

T.C.  
YEDİTEPE UNIVERSITY  
INSTITUTE OF HEALTH SCIENCES  
DEPARTMENT OF NUTRITION AND DIETETICS

**NUTRITIONAL CONTENT OF TRADITIONAL  
FOODS FROM POPULAR COOKBOOKS  
BETWEEN 1962-2018: CASE IS AŞURE, REVANİ  
AND GÜLLAÇ**

MASTER'S THESIS

BÜŞRA KILINÇ

İstanbul-2019

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SUPERVISOR

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## TEZ ONAYI FORMU

Kurum : Yeditepe Üniversitesi Sağlık Bilimleri Enstitüsü

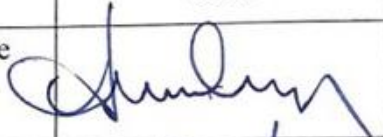
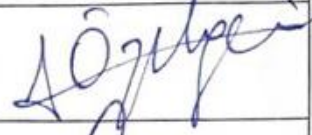

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Between 1962-2018: Case is Aşure, Revani and Güllaç

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### ONAY

Bu tez Yeditepe Üniversitesi Lisansüstü Eğitim-Öğretim ve Sınav Yönetmeliğinin ilgili maddeleri uyarınca yukarıdaki jüri tarafından uygun görülmüş ve Enstitü Yönetim Kurulu'nun 31.07/2019... tarih ve 2019/13-53..... sayılı kararı ile onaylanmıştır.

Prof. Dr. Bayram YILMAZ  
Sağlık Bilimleri Enstitüsü Müdürü



## **DECLARATION**

I hereby declare that this thesis is my own work and that, to the best of my knowledge and belief, it contains no material previously published or written by another person nor material which has been accepted for the award of any other degree except where due acknowledgment has been made in the text.

31.05.2019

Büşra Kılınç



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## **ABSTRACT**

**Kilinc B. (2019). Nutritional Content of Traditional Foods From Popular Cookbooks Between 1962-2018 : Case is Asure, Revani and Gullac. Yeditepe University, Institute of Health Science, Department of Nutrition and Dietetics MSc thesis, İstanbul.**

In this study, the changes in the calorie and nutrient values of Revani, Gullaç and Aşure recipes which are traditional Turkish desserts were analyzed within 56 years. The aim of this study is to contribute the food culture projects which are carried out by UNESCO/UNITWIN, registration the traditional foods, to provide international studies on the change of nutritional values of traditional foods. The changes of the cooking techniques and the tools which are used in preparing the food from past to present, the effects of social changes from past to present, and the effects of these changes on the recipes have been examined. From 1962 to the 2018, 36 recipes were selected from the cookbooks for the nutritional content calculation. Selected recipes were transferred to excel table to calculate nutritional contents, and calculations were made with data from Turkomp and USDA database and special measurements were made according to cooking techniques for each recipe. Nutritional content and energy changes after cooking process were investigated in this study.

**Keywords:** Recipe Calculation, Traditional Foods, Traditional Turkish Desserts, Cooking Methods

## ÖZET

**Kılınç B. (2019). 1962-2018 Yılları Arasında Popüler Yemek Kitaplarındaki Geleneksel Gıdaların Besinsel İçerikleri Vaka: Aşure, Revani ve Gullaç. Yeditepe Üniversitesi Sağlık Bilimleri Enstitüsü, Beslenme ve Diyetetik Master tezi, İstanbul.**

Bu çalışmada, geleneksel Türk tatlılarından olan Revani, Gullaç ve Aşure tariflerinin 56 yıl içerisindeki kalori ve besin değerleri incelenmiştir. Bu çalışmanın amacı, UNESCO / UNITWIN tarafından yürütülen gıda kültürü projelerine Türkiye’den katkıda bulunmaktır. Geleneksel gıdaların kayıt altına alınmasını ve ulusal/uluslararası kültürlerin tanıtılması ile ilgili projeleri destekleyen bu çalışmada, yemek pişirme tekniklerinin ve gıdaların hazırlanmasında kullanılan araç gereçlerin geçmişten günümüze uğradığı değişimlerin, ayrıca geçmişten bu yana gerçekleşen toplumsal değişimlerin yemek tarifleri ve içerikleri üzerindeki etkileri incelenmiştir. 1962’den 2018’e kadar, besin içeriği hesaplaması için 36 adet tarif seçilmiştir. Seçilen tarifler, beslenme içeriği hesaplanmak ve uğradığı değişimler incelenmek üzere excel tablosuna aktarılmıştır. Besinlerin içerikleri Türkomp ve USDA veritabanlarından alınmış olup, her tarif için pişirme tekniğine özel ölçümler yapılmıştır. Çalışmada pişirme işleminden sonra içerik ve kalori değişimleri incelenmiştir.

**Anahtar Kelimeler:** Tarif Hesaplama, Geleneksel Gıdalar, Geleneksel Türk Tatlıları, Pişirme Teknikleri

## 1. INTRODUCTION

Throughout history, humanity spread to various parts of the world. Thus, societies have formed. Societies have formed their own habits according to their identity, culture, characteristics and heritage, and have tended to transfer these habits to the next generations. Thus, each society has its own forms of behavior (1, 2). Factors such as seasonal conditions, vegetation, animals in the regions led to the feeding of people in each region in different ways (3). Over time, people acquired nutritional habits as they maintained their diet. In other words, the eating habits of the populations took shape according to the region. (3-5)

The term “tradition” means folklore, which defined as information, movement, and production of material products which allow for a certain degree of individual creativity, change and development in each generation according to the needs of time, has been acquired through informal ways and methods from past to the future (6). Different dietary habits of different populations developed and these dietary habits became traditional over time (7). According to the UNESCO Convention signed in 1972, the monuments, buildings and heritage sites, which are accepted as cultural heritage, were part of the traditional life culture at the 2003 meeting and traditional food culture was added to the knowledge and skills. Recipes based on the knowledge acquired by the ancestors of the communities are considered as cultural heritage (8). The definition of traditional food; “Food in national and local cultur heritage which has similar feature even though distinguished by traditional composition, traditional ingredients and type of production or processing.” (7, 9-11)

One of the most important factors shaping the dietary habits of communities is the use of local resources. The nutrients consumed by the communities in a region affect the use of this food in meals such as availability, nutrient preference, social factors and storage conditions even if it is present in the region (12). The process of preparing traditional foods is also part of their culture (13). Along with the industrial revolution that began in England in the 18th century, as a result of mechanization in production, storage and consumption, these processes caused differentiation (14). This differentiation can lead to changes in the content of traditional foods (12).

Turkish cuisine has been influenced by many cultures. Informations obtained from these cultures blended and formed the basis of the Turkish cuisine which is a

culinary culture with a wide range. Dessert has a special place for Turkish cuisine. Besides the daily life, there is a dessert associated with almost all events from birth to the funeral (15). The aim of this work is to examine the changes in contents of traditional Turkish desserts from past to present.





## 2. LITERATURE REVIEW

The formation of humanity and its existence on earth is still a scientific phenomenon. However through history, we know that people live throughout the world trying to survive by forming groups (16).

In the ancient history, it was very difficult for people to meet their needs such as shelter and protection. Nowadays it was impossible to imagine that the facilities and resources we used in a simple way for those periods. There was a constant struggle for survival in nature, and the basic aim of humanity was to survive. People took example by observing their environment. For example, they imitated an animal that fills the belly by collecting fruit. They shared their knowledge with each other and socialization emerged in this way. With the help of socialization, people had the chance to survive natural selection. People discovered that they are more likely to survive by building communities. Later, they increased their chances of survival by making weapons and shelters. Thus, firstly families and then societies have formed. Civilization has occurred this way. (17-20).

Over time, people moved their communities to different areas for various reasons. This move sometimes took place in smaller areas, and sometimes in more remote areas. Today we know that people are spread around the world for reasons such as wars, slavery and natural disasters. (16, 17, 19).

When people realized that their chances of survival increased by sharing information with their families and communities, they tended to pass on this information to the next generations (18). In this way there was a bond began as well as information transfer in societies. People began to embrace, love and respect their communities. People began to live with the knowledge they learned from their communities, and then transferred them to the next generations. Thus, a society culture was formed. This culture was not only with the survival skills, but also in all areas of society such as clothing, nutrition, art, science (21-24).

The discovery of writing was a milestone in terms of human history. Before, societies were use verbal and visual information for transferring knowledge. With the discovery of writing they began to write those informations. In this way, since the

mistakes in the information were decreased, it became easier for societies to transfer their culture to the next generations (25).

Societies' nutrition, sheltering and clothing habits were formed according to the region of the communities where they live. These habits were determined by the region's vegetation, climate and resources around the habitat. In societies living in the same region, clothing, sheltering and nutrition habits became similar and they transferred these forms of nutrition, shelter and dressing to the next generations. Thus, the concept of tradition occurred (22, 26, 27).

The term “tradition” means folklore, which defined as information, movement, and production of material products which allow for a certain degree of individual creativity, change and development in each generation according to the needs of time, has been acquired through informal ways and methods from past to the future (22).

## **2.1 Definition of Traditional Foods**

Traditional foods are food that reflects a society's culture, history, lifestyle and eating habits. They are also regionally consumed over a long period of time. The consumption of many traditional foods dates back centuries. Traditional foods are very important to predict the nutritional habits and nutrients that a community consumes on a daily basis. It is also possible to observe changes in the dietary habits of a society from the past to the present by examining traditional foods. The main elements of nutrition differences are traditional foods (28, 29).

### **2.1.1 EuroFIR (European Food Information Resource)**

In order for an application or vehicle to be traditionally identified, it must be between the applications or vehicles identified before the second world war. In other words, it must be in the period before the Industrial Revolution which is the period of technological change and beginning to usage of convenience food.

Traditional food is the food that is prepared by using specific ingredients and specific cooking methods with particular characteristics or properties. It can be clearly distinguished from similar foods of the same category. In order for the food to be in the traditional food classification, it must have traditional ingredient, traditional composition and traditional type of production (28, 30).

Traditional ingredient can be a raw nutrient or essential nutrient. If an ingredient includes a characteristic characteristic of a geographical region and continues to exist until today, this ingredient is a traditional ingredient (28).

Type of production, must be applied before the Second World War in order to be considered as the traditional type of production and has been passed on for generations by behavior or different methods. At the same time, despite the technological advances, the original method should be unchanged. In addition, its own characteristics such as the microbiological, physical, chemical properties of food, must be preserved in time (28).

### **2.1.2 Truefood (Traditional United Europe Food)**

TRUEFOOD is an European project that aims to explore and introduce innovations in traditional foods in changing and developing technology. Because of its emphasis on industry and technology, it has developed the definition of the contents of traditional foods rather than traditional foods (28).

According to TRUEFOOD study, one of the most important points in the production of traditional foods is that production of traditional food is local. When a food begins to be produced by large firms, outside the region where it is traditionalized, that food can no longer be defined as traditional food. Traditional food should contain at least one of the original recipe, the original material or the original production processes. Traditional food must have a history of at least 50 years. Also there should be have a story of traditional foods (28, 30).

In 2007, TRUEFOOD had a work that defined traditional food from the eyes of consumers in 6 European countries. This study was largely approved by Europe (28).

## **2.2 Turkish Culinary Culture**

### **2.2.1 History of Turkish Culinary Culture**

After the Turks adopted a nomadic lifestyle, they lived in the Ural and Altai mountains in Central Asia. Wheat flour, milk and dairy products, pastry, red meat and plants in the regions where they settled were the basis of their nutrition. At the end of the Neolithic Era, grain production had began. Wheat, barley, lentils, peas and beans were introduced to Turkish Cuisine during this period. Kitchen tools and utensils started to be produced, these tools were used to prepare meals and to store food (31-33).

Turkish culinary culture began to take shape during the nomadic lifestyle. Due to the migration from Asia to Anatolia, Islam was introduced to Turkish history. Islam has a significant impact on Turkish culinary culture. For example, after the acceptance of Islam, some dishes were not take place in Turkish cuisine due to religious reasons, and there are dishes connected with religion.

Migration to Anatolia can be considered as a milestone for Turkish Cuisine culture. This was primarily the basis of the culinary culture of Central Asia. Then Seljuk and Ottoman cuisines emerged. As a result of this periodical process, a rich Turkish cuisine consisting of many different tastes has emerged (31-37).

Four dishes in a meal in Turkish cuisine comes to the forefront; Mezze, soup, main course and dessert. Bread has a important role in Turkish cuisine, bread is always in the table with the mezze, soup and main course (38-40).

Turkish culinary culture has been enriched and diversified continuously. Desserts also have an important place in the Turkish Cuisine culture. The Turkish people not only consume the dessert after the meal, but also integrate various traditions and desserts. For example, when good news is received, the sweet is distributed or the halva is distributed when it is funeral. In Turkish cuisine, dessert has become ritual in various situations. Special desserts are made at certain times of the year. For example, G $\ddot{u}$ lla $\mathring{c}$  is consumed in the month of Ramadan (41-43). In fact, there are many expressions related to dessert (44).

The recipes are informations about the nutrients in a meal or beverage and how it is prepared and served. We learn the preparation of a dish based on the recipe of the dish and apply it. The content of a dish are written in the recipes in a very detailed. The content is written by specifying how much of the nutrient for use in the recipe. Which cooking method will be used, how long it will be prepared with this cooking method is specified also. Photographs, drawings or just plain posts can be used in the recipe according to the period (45). Another important point that is in the recipes is to specify for how many people the food mentioned in the recipe. In this way, the recipe can be increased or decreased according to the number of people without changing the recipe.

Cookbooks are books contain of various recipes. It can be general, as well as for a specific topic. For example, a cookbook contains can be only desserts or can be only

beverages. The purpose of the cookbooks is to apply the recipes without any changing in with time (46).

The list of contents in a cookbook is not only about food trends during the time interval of the book was written, but also for understanding historical events, health conditions, social events at that time (47). Another feature of the cookbooks is that it reflects the socio-cultural and socio-economic status of the period in which it was written it is possible to understand the health concerns and the public's awareness of health at the time the book was written by examining a cookbook. For example, towards the end of the 19th century, food was considered a treatment method for certain diseases, and this opinion was also seen in cookbooks. However, in the 20th century, there was no claim that certain diseases could be treated with specific dishes in cookbooks. The reason for this was the increase in medical knowledge in the 20th century and the use of drugs for the treatment of diseases (48).

### **2.3 Technological Developments in Food Industry**

Industrial Revolution is the process of transition from an economy based on agriculture and manual labor to an economy in which industrial and machinery manufacturing is being used. This process began in the 18th century in England and then spread to other parts of the world. Industrial Revolution was not evolved within a short period of time. However, due to the rapid development of scientific developments and its results, it has been accepted as a revolution in history. Thus, it was called the industrial revolution (49).

Industrial revolution has provided changes in technological, socioeconomic and cultural areas. The introduction of new main materials especially the use of iron and steel, the use of fuels such as steam engine, coal, electricity, oil as a source of energy were the technological innovations. and the transition to mechanization with the invention of many machines, and the emergence of a brand new business area called the factory (49, 50).

Increasing science applications in industry and important innovations in communication are also properties of the Industrial Revolution. These technological changes have increased the use of natural resources and the rate of mass production.

With these developments, Industrial Revolution, which form the basis of the way for many scientific studies, also affected the culinary culture (49).

Before the industrial revolution, culinary culture was shaped by famine in medieval times, palace cuisine and French revolution. With the industrial revolution the culinary culture began to reshape with industrialization, the inventions and other developments. These developments are not only technological developments in kitchen appliances but also the effects of Industrial Revolution on society and changing society structure. In other words, the industrial revolution has had both direct and indirect effects on kitchens and culinary culture (51, 52).

With the process of mechanization in the industrial revolution, the land-related life was decreased, and the developments had led to many technological inventions for the kitchens and for the arrangements in the kitchens (49-53).

In the 18th century, coal-fired iron cooking stoves were used. Cooking methods were more shaped by this situation. But with the industrial revolution and the 19th century, new cooking methods began to emerge. Technological and chemical inventions have also changed the culinary culture. Examples;

- ✓ Milk powder was invented in England in 1855.
- ✓ For the first time, margarine was introduced in 1869. The first margarine factory was opened.
- ✓ Heat-resistant glass, Teflon manufactured.
- ✓ Fast Food has become widespread in this period.
- ✓ The mixer, blender, frying machine, microwave oven were invented.
- ✓ The refrigerator was invented in 1913.

There have been huge changes in the kitchens with the inventions. For example, before the invention of the refrigerator, the food stored in the land which was a method was used in Anatolia as the method of storage. The foods are now protected by refrigerator and packaging methods. In addition, canning method have been used by the innovations in the field of microbiology (49-53).

One of the changes created by this period is the formation of a fast food culture. Migration to urban areas as a result of factory development, has led to a large rate of working class in cities. Requirement for the collective nutrition requirements of the

working class, led to a shift to industrial food production. This situation has led to the development of new cooking techniques and the use of new technologies in the kitchen (50-54).

While examining the direct impact of the Industrial Revolution on the culinary culture, it is possible to see the changes and new technologies in the kitchen. When examining the indirect effects of the industrial revolution on the culinary culture, social changes come to the fore. Social changes, such as the emergence of the working class, class changes, and the entry of women into working life, have also led to changes in the culinary culture. The change in working conditions also influenced and changed the eating habits of people. The society started to embrace convenience food culture for saving time, being easy to eat outside, as well as a social activity (52, 53).

The status of the woman in society had changed with the woman entered the working life. With the increase in the number of working women, the economic well-being of the household had increased. However, with the work of the woman, the time spent in household kitchens had decreased and this situation had directed the families to the convenience food and to eat from the outside (51-53).

## **2.4 Food Compositions**

### **2.4.1 Turkish Food Composition Database (Türkomp)**

Turkish Food Composition Database is an Ar-Ge project which was named Determination of National Food Composition and Establishment of Common Continuous Sharing System, and has been supported by Kamag Taral 1007 Programme and Tübitak between 2008-2013. The project is based on determination of nutrient contents of processed or unprocessed agricultural products which are produced and consumed in Turkey with advanced laboratory analysis techniques and establishment of an original and sustainable national system including management and use of traceable data. In Türkomp database, nutrient contents of 14 food groups are included which are processed or unprocessed agricultural products produced and consumed in Turkey. There are approximately 63,000 food components and energy value data for 100 food components from 580 foods from 14 food groups in TürKomp (55).

## **2.4.2 USDA**

In 1862, President of United States of America was signed the law to set up US Department of Agriculture and thus, laid the foundation of USDA. USDA is used for database for nutrient contents of foods. Research interests include food, agriculture, economic development, science, conservation of natural resources and other issues as well. The US Department of Agriculture (USDA) has 29 foundations with approximately 100,000 employees serving more than 4,500 locations at America and abroad. In USDA Food Composition Database, nutrient contents and energy values of 247.326 foods are included (56).

## **2.5 Cooking Methods**

The cooking techniques are the preparation of the contents of a dish, as described in the description of the dish. The recipes in Turkish cuisine are prepared by cooking foods with the spices and sauces in specified amounts. Some of these recipes can be difficult to apply, and some recipes are quite easy (57, 58).

### **2.5.1 Cooking Methods in Turkish Cuisine**

Before the cooking process, there is a preliminary process of nutrients. If foods such as fruits and vegetables are going to be used, they should be washed thoroughly, If the legumes are going to be used, they should be kept in water for 12 hours. It should be thoroughly cleaned and internal organs should be taken if chicken, fish or meat is going to be used. Cutting and chopping processes may vary according to the type of food.

Nowadays, thanks to developing technologies and inventions, electric-fired ovens and gas-fired cookers are used. However, before they were invented, burning wood fire heated cookers and tandoors were used, and the dishes were cooked in pots and pans made of clay, bronze, copper and iron (49, 58, 59).

Cooking techniques in Turkish cuisine can be examined under four main topics: Water cooking, oil frying, dry heat and oil-water mixture.

Boiling and steaming methods are used in water cooking method. The method of boiling is directly cooking the food in water. The method of steaming is that after the preparation process of the foods, they are cooked in a strainer over the pot with water.



In frying method, food can fry in abundant amount of oil by being in the oil, or less amount of oil by rolling (58, 59).

Dry heat method includes oven, sheet metal, embers and grill. Cooking with sheet metal method is the oldest method used in Turkish cuisine. The food is cooked on top of the set on the burning fire. Likewise, the method of cooking in the ember is one of the oldest methods used in Turkish cuisine. Usually when stove or a barbecue fire burned by the oak coal is near the extinction, food is embed in the ash and waited until the food is soft. In the grill method, brazier fever is used as well. The flames should be near to extinction, and unlike the method of cooking in the ember, the food are not buried in ash, but cooked on the coal.

The oil-water mixture is the most commonly used method in Turkish cuisine. In general it represents the dishes cooked in the pot (58, 59).

## **2.5.2 Effects of Different Cooking Methods on Nutrient Content of Dishes**

Foods go through a pretreatment process before cooking. Then prepared by the cooking techniques specified in the recipes. In this preparation process, dependent on the cooking method, changes occur in both the weight and the content of the foods. These changes vary according to the type of ingredient, cooking technique, preparation and cooking time, the degree of heat used. Water absorption or reduction, fat uptake or loss, changes in protein, carbohydrate, fat or dietary fibre amounts occur as a result of these effects (57).

### **2.5.2.1 Calculation of Weight Yield Factors (YF) for Cooked Weight of a Recipe**

The weight of a dish before cooking is not the same as after cooking. Yield Factor is used to calculate the cooked weight of a dish. Cooked weight is calculated by multiplying Yield Factor with the raw weight of an ingredient. If there is fat uptake in the ingredient, fat uptake is added to raw weight of the ingredient while calculation of cooked weight (57, 60).

$$[\text{Fat uptake} + \text{ingredient (g)}] * \text{Yield Factor (YF)} = \text{Cooked Weight}$$

It is important that the ingredient was edible or has waste parts while calculating of cooked weight. Therefore, two separate calculations were made. The liquid and solid parts of the ingredient can be calculated in the same way for calculations include waste. Water and oil were considered as content if they are part of the recipe. For example, the use of water in the dough structure (56, 60, 61).

$$YF \text{ (with waste)} = \frac{\text{Prepared dish which include waste (g)}}{\text{Total amount of ingredients (base recipe) (g)}}$$

$$YF \text{ (edible parts)} = \frac{\text{Prepared dish with edible parts (g)}}{\text{Total amount of ingredients (base recipe) (g)}}$$

### **2.5.2.2 Calculation of Retention Factors (RF) for Cooked Weight of a Recipe**

As the weight of a dish changes after cooking, there were changes in its content as well. After the cooking process of an ingredient, the Retention Factor calculation was used to calculate the change in the content. When calculating the Retention Factor value for a nutrient, 100 g of edible part, 100 g of edible part of the recipe, and the Yield Factor value were used (57, 61, 62).

$$RF = \frac{\text{Nutrient content of 100 g edible dish}}{\text{Nutrient content of 100 g of raw edible part}} * YF \text{ (edible part)}$$

Retention Factors may be between 0 and 1 or expressed as percentage of retention (0-100%).

### **2.5.2.3 Recipe Calculation Method by EUROFIR Guideline**

A recipe can be defined briefly as a list of foods and cooking techniques in a dish. In the cooking process, weight change occurs and this weight change is mainly related to water loss or water absorption. The change in the amount of water in the food affects every nutrient in the recipe. Usually, increase in nutrients as a result of water loss,

decrease in nutrients as a result of water absorption observed. However, frying method has different results.

When making a recipe calculation, nutrient content for 100 grams of raw ingredient are procured. Nutrient contents of the ingredients can be taken from various food composition databases. Then, with the Yield Factor, calculations are made for the weight of the recipe after cooking. After the weight is calculated, the Retention Factor calculations are made for each ingredient according to the cooking method. as a result of these calculations, changes in the contents of foods after cooking are obtained.

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Step-1

[Fat uptake + ingredient (g)] \* Yield Factor (YF) = Cooked Weight

Step-2

$$\begin{aligned} &\text{Nutrient X of per 100 g cooked dish} \\ &= \text{Nutrient content of per 100 g ingredient} \\ &\quad * \frac{\text{Raw weight of ingredient in g}}{\text{Total cooked weight in g}} * RF \end{aligned}$$

X can be any nutrient content like protein, dietary fibre etc.

### Step-3

After the content changes of each ingredient in the recipe were calculated, the calorie changes after the cooking process were calculated. The new nutrient contents of each ingredient after cooking process were added for this purpose. A total carbohydrate, fat, protein and dietary fiber was obtained. Calculations for the calories of these values were obtained by multiplying the total carbohydrate and protein by 4, oil by 9 and dietary fiber by 2. When these calorie values were added, the calorie of 100 grams of cooked recipe was found. Then, total calorie of the recipe was calculated by the rate-ratio of 100 grams total weight of the recipe with total weight of the recipe (45, 60-67).



### 3. METHODOLOGY

This study is a case study comparing the changes in the contents of traditional foods from past to present. In this study, the contents of traditional foods were examined. Popular and accepted cookbooks were scanned from 1940 to the present for examination. Afterwards, the recipes of Aşure, Revani and Gllaç in these cookbooks were rewritten in digital form without any change in original forms which were written by authors (Appendix-1).

The recipes contained ingredients and preparation method sections. Firstly, for each nutrient in the recipe, the grammage amount of the food was calculated. Cup, glass tablespoon etc. measures were changed from milligrams to grams and milliliters to grams. The ingredients specified in different sizes were converted to grammage. Then, EUROFIR recipe calculation guideline was used for each ingredient.

In this calculation, Beslenme Kitabı, TBER, Standart Yemek Tarifleri, Yemek ve Besin Fotoğraf Kataloėu, Trkomp, USDA were used as source, foods that were not be found in sources were measured by precision weighing. After the nutrients were converted to gr, energy (kcal), water (g), protein (g), carbohydrate (g), fiber (g) and sugars (g) contents of each ingredient were researched (Appendix-2). In this research, the contents of the raw materials of the ingredients were taken, by using firstly Trkomp and then the USDA database. Then, the raw state of each ingredient of the raw state of the recipe were calculated as the percentage of the total weight and total energy. (Appendix-3). The calories of one portion of the recipes were standardized using the Trk Mutfaėından rnekler. Calories of 100 grams of the total raw states for each recipe were calculated. Then, the number of portion of each recipe was determined according to this standardization. Cooking methods of all recipes were determined, and the number of ingredients in the recipes were specified in order to compare the changes occurred in the recipes (Appendix-4). These calculations and examinations were applied as common for all recipes.

Ingredients' energy, protein, fat, carbohydrate and fiber content after the cooking process were examined. Yield Factor and Retention Factor calculations were made for calculating content changes after the cooking process. Because the cooking method of each recipe were different, calculation procedures have been applied

differently for each recipe. As a result of these calculations, changes in the contents were calculated and calorie changes after cooking were calculated as well (Appendix-5).

