



# Cyprus Meyhane Flavors in the Context of Gastronomy Tourism: Case of North Cyprus

## Gastronomi Turizmi Bağlamında Kıbrıs Meyhane Lezzetleri: Kuzey Kıbrıs Örneği

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### Article Info/Makale Bilgisi

Received: 04.03.2024

Accepted: 27.05.2024

### Keywords

Gastronomy tourism  
Cyprus culinary culture  
Tavern

### Anahtar Kelimeler

Gastronomi turizmi  
Kıbrıs mutfak kültürü  
Meyhane

### Type of Article/Makale Türü

Research/Araştırma

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### Abstract / Öz

In today's diverse tourism industry, gastronomy tourism is quite significant. Due to their interest in food and drink, many people today base their trip plans on the nations and locations where the gastronomy culture is strong. Cyprus, the third-largest island in the Mediterranean, has a tremendously developed culinary and alcoholic tradition. The primary goal of this research is to introduce the flavors of taverns known as "meyhanes," in Cyprus' eating and drinking culture and to explain the notion of gastronomy tourism, which has gained popularity worldwide. A secondary goal involves promoting the highly valued tastes of Cyprus's culinary tradition. It also invites gastronomy tourists to Cyprus to explore what flavors to try. The literature review did not include a thorough academic investigation of Cyprus's traditional tastes. The study of gastronomy tourism will provide a fine illustration of Cyprus's tastes and food, where many different civilizations converge, and contribute to the body of literature. The study will clarify the terms "gastronomy" and "gastronomy tourism," and it will be the first academic examination of Northern Cyprus's food, culture, and preferences. The study aimed to make a contribution to the literature with its comprehensive literature review on Cyprus cuisine to verify its validity. On the other hand, it's important to preserve the Cypriot culinary tradition and pass it on to future generations.

Günümüzün çeşitli turizm endüstrisinde gastronomi turizmi de oldukça önemli bir yerdedir. Yeme-içmeye olan ilgileri nedeniyle günümüzde pek çok kişi gezi planlarını gastronomi kültürünün güçlü olduğu ülkeleri ve lokasyonları baz alarak yapmaktadır. Akdeniz'in üçüncü büyük adası olan Kıbrıs, son derece gelişmiş bir mutfak ve yan gastronomik ürünlere sahiptir. Bu araştırmanın temel amacı Kıbrıs'ın yeme-içme kültüründeki meyhane lezzetlerini tanıtmak ve dünya çapında popülerlik kazanan gastronomi turizmi kavramını açıklamaktır. Kıbrıs'ın mutfak geleneğinde oldukça önem verilen lezzetlerin tanıtılması ikincil bir amaç olarak çalışmada öne çıkmaktadır. Gastronomi turizmi için Kıbrıs'a gelen ve ülkede hangi lezzetleri denemeleri gerektiğini bilmek isteyen ziyaretçilere de kılavuz niteliği taşımayı amaçlamaktadır. Literatür taramasında Kıbrıs meyhane lezzetleri üzerine kapsamlı bir akademik araştırmaya rastlanmamıştır. Literatüre de katkı sağlayacak bu çalışma gastronomi turizmi çalışmaları ile birçok farklı medeniyetin buluştuğu Kıbrıs'ın lezzetleri ve yemeklerinin çok güzel bir örneğidir. "Gastronomi" ve "gastronomi turizmi" kavramlarına açıklık getirecek çalışma, Kuzey Kıbrıs'ın yemek, kültür ve tercihlerine ilişkin ender akademik incelemelerden birisidir. Çalışmanın geçerliğini sağlamak amacıyla genel olarak Kıbrıs mutfağına ilişkin bir literatür taraması yapılması amaçlanmıştır olup, Kıbrıs mutfak geleneğinin korunarak gelecek nesillere aktarılması hedeflenmiştir.

