



MAIN (MOTHER) SAUCES OF THE TURKISH CUISINE

Together with WTCA-World Turkish Cuisine Academy, TMDH-Turkish Cuisine Resurrection Movement accepted the following 5 sauces as the main sauces of Turkish cuisine with their current order and names on 26 August 2022.

1. **Sultan Sauce**
2. **Ata Sauce**
3. **Mengen Sauce**
4. **Eksili Meyve Sauce** (Sour Fruit Sauce)
5. **Tomato Sauce**

Reminder Formula: SAMED = S+A+M+E+D = (Main Sauces Initials)

- ❖ **Sultan Sos**
- ❖ **Ata Sos**
- ❖ **Mengen**
- ❖ **Eksili Meyve Sos**
- ❖ **Domates Sos**

I. INTRODUCTION

- A. In this study, only the ingredients we use in sauces will be included.
- B. Detailed recipe recipes will not be included in this study yet.
- C. This study is a basic template for the main sauces of Turkish cuisine and will be developed in future studies.
- D. This study was created personally by our Founding Chairman, Mr. Tolgahan Gulyiyen. All copyrights of this work have been transferred to the World Turkish Cuisine Academy and Turkish Cuisine Resurrection Movement by our Founding President.
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II. MAIN SAUCES

1. Sultan Sauce

Ingredients:

-Butter-Flour-Milk-Salt-White Pepper

➤ DERIVED SAUCES

- ◆ Hunkar Sauce (Added to Sultan sauce: cream-grated nutmeg)

2. Ata Sauce

Ingredients:

-Flour-Yogurt-Lemon Juice-Water at boiling temperature according to the dish to be used
(vegetable broth / meat broth / chicken broth / seafood broth)

➤ DERIVED SAUCES

- ◆ Turk Sauce (Added to Ata sauce: Egg Yolk)

3. Mengen Sauce

Ingredients:

-Carrot-Onion-Meat broth-Homemade Tomato Paste-Cloves of Garlic-Bay Leaf-Butter

-Flour-Pepper-Salt

(When Mengen sauce is made with Chicken broth, Fish broth or Vegetable broth with different ingredient, it will be named separately.)

4. Eksili Meyve Sauce (Sour Fruit Sauce)

Explanation:

Sour fruit sauce is a sauce made from fresh or dried fruits such as (Green, Purple, Red, Yellow) Plums by adding equal amounts of butter-flour (roux) and water to be used during the preparation of hot meals or in plate service. It covers all derived sauces that can be used either cold using different techniques and materials, or for all foods served cold, including meat, chicken, vegetables, seafood or delicatessen products, or salads.

Flour is not used in some derived sauces that will be prepared cold. Sour fruit sauces are prepared by using different sauce preparation techniques and ingredient in cold derivative sauces.

Note-1: Dishes made with Tomato Paste entered Turkish cuisine later. Considering this principle: Sour fruit sauces can also be used instead of tomato paste for all pot dishes made using tomato paste in Turkish cuisine. Fruit (paste) sauces can be used instead of tomato paste in all meat, chicken, fish and seafood dishes and vegetable dishes where tomato paste is used.

Note-2: Sour fruit sauces will be created cold under certain categories with ingredients such as olive oil and lemon, under certain categories, and will be created in the future.

5. Tomato Sauce

Ingredients:

-Carrot-Onion-Green and Red Fresh Pepper-Butter-Olive oil-Flour-Bay leaf-Cloves of garlic-Vegetable juice-Chopped skinless tomatoes-Sugar-Salt-Pepper-Homemade tomato paste

Derivative sauces that will be included in the sub-categories of this sauce will include sauces served cold. When these derivative sauces are prepared for cold-served olive oil dishes, butter is never used in them.

III. GENERAL EXPLANATIONS

- These sauces are the main (mother) sauces of Turkish cuisine. As a sub-category of these sauces, separate sauces derived from these sauces will be created and named.
- Example-1: Some sauces that will be included in the sub-category sauces are as follows: Hunkar Sauce under Sultan sauce, which is one of our main sauces; nutmeg is included with the addition of cream. Under the Ata sauce, which is one of our main sauces, Turk sauce is prepared by adding egg yolk to Ata sauce and applying the classical technique of Turkish cuisine. Also, under the Sour Fruit sauce, which is one of our main sauces, there will be some salad dressings and derivatives that are not yet named, which will be prepared cold.
- Cold sauces will be included in the sauces that will be included in the sub-category of the sauces in our general main sauces. The sauces, which will be among the sauces that can also be used cold, are not only for salads, but also for delicatessen, seafood, etc. that are consumed cold. There will be sauces that can also be used for products such as
- Anyone who would like to contribute to this work as an expert and experienced in Turkish cuisine around the world can share their ideas and thoughts with us.
- Anyone who thinks that they are knowledgeable and experienced in Turkish cuisine and would like to contribute to this study only for the benefits of Turkish cuisine without expecting anything in return, can send them to us by working on creating, naming and developing the sub-category sauces of our 5 main sauces. If there are ideas and thoughts that will contribute to the main sauces of Turkish cuisine among the draft works submitted to us, our current work will be shaped by your ideas and thoughts, including your names.
- All ideas deemed appropriate will be considered. All actual contributions of those who have the level of education and experience who can potentially contribute to this work will be written with their names in the works that will be updated.
- Turkish cuisine will appreciate the possible contributions of everyone who works for our culinary culture to this work, and will share everyone who makes possible contributions with the public as much as their contributions.
- Those who will create draft studies in order to contribute to this study after examining our current study as an expert and experienced in Turkish cuisine can forward their studies to us via our e-mail address info@tmdh.net

INFORMATION: This study was created personally by our Founding President, Mr. Tolgahan Gulyiyen. Again, this work was announced to the public by him on the Turkish Cooks Day (August 26-30 Victory Days of Turkish Cuisine), that is, on August 26, 2022.

Mr. Tolgahan Gulyiyen invited Turkish cuisine experts who have the qualifications to contribute to this study worldwide to contribute to the subject. Among those present at the invitation, only Ms. Hulya Erol herself suggested the sour fruit sauce to be added to the Main Sauces work of Turkish cuisine. We would like to thank Ms. Hulya Erol for contributing to Turkish cuisine with her suggestion.

Mr. Tolgahan Gulyiyen will personally refer to the names who contributed to the reasons for the creation and announcement of this work, albeit indirectly, without realizing it, in the video he will record, and will explain the formation process of his work in detail.



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WORKED BY: Tolgahan Gulyiyen
SUBJECT: Main (Mother) Sauces of Turkish Cuisine
PUBLICATION DATE: 26 August 2022
DOCUMENT NO: TMA-019871-S
FILE NO: 0019
Detailed Description Link: <https://www.youtube.com/watch?v=e2a5AxAgRsk>



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