



ANTEP PISTACHIO





ANTEP FISTIĞI VİTRİNE ÇIKIYOR PROJESİ

TRC1/13/DFD/3046



Antep Fıstığı



THE MOST COMPREHENSIVE MASTERPIECE ABOUT "THE ANTEP PISTACHIO" THE QUEEN OF THE SOUTH-EASTERN ANATOLIAN STEPPES

This award-winning book called "ANTEP PISTACHIO" was prepared with the purpose to become a source of information about the wide specter of characteristics of pistachio starting from its cultural peculiarities and finishing with its economic value and original recipes. The work on the book brought many famous scientists, gastronomic masters and industry representatives together under the editorial patronage of Gonca Tokuz.

AWARDS

🏆 Antep Pistachios" book won the world's second prize in fruit category competition at the "Gourmand Cookbook and Food Culture Awards", which was held in Yantai, China in 2016.

🏆 This book is among the top-seven award-winning books in the world representing Turkey according to "The list of the Best of the Best Books of the past 25 Years of the Gourmand Awards".

It was also awarded with the Best in 25 Years Certificate and Sticker.

Canada - Tomato, Anne Fortin (Modus Vivendi 2015) France - Agrumes, Anne-Sophie Pic, INRA Corse (La Maison 2017) Guatemala - Los Frutos de la Identidad, Carolina Siu, Norma Alfaro, Jenny Cho Chon (INCAP 2017) Malaysia - Fruitastic, Mohana Gill (MPH 2007) Mexico- Tomato (Grupo Mexico 2015) Spain - Bojos por la Cirera , Laura Gosalbo (Elemasce 2005) **Turkey - Pistacchio antep fistigi, Gonca Tokuz (2015)** UK - Fruits, Edible, Inedible (Papadakis 2007)

“ANTEP PISTACHIO” FROM LOCAL TO GLOBAL

At first, during the Hittites period, Antep Pistachio was known as the Anatolian plant culture. An edible shell fruit was produced from the tree belonging to the Gum Tree Family, and it recieved the name as Antep Pistachio.

The homeland of the Antep pistachio (*Pistachia vera*, L) is the Near East region, which covers the Asia Minor, the Caucasus, Iran and the high areas of Turkmenistan. For centuries, it has been cultivated in Afghanistan, North West India, Iran, Turkey, Syria and other Near East and North African countries in the wild or semi-wild form.

On the other hand, the *Pistachia* species are eligible for the climate typical for the Northern and Southern hemispheres, mainly in between 30-45 degrees latitude. In fact, the climate conditions in that belt create suitable microclimate for these fruits.

The fact that pistachio was served to the king's tables in the ancient times full of cultural varieties shows to what extent the fruit was valuable.

In the main countries producing the Gaziantep pistachio such as Iran, the USA, Turkey and Syria this fruit is also called as ‘The Golden Tree’, ‘The Fruit of the Kings’, and ‘The Green Gold’.





ANTEP PISTACHIO IN GAZIANTEP CITY

The Green Gold Of The City...

In Gaziantep cuisine, numerous sweet and salty flavors get their taste from pistachio. Pistachio, which has become the trademark of Gaziantep for its rich flavour, is an important source of income and an export product. For that reason, in the year of 2000, Pistachio, which is also called the green gold, has become the first officially registered product by the Gaziantep Chamber of Commerce and marked with the Geographical Sign.

The Pistachio Museum

The whole journey of the Antep Pistachio from the garden and to the table is exposed in the Pistachio Museum, since geography of Gaziantep makes pistachio the main agricultural product and the source of life.

The Gaziantep Pistachio Museum was built in the middle of the 50-square meters pistachio garden. The construction has the shape of pistachio and links to the modern museology design.

The Museum was opened during the Gastronomy Festival in 2018 and it describes different aspects of pistachio in nine sections:

1) The History Of Pistachio, 2) Geography Of its Cultivation, 3) Plants Belonging To The Pistachio Family, 4) Technical information, 5) Harvest And Collecting Process, 6) Varieties Of Pistachio, 7) Nutritional Values, 8) Areas Of Usage And 9) The Origin Of its Names.