**To cite:** Altun, Ö., Elidemir, S.N., Girgen, M.Ü., & Demir, A. (2024). Cyprus meyhane flavors in the context of gastronomy tourism: Case of North Cyprus. *Geographies, Planning & Tourism*, 4(1): 55-66. <https://doi.org/10.5505/gpts.2024.02996>

## 1. Introduction

In the developing and changing world, tourism has also changed and diversified with the effect of technology. Gastronomy Tourism is the most popular of them (Pamukcu et al., 2021). While people used to travel for the purpose of 3S (sea, sand and sun), today's food preferences and tastes can create travel routes. Tourists are curious about the local cuisine as well as learning the historical and cultural riches of the regions they visit and seeing their natural beauties (Wright, 2016). Therefore, they started to prefer Gastronomy Tourism trips to examine and experience the

\* This study is based on the master's thesis titled "'Garavollı'nın (Salyangoz) Gastronomi Alanında Tüketim Tercihi: KKTC Örneği", completed in 2021 at Eastern Mediterranean University, Institute of Graduate Studies and Research.

eating and drinking culture of the region by going beyond the stereotypical holidays (Çavuşoğlu & Çavuşoğlu, 2018).

Cyprus has a great importance due to its geographical location. It has hosted many civilizations throughout history. For this reason, the culinary culture is very rich and inspired by every civilization (Çoğaloğlu & Türkan, 2019). The meyhane flavors in the Cypriot culinary culture are also of great importance. The places where taverns are concentrated are Famagusta, Kyrenia, Larnaca, Nicosia and Limassol.

In this study, the importance of gastronomy and the concept of gastronomy tourism, Appetizer Culture and History in the World and the Mediterranean Region, Turkish Cypriot Cuisine and Cypriot appetizers are mentioned. Information about Cypriot appetizers was collected from the taverns in Famagusta, Kyrenia and Nicosia which are the biggest districts of Northern Cyprus.



**Figure 1.** Map of Cyprus (<https://www.google.com/maps>)

## 2. Literature Review

### 2.1. Gastronomy & Gastronomy Tourism

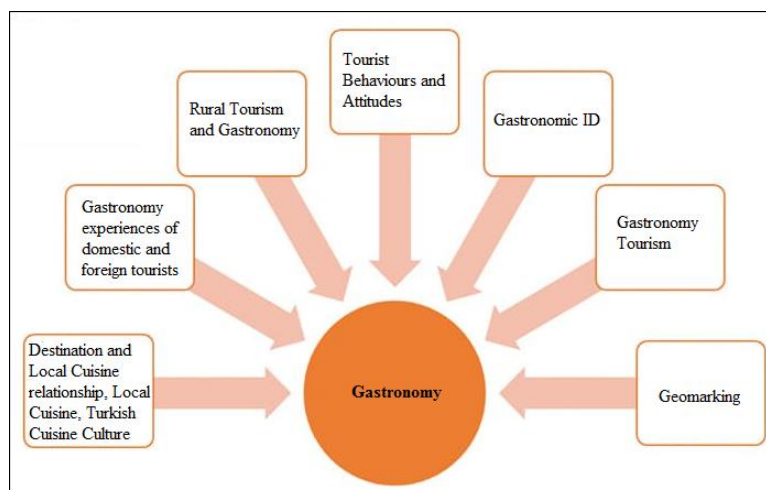
When we look at the history of the word gastronomy, its root has emerged from the combination of the Greek word "gaster" meaning stomach and "nomas" meaning law. It will be more important to understand and comprehend the areas covered by the word gastronomy rather than the meaning you have expressed as a word (Vicky, 2020). Gastronomy is defined as the art of eating and drinking in different sources, but; It is a science and art branch that includes many different disciplines (chemistry, history, psychology, literature, biology, geology, art, music, philosophy, sociology, painting, medicine, nutrition and agriculture) (Kivela & Crofts, 2005). The real purpose of gastronomy; While providing the highest possible and best nutrition, the protection of health at the highest level is to ensure that the food is eaten with pleasure rather than eating. In addition, the visuality of food and beverages, the hygiene of the environment in its preparation, the preparation of the product, which is created by aiming the eyes and then the palate of the people who eat it, and presenting it to the table are among the study subjects of gastronomy (Navarro-Dols & Gonzales-Pernia, 2020).