In Aşure's recipe calculations, Yield factor calculations, Step-1 in the EUROFIR Guideline, were made just for the ingredients soaked in the water which were wheat, chickpeas, dried beans and rice. Those ingredients were separately soaked in the water night before the preparations. Then, water was poured, and the ingredients were put into the pot. Other ingredients were put that pot. But Yield factor calculations were not made for other ingredients. Because other ingredients were boiled in same water. These ingredients did not change the total weight because they boiled with water from which the Aşure was prepared. Then, Retention Factor calculations, Step-2 in the EUROFIR Guideline, were made. Other ingredients which boiled in the same area, rate-ratio calculations were used. Because losses or gains happen in the water which person were consumed completely. So, losses or gains for those ingredients were ignored. But the ingredients which soaked in the water, Retention Factor calculations were made. Because the water which their boiled was poured and losses occurred. Aşure-Tatlı Kitap's step by step calculation operations were included in the study (Appendix-7) for better understanding of the calculations. When nutritional values were calculated for all ingredients in Aşure recipe, total carbohydrate, total protein, total fibre and total fat was calculated by adding each ingredient's value. Total cooked calorie of the recipe was found by multiplying total carbohydrate and total protein with 4, total fat with 9, total fibre with 2. With rate-ratio calculation, 100 grams of cooked recipes' calorie were found. Then, the calories of 100 grams of the cooked versions of the recipes were compared with the calories of 100 grams of the raw versions of the recipes.

While making the Revani, a dough is prepared, the dough is baked in the oven and the sherbet is poured on it. Yield Factor and Retention Factor calculations were calculated while calculating the cake part. Because sherbet contains only sugar and water, and there was no loss or gain for both weight in the sherbet. This calculation was made with the option of baking. However, for the sherbet poured on Revani, Yield factor and Retention Factor calculations were not applied because the sherbet was fully absorbed by the cake. Rate-ratio calculations were applied for sherbet. Yield Factor and Retention Factor calculations were made for total dough. In Bognar Tables, there are values for Yield Factor and Retention Factor for cake. Those values were use with the option of baking and total total carbohydrate, total protein, total fibre and total fat was

calculated for cooked Revani. While calculating sherbet, only rate-ratio calculation were used. Then, total cooked calorie of the recipe was found by multiplying total carbohydrate and total protein with 4, total fat with 9, total fibre with 2. With rate-ratio calculation, 100 grams of cooked recipes' calorie were found.

Yield factor or Retention Factor calculations were not been applied for any Glla ingredients because there were no cooking methods for making Glla. All ingredients simply mixed with eachother. However, the calories and nutritional values of 100 grams of the raw versions of the recipes was calculated to compare. The values in the content of Glla were examined by rate-ratio calculations.



#### 4. RESULTS & DISCUSSION

The recipe calculation method which was mentioned in the methodology section applied separately for each recipe and according to the cooking method. In popular cookbooks between 1962-2018, calories and contents of cooked ingredients in the recipes were calculated by applying the procedures mentioned in the methodology section respectively. As a result of this calculation, changes in calories, carbohydrate, protein, fat and dietary fiber contents after the cooking periods were obtained.

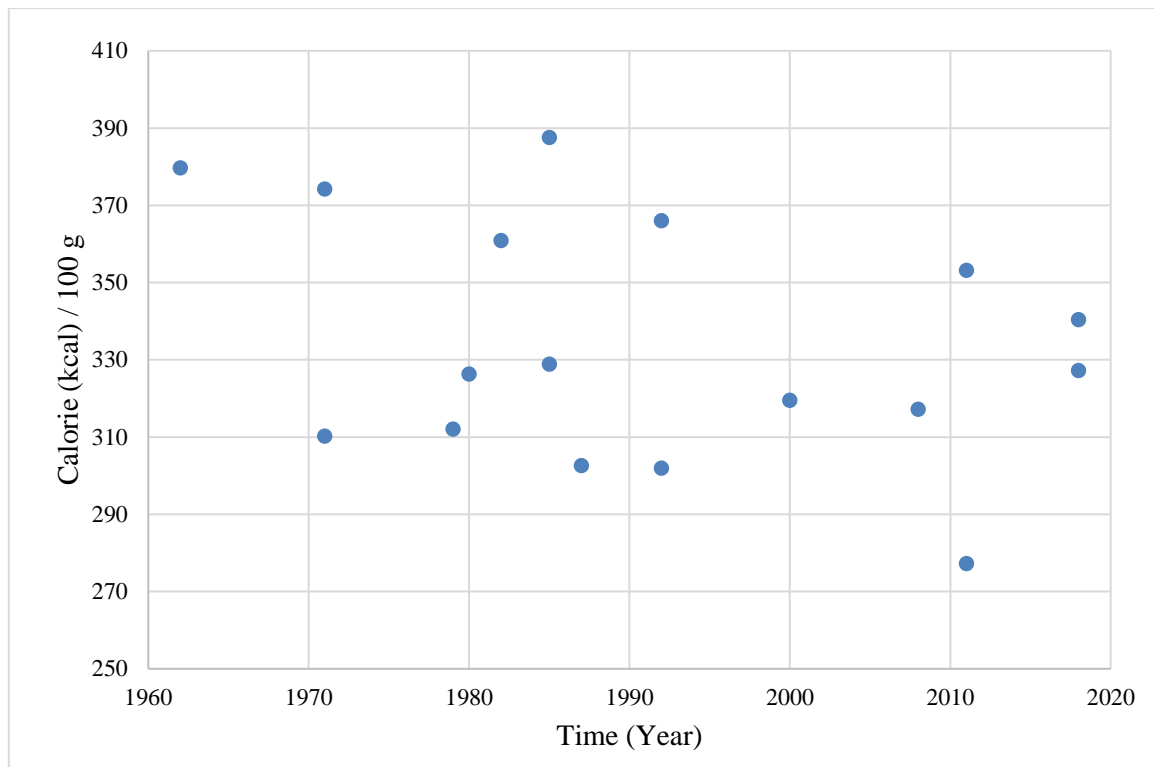
An example of calculations is given in Appendix-7. In the example, one of the recipes has been explained and explained.

The recipes for 3 different desserts determined. Number of ingredients, their cooking methods, portion sizes, and number of portions for 100 g of dishes were listed in Appendix-4. In Aşure and Revani recipes, firstly the weights after the cooking periods were calculated. Then, changes in the nutritional values and calorie values were calculated. In Gullaç recipes, only the contents of the ingredients in the recipes were calculated for 100 grams of dessert after the recipe was prepared because Gullaç has not undergone any operations (Appendix-1).

In Appendix-2, there are nutrient contents of ingredients in the amounts states in the recipes before cooking period were given. Water, protein, total lipid, carbohydrate, fiber, sugar and calorie values in grams can be seen in tables for both each ingredient and total. The ingredients weight and calories were given and percentages of each ingredient for total recipe can be seen also in Appendix-3. Changes in the nutritional contents and caloric values after cooking processes for the ingredients which calculated with Yield Factor calculations and Retention Factor Calculations and total recipes can be seen in Appendix-5. In Gullaç recipes, there were values which calculated with only rate-ratio method.

There are three figures for raw state calories of each recipes. The distribution of 100 grams of raw calories over the years can easily be seen with these figures. Revani recipes of 100 grams are examined, there is no constant increase or decrease in the calories of the recipe over the years (Figure-1).





**Figure 1 - Raw Calories for 100 g of Revani**

The lowest calorie in 2011, the highest calorie in 1985 seems to be the description. The reason for this is that the amount of margarine added to the recipe in 1985 constitutes a higher percentage of the total weight of the recipe compared to the other recipes. In addition, in 2011, the amount of flour and semolina in the recipe is lower than the percentage of other ingredients in the total recipe. In the Figure-1, some years two different calories appeared on the same date. The reason for this is that there are two different recipes for both oily and lean Revani in the same year.

Revani was examined between 1962 and 2018. When the Revani was examined, although the calorie values of 100 g cooked recipe were higher than calorie values of 100 g raw recipe, the weight of the recipe after cooking has decreased (Table-1). The reason for this is that the recipe calculation is not applied for sherbet. Sherbet is added to the Revani cake, while the cake is still warm and the sherbet was absorbed because the cake is warm, and sherbet is not. (Appendix-1). It is assumed that the Revani's cake completely absorbs the added sherbet. Therefore, the sugar in the sherbet added to the cake is included in the calculation without any change.

**Table 1** - Comparison of Total Raw and Cooked Calories for 100 g of Revani

Name of the Dish	Time (year)	Raw Calorie for 100 g of recipe (kcal)	Cooked Calorie for 100 g of recipe (kcal)
Yağsız Revani	2018	327.22	349.595
Yağlı Revani	2018	340.37	343.48
Revani	2016	326.33	347.1
Yağlı Revani	2015	366	383.75
Yağsız Revani	2015	301.97	322.39
Revani	2013	317.22	337.50
Revani-1	2011	353.18	373.05
Revani-2	2011	277.26	298.5
Revani	2000	319.5	323.39
Revani	1987	302.57	324.42
Revani	1985	328.9	351
Yağlı Revani	1985	387.57	410.99
Revani	1982	360.9	362.62
Revani	1979	312.03	332.17
Revani	1971	310.2	330.44
Yağlı Revani	1971	374.24	394.21
Revani	1962	379.65	406.10

When Figure-1 is examined, it is observed that there is an increase in calories in the 80s, and then there is a decrease again in the same way. The year 1980 is considered as the period in which policies that will enable the expansion of global capital together with the liberalization and expansion policies of the economy. In the 1980s, state intervention in the economy was abolished and free market practice gained momentum,

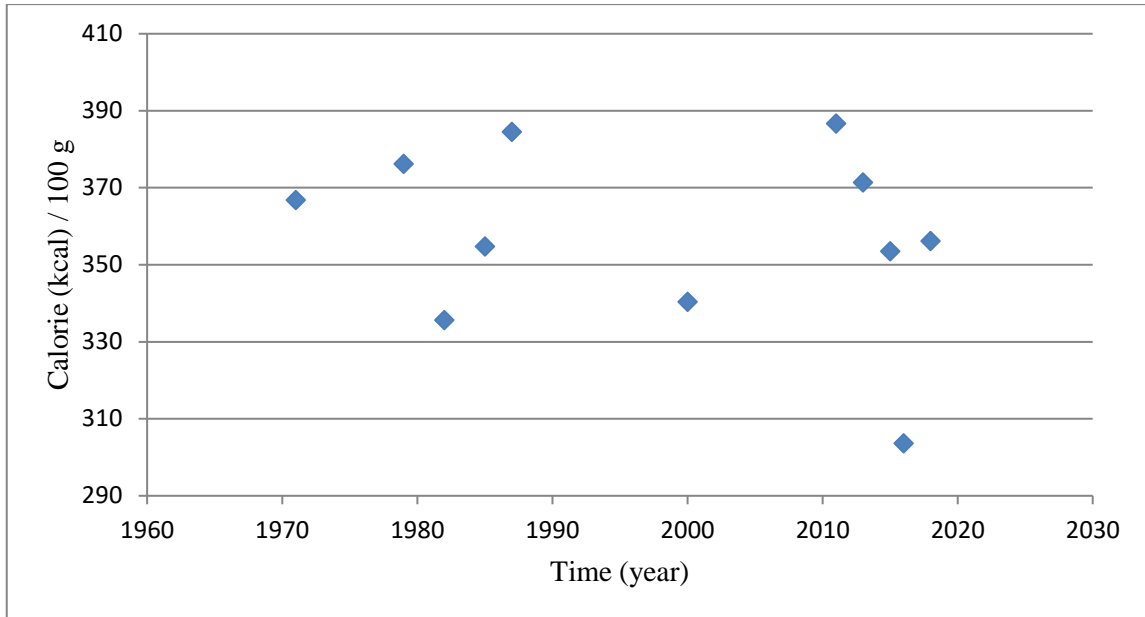
controls on interest and exchange rates were removed. After 1980 outsourcing and financial liberalization in Turkey aimed.

This period can be defined as a period in which the state has restructured economic and social life with the changes it has made in the institutional and administrative structure and thus the function of the state has changed (68, 69). In this context, local people may have increased their expenditures, which may lead to an increase in the number of materials entering the kitchen and consequently an increase in calories. After the 80s, economic difficulties were experienced again and local people reduced their expenditures.

The weight of the recipe before cooking is less than the weight after cooking. Because of the baking process, weight of cake decreased. In proportion to weight gain, the calorie of revani before cooking is less than the calorie after cooking. There is no consistent difference could be observed between the use of fat in the recipes. Both margarine and butter have been used in the past and recent years. Revani recipes in the past did not been decorated, but in 2000s years people began to decorate Revani with coconuts, pistachios or light cream. As a result of the spread of the culture of eating in restaurants and changing social structure, people may have learned how meals are served differently and want to decorate their own dishes (52, 53). Because of this situation, Revani ingredients were increased generally in time. In addition, in the previous recipes, sugar and fat form a very large part of the total calorie, near the 2000s, calorie distribution was relatively more balanced. Generally, there is no consistent change in fat use. Revani was prepared both with and without fat in time with separate recipes. No consistent change was observed in the total weight of Revani dessert ingredients. Generally, the protein content of Revani for 100 g total recipe increased after cooking process. However, in the recipes 1962 and 1982, the protein contents were decreased. The fat content of Revani for 100 g total recipe increased for all recipes except the recipe 2000. In the same way, the carbohydrate contents increased except the recipe 1982. The dietary fibre content of Revani increased in all recipes after cooking, decreased in 1982 and 2015.

**Table 2 - Comparison of Nutrient Contents of Raw and Cooked Revani**

Time (Year)	Status of the Revani	Protein content for 100 g of total dish (g)	Fat content for 100 g of total dish (g)	Carbohydrate content for 100 g of total dish (g)	Dietary fibre content for 100 g of total dish (g)
2018	Raw	4.93	2.00	75.13	0.83
	<b>Cooked</b>	<b>5.12</b>	<b>2.07</b>	<b>77.19</b>	<b>0.86</b>
2018	Raw	7.07	3.76	70.66	1.59
	<b>Cooked</b>	<b>7.46</b>	<b>2.04</b>	<b>72.98</b>	<b>1.68</b>
2016	Raw	5.05	2.50	71.1	0.69
	<b>Cooked</b>	<b>5.25</b>	<b>2.60</b>	<b>72.92</b>	<b>0.71</b>
2015	Raw	4.06	13.79	58.70	0.77
	<b>Cooked</b>	<b>4.16</b>	<b>14.34</b>	<b>60.194</b>	<b>0.62</b>
2015	Raw	4.83	2.05	69.15	0.92
	<b>Cooked</b>	<b>4.95</b>	<b>2.12</b>	<b>70.48</b>	<b>0.76</b>
2013	Raw	4.92	1.99	74.93	0.83
	<b>Cooked</b>	<b>5.10</b>	<b>2.06</b>	<b>76.56</b>	<b>0.86</b>
2011	Raw	4.55	1.22	83.18	1.17
	<b>Cooked</b>	<b>3.95</b>	<b>0.61</b>	<b>87.32</b>	<b>1.24</b>
2011	Raw	4.80	3.35	60.15	0.14
	<b>Cooked</b>	<b>4.94</b>	<b>3.45</b>	<b>61.85</b>	<b>0.14</b>
2000	Raw	4.16	8.54	59.17	0.40
	<b>Cooked</b>	<b>3.88</b>	<b>7.75</b>	<b>59.35</b>	<b>0.40</b>
1987	Raw	5.01	3.03	66.92	0.36
	<b>Cooked</b>	<b>5.17</b>	<b>3.12</b>	<b>68.73</b>	<b>0.37</b>
1985	Raw	4.57	1.89	76.52	0.74
	<b>Cooked</b>	<b>4.75</b>	<b>1.96</b>	<b>78.17</b>	<b>0.77</b>
1985	Raw	6.09	7.59	66.30	1.73
	<b>Cooked</b>	<b>6.40</b>	<b>12.09</b>	<b>68.2</b>	<b>1.81</b>
1982	Raw	4.09	2.82	83.49	0.75
	<b>Cooked</b>	<b>3.97</b>	<b>2.72</b>	<b>80.2</b>	<b>0.73</b>
1979	Raw	4.40	2.52	70.8	0.45
	<b>Cooked</b>	<b>4.56</b>	<b>2.61</b>	<b>72.38</b>	<b>0.46</b>
1971	Raw	4.73	2.12	70.80	0.68
	<b>Cooked</b>	<b>4.91</b>	<b>2.2</b>	<b>72.4</b>	<b>0.7</b>
1971	Raw	4.10	14.13	59.85	0.63
	<b>Cooked</b>	<b>4.26</b>	<b>14.70</b>	<b>61.62</b>	<b>0.65</b>
1962	Raw	4.91	9.46	71.65	1.05
	<b>Cooked</b>	<b>5.14</b>	<b>9.90</b>	<b>73.55</b>	<b>1.11</b>



**Figure 2** – Raw Calories for 100 g of Aşure

Aşure recipes of 100 grams are examined, an increase was generally seen over the years (Figure-2). In 1987 and 2011, there are two peaks appeared in the figure. Despite of 11 ingredients which generally less than other recipes, calorie value was high in 2011 recipe. Granulated sugar weight was %52 percentage of total recipe. And calorie of granulated sugar was %51 of total calorie of dessert. That was effected total calorie and caused the total calorie value to be high, even if the number of ingredients was low. In 1987 recipe like 2011, although the number of ingredients was low, but the 11 ingredients included in the recipe were have a high caloric content.

Aşure was examined between 1971 and 2018. When the Aşure was examined, the weight of the recipe before cooking is less than the weight after cooking (Table-3).The reason for this, In Aşure recipe, there are ingredients which were soaked the night before the preparation, dried beans, chickpeas etc. These foods increase their weight when they wait in the water. However, the calories of the raw recipes are higher than the calories after cooking. The reason for this is ingredients which are soaked in the water were swelled and their weights increased during this time. However, their weight increased in this process, while their calories did not change. This situation affects the calorie-to-weight ratio. These two factors are reduce the amount of calorie in 100 grams after cooking. Likewise, decrease in protein, fat carbohydrate and dietary

fiber content is observed in all recipes of Aşure dessert. The number of ingredients of Aşure dessert fluctuates over time. Because Aşure is a dessert made with a religious ritual at different times of the year, seasonal differences may have affected the number of ingredients like Gullaç (15).

**Table 3 - Comparison of Total Raw and Cooked Calories for 100 g of Aşure**

Name of the Dish	Time (Year)	Raw Calorie for 100 g of recipe (kcal)	Cooked Calorie for 100 g of recipe (kcal)
Aşure	2018	356.18	270.68
Aşure	2016	303.59	248.68
Aşure	2015	353.49	271.33
Aşure	2013	371.35	276.15
Aşure	2011	386.66	145.82
Aşure	2000	340.32	262.79
Aşure	1987	384.48	335.52
Aşure	1985	354.78	284.79
Aşure	1982	335.62	252.54
Aşure	1979	376.15	258.80
Aşure	1971	366.81	276.90

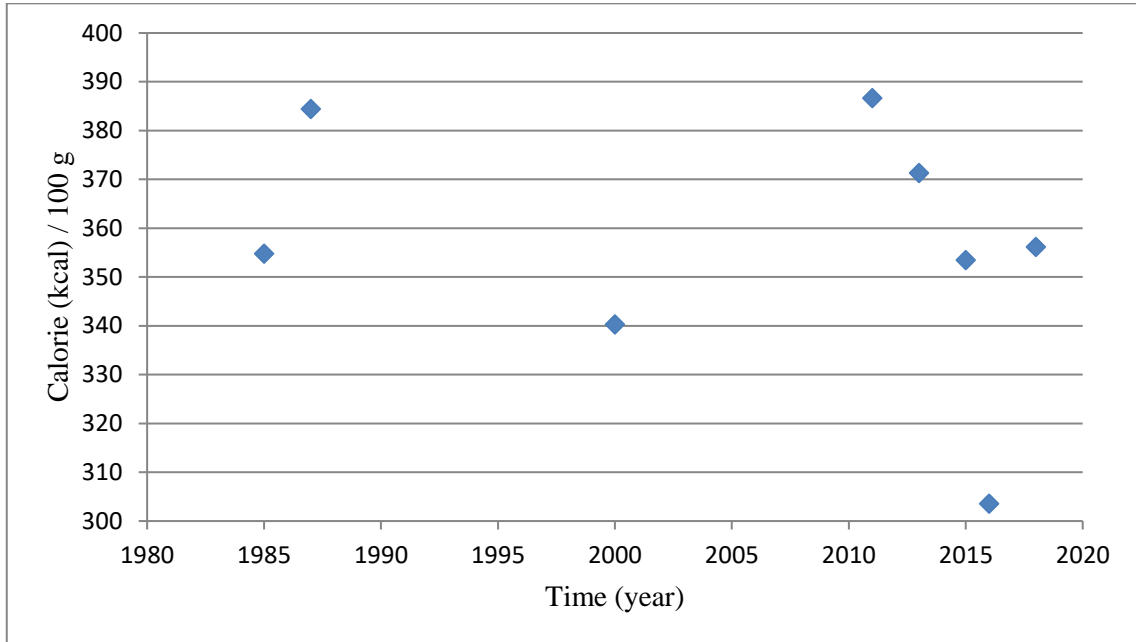
Aşure and Revani, recipes were sorted by years, total raw calories and total cooked calories of 100 grams of recipes were investigated, and it was found that cooked recipes had different calorie and nutritional values then raw recipes (Table-1, Table-3). It can be seen that cooked calorie for 100 g of Revani was increased after cooking process. And cooked calorie for 100 g of Aşure was decreased (Appendix-5).

**Table 4** -Comparison of Nutrient Contents of Raw and Cooked Aşure

Time (Year)	Status of the Aşure	Protein content for 100 g of total dish (g)	Fat content for 100 g of total dish (g)	Carbohydrate content for 100 g of total dish (g)	Dietary fibre content for 100 g of total dish (g)
2018	Raw	14.73	5.42	72.04	5.07
	<b>Cooked</b>	<b>5.94</b>	<b>3.72</b>	<b>51.6</b>	<b>3.52</b>
2016	Raw	8.67	8.09	50.50	5.99
	<b>Cooked</b>	<b>6.73</b>	<b>6.20</b>	<b>39.17</b>	<b>4.63</b>
2015	Raw	9.34	5.21	69.94	5.76
	<b>Cooked</b>	<b>6.62</b>	<b>3.62</b>	<b>51.01</b>	<b>4.09</b>
2013	Raw	9.38	7.72	69.09	5.33
	<b>Cooked</b>	<b>6.45</b>	<b>5.32</b>	<b>48.78</b>	<b>3.65</b>
2011	Raw	8.21	8.27	73.22	4.41
	<b>Cooked</b>	<b>6.03</b>	<b>6.12</b>	<b>65.04</b>	<b>3.23</b>
2000	Raw	9.23	5.92	63.43	5.13
	<b>Cooked</b>	<b>6.72</b>	<b>4.37</b>	<b>47.27</b>	<b>3.75</b>
1987	Raw	12.97	16.16	47.91	3.81
	<b>Cooked</b>	<b>11.11</b>	<b>14.56</b>	<b>38.4</b>	<b>3.22</b>
1985	Raw	11.18	10.09	54.73	4.15
	<b>Cooked</b>	<b>7.91</b>	<b>8.09</b>	<b>43.65</b>	<b>2.87</b>
1982	Raw	6.78	3.05	69.55	4.72
	<b>Cooked</b>	<b>4.89</b>	<b>2.20</b>	<b>51.57</b>	<b>3.45</b>
1979	Raw	10.65	12.82	53.40	4.89
	<b>Cooked</b>	<b>7.15</b>	<b>8.70</b>	<b>36.34</b>	<b>3.27</b>
1971	Raw	9.61	7.78	67.59	5.78
	<b>Cooked</b>	<b>6.68</b>	<b>5.42</b>	<b>48.34</b>	<b>4.02</b>

In most of the recipes, caloric values decreased at the beginning of the 80s was observed. Then, when near the 90s, calories increased again. Likewise, in many of the recipes, the number of ingredients generally increased from past to present. This may be a result of the inability to easily reach of ingredients before the Industrial Revolution (49-51). With the Industrial Revolution, the establishment of factories and the introduction of mass production made it possible for people to use different varieties of food more easily. In addition, with the canning method, most of the ingredients of Aşure can be kept for a long time (49, 51). It is possible, with time, people may wanted to add

their own touches to the recipes which they learned and may wanted to use additional ingredients with the spread of the first Turkish cookbook, which was written in 1844 as well (70).



**Figure 3** – Raw Calories for 100 g of Gullaç

Gullaç was examined between 1971 and 2018. Although the Gullaç dessert did not include the recipe calculation, it was found that the calories of 100 gr raw recipe were different with 100 grams of ready made recipe. Nutrient contents and calories were determined in dietary and nutrient samples obtained from Türkomp and USDA, carbohydrate content and sugar content were written separately (55, 56). As the percentage of sugar-free foods increase, calories will also decrease. In the recipe 1982, the carbohydrate content of one portion is higher than in other years. The reason for this is the addition of cherry jam to Gullaç dessert in 1982. The number of ingredients of Gullaç dessert showed a fluctuation over time. The reason for this is that Gullaç dessert is made during the month of Ramadan, and because the month of Ramadan is at a different time interval of each year, it is possible that the seasons affect the number of ingredients (15). In general, an increase has been observed in the calories of Gullaç desserts since the past years. The reason for this is the addition of high calorie foods such as pistachio or cherry jam to Gullaç. As a result of the impact of the industrial



revolution on kitchens, people met different culinary cultures. This situation changed people's perspectives on nutrition and food culture (52). People may be looking for different tastes with the culture of eating out in this period. Therefore, they added different ingredients to the foods and changed them in this way (53). No consistent change was observed in the total weight of Glla dessert ingredients. There was no consistent change in the proportions of the ingredients that entered the dessert, because each recipe contained a new ingredient or a different ingredient to replace it.

**Table 5** - Comparison of Total Raw Calories for 100 g of Glla

Name of the Dish	Year	Raw Calorie for 100 g of recipe (kcal)
Glla	2018	512.78
Glla	2016	552.96
Cevizli Glla	2015	400.54
Stl Glla Tatlısı	2015	548.21
Glla	2000	469.90
Glla	1982	415.30
Glla	1979	414.12
Glla	1971	397.60

## 5. CONCLUSION

This study provides a method of calorie calculation for any dish in a very detailed and precise way. First of all, a nutritionist may have different angle for contents of several foods and combination of different foods. Dietitians are able to plan a menu for clients. Through to the recipe calculation method in this study, calorie calculation can be done by using both individual and plate-specific calculations. It contains information about the process of a dish until it comes to the plate in a very detailed way.

Turkish Culinary Culture was also introduced, informations were given about traditional Turkish desserts in the international arena, and at this time, cookbooks were examined. It can be understood how the various historical processes that have been experienced in the world affect the Turkish culture and how these effects are reflected on the Turkish culinary culture. Also changes in the number of ingredients and caloric changes in time and reasons for this situations can be seen. With this study, the habits adopted by Turkish society in different years and the changes of these habits can be observed. Also, weight, calorie and nutritional values before and after the cooking process are comperable with this study.

