



Araştırma Makalesi • Research Article

A Local Flavor: Karaman Stuffed İlisıra
Yöresel Bir Lezzet: Karaman İlisıra Dolması

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Abstract: Turkish culinary culture has a very rich variety of food and reflects the cultural heritage of the society. Although there are regional differences, meals are included in many rituals from the wedding meal to the circumcision dinner. Traditionally prepared local dishes are preferred because of the organic products used. Local dishes are effective on gastronomic tourism, which is one of the alternative tourism types. It is known that some traditionally prepared local dishes are being forgotten due to currents such as fast food. In this study, which is a culinary culture research, it is aimed to determine the preparation, presentation, consumption style, and distinctive features of stuffed ilisıra, which is among the traditional dishes of Karaman, to be recorded in order not to be forgotten and to bring it to the literature. In accordance with this purpose, in the study, qualitative research method was preferred, and face-to-face interview technique was used as data collection tool. With the consent of the interviewed participants, the interviews were recorded on a voice recorder. Participants were chosen among those who know how to make Karaman Stuffed İlisıra and have a taste for it. The data obtained were divided into themes using the descriptive analysis method and supported by the direct statements of the participants. The participants stated that the eggplant they grow in their own gardens, Karaman type bulgur and minced meat made from the meat of animals grazed in the region are used in the meal. At the end of the research, it was determined that the inner mortar was prepared by adding onion, pepper, tomato, parsley, tomato paste, red pepper, salt, egg, and minced meat and kneading thoroughly. It has been concluded that the eggplants are a local flavor prepared by cutting the eggplants in half horizontally and then vertically and placing the stuffing between the eggplants. The study was conducted with the approval of the Karamanoğlu Mehmetbey University Social and Humanities, Scientific Research and Publication Ethics Committee, dated 27.01.2023, meeting number 02, and decision number 02-2023/21. It is recommended to take part in the business menus of local dishes, to increase the recognition and to contribute to gastronomy tourism.

Keywords: Karaman, Stuffed İlisıra, Local, Gastronomy

Öz: Türk mutfak kültürü, çok zengin bir çeşitliliğe sahip olup toplumun kültürel mirasını yansıtmaktadır. Bölgesel farklılıklar bulunmakla birlikte, yemekler düğün yemeğinden sünnet yemeğine kadar birçok ritüelde önemli bir yer tutmaktadır. Geleneksel olarak hazırlanan yerel yemekler, kullanılan organik ürünler nedeniyle tercih edilmektedir. Yerel yemekler, alternatif turizm türlerinden biri olan gastronomi turizmi üzerinde etkili bir rol oynamaktadır. Ancak, geleneksel olarak hazırlanan bazı yerel yemeklerin, fast food gibi modern akımlar nedeniyle unutulmaya yüz tuttuğu bilinmektedir. Bu çalışma, gastronomi kültürü araştırması olup Karaman'ın geleneksel yemeklerinden biri olan İlisıra Dolması'nın hazırlanışı, sunumu, tüketim şekli ve ayırt edici özelliklerini

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Cite as/ Atıf: Şen, A. (2024). A local flavor: Karaman stuffed ilisıra. *Anemon Muş Alparslan Üniversitesi Sosyal Bilimler Dergisi*, 12(3), 1054-1066. <http://dx.doi.org/10.18506/anemon.1507720>

Received/Geliş: 30 Haziran 2024

Accepted/Kabul: 30 Eylül 2024

Published/Yayın: 30 Aralık 2024

belirleyerek kayıt altına almayı ve literatüre kazandırmayı amaçlamaktadır. Bu amaca uygun olarak, çalışmada nitel araştırma yöntemi tercih edilmiş ve veri toplama aracı olarak yüz yüze görüşme tekniği kullanılmıştır. Görüşülen katılımcıların rızası alınarak görüşmeler ses kayıt cihazına kaydedilmiştir. Katılımcılar, Karaman İlisıra Dolması yapmayı bilen ve bu lezzeti tatmış kişiler arasından seçilmiştir. Elde edilen veriler, betimsel analiz yöntemi ile temalara ayrılmış ve katılımcıların doğrudan ifadeleriyle desteklenmiştir. Katılımcılar, yemeklerinde kendi bahçelerinde yetiştirdikleri patlıcan, Karaman tipi bulgur ve bölgede otlatılan hayvanların etinden yapılan kıymanın kullanıldığını belirtmiştir. Araştırma sonucunda, iç harcın soğan, biber, domates, maydanoz, salça, kırmızı biber, tuz, yumurta ve kıyma eklenip iyice yoğrularak hazırlandığı; patlıcanların yatay olarak ikiye kesilip ardından dikey olarak kesilip içlerine harcın yerleştirilmesiyle hazırlanan yerel bir lezzet olduğu sonucuna ulaşılmıştır. Çalışma, Karamanoğlu Mehmetbey Üniversitesi Sosyal ve Beşeri Bilimler, Bilimsel Araştırma ve Yayın Etik Kurulu'nun 27.01.2023 tarihli, 02 sayılı toplantısında alınan 02-2023/21 karar numaralı izni ile gerçekleştirilmiştir. Geleneksel yemeklerin iş yeri menülerinde yer alması, tanınırlığın artırılması ve gastronomi turizmine katkı sağlanması önerilmektedir.

