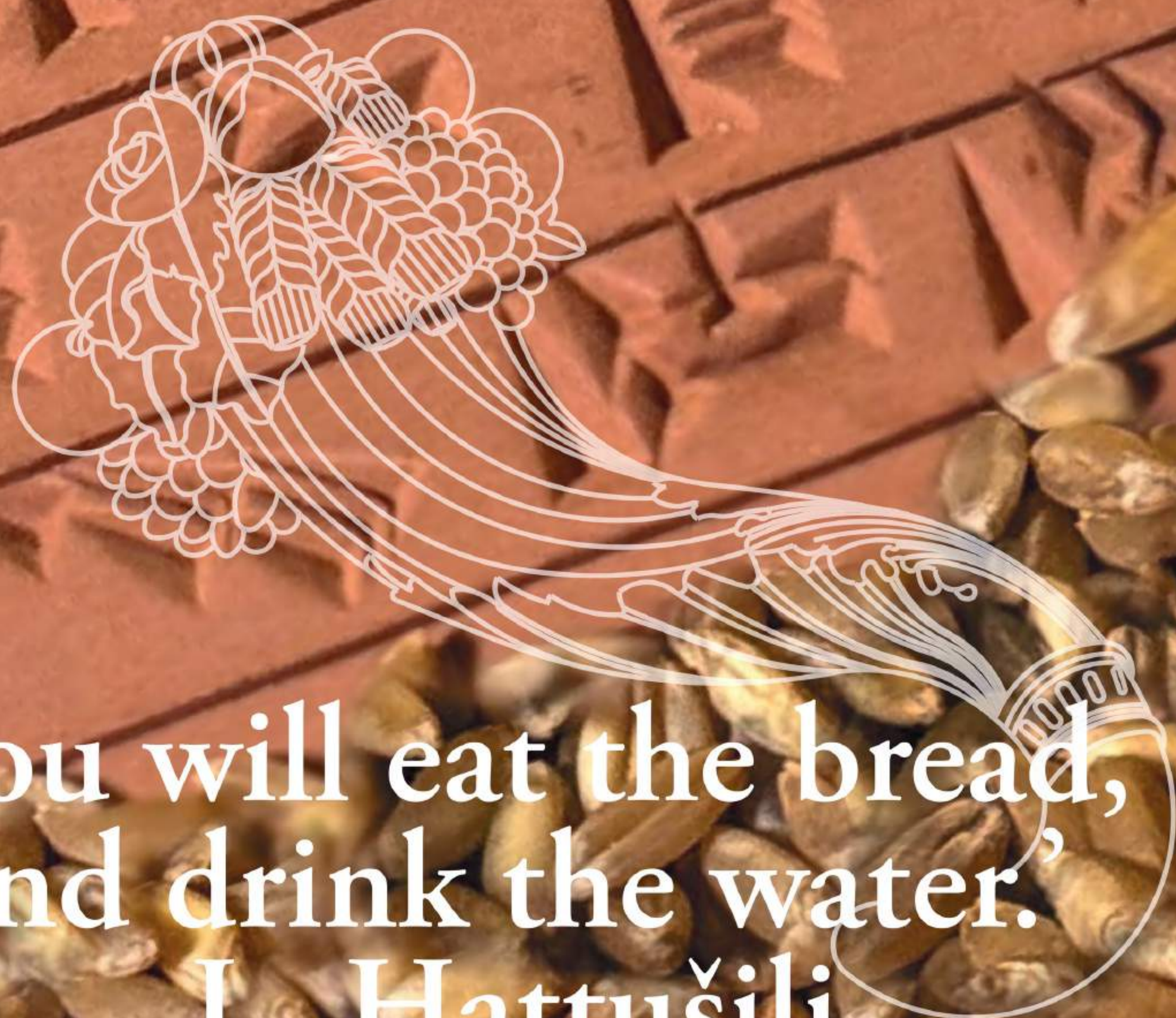


DERALIYE®

# HITTITE CUISINE

by Necati Yilmaz

Limited Reservation  
Every Thursday & Friday  
19:30 - 21:45



‘You will eat the bread,  
and drink the water.’  
I. Hattušili

From 3000 year old tablets  
Hittite flavours that have  
survived to the present day



# HITTITE CUISINE

**Hearth of the Hittite kings  
reawakened!**

**Flavour from thousands of years  
Discover its heritage!**

Slow cooked meats, ancient cereals  
and timeless equipped with aromatic spices  
every bite of our food, Anatolian culinary art  
a journey to its roots.



