



REPORT

DON'T BUY FACTORY MADE, DO IT YOURSELF – BOOK

Author: Hulya Erol

Book Name: Do Not Buy Factory Made, Do It Yourself

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This report, prepared by **WTCA-World Turkish Cuisine Academy**, has 7 pages in English and 6 pages in Turkish, and consists of 4 sections as given below.

1. INTRODUCTION
2. ANALYZES AND EVALUATIONS
3. RECOMMENDATIONS
4. CONCLUSION

I. INTRODUCTION

The book titled "Don't Buy (Factory Made), Do It Yourself", which was written by Ms. Hulya Erol and whose first edition was published in 2014, and the 6th and last edition was published by hayykitap in 2018, has been examined in detail by our institution.

In addition to the recipes that can be prepared traditionally in natural ways, important cultural information is also included in the book. Again, in the book, important messages that will benefit the people of the world for public health, as well as information based on experience and research, were shared by the author.

In addition to some important cultural information of Turkish cuisine, the book also includes recipes that are important for Turkish cuisine.

Due to all the issues covered in this report in detail, we describe the book "Don't Buy (Factory Made), Do it Yourself" as a cultural work of art, and the author of the book, Ms. Hulya Erol, as a Turkish Culinary Culture Artist.

The following analyses and evaluations have been made by us regarding the book, which we describe as a work of cultural art.

II. ANALYZES AND ASSESSMENTS

1. The recipes and information in the book are not given to meet people's eating and drinking needs. The book is a work created with the aim of raising awareness of the society as well as leaving an important cultural heritage to the new generations.
2. In the book, it is emphasized how important it is for the new generations to be acquainted and at peace with their past, to be aware of their own cultural values, to learn and to keep them alive.
3. Useful suggestions and solutions about the eating and drinking habits of children and their parents who are under the influence of harmful and ready-to-eat foods in our age are presented to the society by the author in the book.
4. Detailed information about our customs, traditions and customs, which exist in our culture but are on the verge of being forgotten in our age, are included in the book. All this relevant information should be considered as information that can ensure the continuity of our cultural traditions which have survived from the past to the present and are on the verge of being forgotten.
5. Manners at the dinner table, how to pray at the table and after the prayer is over, the people at the table get up from the table with a bite of their favorite food and end the meal, are mentioned in the book. There are some different beliefs and some different information in various sources regarding the detail of consuming a small piece of food taken from the table just before the end of the meal after the prayer.
6. The book contains important information and recipes on how people can make food with their own means and with their own hands in a healthy way without additives.
7. Information and suggestions about the dirty games and attacks on our food and food products are included in the book.
8. Information based on observation and practice on how foods produced by traditional natural methods from history are obtained in the book.
9. Information that we can make inferences about how the Turkish yogurt was first made by the Turks in the world: The yogurt recipe obtained by fermentation from ant eggs is included in the book. Information on how yogurt can be fermented in different ways using different products is given by the author in the book.
10. The book contains information on how you can store the products, how you can obtain them in season under healthy conditions and how you can benefit and consume them throughout the year.
11. (Pages 77-78) There is an excerpt from Prof. Dr. Arif Akman's book "Drying Fruits and Vegetables and Making Fruit Juices", which was published in 1950.
12. While there is an emphasis on food terrorism in the book; Suggestions on how our children can be resistant to food terrorism today or in the future are also included in the book by the author.