Especially the learning of Recipe Calculation Method by a nutritionist is very important in terms of dietitians professional life. This method can make nutritional research more detailed. The dietician can obtain clearer caloric values and nutrient contents in diets written to the clients. Also specific diseases needed more specific calculations. And with this calculation method, many diseases' nutritional therapy can be done more precisely.

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## 7. APPENDİCES

### APPENDIX-1 The Original Recipes from Cookbooks

Name of the dish : GÜLLAÇ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)

Year : 2018

#### İçindekiler

5 yaprak güllaç

3 su bardağı süt

1 su bardağı toz şeker

Yarım bardak dövülmüş ceviz içi veya fındık  
içi

2 çorba kaşığı gül suyu

#### Yapılışı

Süt kaynatılır. Ateşten alınır, şeker konup eritilir. Geniş bir tepsiye konur, ılınınca gül suyu eklenir. Güllaçlar birer birer şekerli sütle yumuşatılır. Sekiz parçaya bölünüp parçalar birer birer tabağa alınır. Üzerine dövülmüş ceviz serpilir, gevşek olarak katlanarak son uç alta gelmek üzere servis tabağına sıralanır. Artan şekerli süt üzerine dökülüp hemen servis yapılır.



Name of the dish : GÜLLAÇ (BÜYÜK YEMEK KİTABI, Emine Beder)

Year : 2016

Güllaç 7-8 Kişilik

Yapılışı

İçindekiler

½ paket güllaç(5 yaprak)

1 litre süt

1.5 su bardağı şeker

½ çay bardağı gülsuyu (arzuya göre)

100 gr fındık

Nar taneleri

Tencereye sütü ve şekerini ekleyip kaynatalım. Güllaç yapraklarını alabilecek büyüklükte bir tepsiye 1 yaprak güllaç serelim. Üzerine ½ kepçe süt serelim. Tekrar güllaç yaprağı serip üzerine süt gezdirelim. Üzerine iri kıyılmış fındığı serelim. Kalan güllaç yapraklarını da aynı şekilde süt ile ıslatarak üst üste serelim. Kalan sütü son güllaç yaprağının üzerine gezdirerek tepsinin ağzını kapatıp güllaçların, sütü tamamen emmesini sağlayalım. Güllacı kare dilimler halinde keserek ve üzerini nar taneleri ile süsleyerek servis yapalım. Güllaç, Osmanlı mutfağında günümüze dek ulaşan bir tatlıdır. Asıl adı Güllü Aş'tır. O devirdeki inanışa göre güllaç hamuru yoğurulurken ve açılırken Yasin suresi okunmadan ve güllaç duaları edilmeden yapılırsa sonuç iyi olmazmış. Güllaç, ramazan ayına has bir tatlı olduğu için de Türk mutfağında ayrı bir öneme sahiptir.

Name of the dish : CEVİZLİ GÜLLAÇ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER,  
Leman Cılızoğlu Eryılmaz)

Year : 2015

Cevizli Güllaç

Yapılışı

İçindekiler

250 gr güllaç

100 gr ceviz içi

300 gr toz şeker

½ şişe süt

Yarım şişe sütü geniş bir kaba koyunuz. Güllaçları süte batırıp hafif ıslatınız. Islanmış güllaçları dörde katlayıp ortasına kıyılmış ceviz içi koyup, sigara gibi sarınız. Sarılan kısmı alta gelmek üzere bir tepsiye hepsini diziniz. Artan sütü üzerine dökünüz. Şekerini üzerini iki parmak geçecek kadar suyla ateşe koyup, bir iki taşım kaynatınız. Kaynayan şurubu güllaçların üzerine döküp, kabın ağzını kapatıp, böylece 1 saat bırakınız. Soğuyunca tatlı tabaklarına koyup, servis yapınız.

Name of the dish : SÜTLÜ GÜLLAÇ TATLISI (TÜRK MUTFAĞINDAN SEÇME  
YEMEKLER, Leman Cılızoğlu Eryılmaz)

Year : 2015

Sütlü Güllaç Tatlısı

Yapılışı

İçindekiler

1 paket güllaç

1 litre süt

2 su bardağı toz şeker

100 gr ceviz içi

50 gr yeşil fıstık

Güllaç yapraklarının yarısını geniş bir tepsiye üst üste yerleştiriniz. Ceviz ve fıstığı ince ince doğrayıp veya makinede çekiniz. Güllaç yapraklarının üzerine ceviz içini koyunuz. Diğer yaprakları da cevizlerin üzerine üst üste yerleştiriniz. Şekeri, sütü bir tencereye koyup kaynatınız. Ateşten alıp 5-10 dakika beklettikten sonra güllaçların üzerine gezdiriniz. Tepsiye bir tabak örtüp, tatlı soğuyuncaya kadar bekleyiniz. Soğuyunca dilimlere kesip, tatlı tabaklarına koyunuz. Üzerine yeşil fıstık serpip, servis yapınız.

Name of the dish : GÜLLAÇ (TATLI KİTAP, Turkul Şavkay)

Year : 2000

Güllaç (20 kişilik)

Yapılışı

*İçindekiler*

2 litre süt (8 su bardağı)

800 gr toz şeker (3 1/5 su bardağı)

100 ml gülsuyu (2/5 su bardağı)

1 paket güllaç

200 gr iri çekilmiş fındık yada antep fıstığı

Sütü tencereye koyarak bir taşım kaynatıp ateşten alın. Şekeri ve gülsuyunu ekleyerek şeker eriyinceye kadar iyice karıştırın. Hazırladığınız sütü, güllaç yapraklarını rahatça içine alabilecek büyüklükte bir tepsite boşaltın. Yine güllaç yapraklarını rahatça alabilecek büyüklükte bir başka tepsinin dibine de bir kepçe hazırladığınız süttten koyun. Paketteki güllaç yapraklarının yarısını süt dolu tepsiye teker teker batırıp çıkarın ve hemen diğer tepsiye yerleştirin. Tepsiye dizdiğiniz her yaprağın arasına yarım kepçe kadar süt koyun. Bu katlar tamamlanınca fındığı yada fıstığı üzerlerine yayın. Kalan güllaç yapraklarını da aynı şekilde sütte ıslatarak güllaç tepsisine döşeyin. Yaprakların aralarına süt gezdirmeyi unutmayın. Artan süt olursa onu da güllacın üzerine gezdirin. Tepsinin üzerini bir kapak yada alüminyum folyo ile örtüp, güllaçlar sütü tamamen eminceye kadar bekletin. Tepsideki güllacı keserek porsiyonlara ayırın. Üzerini çekilmiş fındık, fıstık yada meyve parçacıkları ile süsleyerek servis yapın.

Name of the dish : GÜLLAÇ (AŞÇIM, Sonay Nurettin Kılınçer)

Year : 1982

Güllaç

Yapılışı

*İçindekiler*

1 taze güllaç(hazır satın alınmış)  
200 gr ceviz içi (çekilmiş)  
5 su bardağı süt  
2 su bardağı toz şeker  
¼ su bardağı gül suyu  
½ kahve kaşığı vanilya  
12 çay bardağı vişne reçeli taneleri

Hazır aldığınız güllacın kenarlarını 1 cm içinden makasla kesip bir kenara bırakınız. Bir tencerede şeker, süt ve vanilyayı kaynatarak, bir tepsiye dökünüz. Biraz ılımasını bekledikten sonra güllaç yapraklarını teker teker tepsiye bastırınız. Koyduğunuz her güllaç yaprağı ıslandıktan sonra alıp başka bir tepsiye koyarak, ellerinizle buruşturarak şekil veriniz. Her üç yaprakta bir aralarına ceviz serpiniz. Güllaç yapraklarını istediğiniz kalınlıkta döşeyip, artan cevizi en üste serpiniz. Güllacı vişne reçeli taneleri ile süsleyerek, 15 dk belettikten sonra servis yapınız.

Name of the dish : GÜLLAÇ (TÜRK TATLI SANATI, Necip Usta)

Year : 1979

Güllaç

Yapılışı

12 yaprak taze güllaç  
500 gr kabukları soyulup rendelenmiş elma  
250 gr pudra şekeri

1 kg süt  
400 gr toz şeker  
Az vanilya hep beraber 1 dk kaynatılır.

Üzerine serpmek için:  
1 kahve fincanı gül suyu  
8 porsiyonluk  
1 porsiyona 3 adet

Güllaçların bütün etrafını bir makasla 1 cm kutrunu kesiniz. Güllaçları tam ortadan keserek makasla ikiye ayırınız. Rendelenmiş elmayı bir tülbente koyup iyice sıkınız. Hiç su kalmaması için pudra şekeri koyup iyice karıştırınız. Güllaçları teker teker bir tepsiye koyup elinizin dayanabileceği kadar kaynar bir kepçe şekerli süt döküp güllacın uzun ucundan birisini diğerinin üzerine kapatınız. Elinizle üzerine bastırıp altını üstüne çeviriniz. Göreceksiniz güllaç yumuşamış ipek gibi olmuştur. Güllacı hemen sol avucunuzun içine alıp ortasına elmalı harcı koyunuz. Sonra karşılıklı 4 ucunu elmanın üzerine kapatıp üstünü altına getirerek çukur bir tavziye veya 3 tanesini bir kaseye koyunuz. Hepsini aynı şekilde dizip üzerlerine kalan sütlü harcı kaynar olarak müsavi şekilde taksim ediniz. Gül suyunu müsavi olarak serpip servis ediniz.

Name of the dish : GÜLLAÇ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI,  
Leman Cılızoğlu)

Year : 1971

Güllaç

250 gr güllaç  
100 gr ceviz içi  
300 gr şeker  
½ şişe süt

Yapılışı

½ şişe sütü geniş bir kaba koyunuz. Güllaçları süte batırıp hafif ıslatınız. Islanmış güllaçları dörde katlayıp ortasına kıyılmış ceviz içi koyup sigara gibi sarınız. Sarılan kısım alta gelmek üzere bir tepsiye hepsini diziniz. Artan sütü üzerlerine dökünüz. Şekeri üzerini 2 parmak geçecek kadar suyla ateşe koyup 1-2 taşım kaynatınız. Kaynayan şurubu güllaçların üzerine döküp kabın ağzını kapatıp böylece bir saat bırakınız. Soğuyunca tatlı tabaklarına koyup servis yapınız.

Not: ceviz yerine katı muhallebi, kaymak konarak da yapılabilir.

Name of the dish : YAĞSIZ REVANİ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)

Year : 2018

Revani

İçindekiler

6 adet yumurta

1 su bardağı + 2 çorba kaşığı irmik

1 su bardağı un

1 adet limon kabuğu rendesi

1 çay kaşığı kabartma tozu

Yarım paket vanilya

Şurubu için:

4.5 su bardağı şeker

2 çorba kaşığı limon suyu

Yapılışı

4 su bardağı şeker, 4.5 su bardağı su ile ateşte eriyinceye kadar karıştırılır. Kaynayınca 1 çorba kaşığı limon suyu ve limon kabuğu konur. 10 dakika daha kaynatılıp ateş kapatılır. Yumurta sarıları bir kaseye, akları bir tencereye alınır. Yumurta sarılarına, yarım bardak şeker ve limon kabuğu rendesi konur, şeker eriyinceye kadar karıştırılır. Un ile kabartma tozu ve vanilya karıştırılıp elenir. Buna irmik katılır. Kaşıkla karıştırılır. 25-30 cm çapında bir tepsi yağlanır. Yumurta akları çırpılarak katı kar haline getirilir. Şekerli yumurta sarıları konur, birkaç kez çırpılır. Un, irmik karışımı serpererek ilave edilir, ancak karışacak şekilde alt üst edilerek, arada limon suyu katarak karıştırılır. Yağlanmış tepsiye boşaltılıp kenarlar biraz daha kalın olmak üzere kaşıkla düzeltilir. Daha önce ısıtılmış orta hararetle fırında 25-30 dakika pembe olarak pişirilir. Fırından çıkar çıkmaz şurubu da sıcak olarak kepçe ile dökülür. Kabarması ve şurubunu çekmesi için üzerine kapak örtülür. Soğuyunca dilimlenir.

Name of the dish : YAĞLI REVANİ (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)

Year : 2018

Yağlı Revani

Yapılışı

İçindekiler

5 adet yumurta

2 kahve fincanı şeker

1 kahve fincanı un

3 kahve fincanı irmik

Yarım çay kaşığı kabartma tozu

Yarım kahve fincanı sıvı yağ

1 çorba kaşığı limon suyu

Yarım limon kabuğu rendesi

Şurubu için:

2.5 su bardağı şeker, dörtte bir limon suyu

2.5 bardak şeker, 3 bardak su ile kaynatılır.

Dörtte bir limon sıkılır ve kabuğu da içine atılır. 10 dakika daha kaynatılıp alınır.

Yumurta sarıları bir kaseye, akları bir tencereye alınır. Sarıları 2 kahve fincanı şeker

ve limon kabuğu rendesi ile şeker eriyinceye

kadar karıştırılır. 3 kahve fincanı irmiğin

üzerine 1 kahve fincanı un ile karıştırılmış

kabartma tozu elenir. Yumurta akları

çırpılarak katı kar haline getirilir. Şekerli

yumurta sarıları ilave edilir. Birkaç kez

çırpılır. Unlu irmik serpilerek katılır. Ancak

hallolacak şekilde alt üst edilerek

karıştırılırken, yarım kahve fincanı sıvı yağ ile

1 çorba kaşığı limon suyu konur. Yağlanmış

25-30 cm çapında bir tepsiye boşaltılıp

kenarlar biraz daha kalın olarak yayılır.

Isıtılmış orta hararetle fırında 25-30 dakika

pişirilir. Fırından çıkar çıkmaz üzerine şurup

kepçe ile gezdirilerek dökülür. Kabarması ve

şurubunu çekmesi için üzerine kapak örtülür.

Soğuyunca dilimlenir.



Name of the dish : REVANİ (BÜYÜK YEMEK KİTABI, Emine Beder)

Year : 2016

Revani (7-8 kişilik)

Yapılışı

İçindekiler

Yumurta 8 adet

½ su bardağı şeker

2 su bardağı un

½ kahve fincanı irmik

1 paket kabartma tozu

Hindistancevizi

Şerbeti için:

4 su bardağı şeker

4 su bardağı su

½ tatlı kaşığı limon suyu

Yumurtaları şekerle birlikte, beyazlaşp köpürene dek çırpalım. Elenmiş unu, irmiği, kabartma tozunu, vanilyayı ekleyip mikserin düşük ayarıyla karıştıralım. Hamuru, margarinle yağlayıp tabanına un serptiğimiz tepsiye boşaltalım ve 180 derece ısıfı fırında altı üstü pembeleşene dek pişirelim. Fırından alır almaz üzerine önceden hazırlayıp soğuttuğumuz şerbeti gezdirelim. Tatlıyı, sönmüş fırında 5 dk bekletip şerbetini emmesini sağlayalım ve dilimleyip üzerine hindistancevizi serpelim.

Şerbeti için: şekerini, suyu, limon suyunu 5 dk kaynatıp ateşten alarak iyice soğutalım.

Name of the dish : YAĞLI REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)

Year : 2015

Yağlı Revani

Yapılışı

İçindekiler

6 adet yumurta

250 gr irmik

1 büyük paket margarin

750 g toz şeker

1 adet limon

1 kaşık pudra şekeri

Beyaz porselen bir kaseye yağı, irmiği, 1 kaşık pudra şekerini koyup, tahta bir spatülle veya kaşıkla karıştırarak beyazlatınız. Sonra altı yumurta sarısını teker teker karışıma yediriniz. Diğer tarafa altı yumurta akını bakır bir tencerede çok az bir tuzla çırpılarak kar haline getiriniz. Hazırlanan karışıma yumurta akını ilave edip, süratle karıştırınız (fazla karıştırmayınız, aklar sulanır). Kağıt yayılmış kek kalıbına veya dört parmak kalınlığındaki bir tepsiye koyup, ısıtılmış fırında 40-45 dakika ağzını hiç açmadan pişiriniz (kek gibi). Şekerin hazırlanması ve diğer basamakları aynen yağsız revanideki gibi yaparak, tatlıyı hazırlayıp, servis yapınız.

Name of the dish : YAĞSIZ REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER,  
Leman Cılızoğlu Eryılmaz)

Year : 2015

Yağsız Revani

Yapılışı

İçindekiler

6 adet yumurta

250 gr irmik

750 g toz şeker

1 paket vanilya

1 adet limon

Yumurtaları kalın bakır bir tencereye, varsa yumurta çırpma kabına kırınız. İçerisine 150 g toz şeker koyup, ılık bir yerde yumurta çırpma teliyle çırparak ezilmiş yoğurt kıvamına getiriniz. Sonra içerisine irmiği serpererek koyup bir defa karıştırıp yağlanmış bir kalıba hamuru dökünüz. Önceden ısıtılmış orta hararetle fırına koyup, ağzını hiç açmadan 40-45 dk altı üstü pembe renkte oluncaya kadar pişiriniz. Diğer tarafta kalan şekeri temiz bir tencereye koyup, üzerini 4 parmak geçecek kadar su koyup kaynatınız. Bir taşım kaynayınca içerisine yarım limon sıkıp ateşten alınız. Revaniyi kalıptan çıkarıp geniş bir kaba koyup, şurubun  $\frac{3}{4}$  ünü dökünüz. Tekrar ateş üzerine veya fırına koyup, hafif kaynatarak şurubu çektiniz. Ara sıra kaşıkla tatlının üzerine şurup dökünüz. Kalan  $\frac{1}{4}$  şekeri ateşte iyice koyulaştırıp şurubu tamamen çeken tatlının üzerine dökünüz. Soğuyunca karelere kesip, tatlı tabaklarına koyup, servis yapınız.

Name of the dish : REVANİ (BEREKETLİ OLSUN, Gönül Candaş)

Year : 2013

Revani

Yapılışı

İçindekiler

6 yumurta

1 su bardağı un

1 su bardağı ve 2 çorba kaşığı irmik

4.5 su bardağı şeker

Limon kabuğu rendesi

2 çorba kaşığı limon suyu

1 çay kaşığı kabartma tozu

4 su bardağı şeker, 4 su bardağı su ile kaynatılıp sulu bir şurup yapılır. 1 kaşık limon suyu katılır. Yumurtalar ile yarım bardak şeker, limon kabuğu rendesi çırpılıp koyu yoğurt kıvamına getirilir. Limon suyu konup bir-iki kere daha çırpılır. Kabartma tozu katılmış, elenmiş un ve irmik karışımı ilave edilip karıştırılır. Yağlanmış kalıba veya tepsiye boşaltılıp orta hararetle fırında pişirilir (25-30 dakika). Daha büyük bir tepsiye alınıp üzerine sıcak şurup dökülür. Kapak kapatılıp hafif ateşte veya fırında çevirerek şurubu çektirilir. Böylece revani, 1.5 misli büyümüş olur.

Name of the dish : REVANİ-1 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)

Year : 2011

Revani

Yapılışı

İçindekiler

6 yemek kaşığı yoğurt

12 fincan şeker

10 fincan un

2 fincan irmik

6 yumurta

Kabartma tozu

Şurubu için:

5 su bardağı su

4.5 su bardağı şeker

Yumurta ve şeker çırpılır. Üzerine yoğurt katılır. Kabartma tozu una katılarak karışıma ilave edilir. Hepsi birlikte karıştırılır. Yağlanmış tepsiye dökülür. Önceden ısıtılmış orta hararetle fırına sürülür. Pembeleşince alınır. Üzerine soğuk şurup dökülür. Şurubunun yapılışı: şeker ve su kaynayana kadar arada bir karıştırılarak kaynatıldıktan sonra 10 dakika ocakta tutulur. Ocaktan alınır. Soğumaya bırakılır.

Name of the dish : REVANİ-2 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)

Year : 2011

Revani

Yapılışı

İçindekiler

10 adet yumurta

1 çorba kaşığı irmik

2 çorba kaşığı un

2 çorba kaşığı toz şeker

Portakal kabuğu rendesi

Şurubu için:

5 su bardağı su

3.5 su bardağı şeker

1 limon suyu

Yumurtalar oda sıcaklığında biraz ılıştırılır. Yumurta, mikser veya yumurta çırpma teliyle, bembeyaz oluncaya kadar çırpılır. Toz şeker, irmik ve un karıştırılır. Portakal kabuğu rendesiyle birlikte çırpılan yumurtaya ilave edilir. Yağlanmış derince tepsiye boşaltılır. Fırına sürülür. Üzeri nar gibi kızarıncaya fırından alınır. Önceden hazırlanmış şurup dökülür.

Name of the dish : REVANİ (TATLI KİTAP, Turkul Şavkay)

Year : 2000

Revani (10 kişilik)

*İçindekiler*

200 gr un (1 3/5 su bardağı)

60 gr ince irmik (5 çorba kaşığı)

150 gr tereyağı

10 adet yumurta

100 gr toz şeker(2/5 su bardağı)

½ çay kaşığı vanilin

250 gr kaymak

*Şurubu için*

1 lt su (4 su bardağı)

1 kg toz şeker (4 su bardağı)

½ adet limonun suyu

**Yapılışı**

Şurup için ayrılmış malzemeyi bir tencerede 2 dakika kaynatıp ateşten alın ve soğumaya bırakın. Unu bir kabın içine eleyin. İrmigi ekleyip karıştırın. Revaniyi pişireceğiniz yüksek kenarlı tepsiyi veya fırın kabınızı tereyağı ile yağlayıp unlayın. Fazla ununu silkeleyin. Kalan tereyağını eritip, ılık olarak bekletin. Fırınınızı 225 dereceye getirip ısıtın.

Yumurtaları, şekeri ve vanilini bir kaba koyun. Kabı kaynar su dolu bir başka kabın içine oturarak benmari hazırlayın. Bir el mikseri ile yumurta, şeker ve vanilini 10 dakika iyice çırpın. Köpüğümsü bir kıvam elde edince sıcak su dolu kabın içinden çıkartıp, bir kenarda 1-2 dakika daha çırpmayı sürdürün. Un-irmik karışımını azar azar serpererek mikserle bu karışıma yedirin. Ilık tereyağını da katıp karıştırarak revani hamurunu tepsiye dökün. Eşit olarak yayılmasına özen gösterin.

Hamuru sıcak fırına sürün. Revani kabarıp, üzeri kahverengileşinceye kadar yaklaşık 25 dk pişirin. Pişme süresince fırının kapağını açmamaya dikkat edin, aksi halde revaniniz kabarmaz.

Revanınin pişip pişmediğini kontrol etmek için bir kürdan batırın. Kürdan kuru çıkıyorsa revani pişmiş demektir. Islaklık varsa biraz daha pişirmeyi sürdürmeniz gerekir. Pişmiş sıcak revaniyi birkaç yerinden çatalla delip üzerine soğuk şerbeti gezdirin. Sönmüş fakat hala sıcak olan fırına tekrar sürerek yarım dakika şurubunu emmesini sağlayın. Çıkartıp, kendi tepsisinde soğumaya bırakın. Tamamen soğuduktan sonra dilimleyerek kaymak, antepfıstığı veya toz hindistan cevizi ile servis yapın.

Name of the dish : REVANİ (İZAHLI YEMEK KİTABI, İnci Beşođul)

Year : 1987

Revani

İçindekiler

3 kařık irmik

7 kařık un

10 adet yumurta

4.5 su bardađı toz řeker

az portakal kabuđu rendesi

Yapılıřı

Bir kap içinde on adet yumurta, bir çorba kařığı řeker, yumurta vurma teliyle dögölür. İyice kabarıp koyulařtıktan sonra unla irmik, rendelenmiř portakal kabuđu, karıřmiř vaziyette yumurtaya yedirilir. Piřirilerek yađlanmiř tepsiye bu harç dökölür. Orta ateřli fırında 1 saat piřirilir, fırından çıktıktan sonra iki su bardađı kaynamıř su gezdirilir. Tepsinin ađzı kapanır, on beř dakika sonra dört bardak řeker ve üç bardak su ile yapılan řurup üzerine dökölür. Sođuduktan sonra yenir.

Name of the dish : REVANİ (AĐIZ TADI, Sevim Tanör)

Year : 1985

Revani

İçindekiler

8 yumurta

100 gr un

¼ limon suyu ve kabuđu rendesi

300 gr irmik

1 kilo 250 gr řeker

Yapılıřı

8 yumurta ve 250 gr řeker yumurta tenceresinde telle çarpılarak kabartılır (çok ılık ateř üzerinde çarpılma yapılırsa daha iyi sonuç alınır). Koyu yođurt kıvamına gelince irmik, un ve limon kabuđu rendesi konup yavařça karıřtırılarak yađlanmiř ve unlanmiř geniřçe bir tepsiye boşaltılır, orta ısıdaki fırında 1 saat piřirilir. řeker 1 litre su ile ateře konur, bir tařım kaynayınca ¼ limon sıkılır, bu řerbetin yarısından çođu revaninin üzerine dökölür ve ađzı kapatılır. Kalan řerbet tekrar ateře konup koyulařtırılır ve revaninin üzerine dökölür, sođuyunca dilimler halinde kesilip servis tabađına alınır.

Name of the dish : YAĞLI REVANİ (AĞIZ TADI, Sevim Tanör)

Year : 1985

Yağlı Revani

Yapılışı

*İçindekiler*

3 bardak toz şeker

250 gr margarin

6 kahve fincanı un şeker

¼ limon ve rendesi

250 gr irmik

6 yumurta

1 kahve fincanı iç badem

Derin bir kasede oda sıcaklığındaki margarin ve bir kahve fincanı un şeker kaşıkla karıştırılarak ağartılır. 6 yumurta sarısı eklenerek bir süre daha karıştırılır, 6 yumurta akı katı kar halinde çarpılır ve irmikle beraber yağlı yumurtaya katılır limon kabuğu rendesi eklenir, yavaşça karıştırılır. Yağlanmış tepsiye boşaltılır, üzerine kıyılmış badem serpilir ve orta ısıdaki fırında kızarıncaya kadar pişirilir.

Üç bardak şeker, üç bardak su ile bir taşım kaynatılır, limon sıkılır. Bu şerbetin dörtte üçü tatlının üzerine gezdirilir, çekinceye kadar bırakılır. Kalan şerbet ateş üzerine koyulaştırılıp üzerine dökülür. Dilimlere kesilerek dağıtım tabağına alınır.