# HITTITE CUISINE

The Legacy of Cuneiform Documents  
**"FOOD CULTURE IN HITTITES"**



Religious or ceremonial pair of bull statuettes  
made of arsenical copper  
Metropolitan Museum of Art, New York.

Hearth of the Hittite kings reawakened. !  
Flavour from thousands of years  
Discover its heritage.

DERALIYE®



Thousand Gods of the Hittites  
A Thousand and  
One Kinds of Bread...

# NINDA.LAL

Honey Bread

What Hattušili I said in his testament to his soldiers  
**"You shall eat the bread and drink the water."**  
It is understood from his words.

# “Journey of Flavour from the Past Hittite Table’

Anatolia, connecting Asia and Europe, has been an essential region that has hosted numerous civilisations due to its strategic location. This geography witnessed rapid development during the **Neolithic Age**, as it became home to many cultures with the advent of settled life. The Hittites, who lived in the 2nd millennium BCE and established a powerful and significant civilisation, were among the cultures that contributed to this cultural vibrancy in Anatolia. Much of what we know about Hittite cuisine comes from cuneiform tablets. These tablets reveal that Hittite cuisine included meat dishes, soups, and a wide variety of bread made from grains and grain products. Additionally, the discovery of granaries, charred grain remains, and the practice of offering bread to their gods in religious rituals highlight the significance of bread in Hittite culture. The Hittites referred to bread as “NINDA” and prepared various types using different grain flours, water, salt, and either natural leavening or no leavening at all.

Hittite written records mention the consumption of cattle, wild goats, sheep, goats, buffalo, deer, roe deer, wild sheep, partridge, rabbit, duck, and pigs as food sources. These sources also describe the preparation of meat through roasting or grilling. In addition to consuming meat, the Hittites also produced various dairy products such as cheese, whey, and clarified butter from animal milk. The Hittite diet also included legumes and vegetables such as beans, chickpeas, lentils, onions, leeks, cucumbers, and peas. Hittite records list fruits such as cherries, figs, dates, apricots, grapes, apples, pistachios, plums, pears, and pomegranates. While these fruits were mostly consumed fresh in their season, they were also dried for later consumption. For years, I have delved into archives to bring the culinary heritage of the past to light, aiming to offer you and your guests unique experiences in the name of food culture. This time, I went much further back and explored the culinary culture of the Hittites, one of the most influential civilisations of their time. The menu you will taste has been slightly adapted to align with modern dietary standards. Additionally, we enriched the menu by including İskilip dolması, one of the region's signature dishes. We have taken care to present our dishes in a variety of pottery items, such as bowls, jugs, plates, cups, and jars, similar to those exhibited in the museums of Çorum, Boğazköy, and Alacahöyük, made of baked clay.

Necati Yılmaz / Deraliye Restaurant Executive Chef

A close-up photograph of a lamb shank being seared with a blowtorch. The shank is positioned vertically on a bed of coarse white salt, which is spread on a dark, circular surface. The meat is dark brown and glistening, with a small flame visible on its upper portion. A sprig of rosemary lies horizontally across the salt bed behind the shank. The blowtorch's blue flame is directed at the top of the shank.

The Hittite fire was rekindled.

# HAPPENA

## Open Fire

According to some expressions in the Hittite texts; pure meats, neck and feet It is cooked over a fire with mutton fat, to enhance the flavor of the fried meat Honey mixed with olive oil is poured over it as a sauce.

# Taste of History: Hittite Cuisine.



## KARIYE Salted Dish

According to a statement in the Hittite texts,  
the liver and heart are salted,  
It is sprinkled with flour and grilled.  
AN.TAH.SUM In a text about the feast of the liver  
and it is stated that the whole heart is cooked on the grill.