Anahtar Kelimeler: Karaman, İlisıra Dolma, Yöresel, Gastronomi

Introduction

Food not only fulfills the basic need for sustenance but also reflects social characteristics and contributes significantly to cultural identity. Culinary culture encompasses food types, food groups, tools, and equipment used in food preparation, cooking methods, food preservation techniques, and the role of food in various societal rituals. For instance, Turkish culinary culture includes diverse food types consumed by Turkish nationals worldwide, the utensils used in food preparation, and specific dishes associated with rituals such as weddings, circumcisions, and funerals. Renowned for its richness and global significance, Turkish cuisine stands out as a vital component of cultural heritage (Güler, 2010, p. 24).

The literature review reveals a gap in academic research concerning Karaman stuffed ilisıra, despite the presence of studies on local dishes prepared using traditional methods. Existing studies in the literature primarily focus on the impact of local dishes on destination preferences, the presence of local dishes in restaurant kitchens, and their influence on gastronomic tourism. Notable examples include Erdem et al. (2018), who examined "The use of local dishes in regional restaurants"; Çalışkan & Koç (2013), who evaluated "The distribution characteristics of geographical indications and the potential for geographical indications in Turkey; Nizam & Tatari (2022), who studied "Rural revitalization through territorial distinctiveness: The use of geographical indications in Turkey"; Gökovalı (2007), who studied "Geographical indications and their economic impacts: the case of Turkey"; Saatçı (2019), who evaluated "Geographically marked foods as promotional elements within the scope of local dishes"; Özleyen & Tepeci (2017), who investigated "The contribution of local dishes and flavors to tourism development in Manisa"; Şahin (2013), who analyzed "The importance of geographical indications and the geographical indications of Vize (Kırklareli)"; Şahin & Meral (2012), who explored "Geographical indication and local products in Turkey"; Üzülmöz (2020), who evaluated "The geographical indications potential of Osmaniye province"; Yıldız (2018), who discussed "Traditional product names in terms of industrial property law"; Işkın & Genç (2020), who addressed "The importance of traditional product name registration in terms of gastronomy tourism: Çakallı Menemen" and Kan et al. (2010), who explored "Karaman Divle tulum cheese as a geographical indication".

Karaman, a region renowned for its diverse food offerings within Turkish culinary culture, features numerous local products prepared using traditional methods. Situated in the southern part of the Central Anatolian Region, Karaman benefits from favorable geographical and climatic conditions that support the cultivation of wheat, corn, chickpeas, and sugar beets, as well as advanced sheep and goat farming practices (Aslan et al., 2019, p. 231). However, it appears that Karaman has not fully preserved its culinary heritage over time (Akturfan & Şen, 2022a, p. 2). This study aims to investigate the

preparation techniques, tools, and distinctive features of Karaman stuffed ilisıra, a unique traditional dish from the region.

Literature Review

A review of the literature reveals that existing studies have primarily concentrated on the distinctive features of local foods, their impact on gastronomic tourism, their effects on traditional foods and health, and their role and significance within Turkish cuisine. Notable examples include studies by Kocatepe & Tiril (2015), Kusat (2012), Altuntaş (2014), Güldemir & Işık (2019), Güldemir (2020), Güldemir (2023), Işık et al. (2017), Avşar & Eryılmaz (2022) and Arvas (2013). These studies have examined topics such as the historical background of foods, consumption habits, cooking techniques, ingredients used, and distinctive characteristics. Research specifically addressing Karaman Stuffed Ilisıra remains scarce. The following section outlines key studies relevant to the topic.

Arvas (2013) investigated the origins, historical significance, ingredients, and preparation of İskilip Dolma, a dish associated with the İskilip district of Çorum. The study emphasizes that İskilip Dolma is a complex dish traditionally reserved for special occasions, including holidays, circumcisions, and weddings.

