

The 4th International Symposium on
"Traditional Foods from
Adriatic to Caucasus"

Northern Cyprus



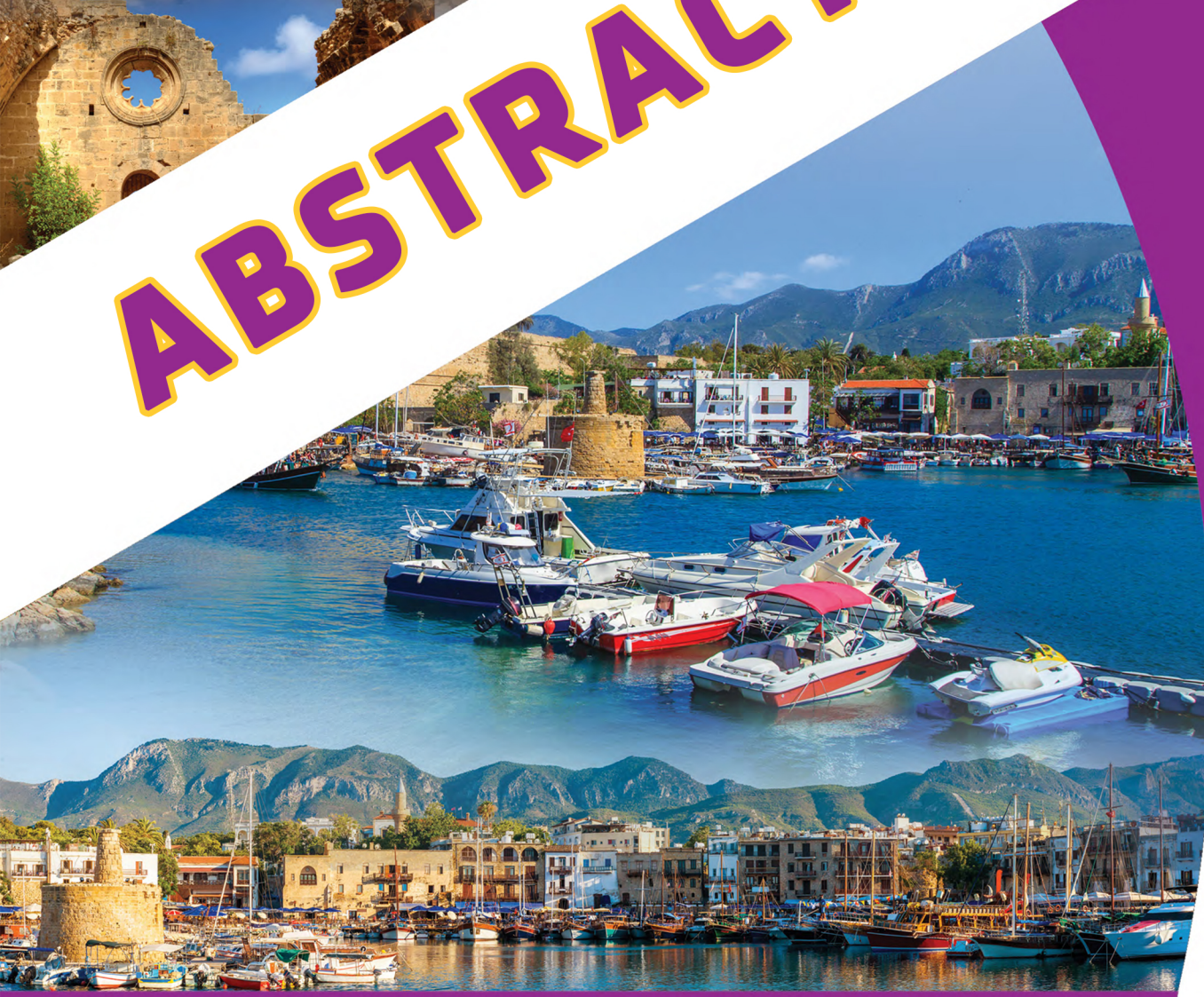
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ABSTRACT BOOK



Safety of Traditional Foods

Abstract Referance : 431

Herbs used in Traditional Foods: *Coriandrum sativum* and *Rhus coriaria*

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Traditional foods are products made from locally available raw materials depending on the culture and tradition of the region. The majority of countries and regions have their own traditional foods and traditional cuisine depending on local consumption habits, methods of cooking and preparation as well as food ingredients. The herbs grown in the region have an important contribution to the rich culinary culture of the Southeastern Anatolia Region. *Coriander sativum* "Coriander" and *Rhus coriaria* "Sumac", which have been known since ancient times, are often used for traditional food and beverages in the region's cuisine due to their intensive cultivation in the Southeastern Anatolian region. These herbs, which constitute an integral component of the Southeastern Anatolia cuisine, are also effective in suppressing some undesirable effects and preserving food for long periods of time as well as imparting flavor, aroma and flavor to food. These herbs, which are used in the traditional foods in Turkey as well as in the traditional foods in other countries where they are grown, are widely used in traditional medical practices because of their antimicrobial, anti-diabetic, antioxidant properties. The aim of this study is to evaluate the use of *Coriander sativum* and *Rhus coriaria* in traditional foods, their functions and their health effects.

Keywords : Coriander, Sumac, Traditional Food, Southeastern Anatolia, Herbs,