



THE CONSTITUTION OF TURKISH CUISINE

No: 1071-1453-1921-1922-26-30-2011-G9-9-2021

BEGINNING

This Constitution of Turkish Cuisine, which determines the eternal existence of Turkish cuisine and the indivisible integrity of the culinary culture of the Turkish Nation, in line with the understanding of nationalism determined by Atatürk, the founder of the Republic of Turkey, the immortal leader and incomparable hero, and his reforms and principles;

As an honorable member of the culinary cultures family of world nations with equal rights, in the direction of the eternal existence of Turkish cuisine, the material and spiritual happiness of Turkish cuisine cooks and the determination to reach the modern civilization order;

It is entrusted and delivered by the servants of the culinary culture of the Turkish nation, to the love of homeland-nation-profession, to the Turkish children in love with democracy, to Turkish cooks and Turkish cuisine lovers.

GENERAL PRINCIPLES

ARTICLE 1- Turkish cuisine is an indivisible whole.

Turkish cuisine is an inseparable and indivisible whole with all its differences.

Turkish cuisine can never be divided into regions or cities in the international arena.

Turkish cuisine can never be introduced with different names, divided into regions or cities in the international arena.

Turkish cuisine also includes the culinary culture of all the states and empires established by the Turkish nation in its deep-rooted history.

(Additional paragraph: April/23/2019) Studies and initiatives that maliciously divide our national cuisine according to regions or differences with the aim of ignoring Turkish cuisine have no validity or validity in the eyes of the Turkish nation and its national cuisine.

*This is the Constitution of Turkish Cuisine; It was established by the Joint Council of the World Turkish Cuisine Academy and the Turkish Cuisine Resurrection Movement, and accepted to be delivered to the Turkish nation, Turkish cooks and Turkish cuisine lovers on September/09/2011. This constitution of Turkish cuisine, which has been updated and finalized in the light of the information gained from the important analyzes, field studies and crucial experiences made throughout the world over many years; it has been re-accepted by the joint council of Turkish cuisine resurrection movement and the World Turkish Cuisine Academy on September/09/2021 and announced to the whole World.

(Additional paragraph: October/29/2019) Our dishes or products, which can be divided into regions, cities or various ethnic groups within our borders, are considered as a part of Turkish cuisine in every sense and represent the Turkish nation together with Turkish cuisine in the international arena.

(Additional paragraph: December/13/2019) Again within our borders, dishes or products that can be divided into regions, cities or various ethnic groups; they are considered as a part of Turkish cuisine with the unique names given by those regions, cities or those ethnic groups. All dishes or products that can be evaluated in this sense can be introduced with their own unique names as an integral part of Turkish cuisine. (Example: Kazakh Manti-Uzbek Pilaf-Tatar Raw Pastry Çiğbörek/Çibörek etc.)

ARTICLE 2- The feast of Turkish cuisine, Turkish cooks day, World Turkish chefs festival or World Turkish cuisine festival is 26-30 August.

Celebrating certain dates determined by foreigners as the feast of cooks has no value for Turkish cooks. Again, the cooks' feast dates-festival date or cooks day, which some people of Turkey have baselessly determined on different dates; have no value in the eyes of Turkish cooks.

(Additional paragraph: October/10/2020) With the 9-page statement announced on September 9, 2020, it explains in full detail that August 26-30 is the Victory Day of Turkish cuisine, Turkish cooks. In this context, 26-30 August is also the feast of Turkish cuisine and Turkish cooks all over the world. Therefore, August 26 is the Cooks Day of Turkey all over the world.

(Additional paragraph: December/11/2020) In the light of scientific facts in our history, the victories of August 26-30 have a very important role in preserving and strengthening the position of Turkish cuisine all over the world. Veteran Marshal Mustafa Kemal Atatürk and our national independence heroes, have made very important historical contributions to the fact that we base the local products, together with the dishes of Turkish cuisine, on solid ground (foundations). They had won great historical achievements for Turkish cuisine. If Turkish cuisine with all its food-dishes and products can be registered according to its geographical indications in the country or abroad today and in the future, that is because of the victories of August 26-30.