Along with the access to the whole information about pistachios, the visitors, when they wish, have an opportunity to explore pistachio trees growing nearby.

GAZİANTEP'S FIRST REGISTERED PRODUCT

As a matter of fact, Pistachio was named as Damascus Pistachio for a while due to the trade actions which were carried out across Damascus during the Ottoman reign.

In order to prevent the aforementioned misnaming, in the year of 2000, the Gaziantep Chamber of Commerce received the Pistachio Geographical Indication Registration Certificate and also applied for the European Union Geographical Indication Registration.

The "Antep Pistachio: The Green Gold", supported by Gaziantep Chamber of Commerce and edited by the researcher and writer Gonca Tokuz, won "the Gourmand World Cookbook Award", which is the analogue of the Oscar of food in the world.

As Gaziantep Chamber of Commerce, we are organizing research trips and trainings for members working in this sector and trying to inform the globe about the improvements and the dynamics of pistachio producing.



GAZIANTEP IN THE UNESCO CREATIVE CITIES NETWORK

Gaziantep is a city located at the crossroad between the Anatolian and the Arab worlds, connected to the Fertile Crescent, with thousands of years of history, and a home to various civilizations. The cultures of people from different languages, religions and races have crossed in these lands. Consequently, these peculiarities are reflected in the city's cuisine. For example, we can travel to the ancient times with the food that the city still consumes, reach the Central Asian steppes with some beverages, and later become the heroes of the Thousand and One Nights enjoying the deserts.

For those reasons, the UNESCO Executive Board included Gaziantep to the **"UNESCO Creative Cities Network"** list, which counts 166 cities around the globe.

Apart from the Creative Cities Network, on December 11th, 2015, the Gaziantep cuisine, which attracts the interest of many academicians, travelers, chefs and tourists, has also won the award in the scope of the **"European Destinations of Excellence" project (EDEN)** in the category of **"Tourism and Local Gastronomy"**. Thus, Gaziantep is the world's center of the myriad of cuisines.

WHAT WILL YOU FIND AT THE BOOK 'ANTEP PISTACHIO' ?

The book "Antep Pistachio" consists of three chapters. The first chapter covers technical characteristics, including pistachio family, its history, cultivation, ecological needs, production techniques, fertilization and biology, soil need, pistachio varieties, collection, harvest, integrated processing and economic importance.

In the second chapter, pistachio is examined from the cultural perspective including explanation of its use as herbal medicine, nutritional content, importance for our health; its role in Arabian, Byzantine and the Ottoman Cuisine, the reflections of pistachio in the folk poetry and folk culture; forgotten tastes, the transformation of the fruit into a local symbol, tastes in other countries in Europe and the importance of it in Gaziantep. ➤

The third and the last chapter contains a sample of the pistachio flavors from our chefs in Turkey and around the world are presented. The annexes include information on the two projects on pistachios which were created by the youth working in the field.

BRIEFLY ABOUT THE CONTENT OF THE BOOK...

Pistachio in terms of the Cultural History

Kültür Tarihi Açısından Antep Fıstığı

Dr. Rifat Ergeç

As it was mentioned before, the homeland of pistachio includes the Near Eastern countries and especially the Southeast Anatolian Region. This fact is supported by the evidences found during the archaeological excavations as well as the similar references in the Holy Book.

The book aims to reveal the etymological origin of the word "pistachio" and compares its linguistic concepts used in old and new words and in relation to the geographical location of pistachio. Along with that, the pistachio relief was revealed in Zeugma on the tomb stele dated by the Roman period as the early document about pistachio.

Pistachios and Antep Pistachios

Fıstıkgiller ve Antep Fıstığı

Dr. Ahmet Uhri

In this study, the place of pistachio in the cultural history will be examined starting from the family to which the plant belongs to and the name of the family, which seems to be rather confusing.

Because both pistachio, chewing gum and sumakh are the plants that gave this family its name. In other words, it can also be called as sumacaceae or the gum tree. This family, whose Latin name is Anacardiaceae, would be appropriate to be used as pistachio in Turkish.

