A TASTE “PEKSIMET” COMES FROM PAST TO PRESENT WITHOUT UNCHANGE

ABSTRACT

Food culture indicator of Turkish people hospitality, led to the preparation of various dishes by region. Burdur one of the provinces that provide to carry traditions and customs to the present. Variety of dishes have been cooked for special days in Burdur. “Sülük aşı” at harvest ceremony, poppy and hemp halvah for new year's celebrations, nokul for people who go to abroad, “corn tabtab” and “corn şibit” for people who go to military service, and peksimet (bread with clove powder) that served to guests of people return from haj are some of them.

Peksimet is an aromatic bread which produced by following way; yeast, gum drops, milk, water, salt and clove powder added to wheat flour and after kneading, moulding, shaping and fermentation they are baked. Today, margarine, vegetable oils, eggs, bread additives and sugar are used to produce peksimet. In addition, to enhance the flavour and to ensure bright appearance and to obtain soft crumb a mix called as “haşın” prepared with wheat flour, water and egg have been spread on the surface of bread dough. Peksimet has been baked with sourdough at different bakeries. Peksimet to provide for consumption at Burdur province, has been made from few bakeries at small amounts (15-20 pcs/day) on a daily basis in recent years. However, when the number of people increase after returning to their own country from haj, production quantity of peksimet also increase to 300-400 pcs/day during this 15 day period. It is extremely important to protect and cherish our traditional products such as “peksimet” on behalf of the customs and traditions.

Keywords: Peksimet, Burdur, clove powder, bread