(Additional paragraph: April/15/2021) All historical facts that are not considered by those who say that they represent Turkish cuisine for years are explained in the statement dated on September,9,2020 with all details. Our victories are crucial for our culinary culture, which are based on historical scientific facts that have not been deliberately remembered for many years by those who represented our culinary culture at home or abroad. Our historical victories offer very important contributions that cannot be ignored when evaluated in terms of Turkish cuisine, especially to Turkish chefs on behalf of our national cuisine.

ARTICLE 3- The capital of Turkish cuisine is Mengen. According to our ancient values, everyone who works for Turkish cuisine, regardless of their ethnic origin or country of birth, represents Turkish cuisine and Mengen, which has been identified with the traditional values of Turkish cuisine for centuries.

Representing a tradition passed down from generation to generation and continuing this tradition for centuries, Mengen is the capital of Turkish cuisine all over the world. This status of Mengen, which comes from its own traditional history, is valid in the culinary cultures of all states or empires established by the Turkish nation in its ancient and glorious history. In the future, Mengen should be

brought to a position that will appeal to all cooks of Turkish cuisine and to all people of the world, both strategically and politically, in accordance with our thousands of years old culture and traditions.

In our history of state and empire, the people of Bolu-Mengen and the Turkish tribes to which the people of Mengen belonged have been continuing the culinary profession with ancient traditions passed down from father to son. Mengen has a very deep-rooted tradition in this sense: the city, which is also known with its chefs who cook for sultans and the statesmen; It is of high importance for anyone who wants to glorify Turkish cuisine. In this sense, in the culinary culture of the Turkish nation, Mengen is an important symbolic value as well as a cultural heritage of great importance in the international arena. It can never be allowed to destroy this value with understandings such as nationalism by leaving it to the monopoly of only a certain group. In this sense, the Turkish nation, and then the Turkish cooks, should take the initiative when necessary and know how to be decisive in the relevant issues due to the interests of Turkish cuisine.

Mengen, the capital of cooks, is the common value and hometown of all Turkish cuisine cooks who embrace it regardless of their hometown.

Regardless of where they are from in the world, everyone who works for Turkish cuisine as a member of different countries or nationalities: They are a member of the capital of Turkish cuisine. They are all just as Mengenian as those who were born in Mengen.

(Additional paragraph: November/10/2020) "We all, with all our differences, strive to carry out studies for Turkish cuisine all over the world with one common goal. As we have stated a long time ago, our greatest wealth is the presence of people from many different cultures and different ethnic origins among our colleagues who work with us while doing this work. As a matter of fact, as you know, there are many different colors on our emblem that represent us as us. This describes our approach to all diversity. In this sense, all products of our food and beverage culture in Turkey and the Turkic republics constitute Turkish cuisine and represent it all over the world." – (Excerpt: T.G.)

ARTICLE 4- The language of Turkish cuisine is Turkish. The flag of Turkish cuisine consists of an 8-pointed star formed by 16 hearts together with the Turkish flag. This flag is a colored star consisting of 16 hearts with 8 points(corners) when embroidered on white. When this flag is embroidered on red, it represents Turkish cuisine all over the world with a white crescent and a colored star consisting of 8 corners with 16 hearts. Except for the colored star consisting of 16 hearts with 8 points(corners), the colors used in the flag of Turkish cuisine consist of red and white.

The professional language of Turkish cuisine and Turkish cooks is Turkish in itself. In order to promote Turkish cuisine, it is important to learn foreign languages in a way that will not corrupt our culinary culture and to use them for the benefit of our national cuisine. However, under all circumstances, the literature of Turkish cuisine is composed of Turkish words as much as possible.

The flag of Turkish cuisine is the flag with an 8-pointed star and a crescent embroidered on a white or red background together with the Turkish flag. This flag represents the culinary culture of the Turkish nation all over the world.

(Additional paragraph: November/10/2020) In recent years, words that have been placed or tried to be placed in our professional language in a way that harms the Turkish cuisine: They are unconsciously respected in the society with a pretentious understanding. All foreign-origin words cannot be included in the written literature of Turkish cuisine due to benefits of our national culinary culture.

