



In the Fusion Cuisine Approach Availability of Quinoa (Application Suggestions)

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Abstract

Due to rapid population growth in the world and our country in recent years, rapid depletion and pollution of natural resources, global warming and climate change, individuals are looking for new and alternative nutrients in terms of nutrition habits. In this context, South American origin Quinoa plant makes difference and superiority to other grains when it is considered in terms of the nutritional values hosted. United Nations Council has declared the year 2013 as "International Quinoa Year" in terms of the potential to contribute significantly to achieving the development goals of the next millennium. From here it can be said that Quinoa plant is a subject that is discussed more day by day, as the eyes gradually turn to alternative nutrients in the world. Within the context of fusion cuisine applications that are consciously formed by the combination of different cultures, materials and techniques and interpreted as the globalization of cuisine; it is said that Turkish Cuisine is interacting with the Turkish Principalities coming from Central Asia to Anatolia with the nomadic life style, taking advantage of different cultures and cuisines. With this feature, the proximity of the Turkish Cuisine to the Fusion Cuisine can be seen clearly. The study shows the using of Quinoa as part of Fusion Cuisine practices with common foods from Turkish Cuisine. Utility and concordance of Quinoa are observed by the way of these foods. Data obtained by participant observation are supported by scanning of documents.

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INTRODUCTION

Quinoa is a super nutrient in vegetable foods that can be regarded as one of the plants that can cure the hunger problem in terms of carbohydrate, fat and fiber content it has. Together with Chinese and French cuisines, Turkish cuisine is regarded as one of the three best cuisines of the world and carries traces of many cultures. The characteristics of the Quinoa plant, such as durability to drought and its rich nutritional value when compared to other grains, explain the reasons why it is considered as a product that is valuable and on the agenda both in the world and in Turkey. In this context, it is thought that the Quinoa plant can be used in the Turkish cuisine, which is considered to be compatible with the fusion cuisine.

Fusion cuisine is to be able to create new cuisines, new dishes and new tastes by synthesizing different food concepts of world cuisines. Fusion cuisine aims to create new cuisines, new dishes and new tastes by synthesizing different food concepts of world cuisines. Within the study conducted for this sense, as a result of the recipes provided in the conclusion; we try to reveal that Quinoa plant can also exist in Turkish Cuisine by keeping the taste and texture.

This study focuses on the Quinoa plant of which the popularity and usage is increasing on a daily basis; and whether it is usable in Turkish Cuisine or not.

CONCEPTUAL ANALYSIS

The word fusion has the meaning of melting, combining, being together and joining. It is the combination of cultures, techniques and ingredients of cuisines of different nations in one plate, but to have no one national characteristics in the end. At the same time, the said concept has also the meaning of "globalization of food and cuisine" (Kırım, 2005).

The Fusion Cuisine, which is stated to have emerged by combining Western techniques with Far East technique and ingredients during 1980s (Sandıkçı and Çelik, 2005:42; Doğdubay et al. 2008: 39); is defined as "a unique, creative and innovative technique which is formed by mixture/and or combination of food, cooking technique and ingredients from different countries and locations consciously in the same plate" (Sandıkçı and Çelik, 2005; Gonca, 2009; Mil, 2009). In the study, usability of Quinoa plant - popularity and usability of which increases day by day within the said approach - in Turkish cuisine shall be discussed.

The plant known as Quinoa (*Chenopodium quinoa* Willd.) is a one year plant from Goosefoot family (*Chenopodiaceae*) and a gluten-free kind on which intensive works have been done in recent years over human and animal nourishment. It has a developed and branched taproot which provides durability against draught. The plant has a vertical height of approximately 40-150 cm (Bhargava et al., 2007).

Benefits of quinoa has started to be researched within the last few years by researchers in Turkey and abroad, and it started to be put on market shelves. In USA, it is consumed very widely for approximately more than ten years (Miranda et al. 2012). Particularly, it has gained an advantage over other cereal products in terms of high nutrition values. It has attracted worldwide attention due to its possible contributions to reaching food security and

eliminating starvation thanks to its biodiversity. Quinoa had also started to be taken under review by United Nations (UN) and with respect to its potential to provide important contribution in reaching the development targets of next millennium, the year 2013 was announced as the "International Year of Quinoa" (Demir and Kılınc, 2016).