In a study on gastronomy tourism, which has a great importance today, it is argued that gastronomy tourism consists of three important elements such as agriculture, culture and tourism, and these three important elements allow gastronomy tourism to be positioned and marketed as a regional attraction and taste experience. Agriculture, one of these three basic elements, offers the product, cultural history and authenticity, while tourism has emphasized that it provides the infrastructure and services (Şahin & Ünver, 2015). In addition, food, which is an indispensable and important part of gastronomic tourism, expresses the society itself, lifestyle and culture. In another study while defining tourism as one of the most important leisure time activities and the locomotives of the economy, Çağlı (2012) argues that gastronomy has a great impact in the tourism sector and that it is seen as an ideal development tool for tourism and direct and indirect mobilization and revival in many sub-sectors. Although different terms such as "gourmet tourism", "gastro-tourism", "culinary tourism", "gastronomy tourism", "food tourism", "wine tourism" are used in the studies, "gastronomic tourism", "unique eating and drinking experiences" being in pursuit of it" (Sormaz et al., 2015; Kurt & Dluzewska, 2018).

The authenticity of the food means that it belongs to the region or country where it is located, and the places where gastronomy tourism is made are the main areas of food and wine tourism (Hall et al., 2004; Çağlı, 2012). In another study, Gastronomy tourism; In order to taste different flavors, it is defined as visiting places where different and unique

foods are produced, food producers, restaurants, food festivals, and areas where the materials used in food (plants, fruits and vegetables, etc.) are grown. It has been stated that it is also done for the purpose of eating from one's hand (Hall et al., 2004). Gastronomy tourism is not just about food guides and restaurants as it contains all kinds of culinary experience. Cooking schools that train the famous chefs of the future, Gastronomy and Culinary Arts departments of universities, cookbook authors and shops where books are sold, tour operators that organize only gastronomy tours, tour guides that make the tours take place, all kinds of media, television programs with increasing viewing rates and Gastronomy magazines, different activities in this area, wine cellars, vineyards, winemakers, beer production facilities, liquor distilleries, those who contributed to the growth of the raw materials in all these products and the owners of the used areas (Çağlı, 2012). One of the most important factors in the growth and development of gastronomic tourism is that the people of the region embrace local products belonging to their own culture but stakeholders of gastronomy tourism should also adopt and embrace it (Richards, 2003). On the other hand, culture, which is one of the cornerstones of gastronomic tourism, is explained as the desire of tourists to observe and know different cultures other than their own (Anton et al., 2019). Studies on gastronomy and gastronomy-related concepts take a place today. Studies in the field of gastronomy and tourism generally include local cuisines and travel reasons (Okumuş et al., 2007; Guzel and Apaydin, 2016; Anton et al., 2019), the behavior of travelers as other different topics (Davras & Ozpercin, 2021), gastronomy-related tourist expectations (Correia et al., 2008), gastronomy and tourism market (Kivela & Crofts, 2005), gastronomic identity (Galvez et al., 2017) geographical indication and local products (Durusoy, 2017) and gastronomy tourism (Kivela & Crofts, 2005). In addition, Durusoy (2017) examined the perception of products with geographical indication by the society and revealed that this marking helped to promote the product and the region on a large scale. At the same time, it has emerged as a result of making an economic contribution to the region.

In Figure 2, the studies in the field of gastronomy and related to gastronomic tourism are given in general subjects (Özdemir & Altiner, 2019).



**Figure 2.** General topics covered by research in the field of gastronomy

## 2.2. Meze Culture and History in the World and in the Mediterranean Region

When the word meze is analyzed etymologically, it is seen that its origins are based on the word "Maza" used by the Iranians (Marks, 2008). Appetizers; They are indispensable foods that are served in small quantities in small portions and have a great place in our tables with their taste and appearance (Si & Couto, 2020). When it comes to appetizers, the first thing that comes to mind is the foods that are consumed with alcohol and especially raki; However, with the development of the appetizer culture, the appetizer has found a place in the Mediterranean cuisine not only as a snack, but also as a food culture (Girgen & Şah, 2020).

