

KITCHEN OF THE FUTURE WITH ÖZGE SAHİN

A guide for a sustainable kitchen
with practical and delicious zero-waste recipes



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INTRODUCTION

The kitchen is the heart of homes, the shared space of all... Some of my most unforgettable childhood memories are woven into the time I spent in the kitchen with my grandmother and grandfather. The radio in the corner would always be playing Turkish classical music. I would watch in admiration as my Cretan immigrant grandparents sang along to the melodies while joyfully preparing meals.

On the other hand, I cannot overlook the influence of my paternal grandmother from Sivas on my culinary journey. I grew up experiencing firsthand the profound difference a single onion or a small piece of bone could make in a dish.

And of course, my mother... She possesses a culinary repertoire that even the most accomplished chefs could hardly rival.

Thus, for me, the kitchen is a space I recall with music, joy, and sweet memories—a truly special realm...

As the years passed, I sought to share and preserve the culinary legacy I inherited, first with my husband and children, then with wider audiences through digital platforms and television screens.

My journey in the kitchen took on a new dimension when my son, at the age of eighteen, announced his decision to become a vegetarian. This, coupled with my daughter's athletic pursuits and the necessity of a balanced and healthy diet, made it inevitable that I would spend years preparing meals on television alongside esteemed medical professionals.

As the world's resources rapidly deplete and each day we have less time to spend in the kitchen, I found myself asking: *What can I do to change this course? How can I share what I have learned with future generations?* These reflections led me to embark on a book project.

I envisioned more than just a collection of recipes; I dreamt of a long-term endeavor that would illuminate the future through the wisdom of the past.

My goal is to build a bridge between past and future, embracing individuals of all ages—those who still maintain a connection to the kitchen as well as those who have lost that bond, particularly the younger generations.

I hope that this book will serve as a guide for those who are conscious of sustainability, mindful of zero-waste kitchens, and sensitive to food waste—a gentle reminder of the importance of respecting food.

One of the sources of inspiration for this journey was the village homes of the 1950s. At that time, these homes were entirely self-sufficient and operated with zero waste. Nothing was discarded; everything was repurposed and life was in harmony with nature. Today, our collective goal should be to return to such a way of living.

In the pages ahead, you will find exquisite recipes crafted from ingredients that are often discarded. You will discover how to create innovative and nutritious dishes using fruit and vegetable peels, stalks and even seeds—ingredients commonly perceived as waste.

My aim is to introduce practical methods that can easily be integrated into daily life, reducing waste while simultaneously demonstrating how to prepare delicious meals.

Remember: Establishing a zero-waste kitchen benefits both the environment and your budget. Each recipe in this book has been meticulously designed to minimize waste while ensuring nourishing and delicious dishes. I hope this book inspires you and contributes to adopting a more sustainable lifestyle in your kitchen.

Together, with small steps, we can create significant change. Thank you for embarking on this journey with me.

Wishing you good health and delightful meals,

ÖZGE ŞAHİN

THE BEGINNING OF THE JOURNEY OF THIS BOOK

One morning, after a sleepless night filled with excitement over this book project, I called Esra Düzdağ Ateş and said, “Esra, I have something in mind. I want to work with you, but photo shoots, design, printing, distribution... Aren’t these book projects incredibly challenging? How will I do it? How will I manage?” With her ever-positive demeanor, Esra offered me such reassuring support: “You are trying to create something truly valuable. I hope the whole world stands behind you, that prestigious firms and esteemed names who believe in you cross your path and that your dreams come to life with ease.” Her faith in me strengthened my own belief in myself.

Shortly afterwards I had a serendipitous encounter at an event in Side with Cengiz Haydar Barut, a board member of Barut Hotels. During our conversation, I mentioned the project, never imagining he would express interest in supporting it. As I enthusiastically shared my vision, he said, “We are also working on sustainability initiatives in our hotels. This book would be meaningful for all of us. I’d love to support it.” At that moment, I felt like the world had opened up before me. Thanks to Cengiz Bey’s sincere encouragement and invaluable support, I had the opportunity to collaborate with Studio Cucina and an extraordinary team. If this book exists today, it is because of his belief in me, in our project and in our team—from its inception to its printing. I extend my deepest gratitude to him.

Following this meaningful exchange, Cengiz Bey visited our studio to wish us luck and later, we met with the Barut Hemera hotel team to initiate an inspiring collaboration.



AN EXEMPLARY STORY OF TRANSFORMATION: BARUT HEMERA

The fact that this book has found its way to you is largely thanks to our invaluable supporter, dear Cengiz Barut and our fortuitous connection with Barut Hemera Hotel. At first glance, our paths crossing may seem like coincidence, but in truth, we were part of the same story, embarking on a shared journey.

At their hotel in Antalya-Side, the Barut Hemera team embodies a deep respect for nature and our planet. Their commitment to green transformation principles and sustainability is communicated to their guests with remarkable elegance. From the moment you step onto the property, you can feel the reflections of this mindful approach. With their implementation of the *3R principles*—Reduce, Reuse, Recycle—they take exemplary steps to minimize energy consumption, reduce waste and promote resourcefulness. First, they raise awareness among their staff, then among their stakeholders and ultimately, among their guests.

For instance, in January 2024, they launched an initiative to eliminate all plastic bottles and single-use plastics across the entire hotel. Guests are provided with glass bottles in their rooms, which they can refill at water stations throughout their stay and take home with them when they leave. Significant progress has also been made in reducing other single-use plastic items throughout the hotel.

As you stroll through the hotel's gardens, you will encounter six distinct driftwood sculptures—an outdoor exhibition that seamlessly merges nature and art, offering both visual and spiritual enrichment. These sculptures, crafted by local artists from driftwood that washed ashore on the Mediterranean coast, stand as stunning examples of upcycled artistry.

Moreover, Barut Hemera contributes to energy efficiency and environmental sustainability through its 2.2 Mega-

watt Solar Energy Plant in Barla Village, Isparta, helping to safeguard both human and environmental health.

Guests staying at the hotel also have access to two electric vehicle charging stations, supporting the shift toward sustainable transportation.

Additionally, those staying at Barut Hemera can engage with a unique project providing in-depth information about the butterfly, bird and plant species native to the surrounding region.

Barut Hemera proudly upholds various environmental and sustainability certifications, including the Zero Waste Certificate, Blue Flag Certification, GSTC (Global Sustainable Tourism Certificate), Green Key Certification, Travel Life Certification for Bicycle-Friendly Hotels, Pet-Friendly Hotel Certification, Swallow Awards and the ISO 14001 Environmental Management System Certificate.

During the book's development we initiated an incredible collaboration with Barut Hemera's corporate communications team and hotel chefs. Together, we examined the areas of the hotel that generated the most food waste and worked with the chefs to design a sustainable, zero-waste buffet. We engaged in meaningful discussions on the best ways to introduce guests to these waste-free recipes and communicate the philosophy behind them.

If you visit Barut Hemera in the coming months, you may encounter some of our zero-waste kitchen recipes at the breakfast buffet, in the patisserie, or at dinner.

Hotels are undeniably, one of the industries where food waste is most prevalent. Seeing such conscious steps being taken and knowing they will serve as an example for others, is incredibly gratifying.

I extend my heartfelt thanks to the entire Barut Hemera team for their constructive approach and invaluable support in this meaningful project.





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ÖZGE ŞAHİN, ZERO-WASTE KITCHEN CHEF



In collaboration with Barut Hemera.



Translated by
Melis Şeyhun Çalışlar