The other most well-known species of this family are mango and menengich. The first distribution area of pistachio, which is one of the oldest known hard-shelled fruits in the world, is the region from today's Syria to Afghanistan, and in this study, the geographical spread of pistachios and Antep pistachios were taken into account in terms of cultural history.

Comparison of Pistachio Growing in Turkey and the World

Türkiye ve Dünyadaki Antep Fıstığı Yetiştiriciliğinin
Karşılaştırılması

Prof. Dr. Bekir Erol Ak

Pistachio (*Pistacia vera*, L.) cannot be grown everywhere due to its special climate needs. While this restricts the growing in the world, pistachio can only be grown in certain regions of Turkey.

Since pistachio is a type of fruit that shows periodicity; its producing varies according to years and countries. The main producing countries in the world are Iran, the USA, Turkey and Syria.

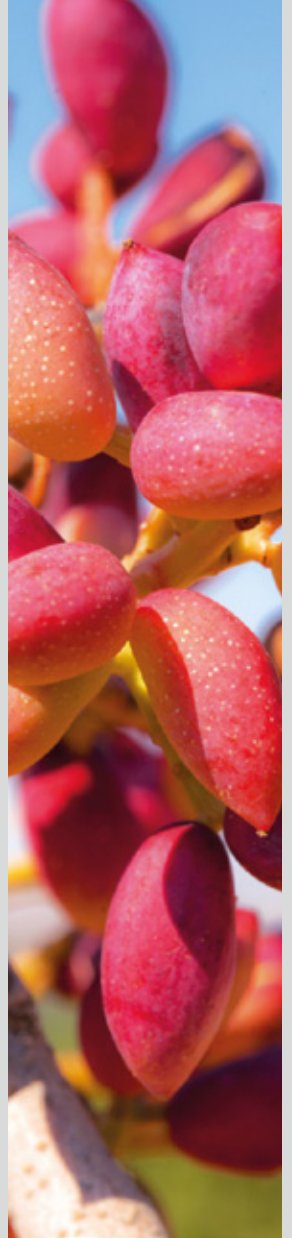
In our country, pistachios are grown under the non-irrigated conditions. However, in both Iran and the USA (California), countries that are advanced in pistachio production, the cultivation is carried out under irrigated conditions.

Ecological Needs of Pistachio

Antep Fıstığının Ekolojik İstekleri

Dr. Ahmet Münir Bilgen

The most important climatic needs of pistachios are the lack of precipitation and the shortage of the cold weather during the flowering period in order not to wash the male pollen which is suspended in the air during the fertilization season in April. Pistachios are not in need of soil, Pistachios can also be an alternative for the evaluation of insufficient lands for the cultivation of other fruit varieties.



Antep Pistachio Varieties

Antep Fıstığı Çeşitleri

Prof. Dr. Veli Erdoğan

In our country, the production is standartized according to the seven different sorts of pistachio. Those sorts are called “Uzun, Kırmızı, Siirt, Halebi, Ohadi, Tekin and Barak Yıldızı”. “Uzun” and “Kırmızı” sorts are long-shaped and have a low cracking capability of the nut shell, represent the majority of the production (just about 90%). Apart from that, there are also types of pistachio called “Beyaz Ben” (White Me), “Değirmi”, “Keten Gömleği” (Cotton Shirt) and “Sultani”, which do not have economic value but can be found in mixed form in pistachio gardens. In the premises of the garden, it is important to disseminate pistachios with the higher export potential, such as ones having an oval shape and the cracking capability of the nut shell. It is typical for the “Tekin” and “Siirt” sorts of pistachio, which have very similar qualities. It is also important to cultivate male sorts of pistachio such as “Alti, Kaşka (Kashka), Ozturk and Uygur” because they contain a big amount of a high-quality flowers and flower pollen.

