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CREATING A VEGAN IDENTITY IN MUĞLA GASTRONOMY BY DEVELOPING RECIPES WITH LOCAL PLANTS

CRIANDO UMA IDENTIDADE VEGANA NA GASTRONOMIA DE MUĞLA ATRAVÉS DO DESENVOLVIMENTO DE RECEITAS COM PLANTAS LOCAIS

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Abstract
Muğla is one of the important regions of Turkey in terms of plant resources thanks to its Mediterranean climate. It is known that wild herbs and aromatic plants have an important place in both daily nutrition and traditional culinary practices throughout the historical process of the region (Özdemir & Yalçın, 2019). However, this potential is still underutilized in terms of modern vegan cuisine. This study aims to reveal the usability of local edible plants grown in Muğla in vegan recipes, to examine the contributions of these plants to Turkish gastronomy, and to create a unique gastronomic identity. The study examined the nutritional content, aromatic properties and traditional uses of local edible plants and revealed how they can be used in modern vegan cuisine. This approach enables the development of environmentally friendly, local and sustainable recipes that are sensitive to animal rights. The conscious use of

Resumo
Muğla é uma das regiões importantes da Turquia em termos de recursos vegetais, graças ao seu clima mediterrâneo. Sabe-se que as ervas silvestres e as plantas aromáticas ocupam um lugar importante tanto na alimentação diária como nas práticas culinárias tradicionais ao longo do processo histórico da região (Özdemir & Yalçın, 2019). No entanto, este potencial ainda é subutilizado em termos de cozinha vegana moderna. Este estudo tem como objetivo revelar a utilidade das plantas comestíveis locais cultivadas em Muğla em receitas veganas, examinar as contribuições dessas plantas para a gastronomia turca e criar uma identidade gastronômica única. O estudo examinou o conteúdo nutricional, as propriedades aromáticas e os usos tradicionais das plantas comestíveis locais e revelou como elas podem ser utilizadas na culinária vegana moderna. Essa abordagem permite o desenvolvimento de

local plants in gastronomy supports not only environmental sustainability but also cultural sustainability. Therefore, combining Muğla's local herbs with modern vegan dishes offers an approach that both keeps cultural heritage alive and adapts to current gastronomic trends. A sensory analysis will be carried out in which Muğla Sıtkı Koçman University Gastronomy and Culinary Arts students will be panelists. In this panel, recipes developed from local and edible herbs grown in Muğla during the winter months will be tasted. As a result, it aims to create a vegan identity in Muğla gastronomy based on Muğla's local edible plants, sustainable, sensitive to the environment and animal rights.

Keywords: Muğla Cuisine. Local Edible Plants. Vegan Gastronomy. Sustainable Cuisine. Gastronomic Identy.

receitas ecológicas, locais e sustentáveis, sensíveis aos direitos dos animais. O uso consciente de plantas locais na gastronomia apoia não apenas a sustentabilidade ambiental, mas também a sustentabilidade cultural. Portanto, combinar as ervas locais de Muğla com pratos veganos modernos oferece uma abordagem que mantém viva a herança cultural e se adapta às tendências gastronômicas atuais. Será realizada uma análise sensorial na qual os alunos de Gastronomia e Artes Culinárias da Universidade Muğla Sıtkı Koçman serão os participantes. Neste painel, serão degustadas receitas desenvolvidas a partir de ervas locais e comestíveis cultivadas em Muğla durante os meses de inverno. Como resultado, o objetivo é criar uma identidade vegana na gastronomia de Muğla com base nas plantas comestíveis locais, sustentáveis e sensíveis ao meio ambiente e aos direitos dos animais.