Quinoa (*Chenopodium quinoa* Willd) is a one year dicotyledon grain plant which is included in C3 (carbon-3) plant group (Jacobsen, 2003). Quinoa is a type of plant which has potential to adapt an unsuitable climate and soil conditions. It is able to show high tolerance and durability against frost Don (Jacobsen et al., 2005), draught (Geerts et al., 2009) and soil salinity (Jacobsen, 2003). The homeland of Quinoa is the Andean Region of South America (Colombia, Argentina, Peru, Bolivia, Chili and Ecuador), and it has been grown in those regions for more than seven thousand years (Pearsall, 1992; Garcia, 2003; Bhargava et al., 2006; Koyun, 2013; Ruiz et al., 2014). When considered from historical point of view, agriculture of Quinoa plant was identified by studies and researches to date back to 5000 B.C. or earlier. It became one of the main nutrition sources of Aztecs and Incas who had lived in that area, and named as the mother of cereals (Tan ve Yöndem, 2013). The plant Quinoa has nutritional properties which it contains intrinsically.

Since quinoa grains do not contain gluten as stated before, it is an important source of food for celiac (gluten enteropathy) patients (Kuhn, 1996). It has been observed in recent years that quinoa use has increased in individuals having allergy against allergic symptoms caused by commonly used cereals (Pasko et al. 2009). One of the main nutrients for vegan and vegetarian individuals who do not consume animal products consist of foods made of Quinoa plant (Pasko et al. 2009). Quinoa is called as super nutrient as it has the highest protein content among plant nutrients (Miranda et al. 2012). As having high nutritional values, Quinoa was referred as one of the remedies for starvation problem in the world and its importance was pointed out (Tan and Yöndem, 2013).

Although presenting some varieties, protein is available between the rates of 13.8% and 16.5% in the seed of Quinoa plant which is dried used and high in terms of protein values. In average, it is acknowledged that Quinoa plant contains protein at a value of 15%. Quinoa has the highest protein rate among the cereals such as rice, barley, corn, rye and wheat in terms of protein ratio (USDA, 2015). Table 1 shows that:

Table 1. Nutritional values of Quinoa grains and some cereals (g/100g in dry ingredient) (USDA, 2015)

	Fat (g)	Protein (g)	Ash (g)	Fiber (g)	Carbonhydrate(g)
Quinoa	6.07	14.12	2.7	7.0	64.16
Rice	0.55	6.81	0.19	2.8	81.68
Barley	1.3	9.91	0.62	15.6	77.72
Wheat	2.47	13.68	1.13	10.7	71.13
Corn	4.74	9.42	0.67	7.3	74.26
Rye	1.63	10.34	0.98	15.1	75.86

One of the topics taken into consideration in classification of cereals is the carbohydrate values. In the conducted researches, it was identified that 100 grams of dried Quinoa contained carbohydrate between the rates of 62% - 71%. The predominant content of carbohydrate in Quinoa is composed of starch (58.1- 64.2%) (Vega ve Galvez, 2010). Beside protein and fat; it was identified that the amount of fiber in Quinoa was at an average value compared to other cereals and thus it was determined as an above average source in terms of fiber as well (Repo-Carruscu et al. 2011). Question of the study, as stated before, was built as the usability of Quinoa plant in Turkish cuisine which has a cultural value. In Turkish Cuisine, the prepared foods are generally made of soup (flour, grained, filtered, crushed), meat dishes (made from large / small meats, poultry, fish and other seafood, hunted animal meat), vegetable meals with meat, other vegetable dishes, broad bean dishes with meat, olive oil dishes (vegetable stew, stuffed pepper, other olive oil dishes) , egg dishes, rice, pasta and ravioli, pastry (dough with oil, phyllo dough), breads, muffins and pies, salads and pickles, desserts (dough desserts, halva, dairy desserts and other desserts) and fruit stews (Arlı, 1981; Akman, 1998). Before the examination of the relation between Turkish cuisine and the fusion cuisine, the fusion cuisine must be correctly identified. The Fusion word, which can also be defined as the globalization of food and cuisine, is described as melting, unity, and unification, and as a result of this, revealing a single new combination, not a single dominant national characteristic (Kırım, 2005). Fusion Cuisine (Sandıkçı and Çelik, 2005; Doğdubay and Giritlioğlu, 2008), was stated in the 1980s as a fusion of Western techniques and techniques and materials of the Far East; and is defined as a unique, creative and innovative technique which is formed by the mixing and / or combining of different international and local food, cooking techniques and materials consciously on the same plate (Sandıkçı and Çelik, 2005; Kırım,2005; Mil, 2009).

The concept of fusion cuisine can be defined as a result of change and development in cuisine appliances used in communication, increase in immigrant influences, increase in use of different materials in cooking techniques, decrease in transportation, increase in imports and most importantly, a product of the curiosity of nature inherent in man (Akgöl, 2012). The American magazine Bonapetit calls and summarizes the fusion cuisine as a world cuisine because it is made up of a multicultural structure (Scarpato and Damiele, 2003). Fusion cuisine aims to create new cuisines, new dishes and new tastes by synthesizing different food concepts of world cuisines (Uyar and Zengin, 2015). Fusion cuisine should be applied without damaging the ingredients used in the food. Therefore; the fusion cuisine is called the creativity show of interesting and exciting dishes using different cooking techniques and different materials without disappointing tradition (Nissley, 2010).