Pistachio Rootstocks and Sapling Production Techniques

Antep Fıstığı Anaçları ve Fidan Üretim Teknikleri

Dr. Hakan Yıldırım

As it becomes obvious from its name, the Gaziantep Pistachio (*Pistacia vera* L.), which is cultivated in the Near East, Mediterranean Region and western regions of Asia all over the world, is mainly grown in our country in Gaziantep region. As a very important fruit species for our country and the world economy, the pistachio’ cultivation support via certification, justification of the name of the fruit and cultivation of the genuine saplings are the basic requirements for producing a high-quality and competitive product.

In some studies conducted in our country in the early 2000s, some results were collected by cross-breeding between *Pistacia Vera* and *Pistacia Khinjuk* species. However, these studies should be expanded further and some hybridization studies should be carried out in various combinations, including some other known *Pistacia* species. Also, a rapid and commercial rootstock and sapling production should be increased as soon as possible, supported by tissue culture techniques.

Harvest and Threshing of Antep Pistachios

Antep Fıstığında Hasat ve Harman

Dr. Ahmet Münir Bilgen

Pistachio harvest is going on in the South-East Anatolia, Gaziantep and its region in August and September. In warmer regions such as the Euphrates valley, the ripening takes place in the mid-August. Pistachio harvest should be done when the fruit reaches full visual maturity. Late harvest affects the quality of the product drastically.

Harvesting and mixing of pistachio is generally done by traditional methods. In the harvest and threshing of Pistachio, which is an important economic value in the region, it is necessary to apply modern methods as soon as possible and to benefit from the available of technologies instead of the traditional methods.

Soil Requirements and Fertilization of Antep Pistachio

Antep Fıstığının Toprak İsteği ve Gübreleme

Dr. Hüseyin Tekin

Pistachio grows well in deeply in loamy, partially lime-containing soils. It has a strong root structure, so, it can be cultivated in the rocky and barren lands of the South-Eastern region of Anatolia.

A more economically beneficial cultivation should be done in deep soils paralleled with other cultivated plants where the soil origin material is lime rock. It can be stated that the growing environment is rich for the development and nutrition of the plant, therefore, the necessity of fertilization is essential.

Antep Pistachio Integrated Processing System

Antep Fıstığı Entegre İşleme Sistemi

Dr. Hüseyin Tekin

In our country, the growth of *Aspergillus flavus* fungus causes aflatoxin formation in pistachios due to the unsuitable warehousing conditions (moisture of the storehouse), and also inappropriate manufacturing conditions. Manufacturing, specifically in unhygienic conditions, such as soaking pistachio in water for 6-8 hours for a long time prompts this fungus to reproduce and aflatoxin formation in the end. There are several ways to protect pistachio from aflatoxin. The first one is to get rid of the fungi (*Aspergillus flavus*) existing in the red shell of the pistachio. The second way is to provide the right environment for reproduction. The third way lays in manufacturing pistachios with dry red skin. In manufacturing under hygienic conditions, other stages of processing must be done untouched in order to prevent the formation of other fungi and bacteria.

Antep Pistachio Integrated Producing

Antep Fıstığı Entegre İşlenmesi

Prof. Dr. Mustafa Bayram - Prof. Dr. M. Durdu Öner

Pistachio is cultivated in Gaziantep and the areas around differently unlike in other countries (Iran, the USA, Syria, Italy, Turkmen Republics). The fundamental difference in cultivating technology is closely related to the tradition of the peanut trade and the farmers' approach in this region. The differences in pistachio visual characteristics (size, shape, crack ratio, etc.) is another influential factor that claims the use of different producing technologies. Due to these contrasts, there is a very limited transfer of knowledge and technology from outside, yet the producing technology, machinery and working systems are also developed and produced in this region. Pistachio contains differences and features contrasting other country pistachios on the basis of commercial, economic, technological specifics, taste and area of using.

Economic Value of the Antep Pistachio

Antep Fıstığının Ekonomik Önemi

Prof. Dr. İsmail H. Özşabuncuoğlu

In 2010, Turkey was third biggest country in the World producing pistachio, which is the symbol of the South-East of Anatolia and particularly Gaziantep, with the year tonage of 128,000 tons.