## 2.3. Turkish Cypriot Cuisine

Cyprus is strategically valuable because it is located in the middle of the Mediterranean. For this reason, it has attracted the attention of many cultures throughout history. Egypt, Assyria, Greece, Macedonia, Rome, Byzantium, French Lusignan dynasty, Mamluk, Venetian, Ottoman, came under the domination of the British and Turkish. Therefore, the island of Cyprus has often witnessed wars (Güven, 2015). When this is the case, the people have not reached much prosperity throughout history, so a rich culinary culture has not emerged. Grains that can be stored by drying and vegetables that can be grown in the gardens of the houses were preferred in daily meals. The island of Cyprus has been occupied by many different civilizations and therefore the traditional cuisine of Cyprus has been influenced by the

different nations living there. However, it is seen that Turkish and Greek influences are more on food. Filtered from all the cultures it hosts, Cyprus cuisine has reached the synthesis of eastern and western flavors (Girgen & Sah, 2020).

Throughout history, Cypriots have begun to create new types of food. Each dish has its own unique flavor. The way the food is prepared and presented reflects the identity of the Cypriot people. Molohiya, a herb dish popularly eaten in Cyprus, appeals to the Cypriot taste with its preparation, taste and presentation, although it is a dish of Arabian origin. In Cyprus, the name and preparation of some dishes differ from region to region (Çelik, 2018).

Cypriots have succeeded in creating their own unique, delicious dishes. Northern Cyprus is a society with a developed drinking culture. The habit of consuming alcohol has created a unique diet around it, and rich appetizers and meals have emerged in this way. Mezes show a wide variety in Turkish Cypriot cuisine (Altan, 2013).

#### 2.4. Cyprus Meyhanes

The island of Cyprus, marked by its historical and cultural legacies left by diverse civilizations, also boasts a rich diversity in culinary traditions. It would be the right decision to talk about the traditional flavors at the beginning of these cultural riches, which have a wide range that can be examined. At the top of these delicacies are the appetizers unique to Cyprus. Appetizers are the indispensable richness of the tables, in a home dinner you go as a guest, in a restaurant that offers traditional and local delicacies, and in the tavern and tavern culture, which is the main subject of our study. The main feature of Cypriot appetizers is that almost all of them contain olive oil, salt, vinegar and lemon (Altan, 2013). In the Lower part of Famagusta, Kyrenia and Nicosia the biggest districts of Northern Cyprus, there are several well-known taverns, meyhanes and restaurants as shown in Table 1.

**Table 1.** *Meyhanes and Restaurants of North Cyprus*

• Ahır Meyhane	• Hurma Restaurant
• Alevkayalı Restaurant	• İskele Balık Evi
• Archway Restaurant	• Kadı Restaurant
• Aspava Restaurant	• Kaplıca Beach Restaurant
• Aytotoro Meze Evi	• Kaplıca Palmiye Restaurant
• Akşamcı Meyhanesi	• Kemal'in Yeri
• Cibali Meyhanesi	• Kıyı Restaurant
• Çilingir Sofrası	• Körfez Restaurant
• Dört Kardeşler Restaurant	• Neşe Balık Restaurant
• Ehli Keyf Meyhanesi	• Niazi's Restaurant
• Emir'in Yeri	• Sandal Balık Restaurant
• Eminem Restaurant	• The Meyhane
• Hoca'nın Yeri Güngör Restaurant	• Yorgo Kasap Restaurant

#### 2.5. Cyprus Appetizers (Mezes)

Since Cyprus has been under the influence of many cultures throughout history, it has created quite a variety in the table culture of the island. Among the Cypriot appetizers, the most favorite of the table in terms of originality is always the local cheese called halloumi. It can be consumed without any processing, or it can be consumed by grilling and pan. Many boiled 'gaynanmış' types also occupy an important place among appetizers. Dry beans, potatoes, beets, broad beans, dried cowpeas, etc. (Bozatli, 2009).

