“HAMURSUZ” OF SLEEPING BEAUTY BURDUR

ABSTRACT

Burdur known as the “Sleeping Beauty” of Teke Region is a city blended its own culture with surrounding culture. This city keep alive hospitality of Turkish culture by changing several special days to celebration. However, due to the requirements of today habits came from the past have changed. Many meals consumed by households likely, today made at very special days or not made due to they require effort, time consuming and costly. “Hamursuz” so-called as "the bread of death" served to guests came after the religious ceremonies has become a pleasing product consumed at breakfast. There are a variety of products produced in different regions with the same name. This product called as “hamursuz” from local people because of its excessive loaf volume gained during baking. Hamursuz has been prepared by adding water, salt, sugar, sourdough, vegetable oil, and yeast to wheat flour after kneading its shaped, fermented and baked. A mix called as “haşın” prepared with wheat flour, water and egg have been spread on the surface of dough to enhance appearance and flavour. It is important to pass continuous production of such products to keep and continue our culture.

Keywords: Hamursuz, Teke Region, Burdur