The periodicity in pistachio produce causes fluctuation and instability. Although pistachio prices are commonly upward, the price of dry-shelled pistachios decreased by 30% from 2011 to 7,75 TL/kg due to the abundance of production in 2012. The Antep pistachio is being exported in ten different forms. The peeled green kernel yielded has the highest export rate. This amount was 12,8 million dollars in 2012, which is 31,4% of the total pistachio export revenue. Pistachio, which is consumed excessively in the domestic market as a snack product, provides more income as a green interior in foreign markets. The production and marketing strategies of pistachios should be developed in this region.

Getting Benefit from Pistachio as Herbal Medicine

Since the Old Times Until Nowadays

Geçmişten Günümüze Antep Fıstığının Bitkisel İlaç Olarak Kullanımı

Prof. Dr. Saliha Kırıcı

The six species of plants included in the genus Pistacia (Anacardiaceae family) are naturally discovered in our country. They include; Pistachia lentiscus (Gum), Pistachia atlantica (White gum), Pistachia eurycarpa, Pistachia khinjuk (Buttun tree), Pistachia terebinthus (Menengiç) and Pistachia vera (Pistachio). Pistacia species, which have been used as medicine for various purposes in [↗](#)

ancient times, are used in traditional medicine as a pain killer in toothache, periodontal diseases, blood stopper, stomachache, stomach ulcer, asthma, jaundice, diarrhea, throat infections, kidney stones diseases, anti-infective, antipyretic, antibacterial and antiviral. The biochemical content of plants varies considerably according to their places of cultivation.

Fertilization Biology of Antep Pistachio

Antep Fıstığının Döllenme Biyolojisi

Prof. Dr. Yeşim Okay

Pollination and fertilization must take place in pistachio, which is a fruit type whose seeds are consumed as a product in order to ensure fruit set. The pollination of pistachio happens with the help of wind.

Antep Pistachio is a dioecious type of fruit having male and female flowers on the separate trees. Pollination and fertilization take place in pistachio, which is a fruit type whose seeds are consumed as a product, in order to ensure fruit set and pollination is by wind.

Although flowering varies according to years and regions, it generally starts in the first half of April. Factors such as temperature or climate, soil structure, age of the tree, nutritional status, cultural practices, crop status and the previous year and rootstocks have noticeable effects on flowering more or less in addition to time and duration.

The flowering times and durations of male and female pistachio trees are different. The male flowers grow earlier (protandria) than female flowers and their blooming period shorter. The average flowering period is 10-12 days for the female trees and 3-7 days for the male trees.





Antep Pistachio in the Arabian and Byzantine Cuisine Nutrition Framework

During the Middle Ages

Ortaçağda Beslenme Çerçevesinde Arap
ve Bizans Mutfağında Antep Fıstığı

H. Nazlı Pişkin

The perception of nutrition in the Middle Ages was formed within the framework of “anâsır-ı erbaa”, which means the theory of four elements. According to this perception, the one's health depends both on the predominant element of his own body that and on the balance of the four elements along with on the current season. In order to maintain the balance and be healthy, any person must choose everything he/she eats and drinks (4 elements) depending on personal preferences. Pistachio was a food consumed in different ways in Arab and Byzantine cuisines, which were notable cuisines of the Middle Ages. The description of the crucial ingredient in Abbasid geography cuisine can give information about how the pistachio was being used and by analyzing the Arabic cookbooks written in the 13th century. The Abbasids used pistachios both in dishes with meat or chicken and in various desserts. In Byzantine cuisine, on the other hand, pistachios were mostly consumed just as nuts, and it was assessed according to the location linking between nutrition and health, and when eaten, recommendations were made about what would be better.

Pistachio Memories

Fıstıklı Anılar

Tijen İnaltong

Among all the nuts, I like pistachios the most. This is such a passion that can mark not only my choice of food but also my trips, as I explained in the article.

Toxic Insects in Antep Pistachio

Antep Fıstığında Zararlı Böcekler

Doç. Dr. Ertan Yanık

The growth of the pistachio agricultural sector and the abnormal use of agricultural pesticides causes serious plant protection problems that occur in pistachio orchards once in a while, depending on the place and time. This effect may be a rise of different harmful species that are not present in the pistachio fields. Some economically non-harmful existing species of insects reach the level of economic damage or levels of the existing insects increase. Knowing the life cycles, damage patterns, natural enemies and control methods of the harmful factors in pistachio trees it is an essential issue in the fight against the insects in pistachio cultivation.