(Additional paragraph: November/10/2020) Bringing words of foreign origin, in whole or in division, in front of our city names in Turkey: That will cause permanent damage to Turkish culinary arts. In this sense, when examined in universal examples; Especially with the exaggerated degeneration activities being practiced in Turkey, changing our city names in a way that will not be an example in the world causes great harm to Turkish cuisine in the international arena. Adding meaningless foreign words in front of our city names is contributing to those who want to own the dishes and products of Turkish cuisine. It does not serve the benefits of our national cuisine. This situation, which makes a great contribution to the people who want to own the dishes and local products of Turkish cuisine in the global sense; it threatens our national cuisine in the short and long term in the international arena. In order to be used in the events created in our cities on these subjects, reports have been prepared that include foreign language terms and examples based on universality that should be applied in our cities for the benefits of our national cuisine. All detailed reports produced by the World Turkish Cuisine Academy, are the guides of Turkish cuisine regarding these issues.

(Additional paragraph: November/11/2020) Turkish equivalents of all terms used or to be used in Turkish cuisine are used in their own literature as a priority preference. Studies are carried out for terms that do not have Turkish equivalents in Turkish cuisine. Turkish equivalent studies for Turkish cuisine are carried out by the World Turkish Cuisine and Chefs Academy-(World Academy of Turkish Cuisine). The Turkish cuisine resurrection movement encourages society to carry out these studies. When culinary arts terms with Turkish equivalents or our professional speaking language need to be translated into a foreign language due to universality; The exact equivalent in the language to be translated is preferred. The important point here is: If there are words that have a foreign origin in the translated language, it is absolutely unthinkable to choose them as the exact equivalent in the first place. Instead, utmost attention is paid to the fact that the word in the translated language belongs to the language of the society-nation in question as etymological. If the word in the language to be translated does not have an etymological equivalent of its nation, then the most appropriate equivalent in the relevant language is preferred.

(Additional paragraph: November/13/2020) When Turkish is spoken or written; foreign equivalents of Turkish words and professional terms are strictly not used in our literature, including the recipes of our national cuisine. Existing Turkish words are always preferred for both writing and speaking.

(Additional paragraph: November/16/2020) If there are Turkish equivalents of some foreign-origin words that have settled in the culinary language of the Turkish society for many years and can be perceived as Turkish words by the society; these are preferred as the first priority in our literature. Everyone, including our cooks, who are devoted to Turkish cuisine is encouraged, in order to make an effort to carry out a high degree of study and research in order to create professional Turkish equivalents for these words.

(Additional paragraph: January/13/2021) The literature of Turkish cuisine, which will be created in Turkish according to our ancient values; can be translated into different languages for the people of the world due to let everyone learn and to benefit from. While making these translations, the principles in the 5th paragraph of the 4th article of the Turkish cuisine's constitution are taken into consideration.

ARTICLE 5- The week of commemorating the legendary chefs of Turkish cuisine is regularly celebrated on January 7 and January 15 every year.

Zeki Gülyiyen, the legendary martyr chef of Turkish cuisine, who was martyred on January 7, 2009;

Aydın Yılmaz, the legendary chef of Turkish cuisine, who died on January 15, 2004;

In addition to our legendary chefs, anyone who conforms to the general principles, ancient history and values of Turkish cuisine is evaluated in the Ayyıldız guide. Servants of Turkish cuisine and master chefs who are deemed fit to be included in this guide are commemorated during the commemoration week, regardless of their date of death, in case they pass away. On the occasion of this commemoration week, the works of all our important values, which will be shown as an example to our future generations for Turkish cuisine are passed down like a flag race from hand to hand to future.

The week of January 7-15 is regularly celebrated every year in a way that will provide high benefits to Turkish cuisine and to our future generations. Throughout this week, the people should be encouraged to hold celebrations and commemorations wherever possible, including through social media. Within the scope of this week, special gift events can be held for the people, including on social media.

ARTICLE 6- Turkish culinary culture unconditionally belongs to the Turkish nation.

The first article of the constitution of Turkish cuisine expresses that "Turkish cuisine is an indivisible whole." This means a unity that includes the culinary cultures of all the states or empires established by the Turkish nation in ancient history, together with the Turkish cuisine. Turkish cuisine cannot be evaluated by taking any basis as an example that can break into pieces the essence of our national cuisine culture, being outside the ancient values of the Turkish nation all over the world. In this sense, Turkish cuisine is the cuisine culture that has been shaped within the framework of the principles determined according to the ancient values of the Turkish nation.

