



Turkish cuisine and dances

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A Cultural Education Program

Turkish Culture and Tradition

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Studentische Arbeitsgemeinschaft für
Entwicklungszusammenarbeit

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1 Aim of the program and motivation

The project 'Turkish Culture and Tradition' (short: T-Cat), took place in Braunschweig from January 30th until February 8th 2014. German and Turkish students – in total 20 - worked together to realize our goal – informing German students about Turkish culture, and to fight prejudices and bias.

The aim of this educational program called “Turkish cuisine and dances” is to strengthen the students’ knowledge about the connections between the cultural traditions and the region where they are conducted in Turkey. Therefore each unit clarifies a single aspect concerning the cultural background, maintains the just gained knowledge and expands the conviction and decreases prejudices. The topic of culture and tradition is of high importance for our daily life and that a negative influence on one of them also affects the other, is one of the main topics of the program and found throughout every unit.

While they are preparing and eating food, which they view as a part of their culture, they are taking they are together with friends and family. TCAT experiences made clear, that preparing and consuming food is done with a lot more devotion than in today’s German traditions.

2 Overview of the lesson

Name of the unit	What happens in general	Aim of the Unit	Timeframe
Cultural melting pot in German classes (Introduction)	Introducing themselves with cultural background.	Demonstrating the mixture and differences between culture and tradition of different regions.	10 min
Turkish regions and their culture and tradition (Presentation)	Interactive presentation with typical dishes and dances of the several region of Turkey.	Introduction and connection of typical traditions to their region in Turkey.	30 min
Memory/recapitulation	Students are asked to attach pictures of typical dishes and dances to their region on a map.	Rerun the just learned knowledge.	20 min
Dances	Students and teachers try out some dances.	Demonstration.	10 min
Taste	Students and teachers try out some traditional dishes.	Demonstration.	10 min
Conclusion	Concluding discussion.	Reducing Prejudice.	10 min

3 Teaching units

3.1 Cultural melting pot in German classes (Introduction)

Time:

10 minutes

Material:

- blackboard

Realisation:

The lesson is introduced by simple brainstorming about different countries and heritages and their typical culinary or/and musical traditions.

Conclusion:

Therefore it is aimed to bring out the diversity of different tradition and cultures in regard to the different regions of the countries and the countries themselves in the classroom.

3.2 Turkish regions and their culture and tradition (Presentation)

Time:

30 minutes

Material:

- Projector
- Laptop
- Slide show “cuisine and dances”
- Dance videos:
 - Mediterranean region (s. slide 13)
 - Marmara region (s. slide 7)
 - Blacksea region (s. slide 26)
- Hand-out “Turkish map”

Realisation:

This is the first Turkish specific activity of the program. In the following the slide show presents the different regions of Turkey and their typical food and dances. Mostly those depend on factors like climate or closeness to the sea. The students are supposed to

make notes on their sheet with a focus on the regional traditions. The first slide might be able to use as a geographical position. “Where is Turkey, Who are the neighbouring countries, etc.?”

Conclusion:

The bottom line is that the eastern parts are more traditional than the western parts. Thus in the eastern parts the dances are more expressive and slower, the clothes are darker and the protagonists are mostly men in contrast to the western region. Furthermore the dishes include less fish and more meat in the east or interior of the country.

3.3 Memory / recapitulation

Time:

20 minutes

Materials:

- Map of Turkey
- pictures of dishes and dances
- tape

Realisation:

As recapitulation the students sum up and fill up the map of Turkey with the related traditions. That for a deck of the slide’s pictures is handed out randomly. The students attach their pictures to the related region.

Conclusion:

Here it is aimed to iterate the just learned knowledge. In addition to that it enables the students to point out the diversity and typical belongings to the region.

3.4 Dances

Time:

10 minutes

Materials:

- space
- music

Realisation:

Using one of the videos in the appendix to make the class dance one of those.

Conclusion:

It is aimed to have the experience of a Turkish dance.

3.5 Taste

Time:

10 minutes

Materials:

- Food (recipes s. 5)

Realisation:

Dolma (slide 19) is one good dish to prepare a day before the lesson. A recipe can be found in the appendix. Several other Turkish dishes can be used. If you have it as a buffet or let the dishes pass around is up to you.

Conclusion:

It is aimed to have the experience of a Turkish food.

4 List of all materials

- Blackboard
- Projector
- Laptop
- Slide show “cuisine and dances_ger”
- Map of Turkey
- pictures of dishes and dances
- tape
- traditional Turkish food

5 Appendix

Stuffed Vine Leaves - Authentic Turkish Dolma Recipe

By Cenk Sonmezsoy on April 30, 2007

★★★★★ 5 Reviews



Photo by tugruldonmez

 **Prep Time:** 1 hrs 30 mins **Total Time:** 2 hrs 30 mins **Serves:** 10, **Yield:** 40 dolmas

About This Recipe

"Dolma" in Turkish translates to any vegetable stuffed with a rice-based mixture. Lots of spices are used for the stuffing. For me, the most important one is the lemon salt. It gives a nice aromatic taste, which can not be replaced by the combination of lemon juice and table salt. If you can not locate any lemon salt, don't forget to replace it with only half the amount of kosher salt (two tbsp will be too much) and juice of half a lemon. The process may be a little confusing, you can check out step-by-step pictures at my blog here: <http://cafefernando.com/?p=42>"

Ingredients

- 1 lb pickled grape leaves, pickled in brine then washed and drained
- 4 medium onions, diced
- 2 cups rice, washed under cold water and drained
- 1 cup flat leaf parsley, chopped finely
- 1/2 cup olive oil
- 1/3 cup pine nuts
- 1/4 cup dried currant
- 1 tablespoon dried mint flakes
- 1 teaspoon allspice
- 1/8 teaspoon black pepper
- 1/8 teaspoon ground cinnamon
- 1 teaspoon granulated sugar
- 2 tablespoons lemon salt
- 1/2 lemon, juice of

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Picture 1: Recipe_Dolma page 1

Directions

1. Dice the onions and sauté with 1/4 cup of olive oil.
2. When they turn translucent, add the pine nuts and sauté for 5 more minutes.
3. Add rice and stir constantly for 5-10 minutes until the rice is translucent.
4. Add the spices (dried mint, cinnamon, lemon salt, black pepper, dried currants, sugar and allspice) and chopped parsley.
5. After another quick stir, add 1/2 cup of boiling water and simmer on low medium heat for 15-20 minutes until all the liquid is absorbed by the rice mixture.
6. Take off heat and let cool.
7. And now, here comes the fun part. Traditionally, you would put a spoonful of the cooled mixture in the center of the top part of the leaf, fold the sides inwards and then roll the leaf like a cylinder. But since I have "The Ultimate Dolma Machine" (follow the link mentioned in the description section), I just placed a leaf on the rubber compartment of the machine, put a tbsps of mixture in the middle and with a single slide, there comes my dolma from the other side of the machine. The process was a breeze. It took me only 10 minutes to roll nearly 40 perfectly shaped dolmas. Below is the process fully photographed.
8. As the final step, spread a layer of vine leaves on the bottom of a large and heavy pot (to prevent the stuffed leaves from burning).
9. Lay all your dolmas side by side and tuck very tightly.
10. Transfer the remaining 1/4 cups of olive oil, juice of half a lemon and 2 cups of boiling water, cover with a plate upside down (so that the dolmas don't move around in boiling water) and bring to a boil.
11. Reduce the heat to medium low and simmer until all the water is absorbed (roughly 45-60 minutes).
12. Transfer to your serving dish and let cool.

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Picture 2: Recipe_Dolma page 2