Pistachio is A Pillow For Both Of Us

Pistachio in the Ottoman Kitchen

Fıstık, İkimize Bir Yastık/Osmanlı Mutfağında Fıstık

Priscilla Mary Işın

Pistachio, which have been used in the Western Asian cuisines since the ancient times, kept its importance during the Ottoman period. In addition to sweets and confectionery such as senbuse, yassı kadayıf, nougat, whose origins go to Sassanid and Abbasid cuisines, pistachios were also used in some created during the Ottoman period meals, such as baklava, tel kadayıf and Turkish delight. Pistachio candy and pistachio nougat, as well as compote, were popular as confectionery. Peanuts were used in dishes such as stuffed lamb on the tables of the palace and the dignitaries. Specifically around Gaziantep and Aleppo, pistachio production was huge and it was exported rather than being consumed in the domestic market.

In Our Folk Culture, Pistachio Baklava Is the Softest

Pillow for the Bride's Back

Halk Kültürümüzde Fıstık, Baklavası Fıstıklı / Gelinin Arkası Yastıklı

Gonca Tokuz

Folklore is a science which relates to the traditional world view of a community, the formation and development of its language, migration and objects. The knowledge from Daily life has been reflected in folklore meanings. It is an intuitive and experiential knowledge of the apprehender (subject) - known (object) relationship based on sensation and perception, acquired through trial and error. In the study, the public scientifically used various products containing peanuts; narratives (anecdotes, folk tales, legends), anonymous poems (epics, folk songs, poems, nursery rhymes), etc. Examples are given from the cliché words and expressions (proverbs, idioms, measured words, riddles), holidays, ceremonies and celebrations, beliefs, traditional folk theater, game, entertainment, sports and folk cuisine.



Antep Pistachio in Turkish Poetry

Türk Şiirinde Fıstık

Assoc. Prof. Dr. Ümral Deveci

While pistachio (piste, pistacia) takes its place in economic and daily life as a food with high nutritional value, the word pistachio has also been used in idioms, proverbs, legends, poems, and folk songs with its various meanings and connotations. The images of pistachio are included not only into the folk culture, but it is also an image element in classical, contemporary and modern poetry. These images were created over shape, color, field of use and the value of pistachio. Pistachio is sometimes associated with the lips, sometimes to the lover's mouth, sometimes connected to a person, sometimes to a nice work or object. Emotions such as jealousy, love, envy, admiration are also used in the poem by using the connotations of the word pistachio/piste. In this sense, peanuts are notable not only as a food, but also in terms of their use in art, literature and poetry.

Antep Pistachios: A Nomadic Product, a Local Icon and a New Identity Fame

Antep Fıstığı: Göçebe Bir Ürün, Yöresel Bir Simge ve Yeni Kimlik Şöhreti

Dr. Pierre Raffard

Nothing could have predicted that the little green fruit would pass that standard status of simple agricultural production and gain an economic standard and identity and become a real significant regional symbol. Its very hectic past could have been an obstacle to any settled life, where peanuts were always available, but were destined to remain unaccepted and a second-rate crop. But in a triple action, the opposite occurs, politicians make it the symbol of an increasingly dynamic and growing city; chefs, cooks, bakers push it to conquer tables all over the country. They add their creativity and talents, and immigrants carry this fruit in their luggage and travel considering it the symbol of their regional identity.

Pistachio Flavors in Europe! Becoming Pistache in France!

Avrupa'da Antep Fıstığı Lezzetleri ! Antep Fıstığımız Fransa'da Pistache oluyor!

Sevim Gökayıldız

Is there anyone who doesn't like it? Roasted Shelled Pistachio, you can also buy it cooked and roasted. But I like it in its natural form, when between the two slightly opened nut shells you see a brownish pistachio nut. First, you open the shells with two nails. Under the dark colored membrane on the pistachio, the emerald green pistachio will moisten your mouth. Maybe this amusing method makes eating pistachio more pleasant. A perfect nut with the taste and smell that the world knows and loves... Pistachio as a name is also wonderful in our country.

