams of jumbo prawns
- 200 grams of inner mussels
- 200 grams of cleaned squid
- 3 baby octopus
- 1 tea glass of white wine
- 1 gram of saffron
- 1,5 cups rice
- 3 cups water
- 1 teaspoon salt
- 1 tea glass of peas
- ½ teaspoon ground black pepper
- ¼bunch of parsley

Instructions:

Chop the onions into small cubes. Finely chop the crushed garlic cloves. Cut the peeled tomatoes into small cubes. Wash all seafood in plenty of water after carefully sorting. If you are using jumbo shrimps, you can use them without removing the head. Remove the excess water with a paper towel. Heat the fish or vegetable broth you choose according to your taste over low heat. Heat half of the olive oil in a thick and wide bottomed pan. Saute the onion and garlic in olive oil. Wash the rice in plenty of water, drain the water and add it to the pan. Add the diced tomatoes and fry the rice, stirring occasionally. Add white wine and saffron and cook over high heat. Add half of the hot water and let it cook over low heat in a covered pot with the addition of salt and freshly ground black pepper. After heating the remaining olive oil in a separate pan, add all the seafood in order and sauté over high heat for a short while. Add the pea grains and the remaining hot water to the seafood in the rice pot. Cook all the ingredients together over low heat until the water is absorbed. Serve the seafood paella on a serving plate, garnish with finely chopped parsley and serve hot with lemon slices.

13.3. THE STORY OF DONER

Doner was brought from Anatolia to Europe by the Cretan and Armenian restaurant owners who came with the population exchange. Its story began in the 1930s, when it was a humble dish known only to immigrants. They saw it as a cheap dish that allowed them to make a symbolic connection with their home country. Initially consumed only by immigrants because it was cheap and practical, Döner and its derivatives spread all over the world within 50 years; and started to be known by various names. It was called 'gyros' (Greek), 'shavurma' (Arab), 'al pastor' (Spanish) and many other local names.It was in the 1980s and 1990s that the dish really took off in Western Europe. With the decline of industrial activity, many unemployed people, especially those who had come to Germany as labourers from Türkiye, turned to the food industry to make doner kebab, and doner restaurants opened in many parts of Europe. Many of these new ventures, which were started with little capital and without extensive culinary knowledge, have turned into döner businesses. The target groups of these cheap restaurants were labourers, students and migrants looking for a modest place to eat during the day or at night.

Ingredients

- 2 onions
- 3 cloves of garlic
- 4 tablespoonsi rmic
- 3 tablespoons of yoghurt
- 1,5 teaspoon salt
- 1 teaspoon black pepper
- 1,5 teaspoon cumin
- 1 teaspoon chilli flakes
- 1 kilogram of medium-fat ground beef
- 1 tablespoon of oil



Instructions:

Pass all the ingredients except the minced meat and oil through the food processor. Add the minced meat and run the food processor again. Spread cling film on the counter. Divide the mixture in half and roll half of it into a cylinder on the cling film. Roll it all over and shape it as salami. Shape the other half of the mixture in the same way. Leave it in the freezer for 1 night. Slice the frozen mixture into leaf slices. Cook in a pan with 1 tablespoon of oil. Serve with roasted or cold cut vegetables according to your preference.

13.4. THE STORY OF SAMSA

Samsa (Kazakh and Kyrgyz: самса, Uzbek: somsa, Tajik: самбӯса) or samsa pastry is a type of pastry widely consumed in the South Asian countries of India, Pakistan and Nepal, and spread to Portugal (chambuça) and East Africa. It is understood from historical records that it was also a favourite food of the ancient Persian emperors, and therefore it is estimated that its history dates back to at least 500 BC. It has spread to Europe since the 1980s. [48]

Ingredients

- 125 grams of melted and warmed butter
- 1 water glass of oil
- 1 cup of yoghurt
- Half a glass of water
- 1 packet of baking powder
- 2 teaspoons salt
- Flour as much as you can take
- 250 grams of minced meat
- 2 potatoes
- 2 teaspoons of red chilli flakes
- 2 teaspoons of black pepper



