

## 3 Bölüm

# BALKANLARDA GELENEKSEL SÜT ÜRÜNLERİ

*Fatma Seda ERGENEKON<sup>1</sup>*

*Evren ÖZDEMİR<sup>2</sup>*

### ■ GİRİŞ

“Balkan” kelimesi, köken olarak Türkçe bir sözcük olup “sık ormanlarla kaplı sıradağ” ya da “çalılıklarla kaplı engebeli arazi” anlamına gelir. Avrupa ve İngiliz edebiyatında bu bölge “Haimos” olarak da geçmektedir. Osmanlı yönetiminde bu topraklar için “Rumeli”, “Rumeli-i Şahane” ve “Avrupa-i Osmanî” gibi adlandırmalar kullanılmıştır.

Balkan Yarımadası, Avrupa'nın güneydoğusunda yer almakta olup Arnavutluk, Yunanistan, Bulgaristan, Kuzey Makedonya, Bosna-Hersek, Kosova, Karadağ, Sırbistan, Hırvatistan ve Slovenya'nın tamamını veya büyük kısmını; ayrıca Romanya, Türkiye ve İtalya'nın küçük bölümlerini kapsar. Merkezinde yer alan Balkan Dağları'ndan ismini alır ve tarih boyunca Asya ile Batı Avrupa arasında bir geçiş güzergahı olması nedeniyle birçok kültür ve etnik yapının etkileşim alanı olmuştur.

VI. yüzyıldan itibaren Türk boylarının bölgeye göçleri başlamış, XI. yüzyılda Peçenekler ve Uzlar tarafından Bulgar Hanlığı kurulmuştur. Bu gruplar zamanla yerli halklarla karışmış ve kısmen asimile olmuşlardır.

<sup>1</sup> Prof. Dr., Ankara Üniversitesi Veteriner Fakültesi, Gıda Hijyeni ve Teknolojisi AD., fatmasedabilir@yahoo.com, ORCID iD: 0000-0003-3614-4666

<sup>2</sup> Dr., Ankara Üniversitesi Veteriner Fakültesi, Gıda Hijyeni ve Teknolojisi AD., ekocabas@ankara.edu.tr, ORCID iD: 0000-0003-4887-8886

## DIĞER GELENEKSEL SÜT ÜRÜNLERİ

Hırvatistan, zengin süt ürünleri çeşitliliğiyle bilinen bir ülkedir ve geleneksel üretim yöntemleriyle özgün lezzetler sunar. Kiselo mlijeko, yani doğal fermente edilmiş ekşi süt, özellikle kırsal alanlarda yaygın olarak evde yapılır ve yoğurt ile ayran arasında bir kıvama sahiptir. Vrhnje olarak adlandırılan taze süt kreması ise hem tatlılarda hem de tuzlu yemeklerde kullanılır; bazı bölgelerde fermente edilerek ekşi krema haline getirilir. Taze lor peyniriyle kaymağın karışımından oluşan sir i vrhnje, basit ama geleneksel bir kahvaltılık veya atıştırmalıktır.

Süt ürünleri sadece temel gıdalar olarak değil, aynı zamanda tatlılarda da önemli bir yer tutar; örneğin, kolaç od sira geleneksel peynirli tatlılardan biridir ve ince açılmış hamurun içine konularak yapılan tatlılarda iç harç olarak kullanılır. Ayrıca, sütle pişirilen irmik tatlısı olan mliječni griz besleyici ve hafif bir sütlü tatlıdır.

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