

Atatürk's Kitchen

MAY 19-25

"THE FOUNDATION OF THE REPUBLIC OF TÜRKİYE IS CULTURE."

• STARTERS (CHOOSE ONE) •

ZEYTİNYAĞLI ENGİNAR

Stuffed artichoke cooked with olive oil and medley vegetables

İSPANAKLI BÖREK

Selanik (Thessaloniki) style spinach pastry börek.

• MAINS (CHOOSE ONE) •

YAĞLI FASÜLYE

stewed beans with onion and tomato sauce served with pilav

ETLİ BAMYA

okra and meat casserole served with pilav. It was one of the dishes that Atatürk ate most.

KARİDES SİŞ

Grilled marinated shrimp skewer

• DESSERT •

IRMIK HELVASI

Turkish semolina halva with pine nuts, gently cooked in milk

• DRINKS •

RAKİ

*National drink that made of twice-distilled grapes and aniseed
Served with leblebi (roasted white chickpeas) and melon*

TURKISH COFFEE

Traditional Turkish coffee, slowly brewed to perfection in a small, long-handled copper pot called a cezve

AYRAN

Turkish yogurt drink



Commemoration of Atatürk, Youth and Sports Day

May 19th is an important date in Turkish history, marking the beginning of the Turkish National Movement under the leadership of Mustafa Kemal Atatürk in 1919. It signifies the start of the struggle for independence and freedom for the Turkish nation.

Mustafa Kemal Atatürk is the founder and first President of the Republic of Turkey. Under his leadership, the Turkish people resisted the occupation of their country following the defeat in World War I and initiated a struggle for independence. Atatürk dedicated himself to establishing national unity and integrity, initiating movements towards modernization and reform in various aspects of society including education, economy, and law. He embraced the principle of secularism and introduced significant reforms based on democracy, human rights, and scientific thinking. His ideas and legacy form the foundation of modern Turkey and have had a profound impact on Turkish society.

Atatürk's Birthday

Although Atatürk was born in 1881, the exact date is unknown. In one of his speeches, he declared May 19 as his symbolic birthday, tying it directly to the beginning of the national struggle.

This menu was created by the **World Turkish Cuisine Academy**. [Scan the QR code below to learn more.](#)

"Peace at home, peace in the world."

"Unless the nation's life is in peril, war is murder."



Atatürk's Cuisine Week

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Letter from Atatürk to Anzacs:

"Those heroes that shed their blood and lost their lives ... you are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the Mehmets to us where they lie side by side in this country of ours. You, the mothers, who sent their sons from far away countries, wipe away your tears. Your sons are now lying in our bosom and are in peace. After having lost their lives on this land they have become our sons as well."

Atatürk, 1934



A response by an Anzac's mother to Atatürk's words:

"The warmth of your words eased our sorrow for our sons who vanished in Gallipoli, and our tears ended. Your words are a consolation to me as a mother. Now we are sure that our sons rest in peace in their eternal rest. If your Excellency accepts, we would like to call you 'Ata', too. Because what you have said at the graves of our sons could only be said by their own fathers. In the name of all mothers, our respects to the Great Ata who embraced our children with the love of a father."

An Australian mother

• Source: Embassy of the Republic of Türkiye in Canberra, Australia

Atatürk'ün Anzamlara Mektubu:

"Bu memleketin toprakları üzerinde kanlarını döken kahramanlar! Burada bir dost vatanın toprağındasınız. Huzur ve sükûn içinde uyuyunuz. Sizler, Mehmetçiklerle yanyana, koyun koyunasınız. Uzak diyarlardan evlâtlarını harbe gönderen analar! Gözyaşlarınızı dindiriniz. Evlâtlarınız bizim bağrımızdadır. Huzur içindedirler ve huzur içinde rahat uyuyacaklardır. Onlar, bu toprakta canlarını verdikten sonra, artık bizim evlâtlarımız olmuşlardır."

Atatürk, 1934

Bunun üzerine Avustralyalı bir anne ATA'ya aşağıdaki cevabı yollamıştır:

"Gelibolu topraklarında yitirdiğimiz evlatlarımızın acısını, alicenap sözleriniz hafifletti. Gözyaşlarımız dindi. Bir ana olarak bana, bir güzelim teselli bahşetti. Yavrularımızın sonsuz uykularında, huzur içinde dinlendiklerinden hiç kuşkumuz kalmadı. Majesteleri kabul buyururlarsa bizler de kendilerine Ata demek istiyoruz. Çünkü, yavrularımızın mezarları başında söylediğiniz sözler, ancak bir öz babanın sözleri gibi yüce, ilahi. Evlatlarımızı bir baba gibi kucaklayan büyük Ata'ya tüm analar adına şükran, sevgi, saygıyla..."

• Kaynak: Türkiye Cumhuriyeti Canberra Büyükelçiliği, Avustralya