Name of the dish : REVANİ (AŞÇIM, Sonay Nurettin Kılınçer)

Year : 1982

Revani

*İçindekiler*

2 çorba kaşığı tereyağ

1 su bardağı + 1 çorba kaşığı un

1 su bardağı + 1 çorba kaşığı irmik

½ su bardağı şeker

½ limonun suyu

5 yumurta

½ kahve kaşığı tuz

2 çorba kaşığı şam fıstığı(dövülmüş)

Yapılışı

Bir kapta, yarım su bardağı şeker, limon suyu ile yumurtaları iyice çırpınız. Un, irmik ve tuzu ekleyip, tahta kaşıkla iyice karıştırınız. Tereyağını ilave edip tekrar karıştırınız. Orta boy bir tepsinin dibine, kalan bir çorba kaşığı un ve irmiği serpiniz. Harcı üzerine döküp, harcın üstüne şam fıstığı serpip, orta derecede ısıtılmış fırında 45 dakika, üstü kahverengileşene kadar pişiriniz. Bu arada şeker ile suyu karıştırıp, 10 dakika kaynatarak şurubu hazırlayınız. Tepsiyi fırından alıp revani ılıncıca, ılımış şurubu döküp, 5 dakika revaninin şerbeti emmesini bekleyiniz.



Name of the dish : REVANİ (TÜRK TATLI SANATI, Necip Usta)

Year : 1979

Revani

10 yumurta

100 gr şeker

250 gr un

Az vanilya

Şerbeti için,

1 kg şeker

600 gr su

½ limonun suyu

Yapılışı

Yumurta, şeker ve vanilyayı çelik veya cam bir kaba koyup, kabı sıcak suyun içine oturtunuz ve bir yumurta vurma teli ile karıştırarak ılık bir vaziyete getiriniz ve sudan alınız. Makinanız varsa yumurta vurma makinesi ile, mikseriniz varsa mikserle yoksa elinizle bir makine intizamı içinde yumurtayı vurarak bir kurdela şeklini alıncaya kadar köpürtünüz. Şöyle ki; teli havaya kaldırdığımız zaman telden düşecek kopmuş yumurtalar yumurtanın üzerinde düştüğü gibi kalsın. Yumurta bu koyuluğa gelince teli çıkarıp bir kevgirle çalkalamadan karıştırıp unu dikkatlice yediriniz ve tepsiye boşaltıp fırına sürünüz. Piştikten sonra normal soğuk olarak şurubunu üzerine döküp 3-4 dakika fırına sürüp çıkarınız ve soğuyunca servis ediniz.

Name of the dish : REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI,  
Leman Cılızođlu)

Year : 1971

Yađsız Revani

Yapılışı

6 yumurta

220 gr irmik

750 gr Őeker

Vanilya

1 limon

Yumurtaları kalın bakır bir tencereye, varsa yumurta ırpma kabına kırınız. İerisine 150 gr Őeker (6 orba kaşıđı) koyup ılık bir yerde yumurta ırpma teli ile ırparak ezilmiŐ yođurt kıvamına getiriniz. Sonra ierisine irmiđi serpererek koyup bir defa karıŐtırıp yađlanmıŐ bir kalıba hamuru dkünüz. nceden ısıtılmıŐ orta hararetili fırına koyup ađzını hi amadan 40-45 dakika piŐiriniz (altı stü pembe renkte). Diđer tarafta kalan Őekeri temiz bir tencereye koyup zerini 4 parmak geece kadar su koyup kaynatınız. Bir taŐım kaynayıncaya ierisine yarım limon sıkıp ateŐten alınız. Revaniyi kaptan ıkarıp geniŐ bir kaba koyup Őurubun  $\frac{3}{4}$  n dkünüz. Tekrar ateŐ zerine veya fırına koyup hafif kaynatarak Őurubu tamamen eken tatlının zerine dkünüz. Sođuyunca karelere kesip tatlı tabaklarına koyup servis yapınız.

Name of the dish : YAĞLI REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)

Year : 1971

Yağlı Revani

Yapılışı

6 yumurta

250 gr irmik

1 büyük sanayağı

750 gr şeker

1 kaşık pudra şekeri

1 limon

Beyaz porselen bir kaseye yağı, irmiği, 1 kaşık pudra şekerini, koyup tahta bir spatülle veya kaşıkla karıştırarak beyazlatınız. Sonra 6 yumurta sarısını teker teker kırıp karışıma yediriniz. Diğer tarafta 6 yumurta akını bakır bir tencerede çok az bir tuzla çarparak kar haline getiriniz. Hazırlanan karışıma yumurta akını ilave edip süratle karıştırınız (fazla karıştırmayınız, aklar sulanır). Kağıt yayılmış kek kalıbına veya 4 parmak kalınlığındaki bir tepsiye koyup, ısıtılmış fırında 40-45 dakika ağzını hiç açmadan pişiriniz (kek gibi). Şekerin hazırlanması ve diğer basamakları aynen yağsız revanideki gibi yaparak tatlıyı hazırlayıp servis yapınız.

Name of the dish : REVANİ (ALATURKA-ALAFRANGA YEMEK-TATLI-PASTA KİTABI, Fahriye Nedim)

Year : 1962

Revani

240 gr tereyağı

240 gr toz şeker

650 gr irmik

6 yumurta

Şerbet

Şerbet: 1 kg şekerini yarım kilo su ile kestirerek hazırlanır.

Yapılışı

240 gr tereyağını elle yoğurup beyazlatınız.

Azar azar 240 gr toz şeker yedirip iyice

eziniz. Azar azar 650 gr irmik yedirerek

macun gibi oluncaya kadar dövünüz. Birer

birer altı yumurta yediriniz. Dibi yağlı bir

tepsiye dökünüz, düzleyiniz, fırına sürünüz.

Kızarıncaya çıkarınız, her tarafına az şekerli

soğuk şerbetten bir miktar gezdiriniz. Tekrar

fırına sürünüz. Şerbeti çekince çıkarınız, yine

şerbet gezdiriniz, yine fırına koyunuz.

Kabarıncaya kadar bu ameliyede devam

ediniz. İyice kabarıncaya soğutunuz, baklava

gibi kesiniz. Üzerine ince şeker ekiniz.

Şerbet: 1 kg şekerini yarım kilo su ile kestirerek hazırlanır.

Name of the dish : AŞURE (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)

Year : 2018

Aşure

Yapılışı

İçindekiler

3 su bardağı aşurelik buğday

Yarımşar su bardağı pirinç, nohut, fasülye,  
üzüm

5-6 adet incir ve kayısı

2-3 dilim portakal kabuğu

6 su bardağı toz şeker

1 kahve fincanı gül suyu

1 su bardağı ceviz içi veya fındık içi

2 çay kaşığı tarçın

1 çay kaşığı tuz

Akşamdan buğday, pirinç, nohut, fasülye ayıklanıp yıkanır. Buğday ile pirinç beraber, nohutla fasülye beraber suda bırakılır. Buğday ve pirince çok küçük doğranmış portakal kabuğu katılıp, üzerine de 10 bardak su konarak buğday eriyene kadar haşlanır. İyice pişirilmiş nohut ve fasülye suları süzülerek buğdaya ilave edilip bir süre beraber kaynatılır. Şeker konur, yavaş yavaş pişirmeye devam edilir. Yıkanmış üzüm ile küçük doğranmış kayısı katılır. Ateşten alınmadan 10 dakika önce küçük doğranmış incir konur, bir kere karıştırılıp ateş çok hafifletilir. Daha sonra ateşten alınır. Gülsuyu ilave edilir, yarım saat kadar kapak kapalı olarak dinlendirilir. Sıcakken kaselelere konur. Soğuyunca dövülmüş ceviz içi veya fındık içi konur ve tarçın serpilir.

Name of the dish : AŞURE (BÜYÜK YEMEK KİTABI, Emine Beder)

Year : 2016

Aşure (8-10 kişilik)

Yapılışı

İçindekiler

1.5 Su bardağı aşurelik buğday (akşamdan ıslatılmış)

½ su bardağı nohut (akşamdan ıslatılmış)

½ su bardağı kuru fasülye (akşamdan ıslatılmış)

½ su bardağı kuru üzüm

7-8 adet kuru incir

1 orta boy havuç

10-15 adet kuru kayısı

1 su bardağı iri dövülmüş fındık

2 su bardağı şeker

1-2 çorba kaşığı nişasta

1 portakal kabuğu rendesi

1 su bardağı yerfıstığı

1 tatlı kaşığı tarçın

Gülsuyu ve nar taneleri(arzuya göre)

2 orta boy elma

1 orta boy portakal

1 portakal kabuğu

Buğdayı, nohut ve fasülyeleri birkaç su yıkayıp suyunu süzelim. Aşurelik buğdayı kaynar su ile akşamdan ıslatalım. Aynı kaplarda nohut ve kurufasülyeyi de soğuk su ile akşamdan ıslatalım. Ertesi gün nohut ve fasülyelerin ıslatma sularını süzüp basınçlı bir tencerede, üzerlerini 2 parmak aşacak kadar soğuk su ilave ederek ayrı ayrı haşlayalım. Buğdayları basınçlı bir tencerede, üzerini 4 parmak aşacak kadar sıcak su ile iyice yumuşayana dek haşlayalım. Haşlanan buğday, nohut ve fasülyeleri bir tencereye alalım. Üzerlerine yeterince sıcak su ilave edelim. (Bakliyalara piştikten sonra soğuk su ilave ederseniz çok zor pişer). İçine şekeri, tavla zarı iriliğinde doğranmış portakal kabuğunu, havucu, kayısı ve kuru üzümü ilave ederek ağır ateşte aşure, özleşip kıvamlanana dek arada bir karıştırılarak kaynatalım. (Bu arada suyu veya şekeri az gelirse azar azar sıcak su ve şeker ilave edelim). Aşureyi ateşten almadan 5 dk önce 1-2 çorba kaşığı nişastayı, ½ su bardağı su ile ezerek ilave edelim. Elmayı ve portakalı soyup küçük küpler halinde doğrayarak küçük doğranmış incirleri ilave edelim. Aşureyi sürekli karıştırarak bir taşım daha kaynatıp ateşten alıp, içine fıstık, fındık, tarçın, nar taneleri serpip arzuya göre gülsuyu gezdirerek soğuk veya sıcak servis yapalım.

Name of the dish : AŞURE (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)

Year : 2015

Aşure

İçindekiler

2-3 su bardağı toz şeker

½ su bardağı nohut

1/3 su bardağı kuru fasulye

4-5 tane kuru incir

2 bardak dövülmüş aşure buğdayı

3-4 çorba kaşığı kuşüzümü

¼ su bardağı çekirdeksiz izmir üzümü

1/3 bardak fındık içi

2-3 kahve kaşığı tarçın

Yapılışı

Buğdayı, fasülyeyi, nohutu ve üzümü yıkayıp, ayrı kaplarda akşamdan ıslanmaya bırakınız. Aşureyi pişireceğimiz zaman, buğdayı 15 bardak suyla büyükçe bir tencerede ateşe koyunuz. Kaynamaya başlarken, üzerinde biriken köpüğü bir kevgirle alıp, kapağını örtünüz. Bir yandan da fasülyeyi, nohutu ayrı kaplarda yumuşayınca kadar haşlayınız. Buğdayı ağır ateşte, karıştırmaksızın aralıksız olarak kaynatmak suretiyle, taneleri kaybolacak derecede ezilinceye kadar pişiriniz (4-5 saat kadar). Buğdayın suyu un çorbası kıvamından hafif suluca bir koyuluğa gelince şeker, nohutu ve fasülyeyi atınız. Birkaç taşım da bununla kaynatıp, ateşten aldıktan sonra fındığı, üzümü, zıtları soyulmuş ceviz içini ve fındık büyüklüğünde doğranmış inciri atınız. Arzu ettiğiniz kaplara koyup, soğuduktan sonra üzerini kuşüzümü, mevsimi ise nar tanesi ve kıyılmış yeşil fıstık ile süsleyiniz. Sofraya alırken isterseniz tarçın ve gülsuyu da serpebilirsiniz.



Name of the dish : AŞURE (BEREKETLİ OLSUN, Gönül Candaş)

Year: 2013

Aşure

Yapılışı

İçindekiler

Akşamdan, buğday, fasülye ve nohut ayıklanıp

3 su bardağı aşurelik buğday

yıkanır. Ayrı ıslatılır. Buğday, pirinç ve ince

Yarım su bardağı pirinç

kıyılmış portakal kabuğu beraber haşlanır.

Yarım su bardağı fasülye

İyice pişirilmiş nohut ve fasülye konur. Bir

Yarım su bardağı nohut

müddet beraber kaynatılır. Şeker konur. Sonra

¼ su bardağı çekirdeksiz üzüm

yıkanmış üzüm ilave edilir. Ateşten alınmadan

5-6 adet incir

5-10 dakika evvel küçük doğranmış incir,

2-3 dilim portakal kabuğu

gülsuyu ve vanilya konur. Kaselere boşaltılıp

1 kahve fincanı gülsuyu

dövülmüş fındık, tarçın, Hindistan cevizi ile

1 paket vanilya

süslenir.

2-3 avuç fındık veya ceviz içi ve tarçın

Not: Aşureye, kaselere koymadan önce,

2 çorba kaşığı Hindistan cevizi rendesi

haşlanıp soyulmuş kestane de konabilir.

5-6 su bardağı şeker

Name of the dish : AŞURE (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)

Year : 2011

Aşure

Yapılışı

İçindekiler

500 gr aşurelik buğday

1 çay bardağı pirinç

1.5 çay bardağı nohut

1.5 çay bardağı kuru fasülye

1 avuç çekirdeksiz üzüm

5-6 adet incir

1 avuç fındık içi

1 avuç yer fıstığı

1 avuç çekilmiş ceviz

Tarçın

1.5 kg şeker

Aşurelik buğday, nohut, fasülye akşamdan ayrı ayrı ıslatılır. Nohut ve fasülye pişinceye kadar haşlanır ve süzülür. Buğday ıslatıldığı suyla ocağa konur. Pişince ocaktan alınır. Üzeri kalın bir bezle örtülerek en az 1 saat dinlendirilir. Dinlenen buğdayın üzerine, haşlanmış nohut fasülyeye katılır. Pirinç, ayrı bir kapta pişirilerek, üzerine ilave edilir. Koyuca bir çorba kıvamında pişirilir. Su koymak gerekirse mutlaka sıcak su kullanılmalıdır. Çorba kıvamına gelince şekeri dökülür. İncir ve üzüm 5 dakika suda ıslatılır. Çok iyi yıkanır. İncirler dörde bölünür. Üzüm, incir, fındık, fıstık içi birlikte tencereye ilave edilir. Bir iki taşım kaynatılır. Sonra kaselere boşaltılır. Üzerine çekilmiş ceviz ve tarçın serpilir ve soğutulur.

Name of the dish : AŞURE (TATLI KİTAP, Turkul Şavkay)

Year : 2000

Aşure (10 kişilik)

Yapılışı

İçindekiler

400 gr aşurelik buğday

125 gr fasulye(1/2 su bardağı)

125 gr nohut (1/2 su bardağı)

150 gr kuru kayısı(küçük parçalar halinde doğranmış)

150 gr kuru incir(küçük parçalar halinde doğranmış)

200 gr kuru üzüm

800 gr toz şeker(3 1/5 su bardağı)

5 lt su (2 su bardağı)

15 ml ayçiçek yağı (1 çorba kaşığı)

200 ml süt (4/5 su bardağı)

1 tatlı kaşığı gül suyu

Bir gece önceden aşurelik buğdayı ılık suda, kurufasülyeyi ve nohutu ılık suda ıslatın.

Ertesi gün hepsinin suyunu süzüp kurufasülyeyi ve nohutu ayrı ayrı tencerede iyice yumuşayınca kadar haşlayın.

Nohutların kabuklarını ayıklayın. Kuru meyveleri yıkayıp, süzdürün. Buğdayı aşure tenceresine koyun. Üzerine suyu ve ayçiçek

yağını ekleyin. Bir taşım kaynatıp, ateşi kısın ve tencerenin kapağını kapatın. Dibi tutmaması için ara sıra karıştırın. Buğdaylar

iyice yumuşayınca kuru üzümleri katıp karıştırın ve 5 dakika birlikte kaynatın.

Haşlanmış kurufasülyeyi ve nohutu da katıp 5 dakika daha pişirin. Son olarak kuru kayısıları ve şekerini katın. Kaynamaya bırakın.

Kaynayınca sütü ve gülsuyunu ekleyin, tekrar karıştırın. Kuru inciri ekleyerek 5 dakika daha karıştırıp, ateşten alın. Biraz ılıncaya kadar ara sıra karıştırarak tencerenin kapağını yarı kapalı tutun.

Eğer kıvamı çok koyu ise biraz süt ile açın. Kaselelere koyup soğumaya bırakın. Üzerini isteğe bağlı olarak tarçın, kuru meyveler, nar taneleri ve fındıkla süsleyerek servis yapın.

Name of the dish : AŞURE (İZAHLI YEMEK KİTABI, İnci Beşođul)

Year : 1987

Aşure

Yapılışı

1,5 bardak dövölmüş aşurelik buđday  
1 kahve fincanı pirinç  
3 bardak süt  
29-30 bardak su  
3 bardak toz şeker  
50 gr kuru fasulye  
50 gr nohut  
100 gr iç ceviz  
100 gr çekirdeksiz kuru üzüm  
100 gr haşlanarak ince kabukları soyulmuş iç  
badem  
50 gr kuş üzümü  
Biraz dövölmüş ceviz ve tarçın

Tencere içerisine buđdayla pirinci koyup, üstüne çıkacak kadar su koyduktan sonra, bir gece kabarmaları için tencerede bırakın. Ertesi gün suyunu süzerek tencere içerisine 30 bardak su ilave ederek orta harlı ateşte buđdaylar iyice yumuşayınca kadar kaynatınız. Kaynama sırasında bir yandan karıştırarak, şeker ve sütü koyunuz. Şeker tamamen eridikten sonra bir taşım daha kaynatarak biraz koyulaşmasını bekleyiniz. Koyulaşma kıvama gelince, buna bir gece suda bıraktıktan sonra yumuşayınca kadar haşlamış olduğunuz fasulye, nohut, ince kabukları soyulmuş badem, kuru ve kuş üzümü de katınız. İncir ve kayısıları da küçük parçalar halinde içine atarak, üç dört taşım daha kaynatarak ateşten indiriniz. Parçalara bölünmüş cevizleri de içine atıp, karıştırdıktan sonra kaselere boşaltınız. Üzerlerini servis yaparken dövölmüş ceviz ve kuş üzümü ile süsleyiniz. Üzerine çok az miktarda gül suyu da dökebilirsiniz. Buđdaylar pişerken suyu azalacak olursa, şekerini ilave etmeden, bir miktar daha sıcak su ilave ediniz. Suyunun duru olmasını isterseniz buđdayla pirinci delikli süzgeçten öz halinde geçirip diğer malzemeyi buna ilave ederek pişirmelisiniz.

Name of the dish : AŞURE (AĞIZ TADI, Sevim Tanör)

Year : 1985

Aşure

Yapılışı

*İçindekiler*

500 gr aşure buğdayı  
1 kahve fincanı nohut  
1 kahve fincanı iç fındık  
5-6 adet kuru incir  
1 kahve fincanı kuş üzümü  
1 adet nar  
1 kg şeker  
1 kahve fincanı fasulye  
1 kahve fincanı çekirdeksiz üzüm  
½ bardak ceviz  
½ litre süt  
1 kahve fincanı pirinç

Buğday, nohut ve fasulye bir gece evvel ılık suda bırakılır. Buğday büyük bir tencereye alınır. 10-12 bardak suyla ateşe bırakılır ve ağır ağır kaynatarak buğday taneleri iice ezilip yumuşayınca kadar pişirilir. (düdüklü tencere de kullanılabilir.) Ayrıca haşlanmış nohut ve fasulye konur, pirinç eklenir. Kaynatmaya devam edilir; kıvamı un çorbası koyuluğunda olunca şeker ilave edilir. (şeker önceden konursa buğdayı sertleştirir.) Ateşten alınınca içine ceviz, üzüm, doğranmış incir konur, tekrar bir taşım kaynatılır ve yarım litre sütte ezilmiş iki kaşık un eklenir. Koyulaşınca ateşten alınır, soğumadan kaselere boşaltılır. Soğuyunca üzeri kuş üzümü, ceviz, nar, susamla süslenir, arzu edilirse tarçın serpilir.

Name of the dish : AŞURE (AŞÇIM, Sonay Nurettin Kılınçer)

Year : 1982

Aşure

Yapılışı

*İçindekiler*

½ su bardağı buğday

½ su bardağı pirinç

½ su bardağı kuru fasulye

½ su bardağı nohut

2/3 su bardağı kuru üzüm

½ çay bardağı kuş üzümü

5 kuru incir

5 kuru kayısı

1 çorba kaşığı yeşil fıstık

2 çorba kaşığı tereyağ

1 ½ su bardağı şeker

1 çorba kaşığı nişasta (½ su bardağı suda ezilmiş)

Akşamdan buğday, fasulye ve nohutu yıkayarak ayrı ayrı ıslatınız.

Fasulye ve nohutu iyice haşlayıp süzerek, bir kenara bırakınız.

Büyük bir tencerenin içerisine 1 su bardağı su koyup, buğdayı orta ateşte kaynatınız. Bu arada pirinci de başka bir kapta haşlayıp ezerek fasulye ve nohut ile birlikte tencereye ilave edip, yarım saat daha pişiriniz.

Cevizi, inciri, kayısıyı ve kuru üzümü ise ayrı ayrı kaynatıp, suyunu süzünüz.

Kaynamış bütün malzemeleri tencereye ekleyip, tereyağını da katarak, 15-20 dk pişirip, nişastasını ekleyiniz. 1-2 dakika daha kaynatıp ateşten alınız.

Aşureyi kaselere boşaltıp, üzümü kuş üzümü, fıstık, nar vs ile süsleyerek serviz yapınız.

Name of the dish : AŞURE (TÜRK TATLI SANATI, Necip Usta)

Year : 1979

Aşure (15 kişilik)

Yapılışı

Akşamdan ıslanacaklar (iyice yıkandıktan sonra)

Nohut ve kuru fasülyeyi ayrı ayrı iyice pişirip süzdürüp bir tabağa çıkarınız. Mümkünse

200 gr aşurelik buğday

nohutun kabuklarını soyunuz. Suyun yarısını

200 gr kuru fasülye

buğdaya, yarısını pirince koyarak orta ateşte

200 gr kırık karolin pirinç

kaynatınız. Pirinci 30 dk sonra suyu ile bir

150 gr nohut

süzgeç veya makinadan püre olarak buğdayın

125 gr kuru üzüm

içerisine geçirin ve buğdayı 30 dk daha

12 adet incir

cem'an 60dk pişirip kurufasülye ve nohutu da

12 adet kuru kayısı

içine ilave ediniz. İnciri, ceviz içini, üzümü,

150 gr ceviz içi

kayısıyı, fıncığı, ayrı ayrı onar dk üzerlerini

75 gr beyaz fıstık

taşar derece bol suda yıkayıp süzdürünüz.

Sonradan ilave edilecekler

Mümkünse fıncık ve cevizin kabuklarını

Bir kerede kaynatıp süzdürülmüş 50 gr yeşil

ayıklayınız. İncir ve kayısıları dörde bölünüz.

fıstık

Üzerinin dekoru için:

50 gr tereyağı

10 parça kayısı, 10 parça incir, yeşil fıncığı, 20

Suyu:

parça ceviz ve beyaz fıncığın yarısını ayırınız

3.1/2kg su

ve koyulaştıracağınız malzeme hariç

Şekeri:

diğerlerinin hepsini tereyağı dahil buğdayın

600 gr şeker

içine ilave ediniz. 15 dk daha kaynatıp sütle

Koyulaştırmak için:

karıştırılmış hararot ve gül suyunu karıştırarak

1 bardak süt ve ½ kahve fincanı gülsuyu ile

ilave edip 2 dk kaynatıp ateşten alınız. İlk

ezilmiş 1 kahve fincanı hararot

sıcaklığı geçince kaselere boşaltıp üzerine

ayırduğunuz malzeme ile dekor yapıp servis

ediniz.

Name of the dish : AŞURE (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI,Leman Cılızoğlu)

Year : 1971

Aşure

2-3 bardak şeker

½ bardak nohut

1/3 bardak kuru fasülye

4-5 tane kuru incir

3-4 çorba kaşığı kuş üzümü

2 bardak dövülmüş aşure buğdayı

¼ bardak çekirdeksiz üzüm

½ bardak ceviz içi

1/3 bardak fındık içi

2-3 kahve kaşığı tarçın

Yapılışı

Buğdayı, fasulyeyi, nohutu ve üzümü yıkayıp ayrı kaplarda akşamdan ıslanmaya bırakınız. Aşureyi pişireceğiniz zaman buğdayı 15 bardak suyla büyükçe bir tencerede ateşe koyunuz. Kaynamaya başlarken üzerinde biriken köpüğü bir kevgirle alıp kapağını örtünüz. Bir yandan da fasulyeyi nohutu ayrı kaplarda pişinceye kadar haşlayınız. Buğdayı ağır ateşte karıştırmaksızın ve kesiksiz olarak kaynatmak suretiyle, taneleri kaybolacak derecede ezilinceye kadar pişiriniz (4-5 saat). Buğdayın suyu, un çorbası kıvamındaan hafif suluca bir koyuluğa gelince şekeri, nohutu ve fasulyeyi atınız. Birkaç taşımada bununla kaynatıp, ateşten aldıktan sonra, fındığı, üzümü, zarlari soyulmuş ceviz içini ve fındık büyüklüğünde doğranmış inciri atınız. Arzu ettiğiniz kaplara koyup, soğuduktan sonra üzerini kuş üzümü, mevsimi ise nar tanesi ve kıyılmış yeşil fıstık ile süsleyiniz. Sofraya alırken isterseniz tarçın ve gül suyu da serpebilirsiniz.



