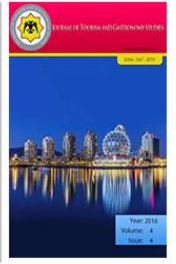




# Journal of Tourism and Gastronomy Studies

Journal homepage: [www.jotags.org](http://www.jotags.org)



## The Usage of Anchovy in Sinop Kitchen

\*Demet KOCATEPE<sup>a</sup>, Hülya TURAN<sup>b</sup>

<sup>a</sup> Sinop University, School of Tourism and Hotel Management, Department of Food & Beverage Management, Sinop, Turkey

<sup>b</sup> Sinop University, Faculty of Fisheries, Department of Fishing and Processing Technology, Sinop, Turkey

### Article History

Received: 11.02.2016

Accepted: 10.10.2016

### Keywords

Sinop

Kitchen

Anchovy

### Abstract

Kitchen culture can be variety considerably between societies. In our country, red meat especially consumed in inland areas, while the fish and other sea foods are greatly consumed in coastal areas. Environmental factors where the people live affect the region's food culture. Sinop is a peninsula, which is the most important source of income, is fishing and locals keep the anchovy separate from other fish. In the fishing season, everybody who wants to consume can freely take anchovy in fishing vessel. Everybody – poorest or richest- is feed with anchovy in fishing season and most anchovy dishes are cooked in every house. The data used in this study were collected by using interview technique. It is determined that in Sinop there are some traditional dishes such as “frying, grilling, oven, tiklatma, pilaf with anchovies, bread with anchovies, anchovy ball, hamsi kusu, anchovy pickle and anchovy marinade”. In the study, the process of these foods, and the details of the difference in their productions were presented.

\* Corresponding Author.

E-mail: [demetkocatepe@hotmail.com](mailto:demetkocatepe@hotmail.com) (D. KOCATEPE)

## **INTRODUCTION**

In the Black Sea, the anchovy caught generally is *Engraulis encrasicolus* (Linnaeus ,1758) is a mainly coastal marine species. The some common names of anchovy are Hamsi in Turkey, Hamsia in Bulgaria, Anxova in Spain, Amplovo in France, Anchovis in Germany, Acciuga in Italy, Enchova in Portugal, Hamsa in Russian Fed., Khamsa in Ukraine, Anchovy in UK, Namibia (Fishbase, 2013). The anchovy, which is the most common species in Turkey, is generally consumed fresh or exported other countries and processed (fish meal, fish oil, canned, salted ect.). Total amount of sea fish caught in Turkey is approximately 315.636 tons in 2012. In addition, 52% of it was anchovy (Tuik 2013).

Sinop is a province of Turkey, along the Black Sea. It is located in the western Black Sea region, is a port city. The borders total 475km and consist of 300 km of land and 175 km seaside borders (Anonymous, 2013). Sinop is covered on three sides, and the livelihood source of majority of Sinop people is fishing. In 2012, the consumption of seafood was 7.1 kg per capita in Turkey (Tuik 2013), perhaps, it is said that the most and the best fresh seafood consumed in Sinop. It is inevitable that, the diversity of fish dishes are more in the city earn their live hood from the sea. The usage of fish and especially anchovy are quite a lot in season and out of season in Sinop kitchen. The anchovy caught in the season are generally frozen, salted or marinated for the summer season. In this study, the information about the traditional fresh anchovy dishes and salted anchovy dishes were presented.

### **Fried anchovy**

In Sinop, the traditional fried anchovy is obtained from corn flour made from Sinop corn and sunflower oil. The corns are harvested in the summer, dried in the stone oven and milled with stone ground. Especially the roasted corn flour is used for frying. Firstly, fish heads and innards removed. It is easy to remove innards by running thumb along the belly. Rinse anchovies are dried and salted. Anchovies are individually rolled in the corn flour, coating them on all sides and place each in frying pan of hot sunflower oil (Photo 1). The anchovies fried until golden color, cooking on both sides. It is removed from pan with a cover or spatula and serves with lemon (Eryilmaz, 2013).

### **Grilled anchovy**

Rinse anchovies are dried and salted. The onion cut into half-moon, parsley, black pepper and sunflower oil are added on the anchovies. They are mixed and individually lined on the grill. Anchovies are grilled over a hot charcoal fire, skin side down for about 2-3 minutes, or until the flesh of the fish becomes white. They are transferred to a large serving plate and serve with lemon (Eryilmaz, 2013).

### **Tıkladma**

“Tıkladma” is the local name of anchovies, which are cooked in the water in Sinop. Cold water and chopped garlic are put in pot, rinse anchovies are placed each on them. On the red pepper are added. After the butter and salt are added, the anchovies are cooked until; water is boiled down (Bal, 2013). They are transferred to a large serving plate and serve.

### **Pilaf with anchovies**

This is called “Hamsili Pilav” in Turkish; it is one of the local favorite dishes of Sinop and all of the region in Black Sea. Firstly, the pilaf is prepared for the pilaf with anchovies. The ingredients of pilaf for the 1kg Black Sea anchovies are 3 cups baldo Turkish rice, 2/4 cup of butter, 1/6 cup sunflower oil, 3 cup of water, 1/5 cup pine nuts, ½ cup chopped parsley, 2 large onions finely chopped, salt and black pepper. Put the nuts into the pan and roast them until they are golden color. Then add the vegetable oil and rinsed and drained rice. The rice is stir-fried until it becomes golden opaque. The onions, raisins are stir-fried until the onions are cooked. The rice, parsley and dill are added into this mix.