Antakya Cuisine and the Forgotten Pistachio Flavors

Unutulan Fıstıklı Tatlar ve Antakya Mutfağı

Süheyl Budak

Pistachio, also known since ancient times as a Damascus nut, with its history goes back to old times. It is used everywhere in our daily life, in meals, desserts, syrups and halvah. It was the fruit giving the status of wealth during the certain period, and it was among the sought-after and expensive products in every period, just like flavorings. The adventure of pistachio in ancient times has continued until today.

An Iconic City; Antep Pistachio

Bir Kent Bir Simge; Antep Fıstığı

Gonca Tokuz

Valuable from the economic perspective, Antep Pistachio also left traces in the historical process and the literary culture. In the written sources of the 16th century, it is mentioned that Gaziantep is fulfilled with the vineyards and gardens. There are various orchards, cotton and olives are produced in the region and peanuts are exported. This product, which has an important place in the economic and cultural life of the city, has been used by urban artists in the last century, and reflected in the works of writers and poets. Embodying the symbol of the Gaziantep city, depicted in the local literature and culture, pistachio has become a part of people's life and the meaning of Gaziantep spirit.

The Green Gold of Gaziantep

Gaziantep'in Yeşil Altını

Murat Özgüler

Pistachio is mostly used in our country and in our region and is known for its benefits for health. It is consumed in myriads of desserts, along with its consumption as a snack and in the pastry sector. The benefit of peanuts in pastry is very common and preferred. It is the biggest supplier used by the pastry masters and it is suitable to all kinds of cakes. Chocolate varieties, sour cherry, strawberry, raspberry, banana, dried fruit enriches the flavor of all of them and reveal the aroma of the products. Many pastry chefs in the world cuisine have created new flavors inspired by pistachio and thus have made great contributions to the Turkish pastry industry.

Painfully Beautiful

Acılı Güzel

Lütfiye Aydın

The products that left their brand on the economy and folklore of some cities become the symbol and, perhaps, the logo of the region due to their importance. It may even use the name of the city. Pistachio is a product mentioned in the tales and myths of Gaziantep. It has left a sign on many fields from children's games to music, from cuisine to entertainment. It can even be seen that it turns into contemporary art products over time. Just like in some of my stories. The fact that pistachios were included to the Independence Anthem that composed in the Republican period is also a typical example of this.

Gaziantep Pistachio Culture and Art Festival

Antep Fıstığı Kültür ve Sanat Festivali

M. Elif Özmen

Gaziantep Pistachio Culture and Art Festival has a very special meaning and value for the city. Its historical background, cultural richness and artistic work throughout the city are crossed with the thousands of years of hospitality of the city. Gaziantep Pistachio Culture and Art Festival is an important step taken in regards of introducing pistachio and Gaziantep to the world.

The Desserts and Well-being of Indispensable Pistachio

Tatlıların Vazgeçilmezi Fıstık ve Sağlık

Dr. İlkey Gök

Pistachio has high nutritional value including plenty of protein and minerals. It is especially rich for vitamin B1, vitamin B2, vitamin E and vitamin C, as well as potassium, magnesium, calcium, phosphorus and iron minerals. ↗



According to the researches, pistachios have an antioxidant substance called 'resveratrol', which reduces the risk of chronic heart diseases and cancer. In addition, pistachios, are high in unsaturated fat that do not raise cholesterol. However, the most critical challenge when it is consumed excessively due to its high calorie content is that the surplus taken energy causes obesity.

Antep Pistachio Nutritional Content

Besin İçeriği Yönüyle Antepfıstığı

Dr. Başak Çınar - Prof. Dr. Yeşim Okay

The biochemical properties, which are important for human health and nutrition, are considered as factors that affect many sensory characteristics and therefore form the concept of the quality.