Palavras-chave: *Cozinha de Muğla. Plantas Comestíveis Locais. Gastronomia Vegana. Cozinha Ssustentável. Identidade Gastronômica.*

1 INTRODUCTION

Vegan gastronomy is not simply a diet that excludes animal products; it is a holistic culinary approach with environmental, ethical, and cultural dimensions. In recent years, the increasing awareness of sustainability and environmental issues has significantly boosted interest in plant-based diets. This has made vegan cuisine more visible within global gastronomic trends (Thompson, 2020). While vegan gastronomy is becoming increasingly widespread in Turkey, many practices in the market still rely on imported products. Many ingredients, such as almond milk, avocado, or alternative protein products, are sourced from abroad; this leads to the potential of local plant-based resources being overlooked (Aksoy, 2021). However, Turkey, especially the Aegean Region, has a very rich diversity of wild plants that have been part of its culinary culture for centuries. Thanks to its climatic characteristics, Muğla is home to many edible wild herbs such as chicory, wild fennel, nettle, mallow, wild chard, and radish greens. These plants are of cultural importance both for their nutritional value and their traditional uses

in the regional cuisine (Kaya, 2020). At the same time, their natural growth in the winter season demonstrates the harmony between the local cuisine and the principle of seasonality (Demir & Şahin, 2019). A vegan cuisine approach based on local resources both reduces dependence on imported products and creates a sustainable and culturally strong gastronomic structure (Öztürk, 2022). This study aims to contribute to the formation of a regional vegan culinary identity by examining how the local edible plants of Muğla can be utilized within the scope of vegan gastronomy. This research was conducted between January 15, 2026 and March 3, 2026 to investigate the gastronomic potential of using locally grown edible plants that thrive in the winter in the Muğla region in vegan recipes. Data collection, encompassing the main field and application phases of the study, was carried out between February 1, 2026 and March 1, 2026. The study examined the nutritional content, aromatic properties, and traditional uses of local edible plants, revealing how they can be utilized in modern vegan cuisine. The research design was a qualitative, exploratory study. To achieve the objective, a combination of literature review, observation of local markets, and file/archive research compiling traditional uses among the public, along with applied sensory analysis methods, was employed. First, the traditional uses, nutritional and aromatic properties of local plants were examined through a literature review and file/archive search. The study population consisted of six different local edible plants (mallow, chicory, wild chard, radish greens, wild fennel, and nettle) that grow in Muğla during the winter season. For the sensory evaluation of the determined recipes, a sample group of 20 people was used, consisting of students from the Gastronomy and Culinary Arts Department and Food and Beverage Management Department of the Faculty of Tourism at Muğla Sıtkı Koçman University. According to Altuğ Onoğur and Elmacı (2011), a random selection method was used for each recipe; a face-to-face sensory evaluation scale was used. The panel group sizes and sample sizes for the consumer preference survey were established according to standards. In this panel, original vegan recipes developed from local edible herbs in the winter season were evaluated in terms of criteria such as taste, aroma, color, and texture. This approach aimed to strengthen the vegan identity of Muğla gastronomy by developing recipes with local edible plants.

2 CONCEPTUAL FRAMEWORK

2.1 Definition of veganism, its historical development and the vegan economics

Veganism is a subgroup of vegetarianism that avoids all animal-related products and other products in which animals are used as test subjects (Son et al., 2016). Vegans reject all by-products obtained through the use of animals, including food, clothing, eggs, milk, honey, and wool. These definitions help us understand the fundamental differences between vegetarianism and veganism. Veganism is not only a dietary choice but also a lifestyle with a strong philosophical foundation that addresses the human-animal-nature relationship from a perspective based on justice and equality. In making this choice, vegans aim not only to protect their own health but also the planet (Türkiye Vegan Derneği, 2023).

Veganism is a dietary approach that rejects the use of animal-derived foods and other animal products, as well as a philosophy and lifestyle that opposes the exploitation and cruelty of animals for food, clothing, or other purposes (Türkiye Vegan Derneği, 2023). The term vegan is defined in dictionaries as "those who do not eat animal products such as meat, milk, or eggs, or use animal products such as leather or wool" (Oxford Learners Dictionaries, 2021). The Vegan Society defined veganism in 1979 as follows: “A philosophy and lifestyle that avoids (to the extent practicable) all forms of exploitation and cruelty to animals for food, clothing, or other purposes, and in addition supports the development and use of animal-free alternatives for the benefit of humans, animals, and the environment.” (Türkiye Vegan Derneği, 2023).