The anchovies are cleaned and prepared the fish by taking its bone and head off put leaves the tail as shown Photo 2.

The round pyrex which is about 7 cm deep and 32 cm dia. are used for pilaf with anchovies. Pyrex are brushed with sunflower oil and the anchovies are lined at the bottom and sides of the pyrex. The pyrex are filled with the prepared rice mix and the surface of the pilaf are covered with anchovies. The pyrex are put into turbo oven and cooked about 30-35 minutes on 200°C. Once the pilaf with anchovies cooked, the butter is put in small chunks on top of the cover. It can be served with pyrex (Bal, Eryılmaz 2013).

### **Bread with Anchovies**

The anchovy bread is a local dish made in Sinop. The bread can be made with fresh or salted anchovies. Anchovy: flour ratio is 2:1 in anchovy bread making. The fresh anchovies are cleaned and prepared the fish by taking its bone and head off put leaves the tail. For the salted anchovies, firstly the anchovies are soaked for the removing excess salt. And all of them are cut into small slices. For the 1 kg anchovies, 1/2kg wheat flour, 1 tea cup olive oil, 1 package baking powder, chopped parsley, salt, chili pepper and black pepper are mixed. The round pyrex which is about 7 cm deep and 32 cm dia. are used for bread. Pyrex are brushed with sunflower oil and the mix are spread evenly into it. It is cooked into the preheated oven to 200°C and baked for a further 35-40 minutes (Photo 3). Remove from oven and serve (Serdaroğlu, 2013) (Figure 1).



Photo 1



Photo 2



Photo 3

**Figure 1.** Fried anchovy, anchovy bones removed, bread with anchovy.

### **Anchovy Ball**

The anchovy meat ball are usually consumed as appetizer at restaurant in Sinop. For the prepare anchovy meat ball, 1kg fine-cut anchovy, ½ water glass crumbs bread, ½ water glass corn flour, 1 egg, 2 tablespoon sunflower oil, salt, black pepper, allspice and chopped parsley are used. All of them are mixed and worked. The mix is formed

into firm balls about 1-inch diameter. Heat the oil in non-stick-pan and balls are firstly coated with corn flour and fried until cooked (Eryılmaz, 2013).

### **Hamsi Kusu**

The “Hamsi kusu” is a traditional name of anchovy meal with chopped onion and parsley mix. The fresh anchovies are cleaned and prepared the fish by taking its bone (Photo 2) and head off put leaves the tail. Chopped onions are scrubbed with salt and added parsley, red pepper, black pepper. One anchovy is inserted back into hands and put the prepared mix on it (Photo 4). Over the mix are closed with one anchovy (Phot 5). Heat the oil in non-stick-pan and anchovies are firstly coated with corn flour and fried until cooked (Photo 6) (Figure 2).



Photo 4



Photo 5



Photo 6

**Figure 2.** Making “hamsi kusu” (Original)

### **Anchovy pickle**

For the prepare anchovy pickle; 2kilos rinsed anchovy, 400g rock salt, bay leaf and stone are used. A little anchovies are firstly placed in the jar and coat a layer of salt on them, the bay leaf added. The fish, salt and bay leaf have been placed in the jar until the jar brim. The cleaned rock is put on the top of the jar for the pressure. The pickle are edible after about 1.5 months (Bal, 2013).

### **Anchovy marinade**

Headed gutted and cleaned anchovies are used for marinade. The fish are placed in the jar, salted between each layer and storage in refrigerate for 24 h. The next day, anchovies are cleaned and gently opened the anchovy and pulled out the spine and discard. The anchovies are put in the plastic pan (skin-side down) and added the vinegar to cover. The anchovies are left in this cure all night until the fish flesh has turned white. The fish are cleaned under the cold running water in a colander. The fish are placed in the plastic pan again and putted garlic enough olive oil to cover. This meze are served with some chills/hot pepper slices, red onion, extra olive oil (Eryılmaz, 2013).

### **CONCLUSION**

Every day, in houses and restaurants with increased slow food mobility has also increased the production of traditional food. At the beginning of the gastronomic stands out in the tourist area of mobility comes slow food production. Dishes made from anchovies and the acquired topics in article constitute the basis of Sinop culinary

culture. This dish should be served to tourists in catering facilities and in-depth evaluation as an element in terms of Sinop gastronomic tourism.

## **REFERENCES**

Anonymous, (2013). [http://en.wikipedia.org/wiki/Sinop\\_Province](http://en.wikipedia.org/wiki/Sinop_Province)

Bal, S. (2013). Private conservation, Housewife. Sinop.

Eryılmaz, H. (2013). Private conservation, Housewife, Sinop.

Fishbase, 2013.

<http://www.fishbase.org/comnames/CommonNamesList.php?ID=66&GenusName=Engraulis&SpeciesName=enrasicolus&StockCode=76>

Serdaroğlu, H. (2013). Private conservation, Housewife, Sinop.

Tuik 2013,

[http://rapor.tuik.gov.tr/reports/rwservlet?hayvancilik=&report=BALRAPOR1.RDF&p\\_yill=2012&p\\_kod=2&desformat=html&p\\_dil=1&ENVID=hayvancilikkurumsalEnv](http://rapor.tuik.gov.tr/reports/rwservlet?hayvancilik=&report=BALRAPOR1.RDF&p_yill=2012&p_kod=2&desformat=html&p_dil=1&ENVID=hayvancilikkurumsalEnv)