The first biochemical characteristics that determine the nutritional value and internal quality criteria of pistachio fruits are: 1) fatty and fatty acids (myristic, palmitic, palmitoleic, margaric, margoleic, stearic, oleic, linoleic, linolenic, arachidic, gadoleic, behenic and lignoceric acid), 2) mineral substances, 3) vitamins (A, B1-thiamine, B2-riboflavin, B3-niacin, B5-pantothenic acid, B6-pyridoxine, B7-biotin C, E), 4) antioxidants (vitamin C, vitamin E (α -tocopherol) and 5) tocopherols (α , δ , β , γ), 6) carotenoids (β -carotene, lutein, chlorophylls) and 7) phenolic compounds (flavonoids, stilbenes, anthocyanins).



A funerary stele found in Zeugma

THE PISTACHIO FLAVORS AND THE CHEFS MENTIONED IN THE BOOK



Pistachio, Hazelnut and Almond - Crispy Shell Freshwater Sea Bass and Mustard Ice Cream by

Antep Fıstığı, Fındık ve Badem - Kır Kabuklu Tatlı Su Levreği ve Hardal Dondurması

Davide Brovelli



Antep Pistachio III by

Antep Fıstığı III

Ali RONAY



Back of Lamb with Pistachio Panel Croquette Baked Mini Eggplant and Fried Potatoes by

Antep Fıstığı Paneli Kroketli Kuzu Sırtı Fırınlanmış Mini Patlıcanlı ve Kızarmış Patates

Faik ÇİFTÇİÖĞLU



Antep Pistachio and Turkish Coffee Meringue by

Antep Fıstığı ve Türk Kahveli Beze

Civan ER



Avocado Salad with Pistachio by

Antep Fıstıklı Avokado Salatası

Mahmut DEMİR



**Sweet-Spicy Angler Fish on Apricot
with Pistachio by**

Antep Fıstıklı Kayısı Yatağında Tatlı-Acılı Fener
Balığı

Gençay ÜÇÖK



**Fig Dessert with Pistachio and Walnut
by**

Antep Fıstıklı ve Cevizli İncir Tatlısı

Hüseyin ESENGİL



Profiterole with Pistachio by

Antep Fıstıklı Profiterol

Ahmet BUDAK



Pear shaped meat balls by

Armut Köfte

Ceyda Mercan BAZA



**A kind of künefe with extra pistachio
and cream in mud form**

Cennet Çamuru

Yunus Emre AKKOR



Cheese Bar by

Şefika GUNYEL



**Raw minced meat and bulgur balls
with pistachio by**

Fıstıklı Çiğ Köfte

Uğur ACIOĞLU



Pistachio Strawberry Cake by

Fıstıklı Çilekli Pastası

Ayça İLKEL



French Pistachio Pie by

Fıstıklı Fransız Tartı

M. Murat ÖZGÜLER



Pasta with Pistachio by

Fıstıklı Makarna

Fehmi SAMANCI



Pita with Pistachio Tahini Halva by

Fıstıklı Tahir Helvalı Pide

M. Ömür AKKOR

GAZİANTEP GEOGRAPHICAL INDICATION PISTACHIO PRODUCTS

- 0 Antep Pistachio
- 0 Antep Pistachio Butter
- 0 Antep Pistachio Cookies
- 0 Antep Pistachio Amulet
- 0 Antep Baklava
- 0 Antep Katmer

GAZİANTEP PISTACHIO PRODUCTS APPLIED IN GEOGRAPHICAL INDICATION

- 0 Gray Pistachio Stuffing
- 0 Antep Menengich Coffee



WHERE CAN YOU GET THE BOOK FROM?

Gaziantep Chamber of Commerce

İncili Pınar Mh. 16 nolu Cd.
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Tlf: +90 (552) 633 08 58
N11.COM / Nevamedya







United Nations
Educational, Scientific and
Cultural Organization

GAZİANTEP
UNESCO Creative City in 2015

UNESCO

**The Pistachio is a leader among other
flavors in Gaziantep and under protection of
UNESCO**





İncilipınar Mah. Ticaret Odası Hizmet Kompleksi Gaziantep - Türkiye



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