Turkish Cuisine is a cuisine that has spread over a wide land and has been formed by centuries of an empire that blends Byzantine and Islamic motifs (Gurme Rehberi, 2011). It has traces of many cultures that lived in the Ottoman lands (Turkish, Circassian, Kurdish, Arab, Armenian, Jewish, Balkan, Christian, Persians etc.) For this reason, for most of the experts, the Turkish cuisine is perhaps the most established fusion cuisine of world history. "Adana Kebab" can be given as an example of fusion cuisine applications in Turkey. The Kebab is served in Adana with thin bread, pita, tomatoes and peppers cooked on grill; whereas it is served with rice or bulgur rice in provinces such as Istanbul, Ankara and Izmir, experiencing a new combination. Another example is the US-origin Hamburgers; which are prepared with fresh mint, domestic lettuce, tomatoes, local bread and turning it into a local food. Another area where

Fusion cuisine applications are witnessed in Turkey in pastry. With the increase of communication especially with the development of Internet usage, new decoration techniques have been learned by the women through following up blogs abroad on pastries and cuisine. Some examples of fusion applications in pastry are colorful pastries, cookies, chocolates decorated by Sugar Paste (a kind of decorative dough made of powdered sugar and which can be colored) and Royal Icing (cream made of white egg) (Ülbeği, 2013).

In this study, utility and concordance of Quinoa in respect of common tastes of Turkish cuisine being a fusion cuisine are discussed. This discussion focuses on observation of these practices. Observation is one of the data acquisition methods that are used commonly in qualitative researches. Purpose of observation studies is to identify a behaviour in detail that is formed in any environment. In this study, the observation that is a qualitative data acquisition is used. Data obtained by a participant observation are commented with a scanning of documents.

CONCLUSION

As it is known; one of the great features of the Turkish Cuisine is its tendency to the concept of fusion. The Turkish principalities who arrived from Central Asia to Anatolia with their nomadic way of life benefited very well from the cultures and cuisines they interacted with. They have taken the beneficial parts of new products they faced and combined them with the old useful habits of Turkish Cuisine, generating new products. It is possible to discover new dishes in Turkish Cuisine within the Fusion Cuisine with Quinoa, which originates from South America. Thanks to the Quinoa, the nutritional value of the rich Turkish Cuisine can be further increased. The fact that Quinoa has its own unique aroma and because of its characteristics such as not producing a dominant taste and smell when mixed with other foods; it has been consumed in the world cuisines for years. Due to its proximity with Turkish taste, there has been a wide interest in recent years. Quinoa plant can be seen in very different areas of use in Turkish cuisine such as main dishes, snacks and appetizers. It may also be possible to enrich the soups with Quinoa, which are being consumed by the Turkish people. Soups with Quinoa flour can be cooked or Quinoa can also be used for soups with grain. For instance; Quinoa and tarhana (soup with dried yogurt) were combined in a study due to its nutritional characteristic. As a result, a high-level nutrition soup appeared. In Demir's work in 2014, Quinoa was used in making tarhana. According to this study; in case 50 % Quinoa flour is used for making tarhana, the tarhana obtained give the best results in terms of nutrition values.

Quinoa can be grinded as flour and mixed with flour obtained from other grains such as wheat, bran, bread, pasta and other bakery products. As Keskin and Evlice have stated in their study, Quinoa has a significant place in making bread. According to the study conducted by Keskin and Evlice in 2015; when a certain amount of Quinoa flour is added into wheat flour, bakery products with high nutrition values such as bread, cake and biscuits can be cooked. These products can be an important source of nutrients for patients with celiac disease. Also; Quinoa can also be used to cook Turkish ravioli, one of the traditional Turkish dishes. In our country, where the consumption of baked goods is high, the nutritional value of baked goods can be increased by using Quinoa. Quinoa can be an alternative to grains which have an important place in Turkish Cuisine. Because Quinoa can be used instead of rice or bulgur while preserving its grain structure. Grinded Quinoa sprouts can be used in salads, cold appetizers and meals; and leaves can also be used as meals or wrapping leaves.

