

## Gastronomy Tourism And A Study On Cyprus Taste Festivals

Mehmet ÇAVUŞOĞLU\*

Onsekiz Mart Üniversitesi, Gökçeada Uygulamalı Bilimler Y.O., Turizm İşletmeciliği Bölümü, Gökçeada, Çanakkale, TURKEY

\*Sorumlu Yazar

E-posta: mcavusoglu@comu.edu.tr

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### Abstract

This study identified and Cyprus in dozens of years since the flavor is being manufactured and sold in the fair and festivals conducted a study that seeks to protect are recorded. Our study, which is part of the cultural mosaic of Cyprus gastronomy fair and festival of taste, protection in a globalized world, be forgotten are recorded in the production and sales methods, and aims to be passed on to future generations. Our study is the month of Cyprus is quite widespread in the last decade and all fairs and festivals made contact with gastronomy where in the island which theme that has been made in a workspace record. In the first part of the study, Gastronomy tourism, fairs and festivals concepts are explained. In the second part, which is organized themed gastronomic fairs and festivals throughout Cyprus, as places are described event which will be held under the construction dates and events. Research section, Cyprus is themed gastronomic fair is held every year and making information very special flavor traditionally produced and sold at festivals is located. In the concluding section proposals on the protection of fair and festival culture and gastronomic delights that are a part of Cyprus should be done to pass on to future generations is located.

**Keywords:** Cyprus, Gastronomy, Tourism, Fair, Festival

### INTRODUCTION

This study aims the gastronomy culture of Cypriot people holding it as an important part of their lives for centuries and also recording preparation methods of food and beverages in gastronomy theme festivals according to UNESCO's intangible cultural heritage. The descriptions of special food and beverage, the presentation and selling characteris of them belonging to Cyprus festival and cuisine culture are mentioned in this study.

### GASTRONOMY TOURISM

Gastronomy tourism; The main motivation factor is to visit food producers, food festivals, restaurants and special areas to see if you can taste a special type of meal or produce a meal. However, eating a special meal, seeing the different production processes of the food or eating a meal at a famous chef is also covered in this context (ordinary everyday visits to any restaurant do not fall within the scope of gastronomic tourism). The dinners of a region have significant influence on the choice of that region and on the experience that tourists experience in that region. In addition, gastronomy tourism is the travel of tourists in order to experience local food and beverages, rather than preparing food for tourists in restaurants and hotels[2].

Gastronomy tourism is an important marketing tool in the marketing of destinations because gastronomy tourism is a type of tourism that can be realized for 12 months. Therefore, the destination can benefit from the economic, socio-cultural, infrastructure and advantages provided by tourism for twelve months. This shows that it is an important marketing tool for the marketing of gastronomic tourism destination[7].

### FAIR AND FESTIVAL CONCEPTS

Firstly, fairs in Cyprus started such as harvest festival and commercial activity that brought together producer

and consumer. The first then changed as a cultural and commercial activity. Nowadays, the name and content of fairs have changed and converted into gastronomy theme festivals.

### Fair Concept

According to tradition as a directly different from weekly bazaar, fairs are opened once a year or several times of a year and also one week or ten days in term certain and gathered merchants in large areas [6].

The fairs which are based on shopping influenced society's need and revealed transformation, change and specific culture. The culture of shopping as one of the most important characteristic of fair has changed. Shopping culture is a kind of structure followed with fashion that can change very fast and usually develop yearly. Cities undergo change very fast especially textile, household goods, electronics etc. When compared other places. Fairs together with cities built especially countryside in the past are like bridges that bring the changes of need in cities to the countryside. Fairs conduce to introduce some equipment which is used such as modern industry, agriculture, household goods for large mass living in cities and villages[5].

Fairs with its cosmopolit structure have been both social and cultural diversity places since centuries. From this aspect, they are sustainable activity. Cultural and economic activities are in fairs. These situations are known that affect and nourish each other. Culture supports economy and economy provides cultural activities through charming people [5].

Fair tradition started with Ziya Pasha in Cyprus during Otoman period. During his time in 1860, handiwork, hand-printed head scarf selling, quilting, weaver work was so common. Ziya Pasha realized that the introduction and marketing of these products weren't enough. He organized parade for tradesmen knowing each other and the introductions of products. He watched this parade in Baf.

Every craftsman put his own production to his shoulder and passed through the city. This gate is known as Revan Gate. This organization causes the first step of fairs that have lasted until these days [1].

