

PEKMEZ





Pekmez is a sweet syrup which is made from grape, fig or berry by smashing and boiling them.

Pekmez which is made from grape is very sweet, while pekmez made from berry is a little bitter.

Pekmez Production



- **Grapes, suitable for pekmez are squeezed with a few different methods. A sour mixture is produced. This mixture is boiled in 50-60 degrees for 10-15 minutes and marl is added to the mixture.**



The marl, which is in white colour, must be added before the grape is squeezed. By adding the marl, it is provided to clarify the mixture and to vititate the sourness.

If the marl is not added, pekmez becomes sour and it looks blurry.



Removing the bubbles while boiling the mixture makes it possible to get pekmez with a clear view. Thus, we can get more delicious pekmez.



The mixture is kept waiting for at least 4-5 hours. During this waiting period, the remainder in the mixture, which is composed of some whits, subsides. The clear part which stays on the mixture is seperated from the remainder and the remainder is thrown away.

The clear mixture is transferred to the boilers.



Boiling process gives pekmez its dark colour and consistence. During boiling process, the sugar in the mixture is caramelised and darkens. The mixture gains a dark consistence as long as the water boils.

Boiling of the mixture in a honeycombed way shows that

it is in the requested consistence.



Pekmez is a great source of carbohydrate and energy because it contains high quantity of sugar.



As its quantity of mineral is a lot and absorption rate is high, it is recommended to pregnant women, consumptives and people in period of recovering.



Researches show that pekmez is richer than honey in terms of thiamin, riboflavine and iron.

Thanks!