## APPENDIX-2 Nutrient Contents of Ingredients in the Amounts States in the Recipes

**Table 6** –Nutritional Contents of Gullaç in 2018

Name of the dish : GÜLLAÇ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)								
Year : 2018								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber,total dietary (g)	Sugars (g)	Energy (kcal)
Gullaç sheet	166.5	64.78	3.14	5.344	413.18	12.28	-	1738.26
Milk	690	-	147.87	221.77	24.63	-	-	2712
Granulated sugar	190	-	-	-	190	-	190	712
Rosewater	-	-	-	-	-	-	-	-
Walnuts	50	-	7.14	32.15	7.14	3.5	1.78	322
<b>TOTAL:</b>	<b>1069.5</b>	<b>64.78</b>	<b>158.15</b>	<b>259.264</b>	<b>634.95</b>	<b>15.78</b>	<b>191.78</b>	<b>5484.26</b>

**Table 7** - Nutritional Contents of Gullaç in 2016

Name of the dish : GÜLLAÇ (BÜYÜK YEMEK KİTABI, Emine Beder)								
Year : 2016								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber,total dietary (g)	Sugars (g)	Energy (kcal)
Gullaç sheet	400	155.64	7.56	12.84	992.64	29.52	-	4176
Milk	920	-	197.16	295.69	32.85	-	-	3616
Granulated sugar	285	-	-	-	285	-	285	1069
Rosewater	-	-	-	-	-	-	-	-
Hazelnuts	100	-	13.33	40	40	6.7	3.33	567
<b>TOTAL:</b>	<b>1705</b>	<b>155.64</b>	<b>218.05</b>	<b>348.53</b>	<b>1350.49</b>	<b>36.22</b>	<b>288.33</b>	<b>9.428</b>

**Table 8 - Nutritional Contents of Cevizli Güllaç in 2015**

Name of the dish : CEVİZLİ GÜLLAÇ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)								
Year : 2015								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Güllaç sheet	250	32.425	1.5	2.6	206.8	6.15	-	870
Walnuts	100	-	14.29	64.29	14.29	7.1	3.57	643
Granulated sugar	300	-	-	-	300	-	300	1125
Milk	460	-	98.58	147.84	16.42	-	-	1808
TOTAL:	1110	32.425	114.37	214.73	537.51	13.25	303.57	4446

**Table 9 - Nutritional Contents of Sütli Güllaç Tatlısı in 2015**

Name of the dish : SÜTLÜ GÜLLAÇ TATLISI (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)								
Year : 2015								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Güllaç sheet	400	155.64	7.56	12.84	992.64	29.52	-	4176
Walnuts	100	-	14.29	64.29	14.29	7.1	3.57	643
Granulated sugar	380	-	-	-	380	-	380	1425
Milk	920	-	197.16	295.69	32.85	-	-	3616
Pistachio	50	-	10.58	22.93	14.11	5.3	3.52	282

**Table 10 - Nutritional Contents of Güllaç in 2000**

Name of the dish : GÜLLAÇ (TATLI KİTAP, Turkul Şavkay)								
Year : 2000								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber,total dietary (g)	Sugars (g)	Energy (kcal)
Güllaç sheet	400	155.64	7.56	12.84	992.64	29.52	-	4176
Milk	1840	-	394.31	591.38	65.69	-	-	7231
Granulated Sugar	800	-	-	-	800	-	800	3000
Rose Water	67	-	-	-	-	-	-	-
Hazelnuts	200	-	26.66	80	80	13.4	6.66	1134
<b>TOTAL:</b>	<b>3307</b>	<b>155.64</b>	<b>428.53</b>	<b>684.22</b>	<b>1938.33</b>	<b>42.92</b>	<b>806.66</b>	<b>15541</b>

**Table 11 - Nutritional Contents of Güllaç in 1982**

Name of the dish : GÜLLAÇ (AŞÇIM, Sonay Nurettin Kılınçer)								
Year : 1982								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber,total dietary (g)	Sugars (g)	Energy (kcal)
Güllaç sheet	400	155.64	7.56	12.84	992.64	29.52	-	4176
Milk	1150	-	246.44	369.61	41.05	-	-	4520
Granulated Sugar	380	-	-	-	380	-	380	1425
Rose Water	33.5	-	-	-	-	-	-	-
Walnuts	200	-	28.58	128.58	28.58	14.2	7.14	1286
Vanilla	1.5	-	-	-	-	-	-	-
Cherry Jam	2100	-	-	-	1554	14.7	1190	6300
<b>TOTAL:</b>	<b>4265</b>	<b>155.64</b>	<b>282.58</b>	<b>511.03</b>	<b>2996.27</b>	<b>58.42</b>	<b>1577.14</b>	<b>17707</b>

**Table 12 - Nutritional Contents of Gulla in 1979**

Name of the dish : GULLA (TRK TATLI SANATI, Necip Usta)								
Year : 1979								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Gulla sheet	400	155.64	7.56	12.84	992.64	29.52	-	4176
Milk	1000	-	214.3	321.4	35.7	-	-	3930
Granulated Sugar	400	-	-	-	400	-	400	1500
Powdered sugar	250	-	-	-	250	-	241.68	1000
Rose water	69	-	-	-	-	-	-	-
Apple	500	433.35	1.3	0.6	63.8	6.5	50.5	240
Vanilla	-	-	-	-	-	-	-	-
TOTAL:	2619	588.99	223.16	334.84	1742.14	36.02	692.18	10846

**Table 13 - Nutritional Contents of Gulla in 1971**

Name of the dish : GULLA (YEMEK PIRME TEMEL METHOD VE UYGUYLAMALARI, Leman Clzolu)								
Year : 1971								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Gulla sheet	250	32.425	1.5	2.6	206.8	6.15	-	870
Milk	1150	-	246.44	369.61	41.05	-	-	4520
Granulated sugar	300	-	-	-	300	-	300	1125
Walnuts	100	-	14.29	64.29	14.29	7.1	3.57	643
TOTAL:	1800	32.425	262.23	436.5	562.14	13.25	303.57	7158

**Table 14 - Nutritional Contents of Yağsız Revani in 2018**

Name of the dish : YAĞSIZ REVANİ (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)								
Cooking Method: Baking								
Year : 2018								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated sugar	855	-	-	-	855	-	855	3206
Wheat Flour	110	-	11	1.84	80.66	3.6	-	404
Semolina	221	28	28.02	2.32	160.95	8.6	-	796
Baking Powder	-	-	-	-	-	-	-	-
Vanilla	-	-	-	-	-	-	-	-
Lemon juice	12	-	-	-	-	-	-	-
Lemon peel	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1462</b>	<b>229.04</b>	<b>72.18</b>	<b>29.27</b>	<b>1098.51</b>	<b>12.2</b>	<b>855.98</b>	<b>4784</b>

**Table 15 - Nutritional Contents of Yağlı Revani in 2018**

Name of the dish : YAĞLI REVANİ (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)								
Cooking Method: Baking								
Year : 2018								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	220	167.53	27.63	20.92	1.58	-	0.81	315
Granulated sugar	570	-	-	-	570	-	570	2138
Wheat Flour	100	-	10	1.67	73.33	3.3	-	367
Semolina	501	63.48	63.53	5.26	364.88	19.5	-	1804
Baking Powder	-	-	-	-	-	-	-	-
Sunflower oil	32	-	-	26	-	-	-	240
Lemon juice	6	-	-	-	-	-	-	-
Lemon peel	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1429</b>	<b>231.01</b>	<b>101.16</b>	<b>53.85</b>	<b>1009.79</b>	<b>22.8</b>	<b>570.81</b>	<b>4864</b>

**Table 16 - Nutritional Contents of Revani in 2016**

Name of the dish : REVANİ (BÜYÜK YEMEK KİTABI, Emine Beder)								
Cooking Method: Baking								
Year : 2016								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	352	268.05	44.21	33.48	2.53	-	1.30	503
Granulated sugar	855	-	-	-	855	-	855	3206
Wheat Flour	220	-	22	3.67	161.33	7.3	-	807
Semolina	83.5	10.58	10.59	0.88	60.81	3.3	-	301
Baking Powder	5	-	-	-	-	-	-	-
Coconut	-	-	-	-	-	-	-	-
Lemon juice	3	-	-	-	-	-	-	-
TOTAL:	1518.5	278.63	76.8	38.03	1079.67	10.6	856.3	4.817

**Table 17 - Nutritional Contents of Yağlı Revani in 2015**

Name of the dish : YAĞLI REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)								
Cooking Method: Baking								
Year : 2015								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Semolina	250	31.68	31.70	2.62	182.07	9.8	-	900
Margarine	250	-	-	196	-	-	-	1785
Granulated sugar	750	-	-	-	750	-	750	2812
Lemon	100	88.98	1.1	0.3	9.32	2.8	2.5	29
Powdered sugar	10	-	-	-	10.00	-	9.67	40
TOTAL:	1624	321.7	65.96	224.03	953.29	12.6	763.15	5944

**Table 18 - Nutritional Contents of Yağsız Revani in 2015**

Name of the dish : YAĞSIZ REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)								
Cooking Method: Baking								
Year : 2015								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Semolina	250	31.68	31.70	2.62	182.07	9.8	-	900
Vanilla	-	-	-	-	-	-	-	-
Granulated sugar	750	-	-	-	750	-	750	2812
Lemon	100	88.98	1.1	0.3	9.32	2.8	2.5	29
TOTAL:	1364	321.7	65.96	28.03	943.29	12.6	753.48	4119



**Table 19 - Nutritional Contents of Revani in 2013**

Name of the dish : REVANİ (BEREKETLİ OLSUN, Gönül Candaş)								
Cooking Method: Baking								
Year : 2013								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated sugar	855	-	-	-	855	-	855	3206
Wheat Flour	110	-	11	1.84	80.66	3.6	-	404
Semolina	221	28.00	28.02	2.32	160.95	8.6	-	796
Baking Powder	2	-	-	-	-	-	-	-
Lemon juice	12	-	-	-	-	-	-	-
Lemon peel	2	-	-	-	-	-	-	-
TOTAL:	1466	229.04	72.18	29.27	1098.51	12.2	855.98	4784

**Table 20 - Nutritional Contents of Revani-1 in 2011**

Name of the dish : REVANI-1 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)								
Cooking Method: Baking								
Year : 2011								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Yoghurt	42	-	3.15	2.59	2.41	-	2.41	45
Granulated sugar	2280	-	-	-	2280	-	2280	8550
Wheat Flour	1000	-	100	16.7	733.3	33	-	3670
Semolina	334	42.32	42.35	3.51	243.25	13	-	1202
Baking powder	-	-	-	-	-	-	-	-
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
<b>TOTAL:</b>	<b>3920</b>	<b>243.36</b>	<b>178.66</b>	<b>47.91</b>	<b>3260.86</b>	<b>46</b>	<b>2283.39</b>	<b>13845</b>

**Table 21 - Nutritional Contents of Revani-2 in 2011**

Name of the dish : REVANI-2 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)								
Cooking Method: Baking								
Year : 2011								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Eggs	440	335.06	55.26	41.84	3.17	-	1.63	629
Granulated sugar	722	-	-	-	722	-	722	2708
Wheat Flour	12	-	1.2	0.2	8.8	0.4	-	44
Semolina	33	4.18	4.18	0.35	24.03	1.3	-	119
Orange peel	-	-	-	-	-	-	-	-
Lemon juice	60	55.39	0.21	0.14	4.14	0.2	1.51	13
<b>TOTAL:</b>	<b>1267</b>	<b>394.63</b>	<b>60.85</b>	<b>42.53</b>	<b>762.14</b>	<b>1.9</b>	<b>725.14</b>	<b>3513</b>

**Table 22 - Nutritional Contents of Revani in 2000**

Name of the dish : REVANĪ (TATLI KĪTAP, Turkul Şavkay)								
Cooking Method: Baking								
Year : 2000								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat Flour	200	-	20	-	153.3	6.6	-	734
Semolina	60	7.6	7.61	0.6	43.7	2.3	-	216
Butter	150	24.26	1.27	121.66	-	-	-	1076
Eggs	440	335.06	55.26	41.84	3.17	-	1.63	629
Granulated Sugar	1100	-	-	-	1100	-	1100	4125
Light Cream	250	195.25	8.75	26.5	17.75	-	-	340
Lemon juice	30	27.69	-	-	2.07	0.1	0.7	7
Vanilla	0.5	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>2230.5</b>	<b>589.86</b>	<b>92.89</b>	<b>190.6</b>	<b>1319.99</b>	<b>9</b>	<b>1102.33</b>	<b>7127</b>

**Table 23 - Nutritional Contents of Revani in 1987**

Name of the dish : REVANĪ (İZAHLI YEMEK KĪTABI, İnci Beşoğul)								
Cooking Method: Baking								
Year : 1987								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat Flour	42	-	4.2	0.7	30.8	1.4	-	154
Semolina	99	12.54	12.55	1.04	72.10	3.9	-	356
Granulated sugar	855	-	-	-	855	-	855	3206
Eggs	440	335.06	55.26	41.84	3.17	-	1.63	629
Orange peel	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1436</b>	<b>347.6</b>	<b>72.01</b>	<b>43.58</b>	<b>961.07</b>	<b>5.3</b>	<b>856.63</b>	<b>4345</b>

**Table 24 - Nutritional Contents of Revani in 1985**

Name of the dish : REVANĪ (AĞIZ TADI, Sevim Tanör)								
Cooking Method: Baking								
Year : 1985								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat Flour	100	-	10	1.67	73.33	3.3	-	367
Semolina	300	38.01	38.04	3.15	218.49	11.7	-	1080
Eggs	352	268.05	44.21	33.48	2.53	-	1.30	503
Granulated sugar	1250	-	-	-	1250	-	1250	4688
Lemon juice	15	-	-	-	-	-	-	-
Lemon peel	1	-	-	-	-	-	-	-
TOTAL:	2018	306.06	92.25	38.3	1544.35	15	1251.3	6638

**Table 25 - Nutritional Contents of Yağlı Revani in 1985**

Name of the dish : YAĞLI REVANİ (AĞIZ TADI, Sevim Tanör)								
Cooking Method: Baking								
Year : 1985								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat Flour	660	-	66	11.02	483.98	21.8	-	2422
Semolina	250	31.68	31.70	2.62	182.07	9.8	-	900
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated sugar	1014	-	-	-	1014	-	1014	3802
Lemon juice	15	-	-	-	-	-	-	-
Lemon peel	1	-	-	-	-	-	-	-
Almond	122	-	26.14	61.00	26.14	13.1	4.36	697
Margarine	250	-	-	196	-	-	-	1785
<b>TOTAL:</b>	<b>2576</b>	<b>232.72</b>	<b>157</b>	<b>195.75</b>	<b>1708.09</b>	<b>44.7</b>	<b>1019.34</b>	<b>9984</b>

**Table 26 - Nutritional Contents of Revani in 1982**

Name of the dish : REVANĪ (AŞÇIM, Sonay Nurettin Kılınçer)								
Cooking Method: Baking								
Year : 1982								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat Flour	116	-	11.6	1.94	85.06	3.8	-	426
Semolina	188	23.82	23.84	1.97	136.92	7.3	-	677
Eggs	220	167.53	27.63	20.92	1.58	-	0.81	315
Granulated Sugar	1000	-	-	-	1095	-	1095	4106
Butter	20	3.23	0.17	16.22	0.01	-	0.01	143
Lemon Juice	30	27.69	-	-	2.07	0.1	0.7	7
Salt	2.5	-	-	-	-	-	-	-
Pistachio	8	-	1.69	3.67	2.26	0.8	0.56	45
TOTAL:	1584.5	222.27	64.93	44.72	1322.9	12	1097.08	5719

**Table 27 - Nutritional Contents of Revani in 1979**

Name of the dish : REVANİ (TÜRK TATLI SANATI, Necip Usta)								
Cooking Method: Baking								
Year : 1979								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat flour	250	-	25	4.17	183.32	8.2	-	918
Eggs	440	335.06	55.26	41.84	3.17	-	1.63	629
Granulated Sugar	1100	-	-	-	1100	-	1100	4125
Lemon Juice	30	27.69	-	-	2.07	0.1	0.7	7
Vanilla	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1820</b>	<b>362.75</b>	<b>80.26</b>	<b>46.01</b>	<b>1288.56</b>	<b>8.3</b>	<b>1102.33</b>	<b>5679</b>

**Table 28 - Nutritional Contents of Revani in 1971**

Name of the dish : REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)								
Cooking Method: Baking								
Year : 1971								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Semolina	220	27.87	27.90	2.31	160.23	8.6	-	792
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated Sugar	750	-	-	-	750	-	750	2812
Lemon juice	60	55.39	0.2	0.1	4.14	0.2	1.5	13
Vanilla	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1294</b>	<b>284.3</b>	<b>61.26</b>	<b>27.52</b>	<b>916.27</b>	<b>8.8</b>	<b>752.48</b>	<b>4014</b>

**Table 29 - Nutritional Contents of Yağlı Revani in 1971**

Name of the dish : YAĞLI REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)								
Cooking Method: Baking								
Year : 1971								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Semolina	250	31.68	31.70	2.62	182.07	9.8	-	900
Margarine	250	-	-	196	-	-	-	1785
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated Sugar	750	-	-	-	750	-	750	2812
Lemon Juice	60	55.39	0.2	0.1	4.14	0.2	1.5	13
Powdered sugar	10	-	-	-	10.00	-	9.67	40
TOTAL:	1584	288.11	65.06	223.83	948.11	10	762.15	5928

**Table 30 - Nutritional Contents of Revani in 1962**

Name of the dish : REVANİ (ALATURKA-ALAFRANGA YEMEK-TATLI-PASTA KİTABI, Fahriye Nedim)								
Cooking Method: Baking								
Year : 1962								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Semolina	650	82.36	82.42	6.83	473.39	25.3	-	2340
Butter	240	38.81	2.04	194.66	0.14	-	0.14	1721
Eggs	264	201.04	33.16	25.11	1.90	-	0.98	378
Granulated Sugar	1000	-	-	-	1240	-	1240	4650
TOTAL:	2394	322.21	117.62	226.6	1715.43	25.3	1241.12	9089



**Table 31 - Nutritional Contents of Aşure in 2018**

Name of the dish : AŞURE (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)								
Cooking Method: Boiling								
Year: 2018								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat	651	72.39	150.71	63.28	337.22	85.9	-	2344
White rice	100	-	6.78	-	83.05	1.7	-	356
Chickpeas	75	-	3.46	1.16	11.54	2.3	0.58	69
Dried beans	75	-	25.00	-	15.00	10.0	-	360
Raisins	75	12.43	1.89	0.41	58.85	5.1	-	222
Dried fig	62.15	18.78	2.06	0.58	39.92	6.1	29.95	156
Dried apricot	44	-	1.1	-	24.2	3.3	20.9	99
Orange peel	-	-	-	-	-	-	-	-
Granulated sugar	1140	-	-	-	1140	-	1140	4275
Rosewater	69	-	-	-	-	-	-	-
Walnut	100	-	14.29	64.29	14.29	7.1	3.57	643
Cinnamon	1	-	-	-	-	-	-	-
Salt	1	-	-	-	-	-	-	-
TOTAL:	2393.15	103.6	205.29	129.72	1724.07	121.5	1195	8524

**Table 32 - Nutritional Contents of Aşure in 2016**

Name of the dish : AŞURE (BÜYÜK YEMEK KİTABI, Emine Beder)								
Cooking Method: Boiling								
Year : 2016								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat	323.5	35.97	74.89	31.44	167.57	42.7	-	1165
Chickpea	75	-	3.46	1.16	11.54	2.3	0.58	69
Dried Beans	75	-	25.00	-	15.00	10.0	-	360
Raisins	75	12.43	1.89	0.41	58.85	5.1	-	222
Dried Fig	129.95	39.03	4.29	1.21	82.97	12.7	62.25	323
Carrot	61	53.86	0.57	0.15	5.84	1.7	2.89	25
Dried apricots	100	-	2.5	-	55	7.5	47.5	225
Hazelnuts	199.8	-	26.63	79.92	79.92	13.4	6.65	1133
Granulated sugar	380	-	-	-	380.00	-	380.00	1425
Starch	12	-	-	-	10.50	-	-	45
Orange peel	28	20.30	0.42	0.06	7	3	-	27
Peanuts	66.6	4.33	17.18	32.79	10.74	5.7	3.14	378
Cinnamon	2	-	-	-	-	-	-	-
Rosewater	3	-	-	-	-	-	-	-
Apple	161	139.54	0.43	0.21	20.54	2.1	16.26	77
Orange	131	114.15	0.92	0.28	15.12	3.1	11.97	60
<b>TOTAL:</b>	<b>1822.85</b>	<b>419.61</b>	<b>158.18</b>	<b>147.63</b>	<b>920.59</b>	<b>109.3</b>	<b>531.24</b>	<b>5534</b>

**Table 33 - Nutritional Contents of Aşure in 2015**

Name of the dish : AŞURE (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)								
Cooking Method: Boiling								
Year : 2015								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Granulated sugar	475	-	-	-	475	-	475	1781
Chickpea	75	-	3.46	1.16	11.54	2.3	0.58	69
Dried beans	50	-	16.66	-	10.00	6.7	-	240
Dried fig	62.15	18.78	2.06	0.58	39.92	6.1	29.95	156
Wheat	310	34.47	71.77	30.13	160.58	40.9	-	1116
Currant	45.5	8.01	1.56	0.1	35.03	2	28.34	132
Raisins	37.5	6.21	0.95	0.20	29.43	2.5	-	111
Hazelnut	66.6	-	8.88	26.64	26.64	4.5	2.22	378
Cinnamon	5	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>1126.75</b>	<b>67.47</b>	<b>105.34</b>	<b>58.81</b>	<b>788.14</b>	<b>65</b>	<b>536.09</b>	<b>3983</b>

**Table 34 - Nutritional Contents of Aşure in 2013**

Name of the dish : AŞURE (BEREKETLİ OLSUN, Gönül Candaş)								
Cooking Method: Boiling								
Year : 2013								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat	647	71.95	149.78	62.89	335.15	85.4	-	2329
Rice	100	-	6.78	-	83.05	1.7	-	356
Dried beans	75	-	25.00	-	15.00	10.0	-	360
Chickpeas	75	-	3.46	1.16	11.54	2.3	0.58	69
Raisins	37.5	6.21	0.95	0.20	29.43	2.5	-	111
Dried fig	62.15	18.78	2.06	0.58	39.92	6.1	29.95	156
Orange peel	8.75	6.34	0.13	0.02	2.19	0.9	-	8
Rosewater	69	-	-	-	-	-	-	-
Vanilla	5	-	-	-	-	-	-	-
Hazelnut	300	-	39.99	120	120	20.1	9.99	1701
Coconut	10	4.7	0.33	3.35	1.52	0.9	0.62	35
Granulated sugar	1045	-	-	-	1045	-	1045	3919
TOTAL:	2435.4	107.98	228.48	188.2	1682.8	129.9	1086.14	9044

**Table 35 - Nutritional Contents of Aşure in 2011**

Name of the dish : AŞURE (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)								
Cooking Method: Boiling								
Year: 2011								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Wheat	500	55.6	115.75	48.6	259	66	-	1800
White rice	100	-	6.78	-	83.05	1.7	-	356
Chickpeas	112.5	-	5.2	1.73	17.3	3.5	0.87	104
Dried beans	112.5	-	37.5	-	22.5	15	-	540
Raisins	100	16.57	2.52	0.54	78.47	6.8	-	296
Dried fig	62.5	18.78	2.06	0.58	39.92	6.1	29.95	156
Hazelnut	120	-	16	48	48	8	4	680
Peanut	120	7.8	30.96	59.09	19.36	10.2	5.66	680
Walnut	120	-	17.15	77.15	17.15	8.5	4.28	772
Cinnamon	-	-	-	-	-	-	-	-
Granulated sugar	1500	-	-	-	1500	-	1500	5625
TOTAL:	2847.15	98.75	233.92	235.69	2084.75	125.8	1544.76	11009

**Table 36 - Nutritional Contents of Aşure in 1987**

Name of the dish : AŞURE (İZAHLI YEMEK KİTABI, İnci Beşoğul)								
Cooking Method: Boiling								
Year : 1987								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Granulated Sugar	570	-	--	-	570	-	570	2138
Raisins	100	16.57	2.52	0.54	78.47	6.8	-	296
Currant	50	8.80	1.72	0.11	3.49	2.2	31.14	145
Dried Figs	62.15	18.78	2.06	0.58	39.92	6.1	29.95	156
Walnuts	100	-	14.29	64.29	14.29	7.1	3.57	643
Almonds	100	-	21.43	50.00	21.43	10.7	3.57	571
Dried Beans	50	-	16.66	-	10.00	6.7	-	240
Chickpeas	50	-	2.31	0.77	7.69	1.6	0.39	46
Wheat	323.5	35.97	74.89	31.44	167.57	42.7	-	1165
White Rice	190	-	12.88	-	157.79	3.2	-	676
Milk	690	-	147.87	221.77	24.63	-	-	2712
Cinnamon	-	-	-	-	-	-	-	-
TOTAL :	2285.66	80.12	296.63	369.5	1095.28	87.1	638.62	8788

**Table 37 - Nutritional Contents of Aşure in 1985**

Name of the dish : AŞURE (AĞIZ TADI, Sevim Tanör)								
Cooking Method: Boiling								
Year : 1985								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Granulated Sugar	1000	-	-	-	1000	-	1000	3750
Raisins	92	15.24	2.32	0.5	72.19	6.3	-	272
Currant	41.6	7.32	1.43	0.09	32.02	1.8	25.91	121
Dried Fig	62.15	18.78	2.06	0.58	39.92	6.1	29.95	156
Pomegranate	150	116.9	2.5	1.75	28.05	6	20.50	124
Hazelnut	120	-	16	48	48	8	4	680
Walnut	50	-	7.14	32.15	7.14	3.5	1.78	322
Dried Beans	184	-	61.33	-	36.8	24.5	-	883
Chickpeas	200	-	9.24	3.08	30.76	6.2	1.54	184
Wheat	500	55.6	115.75	48.60	259	66	-	1800
White Rice	190	-	12.88	-	157.79	3.2	-	676
Milk	575	-	123.22	184.81	20.53	-	-	2260
<b>TOTAL:</b>	<b>3164.75</b>	<b>213.84</b>	<b>353.87</b>	<b>319.56</b>	<b>1732.2</b>	<b>131.6</b>	<b>1083.68</b>	<b>11228</b>

**Table 38 - Nutritional Contents of Aşure in 1982**

Name of the dish : AŞURE (AŞÇIM, Sonay Nurettin Kılınçer)								
Cooking Method: Boiling								
Year : 1982								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Butter	20	3.23	0.17	16.22	0.01	-	0.01	143
Starch	8	-	-	-	7.00	-	-	30
Granulated Sugar	285	-	-	-	285	-	285	1069
Currant	74	13.02	2.54	0.16	56.97	3.3	46.09	215
Raisins	100	16.57	2.52	0.54	78.47	6.8	-	296
Dried apricot	40	-	1	-	22	3	19	90
Dried Fig	56.5	16.98	1.86	0.53	36.09	5.5	27.07	141
Pistachio	4	-	0.85	1.83	1.13	0.4	0.28	23
Dried Beans	75	-	25.00	-	15.00	10.0	-	360
Chickpeas	75	-	3.46	1.16	11.54	2.3	0.58	69
Wheat	77.5	8.62	17.94	7.53	40.14	10.2	-	279
White Rice	100	-	6.78	-	83.05	1.7	-	356
TOTAL:	915	58.42	62.12	27.97	636.4	43.2	378.03	3071



**Table 39 - Nutritional Contents of Aşure in 1979**

Name of the dish : AŞURE (TÜRK TATLI SANATI, Necip Usta)								
Cooking Method: Boiling								
Year : 1979								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Butter	50	8.09	0.42	40.55	0.03	-	0.03	358
Granulated Sugar	600	-	-	-	600	-	600	2250
Raisins	125	20.71	3.15	0.68	98.09	8.5	-	370
Dried apricots	96	-	2.4	-	52.8	7.2	45.6	216
Dried Fig	135.6	40.75	4.47	1.26	86.61	13.3	64.98	338
Walnut	150	-	21.43	96.44	21.43	10.6	5.35	964
Peanut	75	4.88	19.35	36.93	12.10	6.4	3.54	425
Pistachio	50	-	10.58	22.93	14.11	5.3	3.52	282
Dried Beans	200	-	66.66	-	40	26.6	-	960
Chickpeas	150	-	6.93	2.31	23.07	4.7	1.16	138
Wheat	200	22.24	46.30	19.44	103.6	26.4	-	720
White Rice	200	-	13.56	-	166.1	3.4	-	712
Milk	230	-	49.29	73.92	8.21	-	-	904
Rose Water	34.5	-	-	-	-	-	-	-
Hararot	-	-	-	-	-	-	-	-
<b>TOTAL:</b>	<b>2296.1</b>	<b>96.67</b>	<b>244.54</b>	<b>294.46</b>	<b>1226.15</b>	<b>112.4</b>	<b>724.18</b>	<b>8637</b>