Local fairs have been organized for decades in Cyprus in order to sell products after harvest or religious holiday. Social, cultural and commercial activities together, providing producer to know each other and selling local products, amusing people are the aims of these fairs. Also the most important aim of the fairs is to introduce area such as touristic fair and economic sense. The Fair Wanderer and The Fair Localization are also available. We can sum up fair activities in Cyprus in the form of below stated category:

- Food and drink seller category,
- Household goods and glasswork seller category,
- Games of chance category,
- Concert, folk dancing show and other cultural activities,
- Selling local products category.

#### **Festival Concept**

Festival concept is a kind of show that is prepared for the most important product of region or an important value. Cherry festival, Festivals, Highland festivals come to the forefront. Especially, organized festivals in regions deprived of natural tourism sources such as sea, mountain, lake, forest etc. are important tools. Fairs encourage friendship between people and arouse curiosity for new places [8]. Many festival organizations are available in Cyprus nowadays. These festivals become widespread and the concept of gastronomy and local product come into prominence. At the same time, Cyprus food and drink culture, production methods rise to prominence more. Nowadays festival organizers give numbers such as first, second or fourteenth for festivals that we don't have these systems in Cyprus.

#### **GASTRONOMY BASED LOCAL FESTIVALS AND FAIRS IN CYPRUS**

Festivals and fairs concentrating on Cyprus Gastronomy and Authentic Cuisine culture are organized nowadays. Many equipments, tools and handcraft used in Cyprus Cuisine and Culture are produced and sold again. This situation makes opportunity for young people in order to protect, transfer and introduce their culture to the world. Modernized festivals are arranged in Cyprus nowadays. The food symbols of gastronomic theme organizations in Cyprus and the dates of these activities are summarized in below. These are the most famous fairs and festival in Cyprus.

##### **• Guzelyurt Orange Festival - (24 June-3 July)**

The Orange festival is the most comprehensive festival in Cyprus. The aim of this festival is to introduce citrus products and producers. Food and drink which is unique to Cyprus, are sold in the festival. In addition to this, artistic and cultural activities are organized. *Flavors produced and sold by the Festival Theme:* Orange and citrus products are the theme of this activity. Orange preserve, citrus jam, citrus paste, orange juice, citrus flower paste, Valencia orange, Jaffa orange, mandarin, grapefruit and other traditional tastes are produced and sold.

##### **• Mehmetcik (Galatya)Grape Festival – Mehmetcik Village - (5-14 August)**

Mehmetcik (Galatya) is the largest grape growing area in Cyprus. This festival is organized in every year. Firstly, this activity started as a Mehmetcik Fair and later changed as a festival activity. *Flavors produced and sold by the Festival Theme:* Grape paste, sausage, blancmange, dried grape, vinegar, wine, Zivania alcohol, molasses, black grapes, white grapes and other traditional tastes are produced and

sold in festival.

##### **• Tathisu Carob Festival - Tathisu Village - (5-8 September)**

Tathisu is the most important carob growth area and this festival has been organized lately. *Flavors produced and sold by the Festival Theme:* Molasses from carob, blancmange and other traditional tastes are produced and sold. Furthermore, the production process is introduced.

##### **• Kyrenia Olive Festival – Kyrenia City- (1-6 October)**

It is one of the most important festivals in Kyrenia. This is organized in olive harvest period. (October- November) *Flavors produced and sold by the Festival Theme:* Black olives, Cakisdez, olive oil, bitta and other traditional tastes are produced and sold.

##### **• YedidalgaVerigo Festival – Yedidalga Village - (3-4 September)**

As a table grape Verigo is produced in Cyprus. Especially, the grape is coarse grained and has large bunch. Verigo is very sweet grape. Its economic value is high and also grape is preferred pretty much in Cyprus. This is an important activity that introduces Verigo to the world. *Flavors produced and sold by the Festival Theme:*Verigo grape and other traditional tastes are produced and sold.

##### **• Beyarmudu Potato Culture and Art Festival – Beyarmudu - (1-7 August)**

*Isbonda* potato is a kind of local potato in Beyarmudu village that is produced in large amounts in Cyprus. This is actually Pergama fair which is modernized and transformed into festival. *Flavors produced and sold by the Festival Theme:**Isbonda* potato, carrot and other traditional tastes are produced and sold.