Turkish cuisine is never shaped according to the taste of foreigners. Just like the fact that foreign kitchen chefs do not introduce the local products of different cultures into their own kitchens or dishes or are not shaped according to the tastes of others, in order to make others like their own food by spoiling the essence of it; no matter what reasons are put forward, Turkish cuisine can never be subjected to such shaping. Activities or meals created by people who distort the essence of Turkish cuisine and corrupt our culinary culture are considered outside of our national cuisine.

In this sense, the real authority of Turkish culinary culture is Turkish cuisine servants, cooks, scientists and historians, who defend the absolute interests of Turkish cuisine all over the world only according to our ancient values, who are truly connoisseurs of their work. When evaluated from this perspective, the dishes of Turkish cuisine and Turkish culinary culture unconditionally belong only to the Turkish nation.

(Additional paragraph: September/05/2012) Foreign cooks who have been working on Turkish cuisine for many years and only learn and apply our culinary culture according to our ancient values; they will always be among our distinguished chefs, who are the authority of Turkish cuisine, if they have the necessary qualifications or fulfill the necessary conditions.

ARTICLE 7- All of our dishes, local flavors and products in the geographies where the Turkish nation reigns, including inside of Turkey and inside of the Turkic republics; are Turkish and belong to the Turkish cuisine.

Our local dishes and products in the Turkic Republics, including Turkey, represent the cuisine and culinary culture of the Turkish nation as a whole all over the world.

(Additional paragraph: November/10/2020) “We all, with all our differences, strive to carry out studies for Turkish cuisine all over the world with one common goal. As we have stated a long time ago, our greatest wealth is the presence of people from many different cultures and different ethnic origins among our colleagues who work with us while doing this work. As a matter of fact, as you know, there are many different colors on our emblem that represent us as us. This describes our approach to all diversity. In this sense, all products of our food and beverage culture in Turkey and the Turkic republics constitute Turkish cuisine and represent it all over the world.” – (The same subject for a different evaluation, 2nd time quoted: T.G.)

ARTICLE 8- Merit (Merit system) is essential in Turkish cuisine and among master chefs of Turkish cuisine.

Among those working for Turkish cuisine, the main thing in every sense is merit. The measure of this merit can be easily understood by following the lines of our most valuable chefs in our Ayyıldız guide. Again, the measure of this merit is our ancient history and our ancient culture.

One must be on the lookout for the various tricks of certain mobs and corrupters of our national cuisine, which are usually nestled in culinary associations and federations. Those who have done great harm to Turkish cuisine for the sake of their own personal interests and fortunes by hiding behind the words "Turkish cuisine" and "Case" are usually inside of these groups. They have been carrying out illegal activities that are unknown to the general public under the guise of associations or federations for many years. It has been clearly explained and published in all details by Turkish cuisine resurrection movement with the evidence of some related persons and related associations or federations who hide behind various discourses. Those who are using some words by putting them side by side, only take care of their own interests or the interests of some groups to which they are affiliated. People should always be vigilant against all understandings of certain groups, including those that have been previously disclosed with all its evidence by the Turkish cuisine resurrection movement. Related to our profession: including all kinds of monopoly games, and event organizations based on match-fixing or chicanery held by some cook group's authorized people who have been recognized at the top level management of those federations or associations for many years. These may emerge in different ways for their own benefit in every period, with activities that will harm Turkish cuisine and Turkish cooks. These groups and group's authorized people may distribute some awards, which they call success, that is not on the basis of merit but only to those they have chosen among those who obey (submit) to them, as they have previously distributed. People should be aware of those similar events-organizations in the future.