Instructions:

Grate the boiled potatoes and fry them together with the minced meat. After adding the spices, remove from the stove and wait for the filling to cool down. For the samsa dough; put the oil, vegetable oil and yoghurt in a deep bowl. Add water, salt and baking powder. Knead the dough by adding flour little by little. When the dough is medium soft, leave it for 1 hour. Pick walnut sized pieces from the dough and roll out the pieces between your hands in the size of a tea plate. Put the mixture you prepared into them. Shrink the edges of the dough upwards and close them in the shape of a triangle. After brushing them with egg yolk, bake them in a preheated 175 degree oven.

13.5. NASI CAMPUR STORY

It is a dish created in West Java during World War II by Truus van der Capellen, an Indian (Eurasian) cook who ran the Bandung soup kitchens during (and after) the Japanese occupation. Nasi rames (Indian) or nasi campur (Indonesian) is a combination of Indonesian dishes served on one plate, such as a mini rice table. This dish was created out of necessity in Bandung in the Dutch East Indies during the Second World War. This is what Truus van der Capellen, an Indian who ran the soup kitchen there during the Japanese occupation, called it.[46] After leaving independent Indonesia, he introduced this dish in the Netherlands in the 1950s and it soon became popular.[49]

A soup kitchen operated in Bandung during almost the entire war period under the leadership of GH ('Tante Truus') van der Capellen-Amade and JH ('Paatje') van der Capellen. The soup kitchen was supported, among other things, by contributions from the Municipality of Bandung and voluntary donations.

The food was cooked centrally in a building in Kebon Kawoeng behind the railway station. They were then taken by carts to certain points in the neighbourhoods, where they were then distributed. The soup kitchen, which provided meals for thousands of (mostly Indo-European) non-interested persons, probably remained in operation until early 1946. In Java, nasi campur is often called nasi rames (nasi rames 'mixed rice') and there are wide variations throughout the island. A dish commonly found in Java nasi campur is fried noodles. The combination known as nasi rames is a dish created in West Java during World War II by Indian (Eurasian) cook Truus van der Capellen, who ran the Bandung soup kitchens during (and after) the Japanese occupation. [49] He later opened a restaurant in the Netherlands and made the dish equally popular there. It has gained an important place in Dutch cuisine, especially with Surinamese immigrants.

Nasi Campur
Ingredients



- Rice
- Chicken
- Onion
- Garlic
- Ginger
- Turnip: Grated
- Spices: Cumin, turmeric, black pepper
- Kecap manis: sweet soya sauce
- Ketjap asin: savoury soya sauce
- Vegetables: such as carrots, peas, broccoli.
- Vegetable oil.:
- Krupuk: Indonesian crackers
- Chilli pepper

Instructions:

Boil the rice: Boil the rice in plenty of water and drain. Saute the chicken: Fry the chicken with onion, garlic, ginger and turnip. Stir in the spices. Add vegetables: When the chicken is almost cooked, add vegetables such as carrots and peas and sauté them together. Add sauces: Stir in soya sauce, kecap manis and ketjap asin. Add the rice: Add the boiled rice to the chicken mixture and mix well. Serve: Serve the nasi cambur hot. You can add krupuk and chilli on top.

13.6. THE STORY OF GULAC

The migrations of the Ural-Altaic peoples, the ancestors of the Hungarians, brought along some of the flavours and cooking techniques that form the basis of Hungarian cuisine. More than 150 years of Ottoman rule introduced to Hungarian cuisine vegetables characteristic of Mediterranean cuisine, such as peppers, aubergines and tomatoes. A popular dish such as Gülaş was also shaped during this period. In the 9th century, Hungarian shepherds used to take food that they could carry with them on the road before taking their flocks to graze. They cooked cubed meat with onions and other flavourings over a slow fire until it absorbed the fat, then dried the food and stored it in jumpsuits made from sheep tripe. He would add water to as much of the dried food as could be eaten and prepare it as a meal or soup.