Veganism, while a type of vegetarianism, is a distinct dietary approach. The dietary preferences of vegans also vary from consumer to consumer. For many vegans, dietary choices are motivated by a desire to better care for the world's resources and the environment, address ethical issues related to animal husbandry, reduce the use of antibiotics and growth stimulants in animal production, decrease the threat of animal-borne diseases, and promote the health benefits of a plant-based diet (Volpe, 2005; Jacobsen, 2006). Additionally, the potential for dairy allergies and lactose intolerance has increased the popularity of soy-based dairy substitutes (Craig, 2009). Within this context, vegans also have dietary classifications based on their dietary preferences, which include:

Table 1

Vegan Diet Classification

Diet Classification	Definition of a Dietary Plan
Ravists (Raw Eaters)	These people don't believe in cooking food. They believe that cooking destroys the nutritional value of food.
Zen Macrobiotics	The diet consists of grains, vegetables, fruits, and legumes. Some people eat only grain products, excluding vegetables, fruits, and legumes from their diet.
Fruit Farming	This diet includes only vegetables, fruits, and nuts that are botanically classified as fruits. These people believe that when the nutrients they eat return to the soil, the growth cycle continues.

Source: Altaş, (2017); Gökçen et al., (2019).

The term "vegan" is defined as "a person who does not consume animal products" and was coined in 1944 by Donald Watson, derived from the term "vegetarian" (Gheihman, 2021; Mathias, 2022). Today, it is increasingly preferred as a lifestyle choice. As an identity category and a lifestyle, veganism, particularly in the West, creates a subjective position that allows for environmentally responsible consumer choices, seen as disrupting a capitalist system dependent on agriculture. Furthermore, veganism has become increasingly visible through celebrity endorsements and universally accepted health benefits (Wright, 2017). It is estimated that over 600 million people worldwide consistently follow a vegetarian or vegan diet (TVD, 2017).

Academic studies on veganism worldwide demonstrate that this approach is not limited to dietary preferences but is a multifaceted phenomenon that must be addressed within the framework of environmental sustainability, public health, and ethical responsibilities. Research, particularly in the field of environmental sciences, reveals that plant-based diets offer significant advantages in reducing greenhouse gas emissions and making water and land use more efficient (Tilman & Clark, 2014; Poore & Nemecek, 2018). Studies focusing on global food systems question the sustainability of current animal-based dietary models in the face of increasing populations and limited natural resources, and emphasize that plant-based diets can constitute a strategic alternative for food security (Steinfeld et al., 2006; Willett et al., 2019). Furthermore, veganism is discussed in the social sciences literature within the context of ethics, identity, and consumption practices; and is linked to the concepts of animal welfare and interspecies

justice (Twine, 2010; Cherry, 2015). Studies in the health field have shown that properly planned vegan diets can provide nutrient sufficiency and reduce the risk of some chronic diseases (Academy of Nutrition and Dietetics, 2016; Satija et al., 2017). In this context, veganism is emerging as an interdisciplinary research area; it is becoming a global subject of study that needs to be considered together with its environmental, social and individual dimensions.

In Turkey, veganism is showing an increasing trend today, driven by both ethical awareness and health motivations. According to Yıldırım & Aydın (2021), research shows that the vegan lifestyle is rapidly spreading in Turkey, especially in urban areas and among the young population, leading to an increase in plant-based alternatives in the food sector. Hotels and restaurants are now also including vegan options in their menus. From a sociological perspective, the vegan movement in Turkey is defined not only as a dietary choice but also as a political stance against speciesism and an effort towards ecological sustainability (Çınar, 2020). Furthermore, traditional olive oil-based dishes and legume-based recipes in Turkish cuisine offer a local advantage in the transition to veganism, facilitating the cultural internalization of this trend (Özdemir, 2022).