**Table 40 - Nutritional Contents of Aşure in 1971**

Name of the dish : AŞURE (YEMEK PIŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)								
Cooking Method: Boiling								
Year : 1971								
Ingredients (ready to cook)	Measures (g)	Water (g)	Protein (g)	Total Lipid(fat) (g)	Carbohydrate (g)	Fiber, total dietary (g)	Sugars (g)	Energy (kcal)
Granulated Sugar	475	-	-	-	475	-	475	1781
Dried Beans	50	-	16.66	-	10.00	6.7	-	240
Chickpeas	75	-	3.46	1.16	11.54	2.3	0.58	69
Wheat	310	34.47	71.77	30.13	160.58	40.9	-	1116
Raisins	37.5	6.21	0.95	0.20	29.43	2.5	-	111
Currants	45.5	8.01	1.56	0.1	35.03	2	28.34	132
Dried Fig	50.85	15.27	1.68	0.4	32.45	5	24.34	126
Hazelnut	66.6	-	8.88	26.64	26.64	4.5	2.22	378
Walnut	50	-	7.14	32.15	7.14	3.5	1.78	322
Cinnamon	5	-	-	-	-	-	-	-
TOTAL:	1165.45	63.96	112.1	90.78	787.81	67.4	532.26	4275

### APPENDIX-3

**Table 41 - Weight and Calorie Percentages of Ingredients of Gullaç in 2018**

Name of the dish : GÜLLAÇ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)				
Year : 2018				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Gullaç	166.5	15.56	1738.26	31.69
Milk	690	64.51	2712	49.45
Granulated sugar	190	17.76	712	12.98
Rosewater	-	-	-	-
Walnuts	50	4.67	322	5.87
TOTAL :	1069.5		5484.26	

**Table 42 - Weight and Calorie Percentages of Ingredients of Gullaç in 2016**

Name of the dish : GÜLLAÇ (BÜYÜK YEMEK KİTABI, Emine Beder)				
Year : 2016				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Gullaç	400	23.4	4176	44.2
Milk	920	53.9	3616	38.3
Granulated sugar	285	16.7	1069	11.3
Rosewater	-	-	-	-
Hazelnut	100	5.8	567	6
TOTAL :	1705		9428	

**Table 43 - Weight and Calorie Percentages of Ingredients of Cevizli Gullaç in 2015**

Name of the dish : CEVİZLİ GÜLLAÇ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)				
Year : 2015				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Gullaç	250	22.5	870	19.5
Walnut	100	9	643	14.4
Granulated sugar	300	27	1125	25.3
Milk	460	41.4	1808	40.6
TOTAL :	1110		4446	

**Table 44 - Weight and Calorie Percentages of Ingredients of Sütlü Gullaç Tatlısı in 2015**

Name of the dish : SÜTLÜ GÜLLAÇ TATLISI (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)				
Year : 2015				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Gullaç	400	21.6	4176	41.17
Walnut	100	5.4	643	6.33
Granulated sugar	380	20.5	1425	14.05
Milk	920	49.7	3616	35.65
Pistachio	50	2.7	282	2.78
TOTAL :	1850		10142	

**Table 45 - Weight and Calorie Percentages of Ingredients of Glla in 2000**

Name of the dish : GLLA (TATLI KTAP, Turkul Őavkay)				
Year : 2000				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Glla	400	12	4176	26.8
Milk	1840	55.6	7231	46.5
Granulated sugar	800	24.19	3000	19.3
Rose water	67	2	-	-
Hazelnut	200	6.04	1134	7.2
TOTAL :	3307		15541	

**Table 46 - Weight and Calorie Percentages of Ingredients of Glla in 1982**

Name of the dish : GLLA (AŐCIM, Sonay Nurettin Klner)				
Year : 1982				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Glla	400	9.3	4176	23.58
Milk	1150	26.9	4520	25.52
Granulated sugar	380	8.9	1425	8.04
Rose water	33.5	0.7	-	-
Walnut	200	4.6	1286	7.26
Vanilla	1.5	0.03	-	-
Cherry jam	2100	49.2	6300	35.57
TOTAL:	4265		17707	

**Table 47 - Weight and Calorie Percentages of Ingredients of Glla in 1979**

Name of the dish : GLLA (TRK TATLI SANATI, Necip Usta)				
Year : 1979				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Glla	400	15.2	4176	38.5
Milk	1000	38.1	3930	36.2
Granulated sugar	400	15.2	1500	13.8
Powdered sugar	250	9.5	1000	9.2
Rose water	69	2.6	-	-
Apple	500	19	240	2.2
Vanilla	-	-	-	-
<b>TOTAL:</b>	<b>2619</b>		<b>10846</b>	

**Table 48 - Weight and Calorie Percentages of Ingredients of Glla in 1971**

Name of the dish : GLLA (YEMEK PIRME TEMEL METHOD VE UYGULAMALARI, Leman Clzolu)				
Year : 1971				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Glla	250	13.8	870	12.1
Milk	1150	63.8	4520	63.1
Granulated sugar	300	16.6	1125	15.7
Walnuts	100	5.5	643	8.9
<b>TOTAL:</b>	<b>1800</b>		<b>7158</b>	

**Table 49 - Weight and Calorie Percentages of Ingredients of Yağsız Revani in 2018**

Name of the dish : YAĞSIZ REVANİ (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)				
Cooking Method: Baking				
Year : 2018				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Eggs	264	18.05	378	7.9
Granulated sugar	855	58.48	3206	67.01
Wheat Flour	110	7.52	404	8.44
Semolina	221	15.11	796	16.63
Baking Powder	-	-	-	-
Vanilla	-	-	-	-
Lemon juice	12	0.82	-	-
TOTAL	1462		4784	

**Table 50 - Weight and Calorie Percentages of Ingredients of Yağlı Revani in 2018**

Name of the dish : YAĞLI REVANİ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)				
Cooking Method: Baking				
Year : 2018				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Eggs	220	15.39	315	6.47
Granulated sugar	570	39.88	2138	43.95
Wheat Flour	100	6.99	367	7.54
Semolina	501	35.05	1804	37.08
Baking Powder	-	-	-	-
Sunflower oil	32	2.23	240	4.93
Lemon juice	6	0.41	-	-
Lemon peel	-	-	-	-
TOTAL	1429		4864	



**Table 51 - Weight and Calorie Percentages of Ingredients of Revani in 2016**

Name of the dish : REVANİ (BÜYÜK YEMEK KİTABI, Emine Beder)				
Cooking Method: Baking				
Year : 2016				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Egg	352	23.1	503	10.4
Granulated sugar	855	56.3	3206	66.5
Wheat flour	220	14.4	807	16.7
Semolina	83.5	5.5	301	6.2
Coconut	-	-	-	-
Baking powder	5	0.3	-	-
Lemon Juice	3	0.1	-	-
TOTAL:	1518.5		4817	

**Table 52 - Weight and Calorie Percentages of Ingredients of Revani in 2015**

Name of the dish : YAĞLI REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)				
Cooking Method: Baking				
Year : 2015				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Egg	264	16.2	378	6.3
Semolina	250	15.3	900	15.1
Margarine	250	15.3	1785	30
Granulated sugar	750	46.1	2812	47.3
Lemon	100	6.1	29	0.4
Powdered sugar	10	0.6	40	0.6
TOTAL:	1624		5944	

**Table 53 - Weight and Calorie Percentages of Ingredients of Yağsız Revani in 2015**

Name of the dish : YAĞSIZ REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)				
Cooking Method: Baking				
Year : 2015				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Egg	264	19.3	378	9.1
Semolina	250	18.3	900	21.8
Vanilla	-	-	-	-
Granulated sugar	750	54.9	2812	68.2
Lemon	100	7.3	29	0.7
TOTAL:	1364		4119	

**Table 54 - Weight and Calorie Percentages of Ingredients of Revani in 2013**

Name of the dish : REVANİ (BEREKETLİ OLSUN, Gönül Candaş)				
Cooking Method: Baking				
Year : 2013				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Egg	264	18	378	7.9
Granulated sugar	855	58.3	3206	67
Wheat flour	110	7.5	404	8.4
Semolina	221	15	796	16.6
Baking powder	2	0.1	-	-
Lemon juice	12	0.8	-	-
Lemon peel	2	0.1	-	-
TOTAL:	1466		4784	

**Table 55 - Weight and Calorie Percentages of Ingredients of Revani-1 in 2011**

Name of the dish :REVANI-1 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)				
Cooking Method: Baking				
Year : 2011				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Yoghurt	42	1.07	45	0.32
Granulated sugar	2280	58.16	8550	61.75
Wheat Flour	1000	25.51	3670	26.5
Semolina	334	8.52	1202	8.68
Baking powder	-	-	-	-
Eggs	264	6.73	378	2.73
TOTAL	3920		13845	

**Table 56 - Weight and Calorie Percentages of Ingredients of Revani-2 in 2011**

Name of the dish :REVANI-2 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)				
Cooking Method: Baking				
Year : 2011				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Eggs	440	34.72	629	17.9
Granulated sugar	722	56.98	2708	77.08
Wheat Flour	12	0.94	44	1.25
Semolina	33	2.6	119	3.38
Orange peel	-	-	-	-
Lemon juice	60	4.73	13	0.37
TOTAL	1267		3513	

**Table 57 - Weight and Calorie Percentages of Ingredients of Revani in 2000**

Name of the dish : REVANİ (TATLI KİTAP, Turkul Şavkay)				
Cooking Method: Baking				
Year : 2000				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	200	8.9	734	10.2
Semolina	60	2.68	216	3
Butter	150	6.7	1076	15
Egg	440	19.7	629	8.8
Granulated sugar	1100	48.3	4125	57.8
Vanilla	0.5	0.02	1.93	0.02
Light Cream	250	11.2	340	4.77
Lemon Juice	30	1.3	7	0.09
TOTAL:	2230.5		7127	

**Table 58 - Weight and Calorie Percentages of Ingredients of Revani in 1987**

Name of the dish : REVANİ (İZAHLI YEMEK KİTABI, İnci Beşoğul)				
Cooking Method: Baking				
Year : 1987				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	42	2.9	154	3.54
Semolina	99	6.89	356	8.19
Egg	440	30.64	629	14.47
Granulated sugar	855	59.5	3206	73.78
Orange peel	-	-	-	-
TOTAL:	1436		4345	

**Table 59 - Weight and Calorie Percentages of Ingredients of Revani in 1985**

Name of the dish : REVANİ (AĞIZ TADI, Sevim Tanör)				
Cooking Method: Baking				
Year : 1985				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	100	4.95	361	5.43
Semolina	300	14.8	1080	16.2
Egg	352	17.44	503	7.57
Granulated sugar	1250	61.94	4688	70.6
Lemon Juice	15	0.74	8	0.12
Lemon Peel	1	0.04	-	-
TOTAL:	2018		6638	

**Table 60 - Weight and Calorie Percentages of Ingredients of Yağlı Revani in 1985**

Name of the dish : YAĞLI REVANİ (AĞIZ TADI, Sevim Tanör)				
Cooking Method: Baking				
Year : 1985				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	660	25.62	2422	24.25
Semolina	250	9.70	900	9.01
Egg	264	10.2	378	3.78
Granulated sugar	1014	39.36	3802	38.08
Almond	122	4.73	697	6.98
Margarine	250	9.70	1785	17.87
Lemon Juice	15	0.58	-	-
Lemon Peel	1	0.03	-	-
TOTAL:	2576		9984	

**Table 61 - Weight and Calorie Percentages of Ingredients of Revani in 1982**

Name of the dish : REVANİ (AŞÇIM, Sonay Nurettin Kılınçer)				
Cooking Method: Baking				
Year : 1982				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	116	7.32	426	7.44
Semolina	188	11.86	677	11.83
Butter	20	1.26	143	2.50
Egg	220	13.88	315	5.50
Granulated sugar	1000	63.11	4106	71.79
Salt	2.5	0.15	-	-
Pistachio	8	0.50	45	0.78
Lemon Juice	30	1.89	7	0.122
TOTAL:	1584.5		5719	

**Table 62 - Weight and Calorie Percentages of Ingredients of Revani in 1979**

Name of the dish : REVANİ (TÜRK TATLI SANATI, Necip Usta)				
Cooking Method: Baking				
Year : 1979				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Flour	250	13.7	918	16.16
Egg	440	24.1	629	11.07
Granulated sugar	1100	60.4	4125	72.63
Vanilla	-	-	-	-
Lemon Juice	30	1.6	7	0.12
TOTAL:	1820		5679	

**Table 63 - Weight and Calorie Percentages of Ingredients of Revani in 1971**

Name of the dish : REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)				
Cooking Method: Baking				
Year : 1971				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Semolina	220	17	792	19.73
Egg	264	20.4	378	9.41
Granulated sugar	750	57.95	2812	70.05
Vanilla	-	-	-	-
Lemon Juice	60	4.63	32	0.79
TOTAL:	1294		4014	

**Table 64 - Weight and Calorie Percentages of Ingredients of Revani in 1971**

Name of the dish : YAĞLI REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)				
Cooking Method: Baking				
Year : 1971				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy	% Energy
Semolina	250	15.7	900	15.1
Margarine	250	15.7	1785	30.1
Egg	264	16.6	378	6.3
Granulated sugar	750	47.3	2812	47.4
Pudra şekeri	10	0.6	40	0.6
Lemon Juice	60	3.7	32	0.5
TOTAL:	1584		5928	

**Table 65 - Weight and Calorie Percentages of Ingredients of Revani in 1962**

Name of the dish : REVANI (ALATURKA-ALAFRANGA YEMEK-TATLI-PASTA KİTABI, Fahriye Nedim)				
Cooking Method: Baking				
Year : 1962				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy	% Energy
Semolina	650	27.1	2340	25.7
Butter	240	10	1721	18.9
Egg	264	11	378	4.15
Granulated sugar	1240	51.7	4650	51.1
TOTAL:	2394		9089	



**Table 66 - Weight and Calorie Percentages of Ingredients of Aşure in 2018**

Name of the dish : AŞURE (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)				
Cooking Method: Boiling				
Year : 2018				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Wheat	651	27.2	2344	27.49
White rice	100	4.17	356	4.17
Chickpeas	75	3.13	69	0.8
Dried beans	75	3.13	360	4.22
Raisins	75	3.13	222	2.60
Dried fig	62.15	2.59	156	1.83
Dried apricot	44	1.83	99	1.16
Orange peel	-	-	-	-
Granulated sugar	1140	47.63	4275	50.15
Rosewater	69	2.88	-	-
Walnut	100	4.17	643	7.54
Cinnamon	1	0.04	-	-
Salt	1	0.04	-	-
TOTAL:	2393.15		8524	

**Table 67 - Weight and Calorie Percentages of Ingredients of Aşure in 2016**

Name of the dish : AŞURE (BÜYÜK YEMEK KİTABI, Emine Beder)				
Cooking Method: Boiling				
Year : 2016				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Wheat	323.5	17.7	1165	21.05
Chickpeas	75	4.1	69	1.24
Dried Beans	75	4.1	360	6.5
Raisins	75	4.1	222	4.01
Dried Figs	129.95	7.1	323	5.83
Carrot	61	3.3	25	0.45
Dried apricots	100	5.4	225	4.06
Hazelnut	199.8	10.9	1133	20.47
Granulated sugar	380	20.8	1425	25.74
Starch	12	0.65	45	0.81
Orange peel	28	1.5	27	0.48
Peanuts	66.6	3.6	378	6.8
Cinnamon	2	0.1	-	-
Rosewater	3	0.1	-	-
Apple	161	8.8	77	1.39
Orange	131	7.1	60	1.08
TOTAL:	1822.85		5534	

**Table 68 - Weight and Calorie Percentages of Ingredients of Aşure in 2015**

Name of the dish : AŞURE (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)				
Cooking Method: Boiling				
Year : 2015				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Granulated sugar	475	42.1	1781	44.71
Chickpeas	75	6.6	69	1.73
Dried beans	50	4.4	240	6.02
Dried figs	62.15	5.5	156	3.91
Wheat	310	27.5	1116	28.01
Currants	45.5	4	132	3.31
Raisins	37.5	3.3	111	2.78
Hazelnut	66.6	5.9	378	9.49
Cinnamon	5	0.4	-	-
TOTAL:	1126.75		3983	

**Table 69 - Weight and Calorie Percentages of Ingredients of Aşure in 2013**

Name of the dish : AŞURE (BEREKETLİ OLSUN, Gönül Candaş)				
Cooking Method: Boiling				
Year : 2013				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Wheat	647	26.56	2329	25.75
Rice	100	4.10	356	3.93
Dried Beans	75	3.07	360	3.98
Chickpeas	75	3.07	69	0.76
Raisins	37.5	1.53	111	1.22
Dried figs	62.15	2.55	156	1.72
Orange peel	8.75	0.35	8	0.08
Rosewater	69	2.83	-	-
Vanilla	5	0.2	-	-
Hazelnut	300	12.31	1701	18.80
Coconut	10	0.41	35	0.38
Granulated sugar	1045	42.9	3919	43.33
TOTAL:	2435.4		9044	

**Table 70 - Weight and Calorie Percentages of Ingredients of Aşure in 2011**

Name of the dish : AŞURE (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)				
Cooking Method: Boiling				
Year : 2011				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Wheat	500	17.56	1800	16.35
White rice	100	3.51	356	3.23
Chickpeas	112.5	3.95	104	0.94
Dried beans	112.5	3.95	540	4.90
Raisins	100	3.51	296	2.68
Dried fig	62.15	2.18	156	1.41
Hazelnut	120	4.21	680	6.17
Peanut	120	4.21	680	6.17
Walnut	120	4.21	772	7.012
Cinnamon	-	-	-	-
Granulated sugar	1500	52.68	5625	51.09
<b>TOTAL:</b>	<b>2847.15</b>		<b>11009</b>	

**Table 71 - Weight and Calorie Percentages of Ingredients of Aşure in 2000**

Name of the dish : AŞURE (TATLI KİTAP, Turkul Şavkay)				
Cooking Method: Boiling				
Year : 2000				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Sunflower oil	15.75	0.7	120	1.6
Granulated sugar	800	36.38	3000	40
Raisins	200	9.09	592	7.9
Dried apricots	150	6.82	338	4.5
Dried figs	150	6.82	374	4.99
Dried beans	125	5.68	600	8.01
Chickpeas	125	5.68	115	1.5
Wheat	400	18.19	1440	19.24
Milk	230	10.4	904	12
TOTAL:	2198.75		7483	

**Table 72 - Weight and Calorie Percentages of Ingredients of Aşure in 1987**

Name of the dish : AŞURE (İZAHLI YEMEK KİTABI, İnci Beşoğul)				
Cooking Method: Boiling				
Year : 1987				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Granulated sugar	570	24.9	2138	24.32
Raisins	100	4.3	296	3.36
Currant	50	2.1	145	1.64
Dried figs	62.15	2.7	156	1.77
Walnuts	100	4.3	643	7.31
Almonds	100	4.3	571	6.49
Dried beans	50	2.1	240	2.73
Chickpeas	50	2.1	46	0.52
Wheat	323.5	14.1	1165	13.25
White rice	190	8.3	676	7.69
Milk	690	30.1	2712	30.86
Cinnamon	-	-	-	-
<b>TOTAL:</b>	<b>2285.66</b>		<b>8788</b>	

**Table 73 - Weight and Calorie Percentages of Ingredients of Aşure in 1985**

Name of the dish : AŞURE (AĞIZ TADI, Sevim Tanör)				
Cooking Method: Boiling				
Year : 1985				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Granulated sugar	1000	31.5	3750	33.39
Raisins	92	2.9	272	2.42
Currant	41.6	1.31	121	1.07
Dried figs	62.15	1.9	156	1.38
Pomegranate	150	4.7	124	1.10
Hazelnut	120	3.7	680	6.05
Walnut	50	1.5	322	2.86
Dried beans	184	5.8	883	7.86
Chickpeas	200	6.3	184	1.63
Wheat	500	15.7	1800	16.03
White rice	190	6	676	6.02
Milk	575	18.1	2260	20.12
<b>TOTAL:</b>	<b>3164.75</b>		<b>11228</b>	



**Table 74 - Weight and Calorie Percentages of Ingredients of Aşure in 1982**

Name of the dish : AŞURE (AŞÇIM, Sonay Nurettin Kılınçer)				
Cooking Method: Boiling				
Year : 1982				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Butter	20	2.1	143	4.65
Starch	8	0.8	30	0.97
Granulated sugar	285	31.1	1069	34.8
Currant	74	8	215	7.00
Raisins	100	10.9	296	9.63
Dried apricots	40	4.3	90	2.93
Dried figs	56.5	6.1	141	4.59
Pistachio	4	0.4	23	0.74
Dried beans	75	8.1	360	11.72
Chickpeas	75	8.1	69	2.24
Wheat	77.5	8.4	279	9.08
White rice	100	10.9	356	11.59
TOTAL:	915		3071	

**Table 75 - Weight and Calorie Percentages of Ingredients of Aşure in 1979**

Name of the dish : AŞURE (TÜRK TATLI SANATI, Necip Usta)				
Cooking Method: Boiling				
Year : 1979				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Butter	50	2.1	358	4.14
Granulated sugar	600	26.1	2250	26.05
Raisins	125	5.4	370	4.28
Dried apricots	96	4.1	216	2.50
Dried figs	135.6	5.9	338	3.91
Walnut	150	6.5	964	11.16
Peanut	75	3.2	425	4.92
Pistachio	50	2.1	282	3.26
Dried beans	200	8.7	960	11.11
Chickpeas	150	6.5	138	1.59
Wheat	200	8.7	720	8.33
White rice	200	8.7	712	8.24
Milk	230	10	904	10.46
Rose water	34.5	1.5	-	-
hararot	-	-	-	-
<b>TOTAL:</b>	<b>2296.1</b>		<b>8637</b>	

**Table 76 - Weight and Calorie Percentages of Ingredients of Aşure in 1971**

Name of the dish : AŞURE (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)				
Cooking Method: Boiling				
Year : 1971				
Ingredients (ready to cook)	Weight (g)	% Weight	Energy (kcal)	% Energy
Granulated sugar	475	40.7	1781	41.6
Dried beans	50	4.2	240	5.6
Chickpeas	75	6.4	69	1.6
Wheat	310	26.5	1116	26
Raisins	37.5	3.2	111	2.8
Currant	45.5	3.9	132	2.9
Dried figs	50.85	4.3	126	2.9
Hazelnut	66.6	5.7	378	8.83
Walnut	50	4.2	322	7.5
Cinnamon	5	0.4	-	-
TOTAL:	1165.45		4275	

#### APPENDIX-4 Cooking Methods and Portion Sizes

**Table 77** - Cooking Methods and Portion Size of Glla in 2018

Year	2018
Name of Dish	Glla
Cooking Method	Raw
Portion Size	219
Number of Portion	4.88
Number of Ingredients	5
Calorie /100 gr	512.7

**Table 78** - Cooking Methods and Portion Size of Glla in 2016

Year	2016
Name of Dish	Glla
Cooking Method	Raw
Portion Size	219
Number of Portion	7.78
Number of Ingredients	5
Calorie /100 gr	552.9

**Table 79** - Cooking Methods and Portion Size of Cevizli Glla in 2015

Year	2015
Name of Dish	Cevizli Glla
Cooking Method	Raw
Portion Size	219
Number of Portion	5.06
Number of Ingredients	4
Calorie /100 gr	400.5

**Table 80** - Cooking Methods and Portion Size of Stl Glla Tatlısı in 2015

Year	2015
Name of Dish	Stl Glla Tatlısı
Cooking Method	Raw
Portion Size	219
Number of Portion	8.44
Number of Ingredients	5
Calorie /100 gr	548.2

**Table 81 - Cooking Methods and Portion Size of Gullaç in 2000**

Year	2000
Name of Dish	Gullaç
Cooking Method	Raw
Portion Size	219
Number of Portion	15.1
Number of Ingredients	5
Calorie /100 gr	469.9

**Table 82 - Cooking Methods and Portion Size of Gullaç in 1985**

Year	1985
Name of Dish	Gullaç
Cooking Method	Raw
Portion Size	219
Number of Portion	19.4
Number of Ingredients	7
Calorie /100 gr	415.3

**Table 83 - Cooking Methods and Portion Size of Gullaç in 1979**

Year	1979
Name of Dish	Gullaç
Cooking Method	Raw
Portion Size	219
Number of Portion	11.9
Number of Ingredients	7
Calorie /100 gr	414.12

**Table 84 - Cooking Methods and Portion Size of Gullaç in 1971**

Year	1971
Name of Dish	Gullaç
Cooking Method	Raw
Portion Size	219
Number of Portion	8.2
Number of Ingredients	4
Calorie /100 gr	397.6

**Table 85 - Cooking Methods and Portion Size of Yağsız Revani in 2018**

Year	2018
Name of Dish	Yağsız Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.55
Number of Ingredients	7
Calorie /100 gr	327.22

**Table 86 - Cooking Methods and Portion Size of Yağlı Revani in 2018**

Year	2018
Name of Dish	Yağlı Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.4
Number of Ingredients	8
Calorie /100 gr	340.37

**Table 87 - Cooking Methods and Portion Size of Revani in 2016**

Year	2016
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.8
Number of Ingredients	7
Calorie /100 gr	317.2

**Table 88 - Cooking Methods and Portion Size of Yağlı Revani in 2015**

Year	2015
Name of Dish	Yağlı Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	7.2
Number of Ingredients	6
Calorie /100 gr	366

**Table 89 - Cooking Methods and Portion Size of Yağsız Revani in 2015**

Year	2015
Name of Dish	Yağsız Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.11
Number of Ingredients	5
Calorie /100 gr	301.97

**Table 90 - Cooking Methods and Portion Size of Revani in 2013**

Year	2013
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.5
Number of Ingredients	7
Calorie /100 gr	326.33

**Table 91 - Cooking Methods and Portion Size of Revani-1 in 2011**

Year	2011
Name of Dish	Revani-1
Cooking Method	Baking
Portion Size	223.05
Number of Portion	17.5
Number of Ingredients	6
Calorie /100 gr	353.18

**Table 92 - Cooking Methods and Portion Size of Revani-2 in 2011**

Year	2011
Name of Dish	Revani-2
Cooking Method	Baking
Portion Size	223.05
Number of Portion	5.68
Number of Ingredients	6
Calorie /100 gr	277.2