Avşar & Eryılmaz (2022), evaluated the impact of geographical indications on the development of Amasya tourism. The study focused on how geographical indications, which denote a product's origin and distinctive qualities, can enhance local products' visibility and prevent counterfeiting. The findings indicate that the majority of Amasya's registered products are food items, and their continued local production and consumption contribute positively to their sustainability. Recommendations include further leveraging these indications to boost tourism and product sustainability.

Süren (2022), in his study titled "A Traditional Meal Unique to Mengen: Stuffed Kaldırık," aimed to examine the preparation process of Stuffed Kaldırık, the characteristics of the plant used in its production, the presentation of the dish, and its cultural significance. The study concludes that Stuffed Kaldırık occupies a prominent position in local culture, is recognized as one of the most well-known dishes in the region, is favored for specific special occasions, and is frequently prepared by those returning from abroad.

Güldemir (2023), in his study titled "Marul Yoğurtlaması: A Traditional Dish," highlights the unique value of this dish, traditionally prepared in the Fatsa district of Ordu, as a significant contribution to Turkish gastronomy. The primary objective of the research is to document this local culinary value. The study identifies the ingredients used in marul yoğurtlaması, describes the preparation process in detail, and analyzes the energy and nutritional values of a portion to determine how well it meets the daily nutritional needs of adults. The research involved interviews and participant observations with five individuals over the age of 50 who have lived in the region for more than 20 years and are representative of the local culture. The study suggests that future research should explore other villages and regions where marul yoğurtlaması is prepared to enable more detailed comparisons and multidimensional evaluations.

Güldemir (2020) examines consumer preferences for local, national, and imported foods, revealing that while local and national foods are often preferred for their perceived freshness and quality, price is a significant factor in purchasing decisions. The study suggests that making local foods more affordable and accessible could encourage greater consumption.

Işık et al. (2017) examined the culinary culture and food traditions of Ilgın district in Konya. The study documented how food practices have evolved over time, including daily meals, transition periods (from birth to death), religious days, and special occasions like Hidrellez. Through interviews with 11 local informants over the age of 50, they collected information on traditional foods, winter and summer meals, and food-related customs. The study recommended further research with more informants, visual documentation, standardization of recipes, and nutritional analysis to preserve and enhance the understanding of Ilgın's culinary heritage.

Güldemir & Işık (2019) examined Aksaray's culinary culture, including daily meals, special occasions, and seasonal foods. They highlighted traditions such as the "yat geber" meal, wedding pot-breaking, and dishes for Hıdrellez. The study also noted unique local dishes and beverages. Recommendations include further research, incorporating traditions into tourism, standardizing recipes, and providing training.

The literature highlights that local dishes prepared using traditional methods have been integral to social culture from past to present. It has also been emphasized that, due to technological advancements and increased urbanization, these traditional dishes, which are at risk of being forgotten, should be documented in written literature to ensure their preservation. Furthermore, it is understood that local dishes continue to contribute to societal unity and solidarity, a topic that has been explored in various studies.

Methodology of the Research

Subject and Purpose of the Research

This study, focused on culinary culture, aims to investigate the preparation, presentation, consumption practices, and distinctive characteristics of stuffed ilisıra, a traditional dish from Karaman. The primary objective is to document and preserve this culinary heritage, ensuring its continued availability in the literature. When cultural values are neglected, traditional elements like those in Karaman cuisine are at risk of disappearing and being forgotten.

Method

Research Design

A qualitative research methodology was employed to gain a comprehensive understanding of participants' experiences, perspectives, and insights regarding Karaman stuffed ilisıra. This approach facilitated an in-depth exploration of the subject matter, enabling the identification of detailed processes and cultural significance.

Participants

The participants of the study were residents of Yollarbaşı village in Karaman province, who possess extensive knowledge about the production stages and flavor profile of Karaman stuffed ilisıra. These individuals were specifically chosen for their deep understanding of local culture and traditions, making them ideal contributors to the study's objectives.

Data Collection

Data collection was conducted through face-to-face interviews with the participants. Open-ended questions were posed to gather detailed insights into the production process and ingredients used in preparing Karaman stuffed ilisıra. The interviews were audio-recorded to ensure precise documentation of participants' responses and preserve the authenticity of the information provided.