Vegan identity is defined not only by what one eats, but also by how one relates to the rest of the world. As Cherry (2006) states, vegan identity is an individual's attitude towards animal exploitation, their ethical understanding, and the process of placing this attitude at the center of their life and continuously building it through daily life. This identity becomes a sense of belonging and a way of life when the individual defines themselves as someone who "avoids animal exploitation."

2.2 Edible plants in anatolian culinary culture

Anatolia boasts a very diverse flora of edible plants thanks to its varied climate and topography. Species such as chicory, mallow, wild chicory, purslane, sorrel, dock, goosefoot, poppy, nettle, and mustard greens are widely consumed in different regions of Anatolia (Özkan & Kaya, 2021). These plants are not only rich in nutritional value but also possess gastronomic value due to their aromatic properties suitable for various cooking techniques. This makes them suitable for use in vegan cuisine.

Edible plants from Anatolia continue to be an important element reflecting cultural identity, both in home kitchens, traditional festivals, and modern restaurant menus. One of the most important aspects of Anatolian culinary culture is that edible herbs and plants offered by nature have been incorporated into daily life for centuries. Because Anatolia has diverse climatic zones, it possesses a very wide variety of edible plants, and this diversity forms one of the cornerstones of its culinary culture. An article underlines this historical relationship with the following statement: "Plants have been indispensable throughout human history for food, clothing, and the treatment of diseases" (Hano & Atabey, 2025). This statement shows that Anatolia's nutritional relationship with nature has not only economic but also cultural depth.

The widespread use of wild herbs in cuisine, particularly the prevalence of plant-based dishes in coastal regions, is a strong indicator of the region's relationship with nature. Edible herbs are not only a food source but also stand out as a part of cultural memory. The fact that the tradition of gathering herbs continues in many regions today, and that herb festivals are held in the spring, preserves the traces of the culture of gathering from nature in the collective memory. With the gastronomy sector shifting towards local, sustainability, and health-focused approaches in recent years, edible plants have regained importance. Local herbs offer significant advantages to businesses in menu development processes due to their low cost, high nutritional value, natural aroma profile, and cultural authenticity (Garcia-Herrera et al., 2019). In addition, the increasing trend of vegan and vegetarian diets has made plant-based dishes more visible in terms of gastronomic tourism. Reinterpreting regional plants with modern cooking techniques contributes to creative gastronomic practices. These plants highlight the gastronomic identity of destinations while also creating a strong infrastructure for sustainable menu planning. The diversity of herbs in Anatolia, in particular, offers significant opportunities for innovative product development in the gastronomy sector.

2.3 Gastronomy tourism resources in Muğla and Muğla culinary culture

Muğla's culinary culture is a blend of Aegean and Mediterranean cuisines, characterized by a strong olive oil-based approach and a dominance of vegetable and herb dishes. Due to the region's ecological characteristics, the diversity of wild herbs is quite

high, directly impacting both everyday culinary practices and gastronomic tourism (Çelik & Başkaya, 2022). Muğla's gastronomic tourism relies on numerous resources, including herb festivals, local markets, olive oil production centers, rural gastronomic routes, and regionally specific dishes. Fermentation techniques, herb sautés, olive oil-based dishes, and light, vegetable-based recipes are characteristic aspects of Muğla's cuisine. The region's natural and cultural diversity provides a strong infrastructure for sustainable gastronomic tourism. Recipes developed using local plants, in particular, have the potential to promote Muğla's gastronomic identity at national and international levels.

Dishes made with olive oil and the variety of herbs, plants, and flowers grown in the Aegean Region have led to the Aegean cuisine being known as "green cuisine" (Kök et al., 2020). A study mentioned that there are 417 endemic plant species in the Muğla region. The piles of herbs sold in the neighborhood markets established in Milas are an important indicator of the region's herb culture (Baysal & Saçılık, 2022). It is possible to prepare various appetizers, salads, or main dishes with most of these plant and herb species. The herbs that can be consumed in Muğla are generally served boiled, fried, or sautéed with olive oil, lemon, and garlic sauce (Biliroğlu, 2022).