##### **• DoğanköyHawthorn Festival – Doğanköy Village - (2-3 November)**

Hawthorn is a kind of herb, that especially grown in its own natural habitat and cultivated in fall, which is especially used for making jam and marmalade. *Flavors produced and sold by the Festival Theme:* Hawthorn, the theme of this festival, hawthorn paste and other traditional fair and festival tastes, which are belong to Cyprus are produced and sold.

##### **• Lefke Palm Festival - Lefke - (28-29 November)**

The palm festival in Lefke, which is the most important place in date palm production and number of date palms in Cyprus, contributes considerably to the economic, cultural and touristic development of the region. *Flavors produced and sold by the Festival Theme:*Lefke date palm, Date Palm Paste and other traditional fair and festival flavors for Cyprus are produced and sold.

##### **• Lefke Walnut Festival - Lefke - (2-3 June)**

The walnut festival in Lefke, which is one of the most important places for the number of walnut trees and one of the most important places that comes to mind in walnut production in Cyprus, makes a great contribution to economic, cultural and touristic development of the region. *Flavors produced and sold by the Festival Theme:* Walnuts, walnut paste, walnut meat, dried walnuts and other traditional fair and festival flavors, which are special to Cyprus, are produced and sold.

##### **• Yeşilirmak Traditional Strawberry Festival - Yeşilirmak Village- (30 April- 3 May)**

The strawberry festival in Yeşilirmak Village, the only place that comes to mind when strawberries are mentioned in Cyprus, makes a great contribution to economic, cultural and touristic development of the region. *Flavors produced and sold by the Festival Theme:* Strawberry, Strawberry Pastes are produced and sold.

##### **• EsentepeZerdali Festival - Esentepe Village - (May 29 - June 6)**

The Zerdali (wild apricot) Festival, held in the Esentepe village, the largest region of wild apricot production in Cyprus, contributes considerably to the economic, cultural and touristic development of the region. **Flavors produced and sold by the Festival Theme:**Zerdali (wild apricot), Zerdali jam are produced and sold.

• **Görneç Hand Pasta Festival - Görneç Village - (May 18)**

It is a festival for future generations to convey the production techniques of the hand pasta, one of the most basic foods made in the traditional Cyprus cuisine, and the authentic Cypriot culinary pasta dishes made from this pasta. **Flavors produced and sold by the Festival Theme:**Handmade pasta, that is main theme of this event, noodles, vermicelli and other fair and festival flavors of Cyprus are produced and sold.

• **KalkanlıÇakızdez Festival - Kalkanlı Village - (27-29 September)**

The Çakızdez Festival, held in the Kalkanlı village which is a region of Cyprus with thousands of years of monumental olive trees, contributes significantly to the economic, cultural and touristic development of the region. Chakızdez is a green olive that is broken and salted in salty water. **Flavors produced and sold by the Festival Theme:**GaraZeytin, Çakızdez, GaraYağ, Olive Oil, Bitta with Olive, which are made of subject of this event olive, and other traditional fairs and festival flavors for Cyprus are produced and sold

• **BağlıköyPaluze Festival - Bağlıköy Village - (September 29)**

The Paluze festival, which started in Bağlıköy, a village famous for its vineyards, gives a great contribution to economic, cultural and touristic development of the region. Within this festival, many products made from grapes produced in the region are being sold. Paluze, which gives the name to the festival, is a kind of pudding made by baking flour added to the squeezed grape juice and served with ornaments over it. **Flavors produced and sold by the Festival Theme:**Grape Pastry, Sucuk, Köfter, Paluze, Guru Grape, Vinegar, Wine, Zivaniya, Betmez, Gara Grape, White Grape which are made of subject of this event **GRAPE** and other traditional fairs and festival flavors for Cyprus are produced and sold.

• **GeçitkaleHellim Festival - Geçitkale Village - (9-11 September)**

This festival, which is organized in the name of Hellim, the famous cheese variety of Cyprus and its fame spread all over the world, provides great economic, cultural and touristic contributions to both the Hellim's world introduction and the festival's Geçitkale region. **Flavors produced and sold by the Festival Theme:**Main subject of this event Hellim and Fresh Nor, Guru Nor, Paf, other fair and festival flavors of Cyprus are produced and sold.