Those who are illegitimately supported and granted privileges by federations or associations take part in some educational institutions in Turkey, where they are provided with a title. In the future, it may be possible to increase the number of those that have been brought to the fore and brought to the fore in illegitimate ways by these structures. One should be vigilant against those who carry some titles and work directly or indirectly in some educational institutions contrary to the interests of our national cuisine. In the same way, it can be foreseen that those who are supported by certain circles and are given a title will carry out activities directly or against those who do work that will benefit our national cuisine. Turkish youth and lovers of Turkish cuisine should be vigilant in these matters. Again, these circles may remain in silence by being incapable of defending the interests of Turkish cuisine on the issues that fall upon them. In any case, one should be vigilant against those who do not react to those who work to the detriment of Turkish cuisine or do not take preventive actions since a very long time even they held title and authorization in public. Some of those people acted (moved) together at certain times by supporting each other with those who harmed Turkish cuisine .

Those who work only for Turkish cuisine and those who value our national cuisine above everything else, they will never serve the interests of those people or groups who betray Turkish cuisine. Those who think about Turkish cuisine and those who think benefits of Turkish cuisine, cannot be a part of the games of those people or groups who look after their own personal interests. In this sense: Without a merit system and fair transparency; all achievement awards which these groups distribute among themselves, are invalid.

One should be aware of those who play various games in the culinary arts profession. People should be vigilant against those who play and set a game in another game. People should be awake against those who create monopolism for their own profits in the culinary sector. According to their own interests those groups can perform some illegal actions such as "wiping useful people out of the culinary Industry". They can destroy or finish useful people's culinary careers before people start their career. They are also controlling and using the media for their own benefits and for some people's benefits who

are in their own group. In culinary sector: Those groups (mobs) who steal the labor of our people should be well understood by young generations in future. Some groups of people perform unfair and illegal activities under the guise of culinary associations and culinary federations. They hide themselves inside of those associations and federations. They have provided power for their own interests in the past, and they can still provide power for themselves by using many illegal ways in their own group. Those groups use that power for their own unfair gains in line with their illegitimate goals. Those who have played such games and performed unfair practices in the past, or those who still do, are often nested in culinary associations or federations. Those groups or people who act together with those groups should always be disclosed in public with all evidence.

If some groups or group of people eliminate illegally useful people for their own interests, If some groups of people are done those illegal actions which shows betrayal to Turkish cuisine and Turkish cuisine culture, If some groups of people steal useful people's rights and labors in anyway or by using some method such as two faces acts ; and if all those are appeared with all its evidences: All of them will be disclosed publicly.

(Additional paragraph: January/01/2020) " Turkish cuisine is too important and can never be left to anyone's personal interests." – (Excerpt: T.G.)

ARTICLE 9- Standards of Turkish cuisine, formation-shape of Turkish cuisine and the ways which will be followed by chefs or cooks of Turkish cuisine, all are Ayyıldız Guide.

Ayyıldız Guide is a guide that represents the most valuable Turkish cuisine chefs in the entire Earth from A to Z. The letter 'A' of this guide represents our Legend chef Aydın Yılmaz, The letter 'Z' of this guide represents our Legend chef Zeki Gulyiyen.

From A to Z, Turkey's most precious chefs in the world are placed in this guide. Even though they die, works of all our important, valuable, precious chefs are collected in Ayyıldız Guide for our future generations. All their important works pass down from generation to generation. That way Ayyıldız guide keeps alive our valued chefs' important works for future generations.

Ayyıldız Guide is the backbone (basic foundation stone) of the standards of Turkish cuisine. In this sense: Ayyıldız Guide is responsible for creating the real standards of Turkish cuisine according to our ancient values.