13. It is among the issues stated in the book by the author that most of the farmers in the villages are now obliged to do farming with genetically modified seeds. The problems experienced by the farmer when using natural seeds are mentioned superficially in the related study.
14. It is stated that there are very few real experts in their field regarding the topics covered in the book. On the other hand, the reason why the idea that people who are presented to the society as experts are not real experts on the subjects they talk about, is included in the book. The author has justifiably stated in the book that those who are experts in the issues, should talk more.
15. It is stated in the book that the changing agricultural policy is against the farmers and as result Anatolian villages are beginning to disappear. Regarding the issues that negatively affect the villagers related to the settlements; Prof. Dr. Mustafa Kaymakci's work was mentioned in the book on page 266.
16. The diversity of products obtained from agriculture made with genetically modified seeds, the damage they are thought to cause to the human body, and the negative impact of agricultural products produced with genetically modified seeds on the continuity of human lineage are included in the book.
17. (Pages 268. and 269.) Information is given that it has been determined that 23 thousand tons of rice imported from abroad and brought to the port of Mersin in May 2013 has been genetically modified, and some questions are asked. Again on the same pages, the names of Mehdi Eker, former Minister of Food, Agriculture and Livestock, and Hayati Yazıcı, former Minister of Commerce, are included.
18. (Page 269.) It is stated that Mehmet Karaca, the rector of ITU (Istanbul Technical University) at the time and the office he represented, took a political stance far from being scientific, and it was explained that they **could not fulfill** their responsibility as an impartial, science-based organization regarding public health. However, it is stated in the relevant pages that the rector, who received a reaction from the public, was condemned by non-governmental organizations and the ITU university union.
19. (Page 270) Dr. Yavuz Dizdar's name is included. Also on the same page, Dr. Yavuz Dizdar's book titled as "Yemezler", an excerpt from a definition of academic environments which act together with capital-money is mentioned in the book.
20. In the book, an unanswered question is asked on page 270 whether those who advertise harmful foods, including famous chefs. Clearly: Those who advertise harmful foods, they have a conscientious responsibility towards the people who consume those foods.
21. (Page 271.) In response to the affixing of pictures on cigarette packs that may mean "you will become like this if you smoke"; It is asked why the regulation on genetically modified products don't have such "attention genetically modified" and it is asked why an offer is not accepted about this matter. Author defends this warning signs should be on genetically modified products as well as cigarette packs have.
22. (On page 272.) It has been stated that some agricultural productions and products offered to children are deliberately made to enrich the pharmaceutical industry.
23. Information is included in the book about controlling agriculture-food and how important it is for society and countries.

24. (Page 276) Under the phrase 'The truth of the media on food' mentioned to Prof. Dr. Kenan Demirkol. On page 277, it is stated that the perception and preferences of the society can be changed with the guidance and power of the media, and it is stated that margarine producers are trying to erase olive oil from people's memories.
25. "I was raw, I was cooked, I became (Cooked)" mentioned in Mevlana's Divan-i Kebir on page 281. The word is referenced. On pages 281 and 282, the Mevlevi culture is briefly mentioned, and it is also informed that Mevlana made Ates-i Baz Veli, whose real name is Semseddin Yusuf, the head chef responsible for the kitchen and pantry. Again, on page 282, it is stated that Mevlana made his will after his death to build a tomb in the name of Ates-i Baz Veli.
26. The subject of respect for cooks is explained in the book as follows: "In the Mevlevi culture, the right use and consumption of the foods that are God's blessings are given importance, as well as the cooks who carefully cook the food and mediate the nutrition of the people. So cooks who cooked the food carefully and mediated the nutrition of the people were also respected."
27. On pages 282, and 283, of the book, Akhism is mentioned. In the section where examples of the understanding of trade among the tradesmen are given, the interpretation that the Ahi culture and tradition has been destroyed by being taken to the museum is also included in the book. On page 283, it is stated that Ahi Evran, whose real name is Sheikh Nasuriddin Mahmut El Hoyi, came to Anatolia in 1205 and presented his ideas to Alaeddin Keykubat for the ahi-order tradition. It is stated in the book that ahi-order was adopted and spread in as little as 30 years.
28. From the thoughts on page 284 of the book, it can be deduced that the vast majority, with exceptions, put our cultural values in trouble. Again on the same page, it is stated that besides those who try to carry our cultural values to the future under difficult conditions, also some people corrupt our values. On page 284, two reasons were given by the author as the reason for this. In the first of these two reasons, the issue of personal interest and making money was expressed. As the second reason, it is stated by the author that foreign cultures cooperated in the effort to destroy Turkish culture through non-governmental organizations.
29. Again, on page 284, attention is drawn to those who do not know how to cook but have the ability to form sentences. It has been stated in the newspapers that one of the damages given to our culinary culture is the constant presentation of inconsistent recipes for every day. It is stated by the author that the recipes that are tried to be given in the newspapers every day with inconsistent-inaccurate recipes by those who can make sentences harm our culinary culture.
30. It is also emphasized that national consciousness should be remembered (on page 284). It is stated that projects **should not be produced** just because the European Union supports it, or just because the projects have been produced in order to receive support from the European Union, which are not suitable projects for Turkish cuisine and culture.