• **SerdarlıBabutsa Festival- Serdarlı (Çatoz) Village (5 -7 August)**

Babutsa is a very popular fruit in Cyprus in the summer time. Babutsa, a kind of fruit of a cactus, it is collected early in the morning by cutting it with an empty tin can attached to the end of a stick. Afterwards, the outer shells of fruit, which are quite prickly, with the help of rubber gloves and knives attached to the handles, are cleaned and fruit cooled in the fridge, then it is ready to eat as a delicious summer fruit. The most intensively produced region of Babutsa in Cyprus is Serdar village. **Flavors produced and sold by the Festival Theme:**Babutsa (Tiken Fig), which is the base of this event, and other traditional festival and festival specialties for Cyprus are produced and sold.

• **Once Upon A Time, The Luricina Fair - Luricina Village - (October 18)**

There is currently no gastronomic product that is the main theme of the Luricina festival, but there is Luricina Tomato, which is produced in the village of Luricina and is very famous in Cyprus. LuricinaTomato carries a product quality which can be a theme for festivals to be held in Luricina village from now on. **Flavors produced and sold by the Festival Theme:**Luricina Tomato, which is the theme of this activity, grape and cowbean are being produced and sold on traditional traditional fairy and festival tastes of Cyprus.

• **Yıldırım Watermelon Festival - Yıldırım Village - (31 May - 1 June)**

Among the watermelon producers in the watermelon festival which is held in the village of Yıldırım (Celya), one of the villages of Mesarya region, the biggest watermelon contest, watermelon competition, watermelon decoration event, photography exhibition, concert and folklore display are performed. **Flavors produced and sold by the Festival Theme:**Watermelon, which is the theme of this activity, watermelon paste, watermelon seed, watermelon-Hellim-Çöreg are produced and sold.

**Other fairs and festivals organized in Cyprus are listed below:**

• **YeniboğaziçiPulya Festival - Yeniboğaziçi Village - (12-21 August)**

• **Karsiyaka Wild Pear Festival - Karsiyaka Village - (17-18 October)**

• **Bellapais Silk Cocoon Festival - Balabayıs Village - (8-10 May)**

• **Koruçam Home Products and Handicraft Festival - Koruçam Village- (June 5)**

• **Ayrelli Festival - Akdeniz Village - (April 14)**

• **Ozanköy Molasses Festival - Ozanköy Village- (26-28 August)**

• **Mormenekşe Artichoke Festival - Mormenekşe Village - (8-10 May)**

• **YeniErenköy Fish Festival – YeniErenköy Village - (10-13 September)**

• **Alaniçi Harvest Festival – AlaniçiVillage - (12-21 June)**

• **Yiğitler (Arçoz) Gafgant Festival – YiğitlerVillage - (April 3)**

• **Alayköy Grain Festival – AlayköyVillage - (5-7 June)**

• **Northern Cyprus Food Festival -Lefkoşa City - (19-20 June)**

• **Kalavaç(Gıbrızlı) Art and CultureFestival – KalavaçVillage - (April 21)**

• **Büyükkonuk Eco Days – BüyükkonukVillage - (14 October)**

• **Traditional Famagusta Fair – Mağusa City - (26 August – 4 Eylül)**

• **Nostalğic Sinde Fair – İnönü (Sinde) Village - (3 – 5 June)**

• **Akdoğan Fair – Akdoğan Village - (26 August – 4 September)**

• **Akdoğan Fair – Akdoğan Village - (26 August – 4 September)**

• **Mesarya Fair – Paşaköy Village- (27 May – 5 June)**

• **Tuzla Fair – Tuzla Village - (12-13 August)**

• **Çamlıbel Fair – Çamlıbel Village - (31 July)**

## MATERIALS AND METHODS

The information gathered in our study was obtained from the observations of the trips made in Cyprus (Collecting Primary Data Through Observation) and the scanning of the Written Documentation. In our work, we used the stateful detector / descriptive research model.

## A RESEARCH ON PRODUCTS SOLD IN CYPRUS TASTE FESTIVALS

The survey results were collected primarily from trips to different parts of Cyprus, from local fairs and festivals I attended, from my environmental observations, and from street vendors across Cyprus. The products in this section are written in the way of Cyprus. The research section contains information on the construction of very special foods specific to Cypriot gastronomy-based festivals and fairy-tale cultures, and the presentation of these foods. Research was done across Cyprus.

## RESULTS

The results of the research in this section have been derived from the gastronomic-based fairs and festivals that I have visited in Cyprus every year regularly between 1996 and 2015 (about twenty years). The results of our research are in the following section.