(Additional paragraph: May/19/2021) "The Movement of the Resurrection of Turkish Cuisine is the name of our movement. That is more than a name. It is possible to evaluate this as a password(motto or countersign). Just like the motto of our ancestors' as 'Either independence or death' at the independence war. Today or in the future, without reading the essence of the matter well, without understanding the detailed thoughts and analyzes; there may be people who want to derive different meanings from the word of 'Resurrection', just like how they wish to understand in their own political view or way. These are prejudiced people who are incapable of thinking, questioning, understanding and reading. The truth is that our national cuisine has been subject to great corruption for many years.In this sense, our national cuisine always needs to be kept alive. (resurrection) This should be understood just like the renovation or detailed maintenance that needs to be done in some periods in order for a building or structure to survive for thousands of years for centuries. In order to prevent this, I have assigned important duties and responsibilities to our Ayyıldız guide, especially with the Turkish cuisine resurrection movement. These responsibilities are important duties that I can call as touchstone (backbone - primary stone) of Turkish cuisine. These duties and responsibilities look like prescriptions or treatments that a doctor must follow while applying his duties to his patient, so that patient can continue his life in a healthy way for many years. An architect wants his work to survive forever and for all people to benefit from it. Some kinds of studies are sometimes done even for the survival of a work or for a structure which is thousands of years old. Who can provide the best information for those kinds of works? It is the architect who created the work who knows best with which materials, in which way, and by which techniques. So this will be done by its architect. The architect sometimes explains this (information) to people who will find it in the future, with the signs. Architect hides some information in the most important part of his work or sometimes shows everyone with a compass in written clearly. So people can renew an architect's work with the right materials with the right information. Although the architect built his work thousands of years ago. Here, together with the Turkish cuisine resurrection movement, the duties and responsibilities of the Ayyıldız guide are expressing all the necessary work together with all the measures that must be applied in order for an architect's work to survive for thousands of years. Although it needs to be done in some periods." – (Excerpt: T.G.)

(Continued additional paragraph of Article 9 of para. 4: May/19/2021) "When I evaluate it within the possibilities; It is never out of the question that our national cuisine has died or disappeared, as some understand or fail to understand based on the name of our movement. Our national cuisine has existed for thousands of years. However, those who caused the Turkish cuisine to get sick, they have poisoned our national cuisine by surrounding it like a virus. While we are struggling with all these, we must apply the treatment, prescription and vaccine that will be good for Turkish cuisine in every sense. Along with the Turkish cuisine resurrection movement, our Ayyıldız guide also represents a treatment recipe for Turkish cuisine. Neither mortal nor Turkish cuisine resurrection movement has the power to resurrect something that has died. (Never). Like all mortals, we will turn into soil one day. However, Turkish cuisine will last with the Ayyıldız guide forever." – (Excerpt: T.G.)

ARTICLE 10- The presentation of the dishes of Turkish cuisine is completely based on its own naturalness.

Food Presentation: The plating of all dishes of Turkish cuisine, including cooked in pot food(casserole); all those can be done using techniques suitable for the era in every sense. However, the main thing in plating made with these techniques is to add visuality to the work by shaping the food, sauces or products themselves on the plate.

(Additional paragraph: June/25/2020) "Turkish cuisine never needs fashion. The fashion of Turkish cuisine is valid always and everywhere. The fashion of Turkish cuisine, which is suitable for all ages, is its traditional naturalness and presentation, which is completely unique to itself, dating back thousands of years. Anything outside of these principles cannot be considered as Turkish cuisine." – (Excerpt: T.G.)

(Additional paragraph: July/01/2021) Those who play with the products and change the essence of the products (as presentations called "modified" in a foreign language and as molecular with its DNA-'GMFs'-'GMOs') can be successful in their own fields with the visuals and low cost they create. However, the works of these people can never be considered as Turkish cuisine. It can never be said that they represent Turkish cuisine with these kinds of works. On the contrary, these studies cause the degeneration of our national cuisine. What does genetically modified foods mean for the human body and they are all harmful; so foods prepared and served in a style called "modified" are also the same thing and harmful for Turkish cuisine. We have to keep away from Turkish cuisine.

ARTICLE 11- Chefs who are serving to foreign culinary trends or to foreign culinary cultures: They are evaluated separately from Turkish cuisine.

There will always be those who say that "we serve Turkish culinary culture" in Turkish cuisine, but corrupt our national cuisine by mixing foreign cuisines with Turkish cuisine. Especially Our young people have to be vigilant in the face of those who corrupt Turkish cuisine by saying "We work for Turkish cuisine".

Accessories, lanyards (regalia), symbols-badges, or exaggerated jewelry or ornaments for certain societies that are incompatible with Turkish cuisine and its thousands of years old cultural values; they all do not make any sense in the eyes of Turkish cuisine and its cooks. Turkish cooks who are representing Turkish cuisine, also represent its ancient culture. In this context, some accessories, lanyards or exaggerated ornaments identified with other societies are out of the representation of Turkish cuisine and Turkish cuisine. Among those who unconsciously corrupt our ancient culinary arts culture, those who have a worthless show off with their exaggerated accessories; If they do not want to give up their exaggerated lines and their exaggerated accessories created with symbols that are incompatible with our culture, they are considered as those who have given up on Turkish cuisine and our national culinary arts culture.