# HITTITE CUISINE

## HOT HIBISCUS SHERBET

Hibiscus flowers are soaked in lukewarm water for a few hours, and the initial water is drained. Cinnamon, cloves, lemon salt, and sugar are added, and the mixture is simmered over low heat. Once the flowers have released their essence, they are strained, and the sherbet is served hot.

## HATTUSA SOUP

Local milk tarhana (fermented soup base made with wheat and milk), mutton, and salt are simmered for a long time over low heat. The soup is garnished with butter, cumin, thyme, sage, mustard, mint, green onion, and garlic. Milk tarhana is made by cooking whole wheat in milk and then breaking it into small pieces.

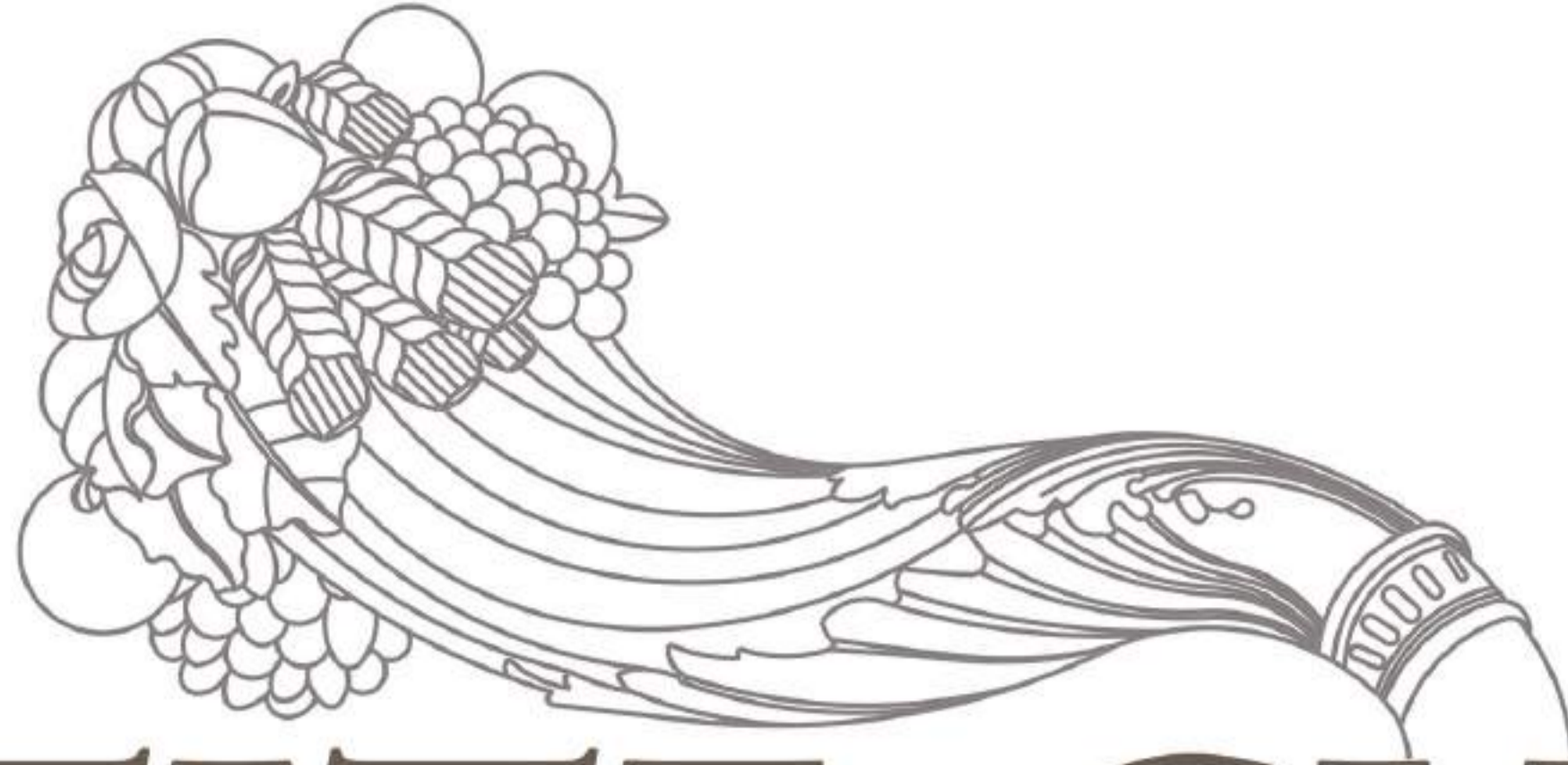
## KİSTANZIYE

Thinly sliced, lean lamb necks are seasoned with rock salt and slow-cooked in a lamb stone oven in a method akin to biryan.

Once the meat becomes tender enough to separate from the bone, it is flavoured with bone marrow, boiled lamb brain, thyme, and black pepper, then served with a tangy plum sauce.

Geographically indicated products are used. You can get information from our service staff.

"In order for us to better prepare your meal, please consider your dietary requirements and let us know about your allergies."



# HITTITE CUISINE

## **SOUR PLUM-STUFFED CHERRY LEAVES** or **STUFFED PURPLE ONIONS WITH MEAT**

A filling is prepared using cracked bulgur, fine bulgur, flour, and salt. Cherry leaves, (according to the season) soaked in hot water to remove their salt, are carefully stuffed and cooked in a pot. The stuffed cherry leaves are served with a sauce made of strained yoghurt, flour, water, a pinch of salt, and sour plum extract. Caramelised onions and plum sauce are poured over the yoghurt during serving.

## **KARIYE SALTED DISH**

Fresh lamb liver and heart are delicately peeled of their thin membranes, then mixed with rock salt and sumac. Thin slices of liver and heart are sautéed in butter with dried and green onions and seasoned with spices.

The dish is served between slices of bread.