### Special Flavors Sold At Fairs And Festivals

We examined the Cypriot delicacies sold in festivals and fairs in seven categories. All of these flavors are made with the traditional methods and materials of Cyprus. Special tastes sold at festivals and fairs are listed in Table 1.

Table 1. Special Tastes Sold at Fairs and Festivals

Deserts and Pastries	Jam and Pastes	Fruits and Weeds	Meat Products	Other Products
Şekerpade	Ceviz Macunu	Babutsa	Şeftali Kebabı	Felafel
Şekereli Leblebi	Alıç Macunu	Alıç	Hurun Kebabı	Zivania
Çitlemit		Gonnara	Smarela	Garayağ
Şamişi		Harnup		Çakistez
Pamuk Şekeri		Ayrelli		Pasdemb
Sadrazam Sucuğu		Hostez		Hellim
Pastelli		Gappari		
Paluze		Gafgant		
Sucug		Molihia		
Kafes		Kolokas		
Pilavuna		Bullez		
Çitlemitli				

### Very Special Desserts And Pastries Sold At Cypriot Fairs and Festivals:

Below are the traditional methods of making and selling traditional desserts of Cyprus fairs and festivals. These desserts have been made with the same materials and methods for hundreds of years and have become indispensable desserts especially for events such as fairs and festivals.

#### • Şekerpadem

Şekerpadem is white sugar-coated almonds. It is a snack type sold at fairs and festivals. This product is weighed and sold in Cyprus paper bag called "Hartuç".

#### • Sweet Chickpeas

Over peas are sugar-coated in various colors. It is a snack type sold at fairs and festivals. This product is weighed and sold in Cyprus paper bag called "Hartuç".

#### • Çitlemit and Şamişi

Çitlemit, also known as Menengic, a wild forest plant growing wild in the mountains, is sold in fairs or festivals which are organized in Cyprus with simple or over-coated

sugar. Mastic is a type of cookie that is usually sold at fairs and festivals. Şamişi is an indispensable sweet of fairs and festivals. It is a paste dessert which is sprinkled with sherbet after it is fried in oil.

#### • Cotton Candy

The cotton candy is made by a small pot-shaped heater placed in the center of a large pan, a pipe-like funnel-like pipe covered with small holes, and an engine system that turns this funnel into a human power. First, the powdered sugar that is poured into the pot-shaped metal is heated and converted into liquid. Then the paddle-driven motor begins to turn this tool and turns into a puddle by sweeping through the perforated funnel rotating with the aid of a sugar motor which is turned into a liquid by means of a gas-fired heater.

#### • SadrazamSucugu

It is a type Turkish delight that covered with powdered sugar which is made in the form of a lokum material which is coated on walnuts arranged on a line of about one meter.

#### • Pastelli, Paluze and Sucug

Pastelli is a dessert which is caramelized by boiling sesame, honey or molasses, then pouring it on oily paper for cooling. Paluze is a pudding made of grape juice and flour. Sucug is a kind of dessert made of almonds arranged on a rope of about one meter, made of grape juice and flour made of flour and soaked in paluzenin and resembling dried cucumbers. This product is weighed and sold in Cyprus paper bag called "Hartuç".

### Very Special Pastries Sold At Cyprus Fairs And Festivals

Pastries sold at traditional Cypriot fairs and festivals and their traditional methods of production are listed below.

#### • Kafes

Yeast dough is cut from a piece the size of eggs and rolled about an inch thick and brought both hands to form a ring diameter of 20 cm. Cut two pieces in the size of a walnut of a dough and roll it again by hand to form two flat pieces of 20 cm in length and stick it parallel to the ring in about 10 cm. Then two pieces are cut again with walnut size and rolled by hand again to form two flat pieces of 20 cm length and they are adhered parallel to opposite side of the ring with a search of about 10 cm. The cages made are bleached thirsty and placed in a Sesta (Tray Made Of Broodstock). The cages are baked in the oven until they are pink. Then remove from the oven and cool for 30 minutes. Then it is put back into the oven and cooked for about an hour.

#### • Pilavuna

It is a very delicious donut type which is usually made, eaten and sold at the beginning of the year or at festivals, which is a paste work made of hellim, cheese, flour, eggs, raisins and sesame seeds.