Study group

The research is limited only to the province of Karaman. The study covers the Yollarbaşı neighborhood of Karaman province. The interviewed participants were determined by the headman of the Yollarbaşı District, the region where the Karaman stuffed ilisıra. In the study, while giving information about the participants, considering the ethical rules, names and surnames were not used. Participants were coded as K1, K2, K3... Demographic information of the participants is given in Table 1.

Table 1. Participant Demographics

Order	Interviewed	Age	Gender	Job	Hometown	Interview Date
1	K (1)	65	Woman	Farmer/Housewife	Yollarbaşı	14.02.2023
2	K (2)	48	Woman	Farmer/Housewife	Yollarbaşı	14.02.2023
3	K (3)	67	Male	Farmer/Mukhtar	Yollarbaşı	14.02.2023
4	K (4)	50	Woman	Farmer/Housewife	Yollarbaşı	15.02.2023
5	K (5)	42	Woman	Farmer/Housewife	Yollarbaşı	15.02.2023
6	K (6)	40	Woman	Farmer/Housewife	Yollarbaşı	11.03.2023
7	K (7)	60	Woman	Farmer/Housewife	Yollarbaşı	16.03.2023
8	K (8)	41	Woman	Farmer/Housewife	Yollarbaşı	18.03.2023
9	K (9)	25	Woman	Farmer/Housewife	Yollarbaşı	15.04.2023
10	K (10)	35	Woman	Farmer/Housewife	Yollarbaşı	16.04.2023
11	K (11)	42	Woman	Farmer/Housewife	Yollarbaşı	17.04.2023
12	K (12)	46	Woman	Farmer/Housewife	Yollarbaşı	17.04.2023

Table 1 reveals that the participants, comprising 11 women and 1 man, are aged between 25 and 67 years. Notably, the majority of participants who were interviewed face-to-face are women. Among the female participants, roles are primarily centered around farming and household duties, while the male participant is involved in both farming and serving as the headman. It was established that all participants are residents of Yollarbaşı village. The interviews were conducted between February 14, 2023, and April 17, 2023, with each session lasting between 60 and 75 minutes.

Data Collection Tools

Data for this study were collected using a semi-structured interview form. The development of the interview questions was based on the works of Akturfan & Şen (2022b) and Temizkan et al. (2021), who have researched traditional culinary practices and regional gastronomic values. The interview form is divided into two sections: one for demographic information and another containing 14 questions specifically designed for the research objectives. In addition to conducting the interviews, on-site observations of the Karaman stuffed ilisira preparation process were carried out. The data gathered were then subjected to descriptive analysis. A detailed list of the interview questions is provided in Table 2.

Table 2. Questions directed to the participants

Order	Questions directed to the participants
1	What materials are used in the preparation of Karaman Ilisira Stuffed? Do these materials possess any distinctive characteristics?
2	What tools are employed in the production of Karaman Ilisira Stuffed?
3	Can you describe the production stages of Karaman Ilisira Stuffed? What factors should be considered to achieve the desired color, taste, and flavor in the final product?
4	What are the recommended methods for storing Karaman Ilisira Stuffed?
5	How is Karaman Ilisira Stuffed typically consumed?
6	Is there any historical information available regarding the tradition of making Karaman Ilisira Stuffed in this region?
7	How many years have you personally been involved in making Karaman Ilisira Stuffed?
8	From whom or where did you learn the process of making Karaman Ilisira Stuffed?
9	During which period or season is Karaman Ilisira Stuffed typically prepared? Are there any specific aspects related to this period?
10	How frequently is Karaman Ilisira Stuffed made?
11	Does Karaman Ilisira Stuffed have any local names or variations?
12	Are there any folk songs, poems, or other cultural references related to Karaman Ilisira Stuffed?
13	Are there any written or visual publications that document Karaman Ilisira Stuffed?
14	Are there any other dishes or foods that incorporate Karaman Ilisira Stuffed as an ingredient?

Data Analysis

The data collected from interviews and observations were subjected to a thorough analysis using descriptive analysis methods. This approach involved organizing the information into thematic units to systematically categorize and interpret the data.

Ethics Considerations

The process of obtaining an ethics committee report on this study was completed with the date 27/01/2023 and the decision number 02/2023/21. This research was accepted unanimously by the ethics committee in the evaluation made in terms of scientific research ethics. This research was unanimously accepted by the Karamanoğlu Mehmetbey University Social and Humanities, Scientific Research and Publication Ethics Committee in the evaluation made in terms of scientific research ethics.

Limitations

The limitations of this study include the limited number of voluntary participants. The data was obtained only from a specific region; therefore, the findings are considered to be a general reflection. Further research is needed to compare and generalize the results with similar traditional dishes in other regions or different cultural contexts.