31. (On page 284) Experts in the field mention the necessity of defining our cultural values and collecting them and archiving them, and it is stated that the dishes of Turkish cuisine should be standardized in this regard. Dried white beans (Turkish Kuru Fasulye) are shown as an example. It is emphasized in the book that dry beans should be made in the same way 500 years later as it was done 500 years ago. Some suggestions are made on page 285 of the book on how to face difficulties and what kind of work should be done in response to this. If necessary precautions are taken by carrying out these studies, the book explains that anyone who comes in front of them **will not be able to change** the recipes of our food culture as they wish: "Everyone cannot go on the TV and say, 'I will chop leeks in Arabasi' or 'This is my recipe for dried beans'."
32. It is noted that all kinds of tools and equipment, including the motifs used in our products, must be registered.
33. On page 285 of the book, it is mentioned that observation and questioning should be made about everything going on around us. It is also stated by the author on the same page that one **should not be** a prisoner of the false world that is imposed on people through TV series and competitions.
34. Again, on page 285 of the book, reference is made to our holy book, the Qur'an, and it is stated that the first command of the supreme creator Allah is "Ikra", that is, "Read". Setting off from this, the author defends in the relevant section that the first commandment of Islam religion, "Read", should be our philosophy of life.
35. Dairy products chart is given by the author on page 286 of the book. In this diagram, the products obtained from milk are listed in order according to the production stages.

III. SUGGESTIONS

The World Turkish Cuisine Academy makes the following suggestions to all communities or institutions in the world, based on the evaluations, determinations and analyses given above.

1. Don't Buy (Factory Made), Do-It Yourself Book, as the name suggests, makes important contributions to all humanity in order to provide healthy food by using natural methods. Therefore, the humanity of the world should understand the importance of turning to natural foods for a healthier life and public health by taking into account all the issues in the book.
2. The book contains important recipes of Turkish cuisine. These recipes should be protected and encouraged as belonging to our national cuisine culture. In this sense, we recommend that the book be used as a training book by recommending it to students studying in culinary vocational schools and those who teach the culinary profession at schools. The book also deals with important issues in agriculture and food production. In addition, we recommend that the relevant book be recommended for the development of the courses given on agricultural policies for those studying in agricultural engineering faculties and food engineering departments.
3. Translation into different languages should be encouraged, as the book contains information that will provide great benefit to the people of the world.
4. We recommend that people and all institutions working on issues concerning public health and developing policies on food in the world regarding public health should consider the issues included in the book.

IV. CONCLUSION

Due to the results obtained in the light of the analyzes and evaluations above: The book with the international standard book number 978-605-5181-70-3, written by Ms. Hulya Erol, titled as "Do Not Buy, Do It Yourself" has been included in **World Turkish Cuisine Heritage List** which should be preserved on earth.

WTCA-World Turkish Cuisine Academy has registered the names of all related products or recipes given by Ms. Hulya Erol in the book of "Do Not Buy, Do It Yourself" as belonging to Turkish culinary culture.

WTCA-World Turkish Cuisine Academy has archived and recorded all the information which given by Ms. Hulya Erol in the book of "Do Not Buy, Do It Yourself"

WTCA-World Turkish Cuisine Academy will encourage all people to preserve and keep this work alive by promoting the work of art on different platforms in the future, based on some of the suggestions given above, in the book of "Do Not Buy, Do It Yourself". **WTCA**, will also encourage people all over the world to introduce and read the work as an educational book for cooks, students who are cook-chef candidates where studying about tourism-culinary arts or studying in agricultural engineering and food engineering departments as students.

WTCA-World Turkish Cuisine Academy will encourage the promotion of the work to different nations and cultures around the world by suggesting that the work be translated into English or other languages in the near and far future.

WTCA-World Turkish Cuisine Academy will encourage the people for the awareness of the society on the production of healthy food by using natural and traditional methods.

Tolgahan Gulyiyen

Chancellor of the World Turkish Cuisine Academy



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- Products or recipes included in the book that do not belong to our national cuisine culture are excluded from the registered list.
(Example: On page 129, it is stated by the author that Kimchi belongs to Korean Cuisine, but the recipe was interpreted for Turkish cuisine in the book.) www.tmdh.net & www.worldturkishcuisine.com

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