#### • Çitlemitli

Put some olive oil in the unleavened dough and knead it. Then the çitlemit fruit is added to the dough and the fruit is kneaded. The dough is turned into a circle 20 cm in diameter. Fritted bitches are given to the stove. The cages are baked in the oven until they are pink. Then remove from the oven and cool for 30 minutes. It is then put back into the oven and cooked for about an hour.

### Very Special Jams And Pastes Sold At Cyprus Fairs And Festivals

Jams and pastes sold in traditional Cyprus fairs and festivals and their traditional methods of construction are listed below.

#### • Walnut Paste

Traditions and customs are the most beautiful and reflected environments as various ceremonies and celebration days in

the life of society. These include weddings, circumcision ceremonies, ceremonies of child birth, children start school are included. One of the characteristics of the people of Cyprus is "Hospitality" style. Priority should always be given to elderly persons when catering is done. Cypriot people always give priority to the coffee as catering for the guests and then they make paste that is prepared from various fruits [4]. Walnut paste is a kind of jam made by peeling the shells of green raw walnuts, sweetening them with water for seven days and then boiling them in sugar water.

- **Hawthorn Paste**

It is a wild fruit species. It is used in jam making by gathering from the mountains in the autumn.

### Very Special Fruits Sold At Cyprus Fairs And Festivals

Some of very special fruit sold at traditional Cyprus fairs and festivals are listed below.

- **Babutsa, Hawthorn, Gonnara and Carob (Harnup)**

*Babutsa* is a kind of cactus's fruit that is sold after being peeled and peeled in the summer months. It is served cold. *Hawthorn* is a kind of wild fruit. The fruits are gathered in the autumn then collected and sold. Hawthorns are consumed either as fruit or marmelade. "*Gonnara* is a small barrel sized ripe fruit that grows in the summer months and grows in flat barren places. Gonnara, also known as Wild Jujube or Strawberry, has nutritious and sweet fruits. The matured fruits are collected and eaten as dried fruit. It is scattered in the mouth and there is a nucleus in its center. Gonnara's Latin name is *Zizyphus Lotus* [9]. *Carob (Harnup)* is a kind of wild Mediterranean forest tree. Fruit is also known as carob. The juice is squeezed into molasses or palisade.

### Very Special Wild Herbs Sold At Cyprus Fairs And Festivals

Wild herbs sold in traditional Cyprus fairs and festivals and their traditional methods of construction are listed below.

- **Ayrelli**

It is wild asparagus. It is roasted with fried eggs and served with a slice of lemon. It is a wild plant that is consumed quite popularly in Cyprus.

- **Hostez**

Hostez, who grows wild in nature in the winter months, is dismantled with roots. The thorny parts of the leaves are a winter vegetable that is consumed after being cleaned and then cooked in the form of minced meat and moussaka, or boiled and pouring lemon and olive oil on it. The mature hostezin is also consumed by fried artichoke with egg. Hostess Latin name is *Cynara Cornigera*[9].

- **Gappari and Gafgarit**

*Gappari* is the name given to the caper plant in Cyprus. In the spring, the new shoots of the plant are collected and consumed in the form of a pickle made by pickling with water and salt. *Gafgarit* is a wild artichoke. After gathering in the spring and cleaning the thorns afterwards, a meal of mousaka is made.

- **Molihiya**

Leaves of a plant originated from Egypt are obtained by gathering neighboring women in a house in the summer months, then extracting them and then drying these leaves in the shade. Molehiya is a food consumed by making tomato, onion and meat. While Molehiya is cooked, the environment has a very nice smell. Molehiya is served with rice pilaf[3].

- **Kolokas**

Kolokas, a winter vegetable, is given to the root nubs of a tropical plant. First, the shells of the colococcus are stripped with a knife, like a potato, and wiped with a slightly damp cloth. The peeled kolokas is never washed with water.

Then the kolokas are cut into pieces and roasted and cooked in the form of mousse with boned lamb.

- **Bullez**

Bullez, a winter vegetable, is the name given to the small ones of the root nubs of a tropical plant. Bullezes are first peeled with a knife like potatoes and wiped with a slightly damp cloth. The peeled bullezes is never washed with water. (Washing provides a sticky liquid on the Bullezes, which causes the Bullezes to stick to the pan during cooking). Then the Bullezes are split into two halves and roasted in hot oil until they are pink [3].

