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Building and Linking Roots
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**Workshop Name :**

Traditional soup 'Toyga'

**The topic of the workshop: 'How to cook Toyga'**

Toyga soup is a dish belonging to Turkish Cuisine. It is eaten cold or hot both in summer and in winter seasons. It is especially cooked in crowded gatherings where rituals such as weddings and funerals are performed.
By teaching the preparation of this nutritious and popular soup to young people of different age groups, we want them to learn cultural values from the past and pass them on to future generations.

**What type of activity will be developed:**

Food and cooking is a cultural habit and the cooking culture of a society is closely related to the way of life. Food and meals are cultural items with socio-cultural meaning. The food of the Turks, which is based on a long history, generally consists of plants, meats, and especially dough. Most of them have been used in Turkish cuisine since ancient times. Turkish cuisine, which is very rich in terms of variety, also includes a wide variety of soups. Soup is a type of food with a lot of water. In the Turkish dictionary, it is stated that it is Persian "şor (salt) and ba (water)" and it is defined as a hot watery drink prepared with vegetables or meat.

Soup is of great cultural and folkloric importance for the Turks in Anatolia in terms of its penetration into all kinds of segments such as the people of the palace and the people of the provinces. It is a food that Turks cannot give up all their lives, that is, from childhood until death. Soup, which is consumed only as an appetizer in the West, takes place as a meal in our culture. It can be expressed as a type of dish that is the representative and manager of the table.

In Central Asian Turks, flour, water, and yogurt are used as the main ingredients in soups and the fact that this type of soup has survived until today is an indication that Turks have not changed their food culture. In addition to the simple use of ingredients, various combinations, and preparation differences increase the diversity of soups.

Toyga Soup is prepared in the following stages:

The main ingredient of the soup, döğme, is washed and starch is removed.

Add water and cook the mixture for 50 minutes until the chickpeas soften and add the boiled chickpeas in the meantime.
Whisk the yogurt while keeping the softened döğme aside.
Add some of the water of the cooked yogurt so that the yoghurt does not curdle and continue whisking.
Depending on the season, yarpuz, spinach, or thyme is added and the soup is served hot or cold.

**What skills will be worked on:**

Which skills will be developed in young people when learning how to make Toyga soup.

- They will know food and nutrition culture from the past and will develop a sense of responsibility to transfer it to future generations.
- Establish a connection between the geography and nutrition culture
- will learn how lifestyles affect nutrition culture
- As they learn to cook, they will develop a sense of living alone and taking responsibility for their nutrition
- Self-confidence will increase
- By taking part in the workshop, they will increase their ability to work together and take on tasks and responsibilities
- Social skills will improve
- Gain a new skill that can be used in entrepreneurship

**What outcome we expect:**

- Gain a new skill that can be used in entrepreneurship
- Know food and nutrition culture from the past and develop a sense of responsibility to transfer it to future generations

**Duration of the workshop:**

Preparation phase (5 mins)
Cooking and presentation time 60 min

**Materials to be used:**

-Döğme
-Yoghurt
- Water
- Salt
- Yarpuz-spinach
-Butter