Turkish cuisine chefs, academics and historians always work by being aware of those who are corrupting Turkish cuisine and its ancient food culture. Anyone who wishes is completely free to use the accessories they want of their own free will, to turn to different culinary cultures and to learn the foreign cuisines they want. However, those who are corrupting Turkish cuisine and those who aim to harm Turkish cuisine by staying outside the lines determined by our national and ancient values, they all are evaluated in separate categories, also outside of Turkish cuisine. This is due to the Turkish cuisine's purely self-protective reflex. Again, this situation is evaluated as a defense or precaution against the dangers that threaten and corrupt the ancient existence of Turkish cuisine.

A Turkish cuisine cook or chef acts in accordance with his culture, which he is obliged to represent in all matters, rather than acting in different ways with pretentiousness or personal interests. In this sense, those who carry the insignia-signs that do not fit with the Turkish culinary culture, those who take place in different societies due to their personal interests; again, they can never say that they serve Turkish cuisine by taking part in some formations that represent the Turkish cuisine in the real sense or by being there periodically. Of course, among these people: there will be those who say that "we work for Turkish cuisine". However, real lovers of Turkish cuisine, who are in their right mind, should always distinguish them well and be vigilant against all these.

Turkish youth and Turkish cuisine lovers, who will do the culinary profession in the future, should take the examples of our ancient history in these matters. Even our important historical figures and marshals, who conquered countries, cities and saved countries and nations, adopted an understanding based on simplicity in a much more modest way than pretentious cooks (chefs). People who will choose the chef-cook profession in the future, should take a look at those who saved nations, with their modest uniform accessories and exemplary behavior in the above-mentioned subjects as a chef uniform example. Our cooks should be guided themselves by the understanding of those personalities who have played very important roles in the history of nations in crucial matters. Extravagant accessories on a chef's white uniform are unnecessary. It is based on pure simplicity that our cooks use anything on their uniforms. In this sense, the difference of Turkish cooks is their simplicity.

The red lines of Turkish cuisine are the lines determined by the principles included in the constitution of its own cuisine.

The principles of Turkish cuisine cover all these relevant provisions in the constitution of its cuisine. Those who fall outside of these provisions and corrupt Turkish cuisine; they can never be considered as Turkish cuisine chefs. Those who stay out of these provisions and corrupt Turkish cuisine; they can never be considered as a part of Turkish cuisine. The works of those who are outside of all these provisions can never be evaluated inside of Turkish cuisine.

ARTICLE 12- All the items in the constitution of the Turkish cuisine are essentially a whole and can never be changed in a way that affects the essence. It can never be proposed to change the first 11 articles on a substantive basis.

The constitution of Turkish cuisine is the main guidebook for everyone who is working for Turkish cuisine.

Essentially, these articles, whose essence cannot be changed, but can have some additions or adjustments can be made to the text in time so people can understand it more easily.

These provisions and principles may be updated and rearranged in time to comply with the interests and interests of Turkish cuisine all over the world. If necessary, additional items can be added in line with the interests of our national cuisine, based on the reasonable and logical determinations of our competent children regarding Turkish cuisine. However, in its current form, all possible future updates or additions to this constitution of Turkish cuisine cannot be made in a way that will affect the merits. Changes that affect the general principles can never be proposed.

(Additional paragraph: January /07/2016) The conditions under which possible arrangements or updates regarding the constitution of Turkish cuisine can be made without affecting the merits are applied based on our ancient rules.

ARTICLE 13- The representation of Turkish cuisine is carried out in accordance with its own ancient cultural principles determined by the Turkish nation.

The representation, marketing and promotion of Turkish cuisine is carried out with a consciousness based on national conscience, in accordance with its own ancient cultural values, all over the world, regardless of language. Representations, marketing or advertising works that do not comply with this rule, no matter under what name or by what institution are presented; all their works never represent the culinary culture of the Turkish nation or its cooks.