Results

Participants' responses to the interview questions were meticulously analyzed, and the resulting data were systematically organized into themes and codes. This analysis revealed six primary themes: raw materials, tools utilized, preparation stages, preservation techniques, consumption patterns, and unique characteristics. The details of these themes and their respective sub-themes are illustrated in Figure 1.

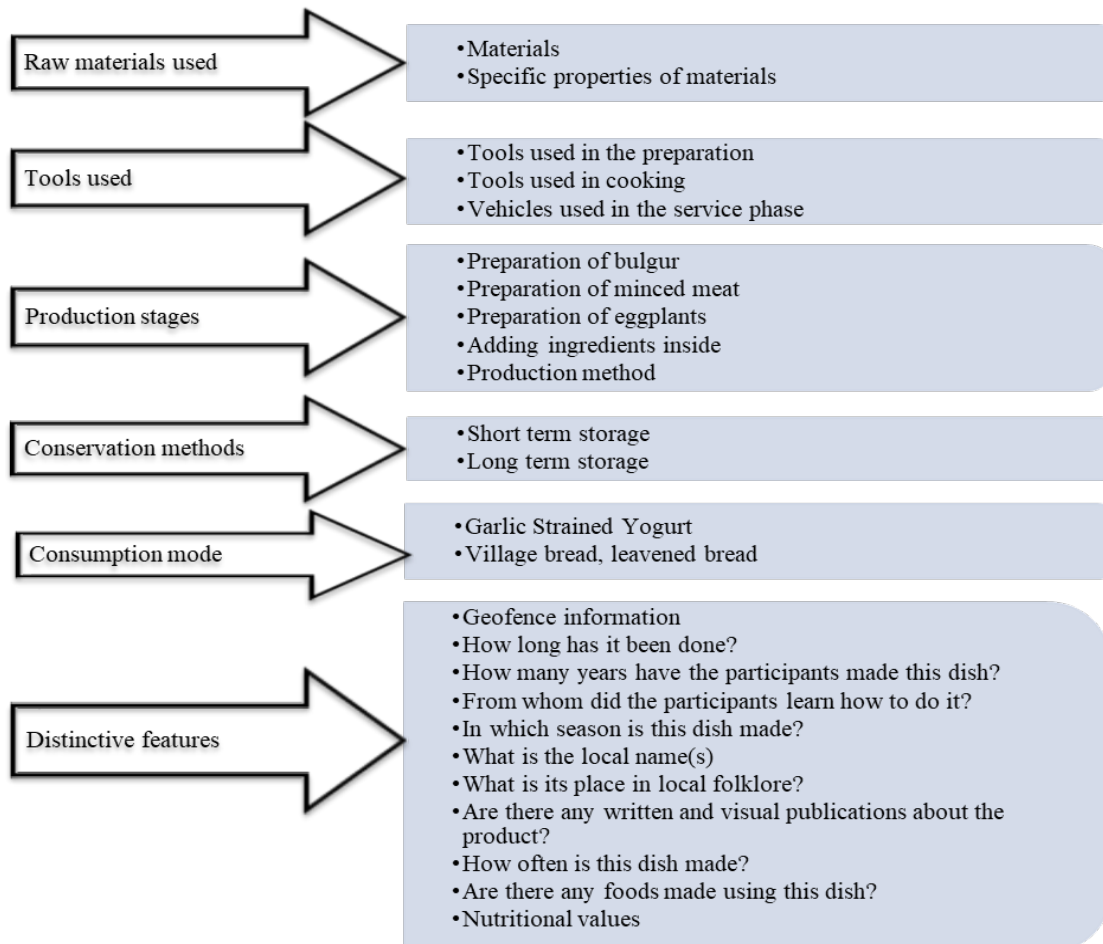


Figure 1. Theme and sub-themes created within the scope of the study

As illustrated in Figure 1, six main themes and their respective sub-themes have been identified. To ascertain the raw materials used, which is the first theme identified in this study, participants were asked the questions: "What are the materials used in making Karaman Ilisira Stuffed? Do the materials used have their own characteristics?" The theme of raw materials used encompasses sub-themes related to the specific materials and their distinctive properties, as detailed in Table 3.

