

**A RESEARCH FOR REGIONAL  
IDENTIFICATION OF BALIKESİR  
LOCAL FLAVORS**

Yakup DİNÇ  
Cevdet AVCIKURT  
Mehmet SARIOĞLAN  
Gözde KUMAŞ  
Nihan AKDEMİR  
Bilsen BİLGİLİ



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**Authors**  
Yakup DİNÇ  
ORCID iD: 0000-0002-6533-3987  
Cevdet AVCIKURT  
ORCID iD: 0000-0002-9169-9763  
Mehmet SARIOĞLAN  
ORCID iD: 0000-0003-4343-1225  
Gözde KUMAŞ  
ORCID iD: 0009-0007-1484-473X  
Nihan AKDEMİR  
ORCID iD: 0000-0002-1232-6636  
Bilsen BİLGİLİ  
ORCID iD: 0000-0002-8454-8318

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# PREFACE

Eating and drinking have always been more than survival they are integral to the cultural and social identity of societies. Local cuisines reflect traditions, lifestyles, and histories, offering insights into regional ingredients, agricultural practices, and social values. From celebrations to moments of mourning, these flavors enrich human experiences and connect people to their heritage. In today's rapidly evolving technological world, preserving these culinary traditions requires innovative solutions. Advanced technologies like artificial intelligence, augmented reality, and digital documentation offer invaluable tools for safeguarding and promoting local flavors while enhancing the food and beverage industry's ability to compete in a global market. This study focuses on the unique culinary heritage of Balıkesir, a Turkish province enriched by its geographical diversity and cultural history. It explores the ingredients, preparation methods, and stories of local flavors, particularly from Balıkesir's coastal regions, compiling a resource to ensure these traditions are passed on to future generations. Limited to Balıkesir's coastal districts, the research combines literature reviews and interviews to document local flavors, recognizing certain constraints such as reliance on participant recollections. Despite these limitations, this work aims to inspire further efforts to preserve and celebrate the region's rich gastronomic heritage. This study is expected to be a valuable reference for researchers, culinary enthusiasts and future generations and to emphasize the cultural importance of Balıkesir's local flavors.

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