

Turkey is known for its amazing mix of European and Middle Eastern cultures. With its beautiful landscapes, lively cities, and rich history, it's a favorite vacation spot for many people.

One of the best things about Turkey is its food. While kebabs are very popular, Turkish cuisine has so much more to offer. If you visit Turkey, you should definitely try these traditional dishes. Turkish food uses fresh ingredients and simple seasonings, cooked with great care and passion.

Did you know? Many Turkish dishes are cooked in olive oil, which makes them a healthier option!

Now, below, I'll share a popular Turkish food list.

List of the Top 15 Eat Turkey Food to Try



Here are 15 delicious Turkish foods you should try:

15 Traditional Turkey Foods You Must Try

1. Beyran orbası
2. Adana Kebab
3. Testi Kebab
4. Hamsi Pilav
5. Hnkar Beęendi
6. Yaprak Sarma
7. İskender Kebab
8. Knefe
9. Kfte
10. Muhlama
11. Zeytinyaęlı
12. Mantı
13. Pide
14. Katmer
15. Caę Kebab

1. Beyran orbası



Beyran çorbası is a flavorful soup from Gaziantep, Turkey. It's made with shredded lamb, rice, and garlic.

Here's how it's made:

- Lamb meat is cooked slowly with rice and spices.
- The soup is flavored with red pepper flakes.
- A dollop of creamy kaymak (clotted cream) is added for extra richness.

Beyran çorbası is like a hearty, spicy lamb soup that gives you a warm start to the day. It's perfect for breakfast and helps you feel full and satisfied.

Tip: Squeeze some fresh lemon juice into your Beyran çorbası for an extra burst of flavor!

2. Adana Kebab



Adana kebab is a famous dish from Adana, Turkey. It features minced lamb seasoned with chili peppers, cumin, and garlic.

Here's how it's made:

- The seasoned lamb is skewered and grilled.
- It's served with refreshing dips like cacık (yogurt and cucumber) and ezme (tomato and pepper relish).

Adana kebab is like a spicy, smoky meat skewer. The combination of juicy meat and cool dips makes it a favorite for many.

3. Testi Kebab



Testi kebab is a unique dish from Turkey. Meat, vegetables, and spices are cooked in a sealed clay pot.

Here's how it's made:

- Ingredients are placed in a clay pot and sealed.
- The pot is baked slowly, allowing the flavors to blend.
- The pot is cracked open to reveal the cooked meal inside.

Testi kebab is like a surprise meal in a pot. The slow-cooking process makes the meat tender and flavorful, adding a fun twist to your meal.

4. Hamsi Pilav



Hamsi pilav is a dish from the Black Sea region of Turkey. It features crispy anchovies mixed with rice, onions, and spices.

Here's how it's made:

- Fresh anchovies are pan-fried until crispy.
- They are mixed with fragrant rice, onions, and spices.
- A squeeze of lemon and fresh parsley are added.

Hamsi pilav is like a delicious rice dish with crispy anchovies. The salty anchovies and flavorful rice make it a tasty choice.

5. Hünkar Beğendi



Hünkar beğendi is a traditional Turkish dish from the Ottoman era. It includes fried eggplant slices topped with beef stew.

Here's how it's made:

- Eggplant slices are fried until soft.
- They are layered with savory beef stew.
- Crispy breadcrumbs are added on top.

Hünkar beğendi is like a rich and satisfying eggplant and beef dish. The combination of soft eggplant and hearty beef makes it a must-try.

6. Yaprak Sarma



Stuffed grape leaves or Yaprak sarma is a traditional and a very much loved Turkish dish in which the grape leaves encase rice and some herbs.

Here's how it's made:

- The grape leaves are then stuffed with a rice and herb preparation.
- They are rolled up and boiled in a lemon or any sour vegetables juices.

Yaprak sarma is actually something like a roll in which grape leaves are filled up with spices and other relishes. Bangus tgis perfect for starters because of its simple taste and the smell and feel of the herbs used in it.

Tip: It will be better to select Yaprak Sarma ,this kind of sarma is prepared from fresh grape leaves and it's tasty.

7. İskender Kebab



İskender kebab is a wonderful Bursa specialty of Turkey. This comes with the thin cuts of the döner kebab sandwiched in the pide bread accompanied by tomato sauce, and kaymak - the clotted cream.

Here's how it's made:

- The slices of döner kebab are put on pide bread.
- On it, buttery tomato sauce and fatty kaymak are then poured on it.
- To complement it, ground chilli and hot oil are sprinkled on top of the dish.

İskender kebab is similar to the rhyming dish with quite a dense and passionate taste. Döner with sauce and tasty kaymak is very tasty.