Table 3. Materials used in Karaman Ilisira Stuffed

Theme 1	Sub-Theme	Codes
Used Raw materials	Materials	High-fat ground beef
		Tomato paste
		Large bulgur for pilaf
		Pepper paste
		Garlic
		Aubergine
		Black pepper
		Tomatoes
		Basil
		Pepper
Mint		
Parsley		
Salt		
	Onion	
	Olive oil	
	tallow oil	
	Being organic	
	Specific properties of materials	

Participants reported that the raw materials for preparing Karaman Ilisira Stuffed include richly fatty ground beef, coarse bulgur, eggplant, tomato, pepper, parsley, onion, and both pepper and tomato paste. They also noted the use of spices such as black pepper, basil, mint, and salt for seasoning, along with olive oil as the cooking fat.

Participants indicated that while the ingredients for making Karaman Ilisira Stuffed are generally available, the dish is distinguished by the use of organic, natural products from the region. Residents noted that the flavor of the dish varies when ingredients are sourced from outside the region, emphasizing that the materials used should ideally be procured locally to maintain the dish's authenticity.

It has been reported that Karaman-type bulgur, which is closely associated with the region, is used in the preparation of Karaman Ilisira Stuffed. The superior taste of Karaman-type bulgur, compared to other varieties, is attributed to its production in a traditional stone mill. Participants noted that bulgur crushed in stone mills differs from that processed in disc and hammer mills. Additionally, Karaman-type bulgur is praised for its flavor because it is produced in accordance with the natural characteristics of wheat, preserving its original taste and aroma. The significance and reputation of Karaman-type bulgur within the region were also emphasized.

The question, "What are the tools used in Karaman Ilisira Stuffed?" was analyzed in detail. This analysis identified three sub-themes within the theme of tools used: tools employed in the preparation, cooking, and serving stages. The sub-themes and corresponding codes for tools used in both the preparation and cooking stages are presented in Table 4.

Table 4. Materials used in making Karaman Ilisira Stuffed

Theme 2	Sub-Theme	Codes
Used Tools	Tools used in preparation	Mixing bowl
		Knife
	Tools used in cooking	Chopping board
		Wood
		Trivet
		Pan
	Tools used in the service phase	Large basin
		Tub
		Colander
		Plate
Fork		
	Knife	

Based on participants' responses, the tools used in the preparation of Karaman Ilisira Stuffed were categorized into three stages: preparation, cooking, and serving. In the preparation stage, tools such as mixing bowls, knives, and chopping boards are utilized. During the cooking phase, wood, trivets, large basins, pots, kitchen tubs, and colanders are employed. For the serving stage, plates, forks, and knives are used.

The questions, "Can you describe the stages involved in preparing Karaman Ilisira Stuffed? What factors are important to achieve the desired color, taste, and flavor?" were examined in detail. This examination led to the development of the theme: construction stages. Within this theme, several sub-themes were identified, including "Preparation of bulgur, minced meat, eggplant, incorporation of ingredients, and production methods." The production stages, along with their sub-themes and associated codes, are detailed in Table 5.

Table 5. Karaman Ilisira Stuffed production stages

Theme 3	Sub-Theme	Codes
Production stages	Preparation of bulgur	Bulgur is sorted. Eggplant can be prepared dry or fresh, depending on the season. Dried eggplants are boiled and prepared for processing. Fresh aubergines are divided into two, first transversely and then longitudinally. Eggplants cut into amulets are kept in salted water. Soaking in lemon and salt water prevents the aubergines from darkening and takes away their bitterness. Chop tomatoes, peppers, parsley, garlic and onions into cubes. Ground beef, bulgur, pepper and tomato paste, olive oil, black pepper, basil, mint, and salt are blended. The mixture is kneaded for half an hour and rested. A sauce is prepared at the bottom of the pan with butter, tomato paste, and spices. A piece of the mixture is taken, and palm-sized balls are made, oval-shaped, and placed between the eggplants and put into the sauce in the pot. Then, tallow oil is placed on these balls, a plate is placed on them, and hot water is poured. If there is tallow oil, it is drizzled on olive oil. Stuffed is cooked until the water is absorbed and left to infuse.
	Preparation of minced meat	
	Preparation of aubergine	
	Adding ingredients inside	
	Production method	

Participants stated that making Karaman Ilisira Stuffed is laborious and that the products used in production must be organic in order to obtain the desired flavor.

The question, "How should Karaman Ilisira Stuffed be stored?" was analyzed, leading to the identification of sub-themes related to short-term and long-term preservation methods. These sub-themes fall under the broader theme of preservation methods. The details of the preservation methods theme and its sub-themes are provided in Table 6.