Gulac

Ingredients

- 1 kilogram of cubed veal
- 3 onions
- 3 cloves of garlic
- 1 tablespoon of oil
- 200grams butter
- 1 tablespoon of tomato paste
- 1 teaspoon of red chilli powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon thyme
- ½ teaspoon marjoram
- ½ teaspoon cumin
- 1 bay leaf
- 1 tablespoon (heaped)flour
- 800 millilitres of water



Instructions:

Heat the butter and oil in a large pot. Fry the chopped onion and garlic in the oil for 2-3 minutes, then add all the spices and mix. Then add the meat and fry until the meat absorbs the water. Add the tomato paste, stir until it starts to smell and then add the water. In a separate bowl, mix the flour and 1 ladle of water until smooth and slowly add to the pot. After boiling for a while, turn the heat down and cook until the meat is soft.

13.7.THE STORY OF HUMUS

Immigrants from countries such as Türkiye, Syria and Lebanon have brought Hummus, one of the indispensable dishes of Middle Eastern cuisine, to Denmark. These flavours are very popular as street flavours, especially in big cities. While hummus is a breakfast eaten with pita bread, tomato and cucumber in the Middle East, an appetising snack before the main meal or a meal on its own [1], it has become an appetiser consumed with chips in Europe and America.

Humus

Ingredients

- 425 grams/15 oz/1 ½ cup) chickpeas
- ½ teaspoon baking powder (optional)
- 1/4 cup lemon juice
- 2 cloves of garlic, pressed
- 1/2 - 1 teaspoon sea salt
- 1/2 water glass tahini
- 2 - 4 tablespoons of water
- 1/2 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- For garnish: a little olive oil
- a pinch of chilli powder or sumac, chopped fresh parsley



Instructions:

Add the chickpeas to a saucepan, then fill with water and bring to the boil. After boiling for about 20 minutes, drain the chickpeas in a colander. This step is optional for a more uniform result. Meanwhile, combine the lemon juice, garlic and salt in a food processor and leave to rest for about 10 minutes. Add the tahini to the processor and pulse until the mixture is thick and creamy. Scrape the tahini down the sides with a spatula if necessary. Add 2 tablespoons of water and blend until smooth and creamy, adding 1-2 tablespoons more if you want a thinner result. Add the cumin and chickpeas to the food processor and blend until smooth. Add the olive oil while blending. Scrape down the sides of the processor with a spatula if necessary.

CHAPTER IV

14. Music in Intercultural Fusion

The musical life of a society is affected by social, cultural, educational and economic conditions. Complying with the rules of music while making music involves behaving according to the system within that social structure. Social relations are experienced through music (Günay, 2006). Music regulates the interactions between the individuals who make up the society, the relations of societies with each other, and provides social and inter-societal agreement, solidarity, sharing and cohesion. Music is an important indicator in determining the level of development of a nation. The point where music, which is a social phenomenon, has reached is parallel to the point where society has reached. The musical environment in which the society lives provides an environment for the expression of the general level of culture. Culture is the material and spiritual transmissions acquired consciously or unconsciously. In general terms, it can be said that the wars fought throughout history have two main sources that can be expressed in the form of spreading one's own culture to other settlements and having a say in these areas. Plato said that it is more effective to change a nation by changing its culture instead of war. Culture means participation in action and reinterpretation of the contemporary world. The development and rise of music culture means getting to know the contemporary world better through music and interpreting it better through music.

Lull (2000) lists the effects of music genres on socialisation as follows:

* Music requests or creates support for a movement,
* Strengthens the value judgements of people who support a movement,
* Draws individuals into a certain movement,
* Suggests solutions to social problems through action, * Expresses social problems with emotional expressions.

Music is a language. It is a language where different people from different regions, different regions, different countries, different continents, different communities, different societies, different nations; in short, different people from different cultures can meet.