## **HAPPENA**

Lamb ribs are marinated in pomegranate molasses, pepper paste, and oil. The cubed meat is cooked over medium heat and served with a sauce made of wholegrain Dijon mustard, black pepper, blue poppy seeds, cherries, cherry juice, honey, olive oil, and anise seeds.

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DERALIYE®

*Ottoman Palace Cuisine*



From Past to Present  
A dumpling  
**Malak Dessert**



# HITTITE CUISINE

## İSKİLİP DOLMA

Beef is cooked for five hours in a large cauldron with rice grown in the Hittite region (Çorum). The rice is placed in a special cloth, sealed with dough, and cooked for another three hours. The dish is served by shredding the cooked beef over the pilaf-like rice.

## MALAK DESSERT

Flour milled from the region's wheat is roasted in butter, hot water is added, and the mixture is cooked to a pudding consistency. The dessert is topped with melted butter mixed with molasses and garnished with walnuts before serving.

## NINDA.LAL (HONEY BREAD)

Sourdough whole wheat bread dough is enriched with honey before baking. Once baked, the bread is drizzled with honey while still warm and served.

Let us conclude with an idiom from the Hittite language.

**Aššu Adatar.**

**“May the sweetness of our tongue endure”.**

4.200 TL Per person VAT included.

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# HITTITE CUISINE

"Meet the Richness of Hittite Tables"



Making offerings to the gods, dancing, playing the lyre, preparing feasts  
**Vase of Faith** with depictions of men and women.  
Ankara Museum of Anatolian Civilizations.



Those who contributed to the formation of the Hittite Cuisine Menu.

Menu Support: Ülkü Menşure Solak

Cultural Support : Sümeyra Bektaş  
(Çorum Tourism Provincial Directorate of Culture)

Mr. Dr. Ali İzzet  
(Hitit University Faculty Member)

Wheat: Hatap Buğday ve Un Ürünleri

Plates: Hitit Tera Toprak Sanayi

Translation : @guide.oguzhan.ceylan



Our prices include VAT. Menu start date: January 2025  
The place of production is Deraliye Restaurant Istanbul.  
Our products are produced in our own kitchen.