Appetizers can be served directly as they are, as they are only served by peeling and slicing. Cucumber, tomato, olive, çakistes (green olive) cheese varieties, fresh or boiled artichokes, celery, gullumbra, fresh broad beans, radishes and various nuts come to the table first (Della et al., 2006). Afterwards, goose feet, gabbar and similar varieties of herbs unique to Cyprus and appetizers prepared from various seafood are served. Octopus is one of them.

In addition, pickled quail eggs, pickled beetroot and other pickles made from quail eggs are indispensable for appetizers. Many pickles and appetizers and their short recipes are shown in Table 2 (Altan, 2013).

The most important feature of Cypriot appetizers is that almost all of them contain olive oil, salt and lemon. Among all Cypriot appetizers, it is a local cheese called halloumi, which is the ruler of the table in terms of its originality and taste. It can be consumed as it is: but its grill (hellim gabira) and its pan are marvels. In addition, various boiled dishes have an important place among the appetizers in Cyprus. These appetizers; Dry beans, potatoes, beets, broad beans, dried cowpeas, etc. The adjective 'gaynanmış' is used among Cypriots when describing such appetizers.



**Table 2.** Some types of appetizers (mezes) that are unique in Cyprus

Name	Ingredients
<b>Quail Pickles</b>	The quails, whose feathers are peeled and cleaned inside, are put into vinegar in a glass jar after boiling for a while.
<b>Quail Egg Pickles</b>	After being boiled, cooled eggs are removed from their shells and placed in a glass jar. Then vinegar is added to it.



Image 1. Quail Egg Pickles

**Saura Meze** This appetizer type, which is especially from the Limassol region, is made from small red mullet fish. The cleaned fish are dipped in flour, fried in a small amount of oil and arranged in a cage form from bottom to top. A spoonful of the flour in which the fish is soaked in the heated oil is taken and added to the oil. Lazmari herb, vinegar and crushed garlic are added to this mixture and mixed and left to boil together. After the mixture boils well, it is poured to cover the fish and left to wait. The longer the waiting time, the more its flavor will increase.

**Amberibulya (Pulya– Vineyard Bird) Pickles** The internal organs of the bird are not removed and injured birds should not be used. Otherwise, the pickle will spoil. After the birds are cleaned, they are boiled very little and left for a while to dry. After that, it is thrown into the circus. Since these birds are eaten with their internal organs, those who fight or joke in Cyprus often use the phrase "I will eat you as you are, like amberibulya". J. Lorke, who visited Cyprus in 1533, writes that Amberibulya pickles were made in Limassol and exported to Venice (<https://kibrissozluk.com/seni-amebebulya-kusu>).



Image 2. Amberibulya (Pulya)

**Salyangoz/  
Snail  
(Garavolli)  
Pickles**

Although it is said that "snails are not sold in the Muslim quarter", Turkish Cypriots eat garavolli or snails in abundance. Especially in the villages of the Karpaz Peninsula, large garavolli (snails), known as rams, are caught and eaten, and they are also widely traded. Small ones are not eaten. We can even talk about those who catch garavollis and feed them in the garden of their houses by making a coop, and when the time or season comes, they make appetizers. While Garavolli is made in about eight or nine varieties, its pickles are also specially made and eaten. The snails are left hungry in a basket for 2-3 days and cleaned. After that, they are boiled and removed from their shells one by one. Snails removed from their shells are thrown into vinegar in glass jars and pickles are prepared.



Image 3. Garavolli

**Octopus  
Pickles**

The ink, mouth and internal organs of the captured octopuses are removed. The octopus is bleached by hitting a stone or rock at least forty times and rubbing it on the stone-rock. It is seen that the foams that come out after this process no longer come out and the soft meat becomes hard. Afterwards, it is boiled in water, drained and dried, and the cubes are cut and placed in a jar. Garlic is put in it. Vinegar is poured on it as much as it takes, and olive oil is poured on it so that it does not get air. This layer of the pickle, which forms a layer over time, is called the mother of the pickle.



