

Cheese for Breakfast: My Turkish Summer

As the sun peeked over the horizon, casting a warm glow over the cobblestone streets of Istanbul, the enticing aroma of freshly baked bread wafted through the air. It was breakfast time, and I couldn't wait to indulge in the traditional Turkish spread that awaited me.



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by Holly Winter Huppert

★★★★☆ 4 out of 5

Language : English
File size : 12596 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 394 pages
Lending : Enabled
Screen Reader : Supported



Cheese is an integral part of Turkish cuisine, and breakfast is no exception. In fact, a traditional Turkish breakfast table is incomplete without a generous selection of cheeses, from the mild and creamy beyaz peynir (white cheese) to the sharp and tangy kaşar (kashar cheese).

I had the pleasure of experiencing a true Turkish breakfast at a small, family-run restaurant in the Beyoğlu district. As I sat down at a cozy table, the waitress approached me with a tray laden with a variety of cheeses, olives, honey, and jams. My eyes widened with delight as I took in the vibrant colors and textures before me.

The beyaz peynir was soft and crumbly, with a slightly salty flavor that complemented the sweetness of the honey. The kaşar, on the other hand, was firm and slightly rubbery, with a sharp, tangy flavor that cut through the richness of the bread.

In addition to these two classic cheeses, I also sampled a few more exotic varieties. There was the tulum peyniri, a goat's milk cheese that is aged in a sheepskin bag, giving it a unique earthy flavor. There was also the otlu peynir, a herb-infused cheese that was both aromatic and flavorful.

But my favorite cheese of all was the lor peyniri, a soft, white cheese that is made from whey. It had a mild, slightly sweet flavor that was perfect for spreading on bread or crackers.

Of course, no Turkish breakfast would be complete without olives. The Turkish olives are known for their large size and meaty texture. They are typically cured in brine or vinegar, and they have a slightly salty, tangy flavor.

I enjoyed my cheese and olive breakfast with a glass of freshly squeezed orange juice and a cup of strong Turkish coffee. It was the perfect way to start my day, and it gave me a taste of the rich and flavorful cuisine that Turkey has to offer.

Cheese is more than just a food in Turkey. It is a symbol of hospitality and generosity. It is often served to guests as a welcome gesture, and it is a staple of many traditional Turkish dishes.

I learned a lot about Turkish culture during my summer in Turkey, and one of the most important things I learned was the importance of cheese.

Cheese is not just a food in Turkey; it is a way of life.



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