8. Künefe



The dish is called künefe and it is sweet pastry coming from the Gaziantep of Turkey. Coming in slim separated sheets known as phyllo, it is served with a certain type of white cheese called künefe peyniri.

Here's how it's made:

- The natural cheese and the phyllo dough are put one on top of the other.
- It is cooked to a golden brown on top, thus creating an interesting combination of softness and crispiness.
- Following baking it is saturated with that sweet syrup.
- The addition of crushed pistachios is used to give the cake a crunchy texture and a slightly nuts taste.

It resembles a sort of cheesecake, but künefe is a different story on its own. On one side, there is a crisp while it has melted cheese in the middle and sweet from the syrup as well. This is more so if it is taken after a really healthy and hearty meal because then you are left with this really tasty treat.

9. Köfte



Köfte are Turkish meatballs made with minced meat. They vary from region to region, with different styles like Izmir köfte or Urfa köfte.

Here's how it's made:

- Minced meat is mixed with spices and shaped into meatballs.
- They can be grilled, pan-fried, baked, or stewed.
- Köfte is usually served with rice, bulgur, or vegetables.

Köfte is like a flavorful meatball that can be cooked in various ways. It's a versatile dish that pairs well with different sides.

10. Muhlama



Muhlama is a creamy dish from the Black Sea region of Turkey. It combines melted cheese, cornmeal, and butter.

Here's how it's made:

- Cheese, cornmeal, and butter are melted together.
- Traditionally cooked in a copper pan over an open fire.

Muhlama is like a creamy, cheesy dip that's great with bread or vegetables. It has a smooth texture and mild flavor.

11. Zeytinyađlı



Zeytinyađlı dishes are made with fresh vegetables cooked in olive oil.

Here's how it's made:

- Vegetables like green beans or artichokes are simmered in olive oil with herbs and spices.
- These dishes are often served cold or at room temperature.

Zeytinyađlı is like a refreshing vegetable dish with a focus on fresh ingredients and olive oil. It's a light and healthy option.

12. Manti



Manti are small dumplings filled with seasoned ground lamb or other meats.

Here's how it's made:

- The dumplings are boiled or steamed until tender.
- They are often served with yogurt sauce, melted butter, and paprika.

Manti is like a savory dumpling dish with soft dough and flavorful filling. It's a comforting choice for a special occasion.

13. Pide



One of the most popular Turkish dishes, Pide is a must-try for any visitor.

Here's how it's made:

- Dough is topped with ingredients like meat, cheese, and vegetables.
- The filled dough is baked until crispy and golden.

Pide is like a savory pizza with lots of tasty toppings. It's a must-try dish that's loved by many.

14. Katmer



Katmer is a flaky pastry that can be sweet or savory.

Here's how it's made:

- The dough is stretched thin and filled with ingredients like cheese, vegetables, or nuts.
- It's then folded and fried.

Katmer is like a crispy, layered pastry with a warm and gooey filling. It's perfect for breakfast, lunch, or a snack.

15. Cağ Kebab



Cağ kebab is a special kebab from Erzurum, Turkey. It's made with marinated lamb cooked on a horizontal rotisserie.

Here's how it's made:

- Lamb meat is marinated and cooked on a rotisserie.
- The meat is sliced thin and served on flatbread with onions and tomatoes.

Cağ kebab is like a flavorful kebab with tender meat and fresh toppings. It's a unique and delicious choice.

FAQs

What are some must-try dishes in Turkish cuisine?

In Turkey, you should try dishes like kebabs, kofte (meatballs), and doner (meat cooked on a vertical rotisserie). You can find these tasty foods at popular places and local restaurants.

Does Turkey have a national dish?

Yes, Turkey's national dish is manti. It's a type of dumpling that's really popular and delicious.

How spicy is Turkish food?

Turkish food isn't very spicy. Most dishes have good flavors but won't make your mouth burn.

Is pork easy to find in Turkey?

Pork isn't common in Turkish food because of local customs. You might find it in a few restaurants or stores, but it's not widely available.

What are the key ingredients in Turkish food?

Turkish food often includes meats, eggplants, fresh salads, olive oil, nuts, and tasty Mediterranean spices.

My Verdict

In Turkey, they have all sorts of delicious dishes that will make your taste buds happy.

I talked about just a few best turkish of their yummy foods here. They have soups that warm you up, kebabs that sizzle on the grill, and tiny dumplings filled with tasty surprises. They even have pastries that are flaky and light!

There's so much more to try in Turkish food, it's like a giant adventure for your mouth! So next time you're in Turkey, be sure to try some of their amazing food. You won't regret it!