Image 4. Octopus Pickles

**Sipya (Sipga)  
Cuttlefish  
Pickles**

(Squid) It is marinated in the same way as the Sipya or octopus, the smaller of the octopus.

**Cikla  
(Thrush)  
Pickles**

It is a kind of migratory bird that is gray in color, has a pointed beak, eats insects and olives that have blackened and fallen to the ground. The pickle is set up like other birds.

**Çitlembik (Celtic)** Fresh shoots of the Celtic occidentalis plant, which grows naturally in nature, are collected and washed thoroughly. After drying, it is put into vinegar and pickled.

**Pickles**

**Girdama (Sea Kidney Bea)** It is a plant that grows near the sea. The plant is collected. Then it is washed thoroughly with water, freed from salt, and spread to a place to scatter. After it dries well, it is placed in a glass jar and vinegar is poured on it and the jar is closed. Then it's pickled.

**Pickles**

**Bikla** Curry, mustard, vinegar, flour and salt are added to various vegetables while they are chopped and cooked as cubes. After preparation, it is stored in glass jars. It is the most popular appetizer of the drink tables. Especially in the Cypriot sandwich culture, it is widely used in sandwiches and eaten. It is thought that a sandwich without a biscuit would not have much taste.



Image 5. Bikla

**Tahini** It is known colloquially as "donkey tray, squeeze sour or donkey f.ck / eşek s...in". It is a very nice drink appetizer. It is also known by a different name in Antalya region in Turkey. It is made with tahini, garlic, salt, lemon (sour). By adding rusk to the tahini salad, it smells of tahini and is called rusk with tahini. It is also made by mixing boiled and crumbled fish into tahini salad.




Image 6. Tahini

**Keklik (Partridge) with Halloumi** Halloumi was placed in the belly of the cleaned partridge, and after it was closed well, it was grilled on charcoal and eaten as an appetizer.



In addition to the Cyprus appetizers above, Table 3 lists the popular appetizers in Cyprus and found in almost every meyhane (Table 3);

**Table 3. The popular appetizers in Cyprus of Meyhanes**

Name	Ingredients
<b>Cyprus Artichoke</b>	Artichokes are served with leaves, accompanied by lime.
<b>Bullez Badadez</b>	Cyprus potato is called 'silkme badadez'. It is served after dying in oil with vinegar.
<b>Mücandra Pilav</b>	This pilaf is very popular in Cypriot cuisine. It is served by cooking with onions dying in olive oil.
<b>Bulgur Köftesi</b>	Bulgur meatballs, also known as içli köfte, this appetizer is served roasted.
<b>Çakistes</b>	It is the broken green olive of Cyprus. The flesh is thick and firm. It is also legendary when mixed with some garlic, coriander (gollandro) seeds, lemon juice and olive oil.
	
<p>Image 7. Çakistes</p>	
<b>Gappar (Capari) Pickles</b>	In Cyprus 'Capari', The miracle plant, which is known as the only pickled plant, is among the alternative agricultural products.
<b>Boiled börülce (Black-eyed)</b>	It is served with black-eyed peas, olive oil and pieces of garlic. Depending on the season, boiled chard is added.
<b>Tahini Lemon</b>	It is an indispensable appetizer consisting of a mixture of tahini and plenty of lemon.



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**Magarina Bulli**

Cyprus pasta, which Cypriots call 'Magarina Bulli', is served with cypriot halloumi (with mint) and fried chicken.



**Image 8. Magarina Bulli**

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**Ayrelli**

Wild asparagus. It is harder, thicker and more characteristic than the foxglove grown in Turkey. It can also be consumed with olive oil or fried with eggs.