Some of the new recipes that can be formed with the use of Quinoa in some meals that are frequently used in Turkish Cuisine can be examined as follows (The given recipes are prepared considering portions for a single person):

PRODUCT	INGREDIENTS	AMOUNT
Şekerpare	Sugar	100 gr.
	Butter	30 gr.
	Baking Powder	2 gr.
	Eggs	2 gr.
	Powder Sugar	40 gr.
	Semolina	1,25 gr.
	Lemon	5 gr.
	Coconut	40 gr.
	Quinoa flour	50 gr.
Rice Pudding	Egg	2 gr.
	Vanilla	2 gr.
	Starch	8 gr.
	Rice	5 gr.
	Powdered sugar	80 gr.
	Milk	120 gr.
	Quinoa	40 gr.
Olive Oil Leaf Wrapping	Lemon	½
	Mint	2 gr.
	Sugar	2 gr.
	Allspice	2 gr.
	Olive oil	20 ml.
	Pine nuts	5 gr.
	Salt	2 gr.
	Dried onion	30 gr.
	Quinoa	20 gr.
Mashed Feaves	Quinoa Leaf	50 gr.
	Red Onion	20 gr.
	Bunch Dill	1/8
	Lemon	½ Lemon
	Salt	2 gr.
	Olive Oil	20 ml.
	Carrot	20 gr.
	Dried Onion	20 gr.
Seasoned Rice	Quinoa	200 gr.
	Meat Bullion	5 gr.
	Butter	10 gr.
	Dried Onion	20 gr.
	Currants	10 gr.
	All Spice	2 gr.
	Pine Nuts	5 gr.
	Salt	2 gr.
	Veal Liver	20 gr.
	Margarine	10 gr.
Pita Bread	Quinoa	90 gr.
	Sugar	5 gr.
	Yeast	4 gr.
	Salt	2 gr.
Pasta With Cheese Parsley Filling	Quinoa Flour	75 gr.
	Salt	2 gr.
	Butter	10 gr.
	Margarine	20 gr.
	Parsley	1/8 bunch

	White Cheese	40 gr.	
	Egg	¼ egg	
	Quinoa	120 gr.	
Kadinbudu Meatballs	Meatballs	13 gr.	
	Potatoes	50 gr.	
	Sumac	2 gr.	
	Cumin	2 g.	
	Black Pepper	2 gr.	
	Parsley	1/8 bunch	
	Dried Onion	60 gr.	
	Salt	2 gr.	
	Sunflower Oil	50 ml.	
	Flour	80 gr.	
	Egg	1 egg	
	Quinoa	20 gr.	
	Meat Stew with Mashed Potatoes	Leg of Veal	150 gr.
		Carrot	20 gr.
Potatoes		50 gr.	
Tomatoes		30 gr.	
Banana Pepper		30 gr.	
Sunflower Oil		10 ml.	
Meat Stew with Mashed Potatoes		Dried Onion	10 gr.
		Tomato Slices	15 gr.
		Salt	2 gr.
		Black Pepper	2 gr.
	Milk	10 ml	
	Margarine	5 gr	
	Butter	10 gr.	
	Quinoa Flour	10 gr.	
	Stuffed Pepper	Stuffed Pepper	170 gr.
		Beef Minced	90 gr.
Salt		2 gr	
Red Pepper Flakes		2 gr.	
Dried Onion		40 gr.	
Mint		2 gr.	
Tomatoes		50 gr.	
Tomato Pasta		10 gr.	
Margarine		20 gr.	
Yogurt		80 gr.	
Garlic		2 gr.	
Parsley		1/8 bunch	
Quinoa		30 gr.	
Ezogelin Soup		Lentil Soup	75 gr.
	Butter	20 gr.	
	Mint	2 gr.	
	Pulp Pepper	2 gr.	
	Pepper Crust	20 gr.	
	Flour	20 gr.	
	Salt	2 gr.	
	Lemon	1/4	
	Garlic Flavor	5 gr.	
	Quinoa	10 gr.	
	Breakfast Pancakes	Milk	50 ml.
Salt		1 gr.	
Sunflower Oil		5 ml.	
Egg		1 egg.	
Quinoa Flour		20 gr.	

In this study, utility and concordance of Quinoa in respect of common tastes of turkish cuisine being a fusion cuisine are discussed. This discussion focuses on observation of these practices. The study shows the using of Quinoa as part of Fusion Cuisine practices with common foods from Turkish Cuisine. Utility and concordance of Quinoa are observed by the way of these foods. Data obtained by participant observation are supported by scanning of documents.

The recipes and examples indicate the presence of the area of use in Turkish cuisine. Both in terms of industry and literature, it is thought that Quinoa plant is a product that needs to be discussed and examined. Different recipes can be tried and products by using Quinoa can be increased in order to provide a widespread use. In order for businesses to recognize this plant, some introductory studies can be prepared, in which the students of gastronomy and culinary arts can be informed about the Quinoa plant, which can be considered as the plant of the future. It is hoped that the prepared study will also be the basis for future studies to be conducted.

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