



Original Contribution

A TRADITIONAL THRACIAN BEVERAGE; “HARDALIYE”

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ABSTRACT

Nowadays, the interest to adapt healthy diets, which help in preventing diseases, is getting much more important and as a result traditional, functional foods have has a more ratio in daily diets.

Hardaliye is a traditional beverage that has a characteristic grape and mustard aroma after lactic acid fermentation.

Key Words: healthy diets, hardaliye

INTRODUCTION

Consumer interest in the relationship between diet and health has increased the demand for information about functional foods₁. Rapid advances in science and technology, increasing healthcare costs, changes in food laws affecting label and product claims, an aging population, and rising interest in attaining wellness through diet are among the factors fueling all over the world interest in functional foods.

“Functional Foods” are foods or dietary components that may provide a health benefit beyond basic nutrition. You can take greater control of your health through the food choices you make, knowing that some foods can provide specific health benefits.

At this point, Thrace has a special functional beverage: “Hardaliye”. Hardaliye is a lactic acid fermented beverage that is produced from crushed red grapes by adding crushed mustard seeds, sour cherry leaf and benzoic acid (1).

After the grapes are washed and crushed, preferably in wooden (or glass, plastic) jar or barrels and 0,3-0,4% of crushed mustard seeds and/or 0,1% of benzoic acid is added, the solution is left to fermentation at room temperature for 10 days (2). After crushing of the grapes, jar/barrel filling method is important. (Figure 1, 2).

The norms that regulate functional foods must consider the following aspects in relation to the probiotics: the preparation should remain viable in large-scale production; it should be stable and viable during the storage and use; the preparation should be able to survive in the intestinal ecosystem; and, the host must get benefits to lodge probiotics (3).

Hardaliye has been produced and consumed since ancient times in Thrace region. But in recent times, this valuable probiotic beverage is produced by limited non-commercial producers in different ways and getting lost day by day.

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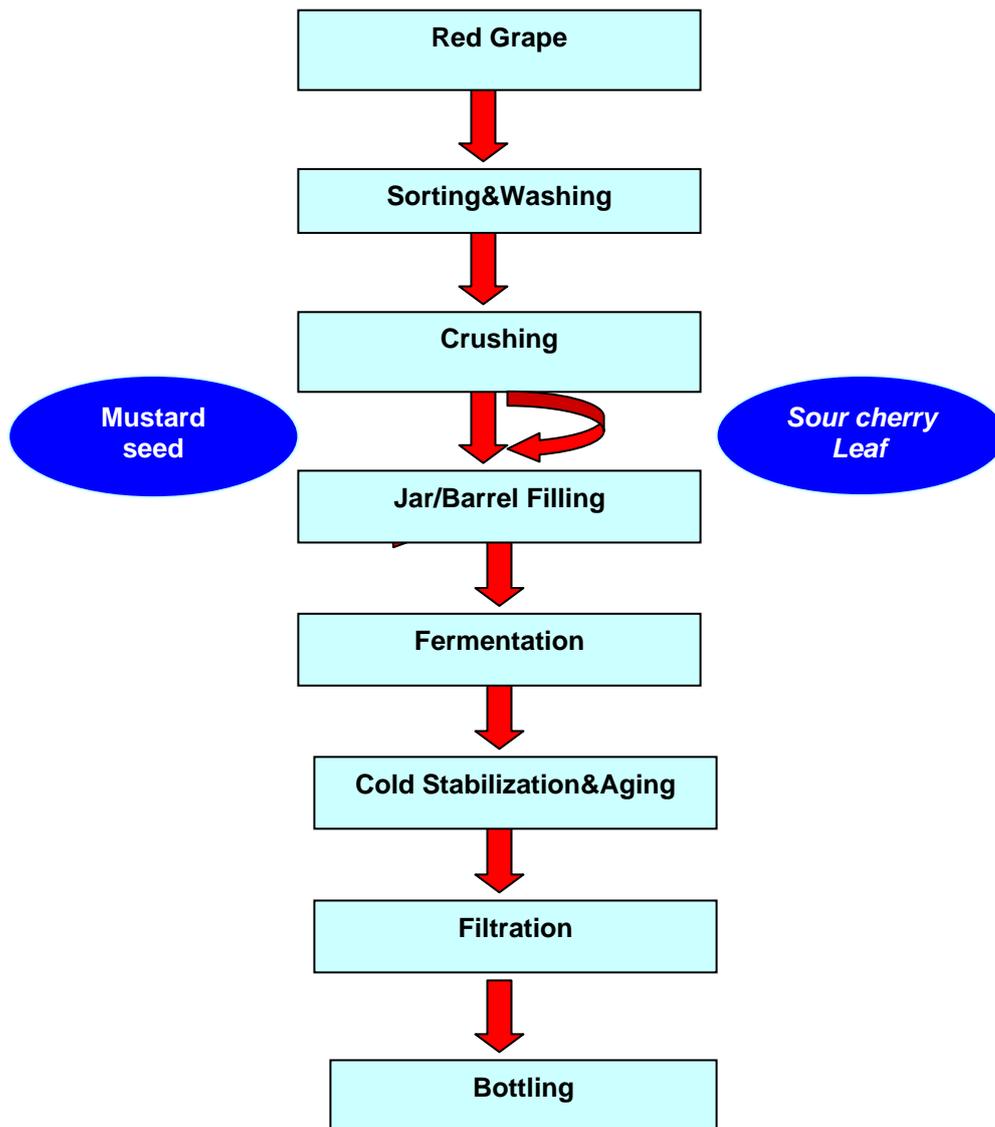


Figure 1. Hardaliye production process



Figure 2. Filling Method

CONCLUSION

The question about traditional foods is eminently political and strategic: political because it refers to the governmental decisions concerning the orientations and incentives observed in the food system, both in terms of the consumption model and the supply model, taking into account the three pillars of sustainable development (ecology, economy, equity); and strategic because, for the parties involved in the food systems, it will lead to choices which differ significantly according to their size and position in the food commodity chains (4).

On the other hand, the question is about life quality and health. Hardaliye is an interesting beverage due to its probiotic characteristic. Also, there has been an increased interest about mustard seeds in recent times. Scientists, who work about cancer, make researches about the active compound of black mustard seeds; “Sinigrin”(5).

In the light of this information, the value of this traditional and probiotic beverage so clear and the production in factory scale must be developed and supported.

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