**Image 9. Ayrelli**

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The most important feature of Cypriot appetizers is that almost all of them contain olive oil, salt and lemon. Among all Cypriot appetizers, it is a local cheese called halloumi, which is the ruler of the table in terms of its originality and taste. It can be consumed as it is: but its grill (hellim gabira) and its pan are marvels. In addition, various boiled dishes have an important place among the appetizers in Cyprus. These appetizers; Dry beans, potatoes, beets, broad beans, dried cowpeas, etc. The adjective 'gaynanmiş' is used among Cypriots when describing such appetizers.

### **3. Method and Data**

Semi-structured qualitative research method was chosen as the research method. Answers were sought to open-ended questions posed to the research participants. Personal information remains confidential due to limitation and privacy principles. This is important for ethical considerations and protection of participant rights. The study is important in terms of generalizability and external validity. The regions selected as the research area consist of taverns located in Famagusta, Kyrenia and Nicosia, which are located in the important districts of Northern Cyprus. The interviews were conducted one-on-one and notes were taken by the researcher during each interview. Convenience

sampling method was chosen in the research. Since data saturation was reached in the sample, interviews were limited to 20 meyhanes. Research participants were selected among tavern directors and managers. It contains information about Cypriot cuisine, taverns and appetizers. Content analysis was used as the data analysis method and the findings were shared. This will help readers understand how the study's findings were obtained. In addition to the tavern owners, local people will also be interviewed for the content and history of the appetizers.

In this research, deep-rooted and culturally important taverns were targeted. In the research, data will be collected by using one-to-one interview technique, one of the qualitative research methods. The interviews took place in the form of interviews between 20-30 minutes. In addition to demographic questions, the following questions were asked to the interviewees during the interview.

1. What are the customer potentials of meyhanes?
2. If there are special appetizers for Cyprus, what are their names and short recipes?
3. What are the most preferred appetizers (mezes)?
4. Do you think appetizers are important? If your answer is Yes, why is it important?
5. Is there anything you would like to add? (histories of these foods, culture, stories etc.)

Cyprus has hosted many civilizations throughout history. For this reason, the culinary culture has been aiming to identify and record the tavern flavors in the Cypriot gastronomic culture for centuries and ensure that these flavors are not forgotten by transferring them to future generations. Our research also aims to define the types of appetizers in the Cypriot gastronomic culture.

#### **4. Findings**

Findings from the research; It contains information about the traditional appetizers of the Northern Cyprus cuisine, the production of the appetizers, the customer potential of the taverns and the preferred appetizers. In this research, information was obtained from 25 people (tavern owners) and local people. The study has the Ethics Committee Report numbered ETK00-2020-0255 that was approved by the EMU Scientific Research and Publication Ethics Committee.

Question 1: In this research question, different answers were determined according to the regions. The answer received regarding the customer potentials in the tavern businesses in Nicosia and Kyrenia city center (Gioneli especially) and Famagusta that includes Famagusta Kale that was employees in Families and Companies. On the other hand, the answer to the question was the student body in the taverns close to the Eastern Mediterranean University, which also contributed tremendously to the economy of Famagusta. The response received from the tavern establishments close to the Famagusta harbor was civil servants and tourists. In addition, in Mutluyaka region, which is connected to Famagusta region, the answer is Young and middle age generation.

Question 2: All the participants stated the special appetizers specific to Cyprus as follows; garavolli, octopus, gabbar, grilled halloumi, magariina bulli, pulya, çakistes, artichoke, bullez, etc. The owners of the taverns described the appetizers I mentioned as follows:

- Garavolli: It is collected from nature and boiled well in the first place, this situation is repeated 2 or 3 times, then it is served with garavolli sauce (olive oil, vinegar and lemon).
- Gabbar: It is a type of thorny herb unique to Cyprus. It is collected from nature and served after being washed thoroughly and kept in vinegar.
- Pulya: It is a type of appetizer called the most famous and rich appetizer among Cyprus appetizers. But this rich cyprus appetizer variety was being consumed before the State imposed a ban on catching stamps. The reason for the ban is because it is an endangered bird species. It was usually boiled in water and consumed with a mixture of salt and lemon. At the same time, Pulya appetizer type was cooked and consumed as pickles or barbecue (grilled) according to taste.
- Artichoke: It is one of the Cypriot appetizers with plenty of vitamins consumed after planting in the spring. After it is discarded, it is served with lemon and salt together with its stems.
- Grilled Halloumi: An indispensable part of Cypriot taverns, half a loaf of bread is grilled in a pita and then served with cooked tomatoes.
- Magarina bulli: It is known as a very common hot appetizer type used not only in taverns but also in people's daily lives. It is served with chicken by frying the chicken after boiling it, cooking the pasta in chicken broth, grating halloumi on top of the pasta.

Question 3: In this question, the participants talked about the Cyprus-specific appetizers and gave information about the preparation of these appetizers. Most of the mentioned appetizers are available in the literature study.

Question 4: The answers to this question were generally, Yes. All participants emphasized the importance of meze in Cypriot meyhanes. They even stated that the quality of the place is evident from the appetizers, and stated that the quality is not from the place but from the appetizer. Of course, there were different answers. For example; They cannot eat meat or chicken that consumes a lot of appetizers. They come to the conclusion that people who consume more appetizers will not be able to eat too much.

## 5. Conclusion

In this research, it is aimed to remember the meyhane and tavern culture in Cyprus and to convey the meyhane culture in Cyprus to tourists. For this purpose, Cypriot appetizers were taken as examples and their recipes and cultural characteristics were shared according to their regions. It aimed to create a record of the culinary culture of the cultural heritage belonging to the Cypriot culture, to transfer it to future generations and to find suggestions about what to do about transferring it. This study will contribute to the Turkish Cypriot Cuisine and Culture literature. In addition, it will contribute to the correct transfer of their own culture and cuisine to the next generations. The most important suggestion revealed by participant comments and research findings is that culture and cuisine should be protected. It is very important to preserve this in the world of gastronomy, where traditional methods are becoming less used and more important day by day. The future researches can be conducted in other districts of Cyprus such as Nicosia and Girne in more detail, Trikomo and tavernas in Greek restaurants, to gain broader knowledge and perspective and contribute more to the literature.

### Etik Kurul İzni / Ethics Committee Permission:

This study was conducted by Eastern Mediterranean University, Scientific Research and Publication Ethics Board, with the approval of the ethics committee dated 27.11.2020 and Decision No. ETK00-2020-0255.

Bu çalışma Doğu Akdeniz Üniversitesi, Bilimsel Araştırma ve Yayın Etiği Kurulu tarafından 27.11.2020 tarih ve ETK00-2020-0255 Karar No ile etik kurul izni alınarak yapılmıştır.

### Çıkar Çatışması/Conflict of Interest:

Yazarlar, kendileri ve/veya diğer üçüncü kişi ve kurumlarla çıkar çatışmasının olmadığını beyan eder.

The authors declare that they have no conflicting interest.

### Yazar Katkısı/Authors' contribution:

Fikir/Kavram - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Tasarım ve Dizayn - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Denetleme/Danışmanlık – Ö.A.; Kaynaklar - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Veri Toplama ve/veya İşleme - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Analiz ve/veya Yorum - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Literatür Taraması - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Yazı Yazan - M.Z.,M.Ş.; A.Ö.,E.S.N.,G.M.Ü.,D.A.; Eleştirel İnceleme – A.Ö.

Idea/Concept - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Design and Design - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Auditing/Consultancy - M.Ş.; Sources - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Data Collection and/or Processing A.Ö.,E.S.N.,G.M.Ü.,D.A.; Analysis and/or Interpretation - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Literature Review - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Writing - A.Ö.,E.S.N.,G.M.Ü.,D.A.; Critical Review – A.Ö.

### Proje Desteği/Financial Support:

Yazarlar bu çalışma için herhangi bir finansal destek almadığını beyan etmişlerdir.

The authors declared that they did not receive any financial support for this study.



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