### Very Special Meat Products Sold At Cyprus Fair And Festivals

Below are some very special meat products sold at traditional Cyprus fairs and festivals

- **ŞeftaliKebab, HurunKebab and Samarella**

*Şeftali Kebab*, the famous kebab of Cyprus in the world. It is made by cooking minced meat, minced meat, parsley, black pepper and onions made from chopped onion, wrapped in a lamb shirt and baked until the color of the peach is reached. Cyprus kebappides prepared with special salads are served. *HurunKebab*, bone lamb is divided into about 250gr pieces, salted, put some potatoes with a little water on top of a puddle. Place the tray in a village oven filled with charcoal before it has been burned. Then the oven's mouth is covered with mud so that it does not get any air. After about three to four hours, the Hurun Kebab is cooked. *Samarella* is a food made in the summer months, is usually made from goat or sheep meat. First, the meat is separated from its bones; it is well salted with thick salt and sprinkled with plenty of thyme. Later, the meats are sorted to a place where they see plenty of sun to be dried. In about a week, well-dried meats are stored in a cool cupboard to be eaten during the winter [3].

- **Other Products Sold At Cyprus Fairs And Festivals**

Other food and beverages sold at traditional Cyprus fairs and festivals are listed below.

- **Felafel, Zivaniya, Garayağ, Cakisdez and Pasadembo**

*Felafel*, peas, parsley, onion, onion, salt, garlic, peppermint, sesame, spring, caraway and fresh coriander are finely chopped and kneaded. Afterwards, it is a middleeastern food made by cutting the pieces of the walnut size of the material and frying it in the hot oil until it is pink. Cyprus is served between kebappides. *Zivaniya* (Zivania) in Cyprus, *Tcikoudia* (Cikudya, Tsikoudia) in Crete, *zivaniya*, called *souma* in the Cycladic islands of the Egean, will drink a high grade alcohol obtained from squeezed and syrupy grape poppies. This type of alcohol is a grape product that is consumed in Cyprus, sometimes as a disinfectant [3]. *Garayağ* is made from green olives. Green olives are boiled and then dried in the sun. Then oil is sold in the oil mill by removing the oil which is called *gara* oil. Economic value is very high oil. *Cakisdez* is a green olive that is broken and salted in salt water. *Cakisdez*, served with thyme, beaten golyandro seed, garlic, lemon and olive oil. *Pasadembo* is a sweet pumpkin seed roasted in salt. *Pasadembo* is sold by weighing paper crumbs. It is a kind of cookie that is loved in Cyprus.

- **Hellim**

Hellim, the world famous cheese of Cyprus, is usually made of sheep milk. The sheep milk is first slightly heated and fermented. About an hour, the fermented milk turns into a solid called "Yalli". It is then shredded with a bare hand and the water is manually hand-tightened into a container. Then, the water is squeezed into a large, barely large portocal size,

and this piece is hand-squeezed by hand to give it a hellim shape. The bell-shaped pieces are taken out of the bellied branch. The firing Hellimas rises above the orohin. When all Hellimas cook in this way, the cooker is closed. Hellimens are individually salted and folded in half and placed in a container to be stored for a long time. Optionally, a piece of dry mint can be placed between the folds of the Hellim [3].

## CONCLUSSION AND SUGGESTIONS

Inconclusion, we believe that the fair and festival flavors, which are part of the Cypriot gastronomy culture, will contribute to the preservation, production and sale of the methods, their transfer to future generations and their promotion in the global sense. This section also includes suggestions on how to protect the fair and festival cultures that have been going on in Cyprus for hundreds of years, to transfer them to future generations, to introduce them in the global sense to use them for gastronomic tourism, and to record special necessary.

- Cyprus flavor festival all activities carried out in these organizations in order to transfer the cult to future generations should be recorded in the digital environment.
- Scientific studies about Cyprus fair and festival culture should be written.
- Find local flavors that are disappearing in Cyprus and register them and present these tastes to visitors at fairs and festivals.
- “Regional Flavors Competitions” must be held at festivals and fairs.
- “Best Product Competitions” should be organized for the fair and festival theme.
- A website should be prepared for each fair and festival held and this site should be updated every year.
- “National Standards” should be given to the tastes presented in these events for the protection of Cyprus fair and festival cultures.
- The state should make all kinds of help for the continuation of the fairytale culture by gathering all the panhandlers under one roof.
- Gastronomy Departments about Cyprus Gastronomy should be opened in universities

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