**Table 93 - Cooking Methods and Portion Size of Revani in 2000**

Year	2000
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	10
Number of Ingredients	8
Calorie /100 gr	319.5

**Table 94 - Cooking Methods and Portion Size of Revani in 1987**

Year	1987
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	6.43
Number of Ingredients	5
Calorie /100 gr	302.57

**Table 95 - Cooking Methods and Portion Size of Revani in 1985**

Year	1985
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	9.04
Number of Ingredients	6
Calorie /100 gr	328.9

**Table 96 - Cooking Methods and Portion Size of Yağlı Revani in 1985**

Year	1985
Name of Dish	Yağlı Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	11.5
Number of Ingredients	8
Calorie /100 gr	387.57



**Table 97 - Cooking Methods and Portion Size of Revani in 1982**

Year	1982
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	7.1
Number of Ingredients	8
Calorie /100 gr	360.9

**Table 98 - Cooking Methods and Portion Size of Revani in 1979**

Year	1979
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	8.1
Number of Ingredients	5
Calorie /100 gr	312.03

**Table 99 - Cooking Methods and Portion Size of Revani in 1971**

Year	1971
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	5.8
Number of Ingredients	5
Calorie /100 gr	310.2

**Table 100 - Cooking Methods and Portion Size of Yağlı Revani in 1971**

Year	1971
Name of Dish	Yağlı Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	7.1
Number of Ingredients	6
Calorie /100 gr	374.24

**Table 101 - Cooking Methods and Portion Size of Revani in 1962**

Year	1962
Name of Dish	Revani
Cooking Method	Baking
Portion Size	223.05
Number of Portion	10.7
Number of Ingredients	4
Calorie /100 gr	379.65

**Table 102 - Cooking Methods and Portion Size of Aşure in 2018**

Year	2018
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	21.6
Number of Ingredients	13
Calorie /100 gr	356.18

**Table 103 - Cooking Methods and Portion Size of Aşure in 2016**

Year	2016
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	16.49
Number of Ingredients	16
Calorie /100 gr	303.59

**Table 104 - Cooking Methods and Portion Size of Aşure in 2015**

Year	2015
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	10.1
Number of Ingredients	9
Calorie /100 gr	353.49

**Table 105 - Cooking Methods and Portion Size of Aşure in 2013**

Year	2013
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	22.03
Number of Ingredients	12
Calorie /100 gr	371.35

**Table 106 - Cooking Methods and Portion Size of Aşure in 2011**

Year	2011
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	25.7
Number of Ingredients	11
Calorie /100 gr	386.66

**Table 107 - Cooking Methods and Portion Size of Aşure in 2000**

Year	2000
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	19.89
Number of Ingredients	10
Calorie /100 gr	340.32

**Table 108 - Cooking Methods and Portion Size of Aşure in 1987**

Year	1987
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	20.6
Number of Ingredients	12
Calorie /100 gr	384.48

**Table 109 - Cooking Methods and Portion Size of Aşure in 1985**

Year	1985
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	28.6
Number of Ingredients	12
Calorie /100 gr	354.78

**Table 110 - Cooking Methods and Portion Size of Aşure in 1982**

Year	1982
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	8.2
Number of Ingredients	12
Calorie /100 gr	335.62

**Table 111 - Cooking Methods and Portion Size of Aşure in 1979**

Year	1979
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	20.7
Number of Ingredients	15
Calorie /100 gr	376.15

**Table 112 - Cooking Methods and Portion Size of Aşure in 1971**

Year	1971
Name of Dish	Aşure
Cooking Method	Boiling
Portion Size	110.5
Number of Portion	10.5
Number of Ingredients	10
Calorie /100 gr	366.81



## APPENDIX-5 Changes in the Contents and Calories After Cooking

**Table 113 - Changes in the Contents and Calories After Cooking of Glla in 2018**

Name of the dish : GLLA (GNL CANDAS'IN MUTFAINDAN, Gnl Canda)									
Year : 2018									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Glla sheet	166.5	0.63	1.07	82.72	2.46	0.09	0.16	12.87	0.38
Milk	690	21.43	32.14	3.57	-	13.82	20.73	2.3	-
Granulated sugar	190	-	-	100	-	-	-	17.7	-
Rose water	-	-	-	-	-	-	-	-	-
Walnuts	50	14.29	64.29	14.29	7.1	0.66	3	0.66	0.33
<b>TOTAL</b>	<b>1069.5</b>								
Prepared Dish Weight	1069.5								

**Table 114 - Changes in the Contents and Calories After Cooking of Glla in 2016**

Name of the dish : GLLA (BYK YEMEK KİTABI, Emine Beder)									
Year : 2016									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Glla sheet	400	0.63	1.07	82.72	2.46	0.14	0.25	19.40	0.57
Milk	920	21.43	32.14	3.57	0	11.4	17.19	1.9	-
Granulated sugar	285	-	-	100	-	-	-	16.71	-
Rose water	-	-	-	-	-	-	-	-	-
Hazelnut	100	13.33	40	40	6.7	0.77	2.32	2.32	0.38
<b>TOTAL</b>	<b>1705</b>								
Prepared Dish Weight	1705								

**Table 115 - Changes in the Contents and Calories After Cooking of Cevizli Gullaç in 2015**

Name of the dish : CEVİZLİ GÜLLAÇ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)									
Year : 2015									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Gullaç sheet	250	0.63	1.07	82.72	2.46	0.14	0.24	18.79	0.55
Milk	460	21.43	32.14	3.57	-	8.95	13.43	1.49	-
Granulated sugar	300	-	-	100	-	-	-	27.27	-
Walnut	100	14.29	64.29	14.29	7.1	1.29	5.84	1.29	0.64
<b>TOTAL</b>	<b>1100</b>								
Prepared Dish Weight	1100								

**Table 116 - Changes in the Contents and Calories After Cooking of Sütlü Gullaç Tatlısı in 2015**

Name of the dish : SÜTLÜ GÜLLAÇ TATLISI (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)									
Year : 2015									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Gullaç sheet	400	0.63	1.07	82.72	2.46	0.13	0.23	17.88	0.53
Milk	920	21.43	32.14	3.57	-	10.65	15.98	1.77	-
Granulated sugar	380	-	-	100	-	-	-	20.54	-
Walnut	100	14.29	64.29	14.29	7.1	0.77	3.47	0.77	0.38
Pistachio	50	20	43.33	30	10	0.54	1.16	0.81	0.27
<b>TOTAL</b>	<b>1850</b>								
Prepared Dish Weight	1850								

**Table 117 - Changes in the Contents and Calories After Cooking of Güllaç in 2000**

Name of the dish : GÜLLAÇ (TATLI KİTAP, Turkul Şavkay)									
Year : 2000									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g c of prepared dish
Güllaç sheet	400	0.63	1.07	82.72	2.46	0.07	0.129	10	0.297
Milk	1840	21.43	32.14	3.57	-	11.92	17.87	1.98	-
Granulated sugar	800	-	-	100	-	-	-	24.19	-
Rose water	67	-	-	-	-	-	-	-	-
Hazelnut	200	13.33	40	40	6.7	0.8	2.41	2.41	0.4
<b>TOTAL</b>	<b>3307</b>								
Prepared Dish Weight	3307								

**Table 118 - Changes in the Contents and Calories After Cooking of Güllaç in 1982**

Name of the dish : GÜLLAÇ (AŞÇIM, Sonay Nurettin Kılınçer)									
Year : 1982									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Güllaç sheet	400	0.63	1.07	82.72	2.46	0.05	0.1	7.75	0.23
Milk	1150	21.43	32.14	3.57	-	5.76	8.64	0.9	-
Granulated sugar	380	-	-	100	-	-	-	8.9	-
Rose water	33.5	-	-	-	-	-	-	-	-
Walnut	200	14.29	64.29	14.29	7.1	0.66	3	0.66	0.33
Vanilla	1.5	-	-	-	-	-	-	-	-
Cherry jam	2100	-	-	74	0.7	-	-	33.3	0.31
<b>TOTAL</b>	<b>4265</b>								
Prepared Dish Weight	4265								



**Table 119 - Changes in the Contents and Calories After Cooking of Güllaç in 1979**

<b>Name of the dish : GÜLLAÇ (TÜRK TATLI SANATI, Necip Usta)</b>									
<b>Year : 1979</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Güllaç sheet	400	0.63	1.07	82.72	2.46	0.09	0.16	12.63	0.01
Milk	1000	21.43	32.14	3.57	-	8.18	12.27	1.36	-
Granulated sugar	400	-	-	100	-	-	-	15.27	-
Powdered sugar	250	-	-	100	-	-	-	9.64	-
Rose water	69	-	-	-	-	-	-	-	-
Apple	500	0.27	0.13	12.76	1.3	0.05	0.02	2.43	0.24
Vanilla	0	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>2619</b>								
Prepared Dish Weight	2619								

**Table 120 - Changes in the Contents and Calories After Cooking of Güllaç in 1971**

<b>Name of the dish : GÜLLAÇ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)</b>									
<b>Year : 1971</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g of prepared dish	Fat in g per 100 g of prepared dish	Carbohydrate in g per 100 g of prepared dish	Fiber in g per 100 g of prepared dish
Güllaç sheet	250	0.63	1.07	82.72	2.46	0.08	0.14	11.48	0.34
Milk	1150	21.43	32.14	3.57	-	13.68	20.53	2.28	-
Granulated sugar	300	-	-	100	-	-	-	16.66	-
Walnuts	100	14.29	64.29	14.29	7.1	0.79	3.56	0.79	0.39
<b>TOTAL</b>	<b>1800</b>								
Prepared Dish Weight	1800								

**Table 121 - Changes in the Contents and Calories After Cooking of Yağsız Revani in 2018**

Name of the dish : YAĞSIZ REVANİ (GÖNÜL CANDAS'IN MUTFAĞINDAN, Gönül Candaş)									
Cooking Method: Baking									
Year : 2018									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	264	12.56	9.51	0.72	-	2.35	1.78	0.12	-
Granulated Sugar (cake)	95	-	-	100	-	-	-	6.75	-
Granulated Sugar (sherbet)	760	-	-	100	-	-	-	54.02	-
Wheat Flour	110	10	1.67	73.33	3.3	0.78	0.13	5.44	0.25
Semolina	221	12.68	1.05	72.83	3.9	1.99	0.16	10.86	0.61
Baking Powder	-	-	-	-	-	-	-	-	-
Vanilla	-	-	-	-	-	-	-	-	-
Lemon Juice	12	-	-	-	-	-	-	-	-
Lemon peel	-	-	-	-	-	-	-	-	-
TOTAL	1462								
<b>Cooked Weight</b>	<b>1406.8</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 349.59</b>									
<b>Total Cooked Calorie: 4918.03</b>									
<b>Total Raw Calorie: 4784</b>									

**Table 122 - Changes in the Contents and Calories After Cooking of Yağlı Revani in 2018**

Name of the dish : YAĞLI REVANİ (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)									
Cooking Method: Baking									
Year : 2018									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	220	12.56	9.51	0.72	-	2.04	1.54	0.11	-
Granulated Sugar (cake)	95	-	-	100	-	-	-	7.02	-
Granulated Sugar (sherbet)	475	-	-	100	-	-	-	35.1	-
Wheat Flour	100	10	1.67	73.33	3.3	0.73	0.12	5.14	0.24
Semolina	501	12.68	1.05	72.83	3.9	4.69	0.38	25.61	1.44
Baking Powder	-	-	-	-	-	-	-	-	-
Sunflower oil	32	-	-	-	-	-	-	-	-
Lemon Juice	6	-	-	-	-	-	-	-	-
Lemon peel	-	-	-	-	-	-	-	-	-
TOTAL	1429								
<b>Cooked Weight</b>	<b>1353.16</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 343.48</b>									
<b>Total Cooked Calorie: 4647.83</b>									
<b>Total Raw Calorie: 4864</b>									

**Table 123 - Changes in the Contents and Calories After Cooking of Revani in 2016**

<b>Name of the dish : REVANI (BÜYÜK YEMEK KİTABI, MİNE BEDER)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 2016</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	352	12.56	9.51	0.72	-	3.03	2.29	0.16	-
Granulated Sugar (cake)	95	-	-	100	-	-	-	6.18	-
Granulated Sugar (sherbet)	760	-	-	100	-	-	-	52.12	-
Wheat Flour	220	10	1.67	73.33	3.3	1.50	0.25	10.507	0.49
Semolina	83.5	12.68	1.05	72.83	3.9	0.72	0.06	3.96	0.22
Baking Powder	5	-	-	-	-	-	-	-	-
Coconut	-	-	-	-	-	-	-	-	-
Lemon Juice	3	0.35	0.24	6.9	0.3	-	-	-	-
<b>TOTAL</b>	<b>1518.5</b>								
<b>Cooked Weight</b>	<b>1458.06</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 337.5</b>									
<b>Total Cooked Calorie: 4920.95</b>									
<b>Total Raw Calorie: 4817</b>									

**Table 124 - Changes in the Contents and Calories After Cooking of Yağlı Revani in 2015**

Name of the dish : YAĞLI REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)									
Cooking Method: Baking									
Year : 2015									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	264	12.56	9.51	0.72	-	2.12	1.6	0.114	-
Semolina	250	12.68	1.05	72.83	3.9	2.02	0.16	11.06	0.62
Margarine	250	-	78.57	-	-	-	12.57	-	-
Granulated Sugar (sherbet)	750	-	-	100	-	-	-	48.01	-
Lemon	100	0.35	0.24	6.9	0.3	0.02	0.015	0.44	0.001
Powdered sugar (cake)	10	-	-	100	-	-	-	0.57	-
TOTAL	1624								
<b>Cooked Weight</b>	<b>1562.08</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 383.75</b>									
<b>Total Cooked Calorie: 5994.48</b>									
<b>Total Raw Calorie: 5944</b>									

**Table 125 - Changes in the Contents and Calories After Cooking of Yağsız Revani in 2015**

<b>Name of the dish : YAĞSIZ REVANİ (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 2015</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	264	12.56	9.51	0.72	-	2.52	1.91	0.13	-
Semolina	250	12.68	1.05	72.83	3.9	2.41	0.2	13.19	0.74
Granulated Sugar (cake)	150	-	-	100	-	-	-	10.87	-
Granulated Sugar (sherbet)	600	-	-	100	-	-	-	45.77	-
Lemon	100	0.35	0.24	6.9	0.3	0.02	0.018	0.52	0.02
Vanilla	-	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>1364</b>								
<b>Cooked Weight</b>	<b>1310.88</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 322.39</b>									
<b>Total Cooked Calorie: 4226.14</b>									
<b>Total Raw Calorie: 4119</b>									

**Table 126 - Changes in the Contents and Calories After Cooking of Revani in 2013**

Name of the dish : REVANI (BEREKETLİ OLSUN, Gönül Candaş)									
Cooking Method: Baking									
Year : 2013									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	264	12.56	9.51	0.72	-	2.35	1.77	0.12	-
Wheat Flour	110	10	1.67	73.33	3.3	0.77	0.13	5.42	0.25
Semolina	221	12.68	1.05	72.83	3.9	1.98	0.16	10.83	0.61
Granulated sugar (cake)	95	-	-	100	-	-	-	6.39	-
Granulated sugar (sherbet)	760	-	-	100	-	-	-	53.8	-
Lemon peel	2	-	-	-	-	-	-	-	-
Lemon juice	12	-	-	-	-	-	-	-	-
Baking powder	2	-	-	-	-	-	-	-	-
TOTAL	1466								
<b>Cooked Weight</b>	<b>1410.64</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 347.1</b>									
<b>Total Cooked Calorie: 4896.33</b>									
<b>Total Raw Calorie: 4784</b>									

**Table 127 - Changes in the Contents and Calories After Cooking of Revani-1 in 2011**

Name of the dish : REVANI-1 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)									
Cooking Method: Baking									
Year : 2011									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Yoghurt	42	7.49	6.17	5.73	-	0.08	0.07	0.06	-
Granulated Sugar (cake)	1425	-	-	100	-	-	-	38.77	-
Granulated Sugar (sherbet)	855	-	-	100	-	-	-	23.26	-
Wheat Flour	1000	10	1.67	73.33	3.3	2.72	0.45	18.95	0.89
Semolina	334	12.68	1.05	72.83	3.9	1.15	0.09	6.28	0.35
Baking Powder	-	-	-	-	-	-	-	-	-
Egg	264	12.56	9.51	0.72	-	-	-	-	-
TOTAL	3920								
<b>Cooked Weight</b>	<b>3674.8</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 373.05</b>									
<b>Total Cooked Calorie: 13708.8</b>									
<b>Total Raw Calorie: 13845</b>									



**Table 128 - Changes in the Contents and Calories After Cooking of Revani-2 in 2011**

<b>Name of the dish : REVANI-2 (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H. Güler Vural)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 2011</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Egg	440	12.56	9.51	0.72	-	4.50	3.41	0.14	-
Granulated Sugar (cake)	18	-	-	100	-	-	-	1.46	-
Granulated Sugar (sherbet)	704	-	-	100	-	-	-	57.38	-
Wheat Flour	12	10	1.67	73.33	3.3	0.09	0.01	0.68	0.03
Semolina	33	12.68	1.05	72.83	3.9	0.34	0.02	1.86	0.1
Lemon Juice	60	0.35	0.24	6.9	0.3	0.017	0.01	0.33	0.01
<b>TOTAL</b>	<b>1267</b>								
<b>Cooked Weight</b>	<b>1226.76</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 298.5</b>									
<b>Total Cooked Calorie: 3662.09</b>									
<b>Total Raw Calorie: 3513</b>									

**Table 129 - Changes in the Contents and Calories After Cooking of Revani in 2000**

<b>Name of the dish : REVANI (TATLI KİTAP, Turkul Şavkay)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 2000</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	200	10	1.67	73.33	3.3	0.92	0.15	6.46	0.3
Semolina	60	12.68	1.05	72.83	3.9	0.35	0.02	1.91	0.10
Butter	150	0.85	81.11	0.06	-	0.05	5.64	0.038	-
Egg	440	12.56	9.51	0.72	-	2.56	1.94	0.133	-
Granulated Sugar (cake)	100	-	-	100	-	-	-	4.408	-
Granulated sugar (sherbet)	1000	-	-	100	-	-	-	46.41	-
Vanilla	0.5	-	-	-	-	-	-	-	-
Light cream	250	3.50	10.6	7.1	-	-	-	-	-
Lemon juice	30	0.35	0.24	6.9	0.3	-	-	-	-
<b>TOTAL</b>	<b>2230.5</b>								
<b>Cooked Weight</b>	<b>2154.46</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g : 323.39</b>									
<b>Total Cooked Calorie: 6967.30</b>									
<b>Total Raw Calorie: 7127</b>									

**Table 130 - Changes in the Contents and Calories After Cooking of Revani in 1987**

<b>Name of the dish : REVANI (İZAHLI YEMEK KİTABI, İnci Beşoğul)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 1987</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	42	10	1.67	73.33	3.3	0.3	0.05	2.09	0.10
Semolina	99	12.68	1.05	72.83	3.9	0.9	0.07	4.93	0.27
Egg	440	12.56	9.51	0.72	-	3.97	3	0.209	-
Granulated sugar (cake)	9	-	-	100	-	-	-	0.6	-
Granulated sugar (sherbet)	846	-	-	100	-	-	-	60.91	-
Orange peel	-	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>1436</b>								
<b>Cooked Weight</b>	<b>1388.8</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 324.42</b>									
<b>Total Cooked Calorie: 4505.54</b>									
<b>Total Raw Calorie: 4345</b>									

**Table 131 - Changes in the Contents and Calories After Cooking of Revani in 1985**

<b>Name of the dish : REVANI (AĞIZ TADI, Sevim Tanör)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 1985</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	100	10	1.67	73.33	3.3	0.51	0.08	3.59	0.17
Semolina	300	12.68	1.05	72.83	3.9	1.96	0.16	10.61	0.6
Egg	352	12.56	9.51	0.72	-	2.28	1.72	0.12	-
Granulated sugar (cake)	250	-	-	100	-	-	-	12.25	-
Granulated sugar (sherbet)	1000	-	-	100	-	-	-	51.6	-
Lemon juice	15	-	-	-	-	-	-	-	-
Lemon peel	1	-	-	-	-	-	-	-	-
TOTAL	2018								
<b>Cooked Weight</b>	<b>1937.84</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 351</b>									
<b>Total Cooked Calorie: 6801.81</b>									
<b>Total Raw Calorie: 6638</b>									

**Table 132 - Changes in the Contents and Calories After Cooking of Yağlı Revani in 1985**

Name of the dish : YAĞLI REVANİ (AĞIZ TADI, Sevim Tanör)									
Cooking Method: Baking									
Year : 1985									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	660	10	1.67	73.33	3.3	2.7	0.45	18.81	0.89
Semolina	250	12.68	1.05	72.83	3.9	1.29	0.10	7.06	0.39
Egg	264	12.56	9.51	0.72	-	1.35	1.02	0.06	-
Granulated sugar (cake)	100	-	-	100	-	-	-	3.88	-
Granulated sugar (sherbet)	914	-	-	100	-	-	-	37.39	-
Almond	122	21.43	50	21.43	10.7	1.06	2.49	1	0.53
Margarine	250	-	78.57	-	-	-	8.03	-	-
Lemon juice	15	-	-	-	-	-	-	-	-
Lemon peel	1	-	-	-	-	-	-	-	-
TOTAL	2576								
<b>Cooked Weight</b>	<b>2444.32</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 410.99</b>									
<b>Total Cooked Calorie: 10045.91</b>									
<b>Total Raw Calorie: 9984</b>									

**Table 133 - Changes in the Contents and Calories After Cooking of Revani in 1982**

Name of the dish : REVANI (AŞÇIM, Sonay Nurettin Kılınçer)									
Cooking Method: Baking									
Year : 1982									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	116	10	1.67	73.33	3.3	0.71	0.11	4.95	0.23
Semolina	188	12.68	1.05	72.83	3.9	1.46	0.12	7.98	0.45
Butter	20	0.85	81.11	0.06	-	0.01	0.99	0.0006	-
Egg	220	12.56	9.51	0.72	-	1.69	1.28	0.08	-
Granulated sugar (cake)	95	-	-	100	-	-	-	5.53	-
Granulated sugar (sherbet)	1000	-	-	100	-	-	-	61.41	-
Salt	2.5	-	-	-	-	-	-	-	-
Pistachio	8	21.16	45.86	28.22	10.6	0.1	0.22	0.13	0.05
Lemon juice	30	0.35	0.24	6.9	0.3	0.006	0.004	0.126	0.005
TOTAL	1679.5								
<b>Cooked Weight</b>	<b>1628.38</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 362.62</b>									
<b>Total Cooked Calorie: 5904.83</b>									
<b>Total Raw Calorie: 5719</b>									

**Table 134 - Changes in the Contents and Calories After Cooking of Revani in 1979**

Name of the dish : REVANI (TÜRK TATLI SANATI, Necip Usta)									
Cooking Method: Baking									
Year : 1979									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat Flour	250	10	1.67	73.33	3.3	1.42	0.23	9.88	0.46
Egg	440	12.56	9.51	0.72	-	3.14	2.38	0.17	-
Granulated sugar (cake)	100	-	-	100	-	-	-	5.32	-
Granulated sugar (sherbet)	1000	-	-	100	-	-	-	56.9	-
Vanilla	-	-	-	-	33.3	-	-	-	-
Lemon juice	30	0.35	0.24	6.9	0.3	0.005	0.004	0.11	0.005
TOTAL	1820								
<b>Cooked Weight</b>	<b>1756.8</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 332.17</b>									
<b>Total Cooked Calorie: 5835.56</b>									
<b>Total Raw Calorie: 5679</b>									

**Table 135 - Changes in the Contents and Calories After Cooking of Revani in 1971**

Name of the dish : REVANI (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)									
Cooking Method: Baking									
Year : 1971									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Semolina	220	12.68	1.05	72.83	3.9	2.24	0.18	12.23	0.69
Egg	264	12.56	9.51	0.72	-	2.66	2.01	0.14	-
Granulated sugar (cake)	150	-	-	100	-	-	-	11.45	-
Granulated sugar (sherbet)	600	-	-	100	-	-	-	48.25	-
Vanilla	-	-	-	-	33.3	-	-	-	-
Lemon juice	60	0.35	0.24	6.9	0.3	0.01	0.01	0.33	0.01
TOTAL	1294								
<b>Cooked Weight</b>	<b>1243.28</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 330.44</b>									
<b>Total Cooked Calorie: 4108.29</b>									
<b>Total Raw Calorie: 4014</b>									



**Table 136 - Changes in the Contents and Calories After Cooking of Yağlı Revani in 1971**

<b>Name of the dish : YAĞLI REVANİ (YEMEK PİŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 1971</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Semolina	250	12.68	1.05	72.83	3.9	2.08	0.17	11.36	0.64
Margarine	250	-	78.57	-	-	-	12.90	-	-
Egg	264	12.56	9.51	0.72	-	2.17	1.64	0.11	-
Granulated sugar (sherbet)	750	-	-	100	-	-	-	49.27	-
Powdered sugar (cake)	10	-	-	100	-	-	-	0.61	-
Lemon juice	60	0.35	0.24	6.9	0.3	0.01	0.009	0.27	0.01
TOTAL	1584								
<b>Cooked Weight</b>	<b>1522.08</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 394.21</b>									
<b>Total Cooked Calorie: 6000.19</b>									
<b>Total Raw Calorie: 5928</b>									

**Table 137 - Changes in the Contents and Calories After Cooking of Revani in 1962**

<b>Name of the dish : REVANI (ALATURKA-ALAFRANGA YEMEK-TATLI-PASTA KİTABI, Fahriye Nedim)</b>									
<b>Cooking Method: Baking</b>									
<b>Year : 1962</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Semolina	650	12.68	1.05	72.83	3.9	3.61	0.29	19.7	1.110
Butter	240	0.85	81.11	0.06	-	0.08	8.52	0.005	-
Egg	264	12.56	9.51	0.72	-	1.45	1.09	0.07	-
Granulated Sugar (cake)	240	-	-	100	-	-	-	9.97	-
Granulated Sugar (sherbet)	1000	-	-	100	-	-	-	43.81	-
<b>TOTAL</b>	<b>2394</b>								
<b>Cooked Weight</b>	<b>2282.48</b>								
Retention factors of cake by baking : protein 1.0; fat 1.0; cho 0.95; fiber 1.0									
<b>Cooked Calorie per 100 g 406.1</b>									
<b>Total Cooked Calorie: 9269.15</b>									
<b>Total Raw Calorie: 9089</b>									

