

# TURKISH CUISINE AS A COOK IT YOURSELF DESIGN EXPERIENCE

Derya Gürcan<sup>1</sup>, Ahmet Can Özcan<sup>2\*</sup>

<sup>1</sup>Department of Industrial Design, Anadolu University Yunus Emre Campus, 26470  
Eskisehir, Turkey

<sup>2</sup>Department of Industrial Design, Izmir University of Economics Sakarya Street No:156,  
35330 Balcova-Izmir, Turkey

\*e-mail: can.ozcan@ieu.edu.tr

## Abstract

This paper aims to define a design brief depending on the i) Types and regions and ii) Social and traditional eating habits of Turkish Cuisine followed by a service design suggestion combining these aspects.

The quality, quantity and the organization of the tools related to food in a culture combined with the food itself, preparation and service signifies the level of civilization as well.

Turkish cuisine has a long history and various rich tastes by means of interaction with other societies. Not only the diverse geographical and climatic conditions from East to West, but a long history of different native and nomadic civilizations from Hittite to Persian, from Romans and Byzantine to Seljuk and Ottoman cultures has developed a unique and significant Turkish cuisine in Anatolia. One of the significant characteristics of Turkish cuisine is outdoor eating and picnic tradition. Outdoor eating and picnicking are common among the people of Turkey as well as conventional indoor eating not only to satisfy a basic need, but also to fulfil social needs and share entertaining activities as in the case of picnicking where people enjoy an outdoor type of entertainment and a social type of eating around a “mangal”, a kind of portable barbecue to grill meat and/or to make kebabs. Mangal has become varied in the recipes and has continued until now in Turkish cuisine. Another kind of Turkish eating tradition is called “kendin pişir kendin ye - cook it yourself” restaurants and they also depend on socialization and communication around kebab grilling mangals. These restaurants serve families, friends who wish to experience such social gatherings around grilling activity. The existence of fire by the side is a very significant element that is directly related to the importance of fire for the existence of human kind next to food and eating.

As a conclusion, with its long historical background and seven regions which have their kind of foods and recipes, Turkish cuisine is a big and rich cuisine. By analyzing different types of food and seven regions as part of social and traditional Turkish eating habits, “mangal” is the topic of this paper. To offer a cooking experience in restaurants, available angled tables are not suitable for socialization around kebab grilling mangals. Instead of angled tables, round table design is offered for “cook it yourself” restaurants which are more convenient for sharing foods and communication. Shortly, in this paper a design brief has defined for the combination of mangal, table and range hood design which involves Turkish eating habits, types and regions.

**Key words:** Turkish cuisine, Design brief, Service design, Experience.