



TRADITIONAL WATER BUFFALO PRODUCT IN NAKKAŞ

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Abstract: Anatolian water buffalo is reared for triple aptitude: meat, milk and draught. Most meat is especially used for making sausage, which is a very popular typical product in Anatolia, prepared with buffalo meat, beef and mutton spiced especially with garlic. Concerning milk production, research is evidencing that controlled farming and feeding conditions may significantly improve performances. Milk is also employed to make a very popular traditional product, known as 'lüle kaymağı'. The water buffalos in Turkey are named as Anatolian Water Buffalo and they are among Mediterranean Water Buffalos which are sub group of river buffalos. In Turkey water buffalos are particularly bred for milk production and they are slaughtered for meat production after they finish their productive ages. The cream produced from Anatolian Water Buffalo milk is a popular product which is consumed together with many local desserts. In some regions, Anatolian Water Buffalo milk is also used for cheese production. In İstanbul milk from water buffaloes are mostly used for Yogurt and kaymak (cream) production. Anatolian Water Buffalo meat is more commonly used in Turkish sausage as it decreases the fermentation duration and is believed to give taste. In some regions in Turkey, Anatolian Water Buffalo breeding is a traditional production model which has great importance in the economy and culture of its breeders. In recent years strong emphasis were placed on the management of farm animal genetic researches in general and also water buffalo husbandry in Particular. In general effort related conservation and sustainable utilization of the farm animal genetic resources are coordinated and supported financially and technically by Ministry of Agriculture. The latest attempt regarding Conservation of animal genetic resources was establishing Water buffalo breeding organization of Türkiye started in 2008 and central union of water buffalo breeder association were established in 2011. Nationwide improvement program were initiated under the name of community based herd improvement program. So far 14 provinces and 2873 farm total of 16082 adult individual water buffalo were included in the nation wide improvement program. In İstanbul, there are 13.000 water buffalo totally.

Villagers have been engaged in farm and animal breeding in this district for centuries. In Nakkaş Village, 458 water buffalo and 124 young buffalo calves are found. There is a dairy called as Halil Ural. Water buffalo milk which is produced in this village is sold as yogurt and cream in packets. The dairy, whose dairy processing capacity is 3 tones per day, sells yogurt in 1 or 2 kilos of packets and cream in 100 gr. of packets. A kilo of yogurt made of water buffalo milk is 3.5 Dollars and 100 gr. of cream is 23 Dollars. According to the Turkish Standards Institute (TSE), 15 % of water buffalo meat is required in sausage. The reason is that meat of water buffalo furthers the fermentation in sausages. In Çatalca, two of the butchers sell water buffalo sausages. The sausage which is made from 70 % of cow meat, 30 % water buffalo meat and with different kinds of spices is quite demanding. A kilo of sausage is 16 Dollars. Male water buffalos, reared in İstanbul, are packed and sold by Çoşkun Sausages which is known nationwide.

Key words: Anatolian Water Buffalo; meat, milk and draught



Nakkaş Anatolian Water Buffalo Milk Cream

Boil the milk for 4 minutes at 100 C. Leave it to cool for 3-4 hours. Then, boil it again for 7-8 minutes at 85 C. Fat deposits starts to build up on the surface. After that, leave the milk again to cool in the fridge at +4 C for a day. It is cut with a knife and put into cases then it's ready to eat.

Nakkaş Anatolian Water Buffalo Yogurt

How to make Buffalo Yogurt

Skimmed milk is heated up to 48 C. One spoonful of buffalo yogurt and some heated milk are put into a plate and whisked until it is of buttermilk consistency. After that, a spoonful of powder sugar is added into this mixture, which makes the yeast more intense and robust. The mixture, which is our yeast, is stirred well with the preheated milk. The pot in which the milk is fermented should be wrapped tightly to prevent it to cool fast. Therefore, fermented milk cools slowly, and yogurt is ready to eat after 6 hours.



WATER BUFFALO SAUSAGE

Ingredients (for 10 kilos of sausages):

- 5 kilos of beef
- 5 kilos of buffalo or young buffalo meat,
- 1 kilo of tail mutton,
- 60 grams of black pepper,
- 50 grams of red pepper,
- 75 grams of cumin,
- 50 grams of peeled garlic,
- 200 grams of salt, dried buffalo bowel (small bowel).

Nakkaş Anatolian Water Buffalo Sausage

Instructions: First of all; beef, tail mutton and buffalo meats are chopped. After it is blended well and grinded twice or three times, the mixture is rolled out. Then, salt, black pepper, red pepper, crushed garlic and cumin are sprinkled over it in the order listed above. After this mixture is kneaded well enough, it is grinded again twice or three times. When it comes to the consistency of dough, it is stuffed into the bowel by paying attention not to leave any space or air in the bowel. If the sausages are required to be tied in straight form, it should be tied with a thin, strong string after a measure of one finger for each. If they are required to be tied in a coil form, it should be rolled after a measure of one or one and a half hand span and then tied with a string. Sausages should be hung in a windy and sunless place. They should be kept hung for a while and water should be sprinkled over them every two or three days. When the sausages are ready, store them in a moisture-free and airy place.

Nakkaş Anatolian Water Buffalo Milk

RECIPE FOR PUDDING

- 2 ½ glasses of buffalo milk
- 1 ½ glasses of water
- 3 spoons of maize starch
- 1 spoon of rice flour
- 7 spoons of sugar
- 1 packet of vanillin
- (cacao, strawberry, banana ...etc.)

Put the buffalo milk and sugar in a saucepan. Stir it until the sugar melts. Mix starch and rice flour with 1 ½ glasses of water and stir until it becomes a smooth liquid. Turn down the heat when the milk starts to boil and gradually add the starch and flour mixture into the milk. Keep stirring for a while. Before you turn off the heat, add vanillin (and cacao, strawberry, banana etc.). After you mix it well enough, turn off the heat pour the pudding into bowls. Keep them in the fridge for 3-4 hours. Then, it is ready to eat.