**Table 138 - Changes in the Contents and Calories After Cooking of Aşure in 2018**

Name of the dish : AŞURE (GÖNÜL CANDAŞ'IN MUTFAĞINDAN, Gönül Candaş)									
Cooking Method: Boiling									
Year : 2018									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat	651	23.15	9.72	51.8	13.2	4.34	1.72	9.72	2.47
White rice	100	6.78	-	83.05	1.7	0.19	-	2.39	0.04
Chickpeas	75	4.62	1.54	15.38	3.1	0.1	0.03	0.33	0.07
Dried beans	75	33.33	-	20	13.3	0.74	-	0.43	0.3
Raisins	75	2.52	0.54	78.47	6.8	0.05	0.012	1.78	0.15
Dried fig	62.15	3.3	0.93	63.87	9.8	0.06	0.01	1.20	0.18
Dried apricot	44	2.5	-	55	7.5	0.03	-	0.73	0.1
Orange peel	-	-	-	-	-	-	-	-	-
Granulated sugar	1140	-	-	100	-	-	-	34.59	-
Rosewater	69	-	-	-	-	-	-	-	-
Walnut	100	14.29	64.29	14.29	7.1	0.43	1.95	0.43	0.21
Cinnamon	1	-	-	-	-	-	-	-	-
Salt	1	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>2393.15</b>								
<b>Cooked Weight</b>	<b>3295.68</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of rice by boiling protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
<b>Cooked Calorie per 100 g 270.68</b>									
<b>Total Cooked Calorie: 8920.74</b>									
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Total Raw Calorie: 8524</b>									

**Table 139 - Changes in the Contents and Calories After Cooking of Aşure in 2016**

Name of the dish : AŞURE (BÜYÜK YEMEK KİTABI, Emine Beder)									
Cooking Method: Boiling									
Year : 2016									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat	323.5	23.15	9.72	51.8	13.2	3.07	1.22	6.86	1.75
Chickpeas	75	4.62	1.54	15.38	3.1	0.14	0.04	0.47	0.11
Dried Beans	75	33.33	-	20	13.3	1.21	-	0.7	0.49
Raisins	75	2.52	0.54	78.47	6.8	0.08	0.017	2.51	0.21
Dried Figs	129.95	3.3	0.93	63.87	9.8	0.18	0.05	3.57	0.54
Carrot	61	0.93	0.24	9.58	2.8	0.02	0.006	0.25	0.07
Dried apricots	100	2.5	-	55	7.5	0.10	-	2.36	0.32
Hazelnut	199.8	13.33	40	40	6.7	1.14	3.44	3.44	0.57
Granulated sugar	380	-	-	100	-	-	-	16.3	-
Starch	12	-	-	87.50	-	-	-	0.43	-
Orange peel	28	1.5	0.2	25	10.6	0.01	0.002	0.3	0.12
Peanuts	66.6	25.80	49.24	16.13	8.5	0.74	1.41	0.46	0.24
Cinnamon	2	-	-	-	-	-	-	-	-
Rosewater	3	-	-	-	-	-	-	-	-
Apple	161	0.27	0.13	12.76	1.3	0.01	0.008	0.88	0.08
Orange	131	0.7	0.21	11.54	2.4	0.03	0.01	0.64	0.13
<b>TOTAL</b>	<b>1822.85</b>								
<b>Cooked Weight</b>	<b>2317.43</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 248.68</b>									
<b>Total Cooked Calorie: 5762.98</b>									
<b>Total Raw Calorie: 5534</b>									

**Table 140 - Changes in the Contents and Calories After Cooking of Aşure in 2015**

Name of the dish : AŞURE (TÜRK MUTFAĞINDAN SEÇME YEMEKLER, Leman Cılızoğlu Eryılmaz)									
Cooking Method: Boiling									
Year : 2015									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Granulated sugar	475	-	-	100	-	-	-	31.14	-
Chickpeas	75	4.62	1.54	15.38	3.1	0.22	0.07	0.71	0.15
Dried Beans	50	33.33	-	20	13.3	1.07	-	0.62	0.43
Dried Fig	62.15	3.3	0.93	63.87	9.8	0.13	0.03	2.59	0.39
Wheat	310	23.15	9.72	51.8	13.2	4.46	1.77	10	2.54
Currants	45.5	3.43	0.22	76.98	4.4	0.1	0.006	2.29	0.13
Raisins	37.5	2.52	0.54	78.47	6.8	0.06	0.01	1.92	0.16
Hazelnut	66.6	13.33	40	40	6.7	0.58	1.74	1.74	0.29
Cinnamon	5	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>1126.75</b>								
<b>Cooked Weight</b>	<b>1525.3</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 271.33</b>									
<b>Total Cooked Calorie: 4138.59</b>									
<b>Total Raw Calorie: 3983</b>									

**Table 141 - Changes in the Contents and Calories After Cooking of Aşure in 2013**

<b>Name of the dish : AŞURE (BEREKETLİ OLSUN, Gönül Candas)</b>									
<b>Cooking Method: Boiling</b>									
<b>Year : 2013</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat	647	23.15	9.72	51.8	13.2	4.19	1.66	9.38	2.39
Rice	100	6.78	-	83.05	1.7	0.18	-	2.32	0.04
Dried beans	75	33.33	-	20	13.3	0.72	-	0.41	0.29
Chickpeas	75	4.62	1.54	15.38	3.1	0.10	0.03	0.32	0.06
Raisins	37.5	2.52	0.54	78.47	6.8	0.02	0.005	0.86	0.07
Dried figs	62.15	3.3	0.93	63.87	9.8	0.06	0.01	1.16	0.17
Orange peel	8.75	1.5	0.2	25	10.6	0.003	0.0005	0.06	0.02
Rosewater	69	-	-	-	-	-	-	-	-
Vanilla	58	-	-	-	-	-	-	-	-
Hazelnut	300	13.33	40	40	6.7	1.17	3.53	3.53	0.59
Coconut	10	3.33	33.49	15.23	9	0.009	0.09	0.04	0.02
Granulated sugar	1045	-	-	100	-	-	-	30.7	-
<b>TOTAL</b>	<b>2487.4</b>								
<b>Cooked Weight</b>	<b>3394.31</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of rice by boiling protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
<b>Cooked Calorie per 100 g 276.15</b>									
<b>Total Cooked Calorie: 9373.38</b>									
<b>Total Raw Calorie: 9044</b>									

**Table 142 - Changes in the Contents and Calories After Cooking of Aşure in 2011**

Name of the dish : AŞURE (TATLISIYLA TUZLUSUYLA SOFRAMIZ, H.Güler Vural)									
Cooking Method: Boiling									
Year : 2011									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Wheat	500	23.15	9.72	51.8	13.2	2.95	1.16	6.56	1.67
White rice	100	6.78	-	83.05	1.7	0.17	-	2.1	0.04
Chickpeas	112.5	4.62	1.54	15.38	3.1	0.13	0.04	0.43	0.09
Dried beans	112.5	33.33	-	20	13.3	0.98	-	0.57	0.39
Raisins	100	2.52	0.54	78.47	6.8	0.06	0.01	2.09	0.18
Dried fig	62.15	3.3	0.93	63.87	9.8	0.05	0.01	1.05	0.16
Hazelnut	120	13.33	40	40	6.7	0.42	1.28	1.28	0.21
Peanut	120	25.80	49.24	16.13	8.5	0.82	1.57	0.51	0.27
Walnut	120	14.29	64.29	14.29	7.1	0.45	2.05	0.45	0.22
Cinnamon	-	-	-	-	-	-	-	-	-
Granulated sugar	1500	-	-	100	-	-	-	-	-
<b>TOTAL</b>	<b>2847.15</b>					<b>6.03</b>	<b>6.12</b>	<b>15.04</b>	<b>3.23</b>
<b>Cooked Weight</b>	<b>3749.27</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of rice by boiling protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
<b>Cooked Calorie per 100 g 145.82</b>									
<b>Total Cooked Calorie: 5467.18</b>									
<b>Total Raw Calorie: 11009</b>									

**Table 143 - Changes in the Contents and Calories After Cooking of Aşure in 2000**

<b>Name of the dish : AŞURE (TATLI KİTAP, Turkul Şavkay)</b>									
<b>Cooking Method: Boiling</b>									
<b>Year : 2000</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Sunflower oil	15.75 g	-	100	-	-	-	0.54	-	-
Granulated Sugar	800	-	-	100	-	-	-	27.44	-
Raisins	200	2.52	0.54	78.47	6.8	0.17	0.03	5.33	0.46
Dried apricot	150	2.5	-	55	7.5	0.12	-	2.8	0.38
Dried Fig	150	3.3	0.93	63.87	9.8	0.16	0.04	3.25	0.49
Dried Beans	125	33.33	-	20	13.3	1.40	-	0.81	0.57
Chickpeas	125	4.62	1.54	15.38	3.1	0.19	0.06	0.62	0.13
Wheat	400	23.15	9.72	51.8	13.2	3.01	1.20	6.75	1.72
Milk	230	21.43	32.14	3.57	-	1.67	2.5	0.27	-
Rose Water	3	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>2198.75</b>								
<b>Cooked Weight</b>	<b>2914.5</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 262.79</b>									
<b>Total Cooked Calorie: 7659.01</b>									
<b>Total Raw Calorie: 7483</b>									



**Table 144 - Changes in the Contents and Calories After Cooking of Aşure in 1987**

Name of the dish : AŞURE (İZAHLI YEMEK KİTABI, İnci Beşoğul)									
Cooking Method: Boiling									
Year : 1987									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Granulated Sugar	570	-	-	100	-	-	-	22.7	-
Raisins	100	2.52	0.54	78.47	6.8	0.1	0.02	3.21	0.27
Currant	50	3.43	0.22	76.98	4.4	0.06	0.004	1.53	0.08
Dried Fig	62.15	3.3	0.93	63.87	9.8	0.08	0.02	1.57	0.24
Walnuts	100	14.29	64.29	14.29	7.1	0.56	2.55	0.56	0.28
Almonds	100	21.43	50	21.43	10.7	0.85	1.99	0.85	0.42
Dried Beans	50	33.33	-	20	13.3	0.65	-	0.37	0.26
Chickpeas	50	4.62	1.54	15.38	3.1	0.09	0.03	0.29	0.06
Wheat	323.5	23.15	9.72	51.8	13.2	2.83	1.12	6.34	1.61
Milk	690	21.43	32.14	3.57	-	5.89	8.83	0.98	-
Cinnamon	-	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>2285.66</b>								
<b>Cooked Weight</b>	<b>2509.48</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 335.52</b>									
<b>Total Cooked Calorie: 8419.80</b>									
<b>Total Raw Calorie: 8788</b>									

**Table 145 - Changes in the Contents and Calories After Cooking of Aşure in 1985**

<b>Name of the dish : AŞURE (AĞIZ TADI, Sevim Tanör)</b>									
<b>Cooking Method: Boiling</b>									
<b>Year : 1985</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Granulated Sugar	1000	-	-	100	-	-	-	25.8	-
Raisins	92	2.52	0.54	78.47	6.8	0.05	0.01	1.85	0.16
Currant	41.6	3.43	0.22	76.98	4.4	0.03	0.002	0.82	0.04
Dried Fig	62.15	3.3	0.93	63.87	9.8	0.05	0.01	1.02	0.15
Pomegranate	150	1.67	1.17	18.70	4	0.06	0.04	0.72	0.15
Hazelnut	120	13.33	40	40	6.7	0.41	1.24	1.24	0.2
Walnuts	50	14.29	64.29	14.29	7.1	0.18	0.82	0.18	0.09
Dried Beans	66	33.33	-	20	13.3	0.55	-	0.32	0.22
Chickpeas	200	4.62	1.54	15.38	3.1	0.23	0.07	0.75	0.16
Wheat	500	23.15	9.72	51.8	13.2	2.84	1.13	6.36	1.62
White Rice	190	6.78	-	83.05	1.7	0.33	-	4.06	0.08
Milk	575	21.43	32.14	3.57	-	3.18	4.77	0.53	-
<b>TOTAL</b>	<b>3046.75</b>								
<b>Cooked Weight</b>	<b>3868.35</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 284.79</b>									
<b>Total Cooked Calorie: 11016.67</b>									
<b>Total Raw Calorie: 11228</b>									

**Table 146 - Changes in the Contents and Calories After Cooking of Aşure in 1982**

Name of the dish : AŞURE (AŞÇIM, Sonay Nurettin Kılınçer)									
Cooking Method: Boiling									
Year : 1982									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Butter	20	0.85	81.11	0.06	-	0.01	1.33	0.0009	-
Starch	8	-	-	87.50	-	-	-	0.56	-
Granulated Sugar	285	-	-	100	-	-	-	23.4	-
Currant	74	3.43	0.22	76.98	4.4	0.2	0.01	4.67	0.26
Raisins	100	2.52	0.54	78.47	6.8	0.2	0.04	6.44	0.55
Dried apricot	40	2.5	-	55	7.5	0.08	-	1.8	0.24
Dried Fig	56.5	3.3	0.93	63.87	9.8	0.15	0.04	2.95	0.45
Pistachio	4	21.16	45.86	28.22	10.6	0.06	0.14	0.09	0.03
Dried Beans	75	33.33	-	20	13.3	2.01	-	1.17	0.81
Chickpeas	75	4.62	1.54	15.38	3.1	0.27	0.09	0.89	0.19
Wheat	77.5	23.15	9.72	51.8	13.2	1.39	0.55	3.13	0.79
White Rice	100	6.78	-	83.05	1.7	0.52	-	6.47	0.13
<b>TOTAL</b>	<b>915</b>								
<b>Cooked Weight</b>	<b>1217.7</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of rice by boiling protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
<b>Cooked Calorie per 100 g 252.54</b>									
<b>Total Cooked Calorie: 3075.17</b>									
<b>Total Raw Calorie: 3071</b>									

**Table 147 - Changes in the Contents and Calories After Cooking of Aşure in 1979**

<b>Name of the dish : AŞURE (TÜRK TATLI SANATI, Necip Usta)</b>									
<b>Cooking Method: Boiling</b>									
<b>Year : 1979</b>									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Butter	50	0.85	81.11	0.06	-	0.01	1.20	0.0008	-
Granulated Sugar	600	-	-	100	-	-	-	17.9	-
Raisins	125	2.52	0.54	78.47	6.8	0.09	0.02	2.93	0.25
Dried apricots	96	2.5	-	55	7.5	0.07	-	1.57	0.21
Dried Fig	135.6	3.3	0.93	63.87	9.8	0.13	0.03	2.59	0.39
Walnuts	150	14.29	64.29	14.29	7.1	0.64	2.88	0.64	0.31
Peanut	75	25.80	49.24	16.13	8.5	0.57	1.10	0.36	0.19
Pistachio	50	21.16	45.86	28.22	10.6	0.31	0.68	0.42	0.15
Dried Beans	200	33.33	-	20	13.3	1.95	-	1.13	0.79
Chickpeas	150	4.62	1.54	15.38	3.1	0.20	0.06	0.65	0.13
Wheat	200	23.15	9.72	51.8	13.2	1.31	0.52	2.94	0.75
White Rice	200	6.78	-	83.05	1.7	0.4	-	4.97	0.1
Milk	230	21.43	32.14	3.57	-	1.47	2.21	0.24	-
Rose Water	34.5	-	-	-	-	-	-	-	-
Hararot	-	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>2296.1</b>								
<b>Cooked Weight</b>	<b>3336.6</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of rice by boiling protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
<b>Cooked Calorie per 100 g 258.8</b>									
<b>Total Cooked Calorie: 8712.76</b>									
<b>Total Raw Calorie: 8637</b>									

**Table 148 - Changes in the Contents and Calories After Cooking of Aşure in 1971**

Name of the dish : AŞURE (YEMEK PIŞİRME TEMEL METHOD VE UYGULAMALARI, Leman Cılızoğlu)									
Cooking Method: Boiling									
Year : 1971									
Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber in g per 100 g input ingredient	Protein in g per 100 g cooked weight	Fat in g per 100 g cooked weight	Carbohydrate in g per 100 g cooked weight	Fiber in g per 100 g cooked weight
Granulated Sugar	475	-	-	100	-	-	-	29.51	-
Dried Beans	50	33.33	-	20	13.3	1.01	-	0.59	0.41
Chickpeas	75	4.62	1.54	15.38	3.1	0.21	0.07	0.68	0.14
Wheat	310	23.15	9.72	51.8	13.2	4.23	1.68	9.47	2.41
Raisins	37.5	2.52	0.54	78.47	6.8	0.05	0.01	1.82	0.15
Currants	45.5	3.43	0.22	76.98	4.4	0.09	0.006	2.17	0.12
Dried Fig	50.85	3.3	0.93	63.87	9.8	0.1	0.02	2.01	0.3
Hazelnut	66.6	13.33	40	40	6.7	0.55	1.65	1.65	0.27
Walnuts	50	14.29	64.29	14.29	7.1	0.44	1.99	0.44	0.22
Cinnamon	5	-	-	-	-	-	-	-	-
<b>TOTAL</b>	<b>1165.45</b>								
<b>Cooked Weight</b>	<b>1609.5</b>								
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
Retention factors of wheat by boiling : protein 0.95; fat 0.90; cho 0.95; fiber 0.95									
Retention factors of chickpeas by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									
<b>Cooked Calorie per 100 g 276.9</b>									
<b>Total Cooked Calorie: 4456.70</b>									
<b>Total Raw Calorie: 4275</b>									
Retention factors of dried beans by boiling : protein 0.98; fat 1.00; cho 0.95; fiber 1.00									

**APPENDIX-6 List of Popular Cookbooks Selected Between 1962-2018**

2018	Gönül Candaş'ın Mutfağından	Gönül Candaş	Arkadaş Yayınevi	Güllaç
2018	Gönül Candaş'ın Mutfağından	Gönül Candaş	Arkadaş Yayınevi	Aşure
2018	Gönül Candaş'ın Mutfağından	Gönül Candaş	Arkadaş Yayınevi	Yağlı Revani
2018	Gönül Candaş'ın Mutfağından	Gönül Candaş	Arkadaş Yayınevi	Yağsız Revani
2016	Büyük Yemek Kitabı	Emine Beder	İnkılap Yayınevi	Güllaç
2016	Büyük Yemek Kitabı	Emine Beder	İnkılap Yayınevi	Revani
2016	Büyük Yemek Kitabı	Emine Beder	İnkılap Yayınevi	Aşure
2015	Türk Mutfağından Seçme Yemekler	L.Cılızoğlu Eryılmaz	Remzi Kitapevi	Cevizli Güllaç
2015	Türk Mutfağından Seçme Yemekler	L.Cılızoğlu Eryılmaz	Remzi Kitapevi	Sütlü Güllaç Tatlısı
2015	Türk Mutfağından Seçme Yemekler	L.Cılızoğlu Eryılmaz	Remzi Kitapevi	Yağlı Revani
2015	Türk Mutfağından Seçme Yemekler	L.Cılızoğlu Eryılmaz	Remzi Kitapevi	Yağsız Revani
2015	Türk Mutfağından Seçme Yemekler	L.Cılızoğlu Eryılmaz	Remzi Kitapevi	Aşure
2013	Bereketli Olsun	Gönül Candaş	Arkadaş Yayınevi	Revani
2013	Bereketli Olsun	Gönül Candaş	Arkadaş Yayınevi	Aşure

2011	Tatlısıyla Tuzlusuyla Soframız	H.Güler Vural	Melisa Yayıncılık	Revani-1
2011	Tatlısıyla Tuzlusuyla Soframız	H.Güler Vural	Melisa Yayıncılık	Revani-2
2011	Tatlısıyla Tuzlusuyla Soframız	H.Güler Vural	Melisa Yayıncılık	Aşure
2000	Tatlı Kitap	Turkul Şavşay	Şekerbank	Güllaç
2000	Tatlı Kitap	Turkul Şavşay	Şekerbank	Revani
2000	Tatlı Kitap	Turkul Şavşay	Şekerbank	Aşure
1987	İzahlı Yemek Kitabı	İnci Beşoğul	Bedir Yayınları	Revani
1987	İzahlı Yemek Kitabı	İnci Beşoğul	Bedir Yayınları	Aşure
1985	Ağız Tadı	Sevim Tanör	Pencere Yayınları	Revani
1985	Ağız Tadı	Sevim Tanör	Pencere Yayınları	Yağlı Revani
1985	Ağız Tadı	Sevim Tanör	Pencere Yayınları	Aşure
1982	Aşçım	Sonay Nurettin Kılınçer	Matser Matbaacılık	Güllaç
1982	Aşçım	Sonay Nurettin Kılınçer	Matser Matbaacılık	Revani
1982	Aşçım	Sonay Nurettin Kılınçer	Matser Matbaacılık	Aşure
1979	Türk Tatlı Sanatı	Necip Usta	Remzi Kitapevi	Güllaç

1979	Türk Tatlı Sanatı	Necip Usta	Remzi Kitapevi	Revani
1979	Türk Tatlı Sanatı	Necip Usta	Remzi Kitapevi	Aşure
1971	Yemek Pişirme Temel Method ve Uygulamaları	L.Cılızoğlu	MEB	Revani
1971	Yemek Pişirme Temel Method ve Uygulamaları	L.Cılızoğlu	MEB	Güllaç
1971	Yemek Pişirme Temel Method ve Uygulamaları	L.Cılızoğlu	MEB	Yağlı Revani
1971	Yemek Pişirme Temel Method ve Uygulamaları	L.Cılızoğlu	MEB	Aşure
1962	Alaturka-Alafranga Yemek-Tatlı-Pasta Kitabı	Fahriye Nedim	İnkılap Yayınları	Revani





## APPENDIX-7 An Example of the Calculation Method.

Name of the dish : AŞURE (TATLI KİTAP, Turkuş Şavkay)

Ingredients (ready to cook)	Base recipe (g)	Protein in g per 100 g input ingredient	Fat in g per 100 g input ingredient	Carbohydrate in g per 100 g input ingredient	Fiber, total dietary (g)
Sunflower oil	15.75 g	-	100	-	-
Granulated Sugar	800	-	-	100	-
Raisins	200	2.52	0.54	78.47	6.8
Dried apricot	150	2.5	-	55	7.5
Dried Fig	150	3.3	0.93	63.87	9.8
Dried Beans	125	33.33	-	20	13.3
Chickpeas	125	4.62	1.54	15.38	3.1
Wheat	400	23.15	9.72	51.8	13.2
Milk	230	21.43	32.14	3.57	-
Rose Water	3	-	-	-	-
Total Raw Weight	2198.75				

Aşure is a dish prepared by the Boiling method. Therefore, the content changes of the ingredients after the boiling process were examined. In addition, because some ingredients were kept in the water for one night before, Yield Factors of these ingredients were first calculated with the option of soaked. Then, Retention Factors were calculated with the option of boiled for boiled ingredients in separate containers. other ingredients added during cooking were not calculated. The reason for this was that Aşure is a meal which consumed together with the juice of the meal. Although the loss of nutrient content for the ingredients added during cooking, these losses were considered not constant because of the losses were passed into the juice of the meal.

In this recipe, beans, chickpeas and wheat were kept in water overnight. The next day after, the water is filtered and beans, chickpeas and wheat were boiled in separate containers. Chickpeas' and beans' water were filtered again and then added to the wheat container which was boiled. Therefore, firstly, the Yield Factors for beans, chickpeas and wheat were calculated with the soaked option.

Ingredients	Cooking Method	Yield After Procession (%)	Yield Factor , Edible part [e(k,p)]	
			x	y
Dried Beans	Soaked	+160		
Chickpeas	Soaked	+163		
Wheat	Soaked		1.78	

x: mean value of available data

y: confidence interval

Weight changes in the recipe;

- Raw weight of Dried Beans (125 g) with the Yield Factor (+%160) = 325 g
- Raw weight of Chickpeas (125 g) with the Yield Factor (+163) = 328.75 g
- Raw weight of Wheat (400) \* Yield Factor (1.78) = 712 g

The weight of the other ingredients in the recipe were taken as base recipe, excluding dried beans, chickpeas and wheat.

Other ingredients (Raw weights) + Weights after Yield Factor calculation of the foods = **Cooked Weight (2914.5 g)**

After calculating the cooked weight of the recipe, the Retention Factor calculation was applied for calculate the changes in energy, protein, fat, carbohydrate and fiber contents after the cooking process.

The purpose of calculating process in the ingredients which the changes in the content were considered unimportant was, to calculate the amount of contents from each ingredient of 100 g of cooked content . Due to this, the rate-ratio calculations were made. For example, one of the ingredients in which the changes in content are considered not consistant is Raisins which had have 200 g base recipe. When calculating for raisins,

Total Cooked Weight	Raisins
2914.5 g	200 g
Per 100 g	X
<b>X=6.86 g</b>	

Protein in g per 100 g of Raisins	2.52 g
Protein from Raisins in g per 100 g of total cooked weight (6.86)	Y
<b>Y=0.17 g</b>	

This calculation was done separately for protein, fat, carbohydrate and fiber in the ingredients, where the changes in the contents were not considered.

Retention Factor calculation was applied for ingredients that lost content as a result of cooking process.

Ingredients	Cooking Method	Retention Factors			
		Protein	Fat	Carbohydrate	Dietary fibre
Dried Beans	Boiled	0.98	1.00	0.95	1.00
Chickpeas	Boiled	0.98	1.00	0.95	1.00
Wheat	Boiled	0.95	0.90	0.95	0.95

For example, when calculating protein change for Dried Beans ,

Protein from Dried Beans in g per 100 g of total cooked weight (A) = Protein in g from per 100 g of raw Dried Beans (1.54) \* Raw weight of Dried Beans in g (125) / Total cooked weight (2914.5) \* Retention Factor (0.98)

**A=0.06**

Variations in protein, fat, carbohydrate and dietary fibre contents as a result of cooking process were calculated separately for dried beans, chickpeas and wheat.

Then, the total content of protein (g), fat (g), carbohydrate (g) and dietary fiber (g) were calculated. By making a basic calorie calculation, the weight of the protein was multiplied by 4, the fat weight was multiplied by 9, the carbohydrate weight was multiplied by 4 and the fiber weight was multiplied by 2. Thus, the calorie of the cooked recipe was obtained.



## 8. CURRICULUM VITAE

### Kişisel Bilgiler

<b>Adı</b>	Büşra	<b>Soyadı</b>	Kılınç
<b>Doğum Yeri</b>	Samsun	<b>Doğum Tarihi</b>	14.09.1993
<b>Uyruğu</b>	T.C.	<b>TC Kimlik No</b>	20969502520
<b>E-mail</b>	<a href="mailto:kilincbsr@gmail.com">kilincbsr@gmail.com</a>	<b>Tel</b>	555 643 30 77

### Öğrenim Durumu

Derece	Alan	Mezun Olduğu Kurumun Adı	Mezuniyet Yılı
Doktora			
Yüksek Lisans	Beslenme ve Diyetetik	Yeditepe Üniversitesi	2019
Lisans	Beslenme ve Diyetetik	Yeditepe Üniversitesi	2016
Lise	-		

Bildiği Yabancı Dilleri	Yabancı Dil Sınav Notu (#)
İngilizce	87.5

### İş Deneyimi

Görevi	Kurum	Süre (Yıl - Yıl)
Ürün Müdürü	Well Nutrition Sağlık Ürünleri Aş.	2017-2019
Diyetisyen	Gentest	2016-2016

### Bilgisayar Bilgisi

Program	Kullanma becerisi
Microsoft	İyi
SPSS	Orta