Table 6. Preservation methods of Karaman Ilisira Stuffed

Theme 4	Sub-Theme	Codes
Preservation methods	Short Term Preservation	In the Refrigerated
	Long term Preservation	In the deep freezer

Participants Karaman Stuffed Ilisira can be kept in the refrigerator for 3–4 days, but waiting longer will cause souring, rancidity, etc. They stated that it would cause faults. They stated that if it will not be consumed immediately or if it has increased, it can be stored in the deep freezer for a long time.

The question, "How is Karaman Stuffed Ilisira consumed?" was analyzed, resulting in the identification of the theme of consumption patterns. The details of the consumption pattern's theme and its sub-themes are presented in Table 7.

Table 7. Karaman Ilisira Stuffed consumption patterns

Theme 5	Sub-Theme	Codes
Consumption patterns	Garlic Strained Yogurt Village Bread / Yeast Bread	It is served hot.

Participants stated that strained yoghurt with garlic should be poured over Karaman Ilisira Stuffed, and that village bread or leavened bread could be put on top of the stuffing and consumed by hand.

The questions, "In which region is Karaman Ilisira Stuffed predominantly consumed? What is the historical context regarding its preparation in this area? For how many years have you been involved in making Karaman Ilisira Stuffed? From whom or where did you acquire the knowledge to prepare this dish? During which period or season is Karaman Ilisira Stuffed typically prepared, and are there specific characteristics associated with this time? How frequently is Karaman Ilisira Stuffed made? Does Karaman Ilisira Stuffed have any local names? Are there any poems, folk songs, or written and visual publications related to Karaman Ilisira Stuffed?" were thoroughly analyzed. This analysis resulted in the identification of the theme: "Distinctive Features of Karaman Ilisira Stuffed." The sub-themes and associated codes under this theme are detailed in Table 8.

Table 8. Unique Characteristics of Karaman Ilisira Stuffed

Theme 6	Sub-Theme	Codes
Description and distinguishing features of the product	Geographical boundary information	Yollarbasi
	How long has it been done?	I don't know
	How many years have local people been making the Karaman Ilisira Stuffed?	Ever since I could remember Since my childhood
	From whom did the participants learn how to do it?	from my mother from my aunt Grandma
	Which period/season is it?	from neighbor
	Local name(s)	It can always be done
	How often is Karaman Ilisira Stuffed?	village stuffed wedding stuffed when needed at weddings on holidays in the rain prayer
	Other foods made using Karaman Ilisira Stuffed Ingredients	Stuffing and wrapping types
	Written and visual publications about the product	Masterchef Karaman Cuisine Karaman Cuisine from Tradition to Cuisine book

Participants stated that Karaman Ilisira Stuffed has been made in Yollarbaşı village of Karaman center for many years. It has been reported that the old name of the village of Yollarbaşı was "Ilistra".

It has also been stated that the village's history is very old since the name of the village is mentioned in the Bible. The fact that the name of the dish is Ilisira and the date of its appearance is not known clearly by the participants proves that the history of the dish dates back to ancient times. Participants reported that animal and vegetable products grown in the region were used in the production of Karaman Ilisira Stuffed. They stated that these products have a unique aroma and positively affect the taste of the food.

Participants reported that they started making Karaman Stuffed Ilisira from childhood or from the moment they were given a task. They stated that they learned how to make it from their mothers, grandmothers, grandmothers, aunts, and close neighbors. They stated that the elders who made Karaman Ilisira Stuffed before them also learned from their elders. It has been stated that Karaman Ilisira Stuffed can be made in all seasons, but it is usually made by using dry eggplant in winter and fresh eggplant in summer. Participants stated that Karaman Ilisira Stuffed is called wedding stuffed or village stuffed because it is made at weddings. Nowadays, more economical and easy-to-prepare meals such as meat-bread are preferred instead of Karaman Ilisira Stuffed at weddings. For this reason, it has been stated that making Ilisira Stuffed at weddings has decreased.

It has been reported that stuffing and wrapping-type foods can be made using Karaman Ilisira Stuffed materials. It has been stated that these include especially stuffed leaves, stuffed cabbage, and stuffed peppers. While making these dishes, it was stated that the eggplant should be removed from the stuffing. As a result of the fame, he gained with the taste of Karama Ilisira Stuffed, he took place in the written and visual media and academic publications. In the MasterChef Turkey program broadcast on 22.10.2022, information was given about the preparation and taste of Karaman Ilisira Stuffed. Rıza Duru, who works on Karaman culinary culture and tourism, gave information about Karaman Ilisira Stuffed in his book "Karaman Cuisine from Tradition to Cuisine" in which he describes Karaman cuisine.