Music fulfils its national functions by creating national feelings, thoughts, designs and impressions; developing national feelings, thoughts, designs and impressions; spreading the love of nature, homeland, people, society and nation among individuals, clusters, segments, institutions and organisations that make up the society; and symbolising national unity (national anthems were music symbolising national unity) (Ucan, 1996).Music is considered a universal language and acts as a bridge between different cultures, allowing people to get closer to each other. The role of music in intercultural integration is quite significant and this interaction can be examined under the following headings:

1. A Common Language: Universal Understanding: Music is a universal language that transcends language barriers. It is a powerful way to express feelings, thoughts and experiences without words. Cultural Bridges: People from different cultures find common ground through music and understand each other's feelings better.

2. Sense of Identity and Unity: Cultural Identity: Music is an important part of a culture's identity. Immigrants preserve their roots through music and integrate into new cultures while preserving their own identities. Social Unity: Shared music brings communities together and strengthens social ties. Events such as concerts and festivals allow people to come together and spend time together.

3. Cultural Change and Enrichment: New Trends: The interaction of music from different cultures leads to the emergence of new musical genres and styles. Cultural Enrichment: Through music, the values, traditions and lifestyles of different cultures are better understood and thus cultural enrichment is experienced.

4. Social and Political Change: Protest and Resistance: Throughout history, music has been an important tool for social and political change. Immigrants draw attention to the problems they experience through music and defend their rights. Peace and Unity: Music helps reduce conflicts between different cultures and promote peace.

5. Economic Impact: Music Industry: Music is a global industry and a source of income for many people. Immigrant musicians play an important role in the music industry.

14.1. Cultural Bridge in Music

The music of immigrants has enabled different cultures to come together and create a new synthesis.

- **World Music:** The music brought by immigrants contributed to the formation of the concept of world music. In this way, the music of different cultures came together in Europe and new genres emerged.
- **Hip-Hop and Rap**: Hip-hop and rap music, which are especially popular among young people, reflect the experiences and cultures of immigrants.
- **Hallar and Meeting Places:** Hallars and meeting places established in the neighbourhoods where immigrants live are important centres where traditional music is kept alive.

14.2 .Influences of Immigrant Cuisine and Music in Europe

Culture, which enables the formation of societies and determines their identity, is not a fixed phenomenon closed to change. Just as societies, civilisations and people have changed throughout history, cultures change over time by interacting with different societies or through technological developments. The universality of music contributes significantly to this process of change and integration. The most prominent of these are:

- **Cultural Richness:** The cuisine and music of the immigrants increased the cultural richness of Europe.
- **Economic Impact**: Restaurants and music venues opened by immigrants have contributed to local economies.
- **Social Integration:** Through common interests, bridges have been built between immigrants and local people.
- **New Trends:** The flavours and music brought by immigrants have pioneered new trends.
- **Tourism :** Music festivals and concerts stimulate tourism and contribute to local economies.

15. LAST THEME

Food and migration has been the subject of much research in the context of transnational space, migrant networks and intercultural relations. This research recognises that food is a social actor, restaurants are social institutions, and even though they may appear 'local', they are surrounded by transnational economic and cultural flows. This book reviews research focussing on the relationship between migration and food and outlines the potentials and limitations of food in the context of migration.

1) Studies focusing on the importance of food in uniting, supporting social cohesion and socialisation,

2) Studies focussing on the role of food in the context of consumer culture.

As the meanings attributed to food are transformed, they are never defined once and for all, but are multidimensional (Parasecoli, 2014: 416). Although all these debates on the relationship between migration and food have different focal points, they are not mutually exclusive. In the case of migration, food and the food culture shaped around it can be a part of exclusion, segregation, cultural colonialism and consumerism, as well as simultaneously a part of identity and culture transmission, livelihood, social recognition and intercultural dialogue. In this framework, studies such as Narayan (1995) and Highmore (2008), which adopt a multi-layered perspective and evaluate the social potentials of food-related activities from different perspectives, may provide more insights. On the other hand, such studies are also important in terms of proposing to see migrants as active subjects.

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