(Additional paragraph: April/18/2012) "Cooks of Turkish cuisine are flags. They should always work with great effort, knowing that they represent the culinary culture of the Turkish nation wherever they are. – (Excerpt: T.G.)

(Additional paragraph: January/15/2012) Representation of Turkish cuisine is not only the duty of our cooks. There are also different occupational groups among those who indirectly or directly contribute to Turkish cuisine. These people are considered to be the flag bearers of Turkish cuisine. Those who will be the flag bearers of Turkish cuisine, regardless of their profession: They are always responsible for carrying out studies in accordance with our ancient values for Turkish cuisine.

(Additional paragraph: March/18/2013) Persons who work for Turkish cuisine or persons who represent Turkish cuisine, regardless of their profession; they are selected from among those who have merit according to the criteria determined for Turkish cuisine and its ancient culture in front of the dear Turkish nation and world public.

ARTICLE 14- One of the most important traditions among the cooks of Turkish cuisine is the understanding of the Ahi culture and the commitment to the ancient values of Ahi culture.

The master-apprentice relationship of Turkish cooks and the master-apprentice rules include the principles adapted to the ahi tradition. In this sense, it is unthinkable that Turkish cooks should be trained and trained according to traditions different from the tradition of Akhism culture.

There is a 4-level order in the master-apprentice order. It includes 4 degrees in each door, and the total of each door is 16 degrees. This forms the master-apprentice system of Turkish cooks.

- Yamak 1-2-3-4
- Çırak 1-2-3-4
- Kalfa 1-2-3-4
- Usta 1-2-3-4

The master-apprentice relationship is not just a relationship that is evaluated professionally. The master-apprentice relationship in our profession is evaluated in a way that is intertwined with the tradition of the Akhism. In this sense, those who do not have basic training in this tradition in our profession, and those who do not receive this training, or those who do not respect this tradition by not complying with this training: They cannot be considered as Turkish cuisine cooks.

(Additional paragraph: May/19/2015) "Vocational education; first of all it starts with moral education. It is imperative that our cooks, who will grow up among our future generations, undergo an education in accordance with our traditions before they learn to cook. This obliges the cooks of Turkish cuisine to learn the moral understanding of the basic professional ethics together with the basic moral understanding before cooking. For Turkish cooks; the definition of general professional ethics and vision come much before learning how to cook. Based on the words Mustafa Kemal Atatürk pointed out about our athletes, 'i like sportsmen who are smart, agile and also well-behaved' So i say that 'i like cooks who are smart, hardworking, talented and at the same time moral'(well-behaved) " – (Excerpt: T.G.)

Master chefs of Turkish cuisine are responsible for educating their students or apprentices in accordance with the Turkish ahi tradition and culture. Apprentices, on the other hand, are obliged to develop themselves in every sense and to show great effort in their education by showing high respect to their masters who are professionals in these fields.

Apprentices are responsible for respecting their masters, and masters are responsible for approaching their apprentices with a tolerance and a loving attitude. Masters, who are responsible for training cooks for Turkish cuisine: They are also responsible for teaching their apprentices all the subtleties of their profession in accordance with the oath they have taken for Turkish cuisine during the processes they have passed.

A very high level of respect is shown to our female cooks who are working in the industry. Respect is shown to them in all areas including the training processes in the Master-Apprentice order. The rights of our women are important in all areas. Everyone has to show respect to them with a high level of care. Also Women cooks adopt an understanding that will not abuse the care and respect shown to them.

Becoming a master in our profession is a grueling process and it needs patience. Therefore, cooking starts with apprenticeship training in childhood in our profession, which has been passed down from generation to generation. Turkish cuisine cooks, who started their education at a young age; they are responsible for raising themselves in the best way according to our ancient values, without interrupting their high school-university education.

(Additional paragraph: August/26/2020) Those who leave all the principles and go into cookery career very quickly, bypassing some important rules or without learning all these principles, with media or external factors other than the master-apprentice traditional education, or those who are supported by lobbying activities in a very different way: They are considered in a separate category.

- Consisting of 14 articles, this constitution of Turkish cuisine is 14 pages in total for the English language.
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