It has been stated that Karaman Ilisira Stuffed is a valuable food for health because it is made with natural products and contains different food groups. The nutritional values of Karaman Ilisira Stuffed indicated in Table 9.

Table 9. Nutritional values for 1 serving

Energy	180,3 kcal
This	272,3 g
Protein (26%)	11,8 g
Fat (55%)	11,2 g
Carbs (CHO 18%)	8,1
Cholesterol	63,6 mg
Vegetable protein	2,7 g

Resource: Duru, 2020: 235

Conclusion and Evaluation

In contemporary settings, traditional foods are increasingly at risk of being forgotten or losing their authenticity due to changing living conditions and technological advancements. Despite these challenges, traditional foods remain vital reflections of local culture and heritage. This study aimed to document the production process, distinguishing features, and tools used in the preparation of Karaman Ilisira Stuffed, a significant traditional dish.

Through the analysis of the collected data, six principal themes emerged regarding the preparation, presentation, and consumption of Karaman Ilisira Stuffed: raw materials used, tools employed, stages of preparation, preservation methods, consumption patterns, and distinctive characteristics. Each theme provides valuable insights into the culinary traditions associated with this unique dish.

- **Raw Materials:** Participants emphasized the use of locally sourced organic ingredients, such as fatty ground beef, coarse bulgur, eggplant, and various spices, as essential to preserving the authentic flavor of Karaman Ilisira Stuffed. The prominence of Karaman-type bulgur, with its unique taste and aroma derived from traditional stone mill processing, underscores the importance of regional authenticity in culinary practices.
- **Tools Employed:** Participants detailed the traditional utensils and methods used in preparation, cooking, and serving, ranging from mixing bowls and knives to wood-fired cooking techniques. These tools are integral to maintaining the authenticity of the dish's preparation process.
- **Stages of Preparation:** The production of Karaman Ilisira Stuffed is labor-intensive, requiring meticulous attention to detail to achieve the desired flavor profile. Participants highlighted the importance of organic ingredients and traditional preparation techniques.
- **Preservation Methods:** Proper storage was identified as key to maintaining freshness. Participants recommended short-term refrigeration or long-term freezing to ensure the dish retains its quality.
- **Consumption Patterns:** The dish is traditionally served alongside strained yogurt and village bread, reflecting local culinary customs. Participants also discussed the dish's historical roots, its regional popularity, and adaptations to modern culinary practices.

The research also revealed that the name "Ilisira" originates from the ancient settlement of Ilisira (Ilistra). Although the exact origins of the dish's production date are unclear, participants noted its presence in various rituals and daily meals across the region. The materials used in the dish are distinctly local, emphasizing its cultural importance.

In conclusion, this study underscores the cultural significance of Karaman Ilisira Stuffed as a dish deeply rooted in local culinary heritage. By documenting its preparation techniques, tools, and cultural context, this research aims to preserve and promote this traditional dish for future generations. The findings also offer valuable insights for local governments, non-governmental organizations, and culinary enthusiasts interested in safeguarding and celebrating traditional gastronomic practices.

Recommendations

Preserving and passing on a significant traditional flavor like Karaman Ilisira Stuffed to future generations requires attention to the following recommendations:

- **Preservation of Cultural Heritage:** Traditional dishes like Ilisira Stuffed are an important part of cultural heritage. Therefore, sources documenting the traditional recipe, preparation method, and history of the dish should be created and preserved.
- **Support for Local Producers:** Supporting the production of local ingredients, the main components of Ilisira Stuffed, is crucial. This not only contributes to the local economy but also maintains the flavor and quality of the dish.
- **Education and Awareness:** Education and awareness programs should be organized to inform the public and local communities about the value and significance of Karaman Ilisira Stuffed. These programs can provide information about the dish's history, preparation, and cultural context.
- **Gastronomic Tourism:** Local governments and tourism organizations should organize gastronomic tours and events to promote Ilisira Stuffed and other local flavors. Such initiatives can attract culinary tourists and promote the region's gastronomic heritage.

- Transmission to Future Generations: It is essential to pass on the traditional recipe and preparation methods of Karaman Ilisira Stuffed to future generations. This practice not only helps prevent the dish from being forgotten but also ensures the ongoing preservation of local culture and heritage.

Future studies could explore the cultural, nutritional, and economic dimensions of Karaman Stuffed Ilisira to enhance its preservation and promote its value in modern gastronomy.

Disclosure Statements

1. Contribution rate statement of researchers: First author % 100.
2. No potential conflict of interest was reported by the author.

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