Muğla, as a region dominated by the Mediterranean climate, boasts a rich diversity of wild plants throughout the year. The concentration of rainfall in late autumn and winter in the Mediterranean climate allows many edible wild plants to enter their growth phase during this period. This seasonal cycle is typical of the Aegean and Mediterranean flora and is one of the key factors shaping the region's wild herb richness (Günal & Ertürk, 2020). In Muğla cuisine, as one approaches the coastal areas, seafood and herb dishes are more prevalent, while other meat dishes are less common. Many edible wild herbs consumed in Muğla and its surroundings during the winter are recognizable by their young shoots that emerge from the soil surface with rainfall. Ethnobotanical studies conducted on southwestern Anatolia reveal that a large portion of the wild herbs in the region become visible after rainfall, and that late autumn and early winter (approximately November–January) constitute the harvesting season for many species (Şimşek et al., 2019). It has been reported that fresh shoots of various wild plants are abundantly available in regional markets and rural kitchens during this period.

Widely known throughout the Aegean Region and consumed in Muğla during the winter months, wild plant species include chicory, dandelion, nettle, radish greens,

goosefoot, wild chard, and mallow (Kızılarslan & Özhatay, 2012). A significant portion of these species are collected in their young herb form, which develops with winter rains, and are considered essential components of traditional dishes on the region's winter tables. Seasonal wild herbs not only contribute to nutrition but also hold value as a cultural element preserving the region's centuries-old herb-gathering tradition, rural gastronomic practices, and local identity. This provides a strong ecological and cultural foundation for the establishment of a vegan gastronomic identity in Muğla.

3 METHOD

This research is designed as a qualitative, exploratory study aiming to develop vegan recipes based on locally grown edible plants in Muğla during the winter season and to evaluate these recipes from a sensory perspective. The study utilizes both file/archive research and applied sensory analysis methods. This approach allows for both the presentation of existing knowledge and the evaluation of consumer perception of the developed vegan recipes. Accordingly, the study aims to examine the nutritional values, aromatic properties, and traditional uses of the selected plants, and to determine how these characteristics can be adapted to modern vegan recipes. Furthermore, it is believed that the sensory evaluation of the developed recipes will contribute to the creation of a sustainable vegan culinary identity specific to Muğla.

This research focuses on the usability of locally grown edible plants from Muğla in vegan cuisine. The study examines the gastronomic potential of plants unique to the region, such as chicory, wild fennel, mallow, wild spinach, mustard greens, and nettle; and provides a practical assessment of how this potential can be incorporated into modern vegan recipes. The research process consists of a literature review, determination of the gastronomic qualities of the plants, development of vegan recipes, and evaluation of these recipes through a sensory analysis panel.

This study holds significant importance both for the preservation of local culinary culture and the development of a sustainable vegan gastronomy approach. Integrating Muğla's rich plant diversity with modern culinary practices contributes to strengthening the region's gastronomic identity. Furthermore, utilizing local plants in vegan cuisine reduces dependence on imported products, thus supporting environmental and economic

sustainability. In this respect, the study offers a new perspective to both academic literature and practices in the gastronomy sector; it serves as a guide in creating a unique "vegan identity" for Muğla.

The research will first involve a literature review to identify edible plants growing in Muğla, then approximately winter-season edible plants will be identified, followed by a compilation of plants used in local markets, village kitchens, and among the public (participant observation and semi-structured interviews). Afterwards, original vegan recipes will be developed using 6 plants (e.g., Radish Hummus, Vegan Tart with Mallow Flower, Wild Chard Rolls with Mushrooms). Finally, a sensory analysis will be conducted with a tasting panel; evaluations will be made in terms of criteria such as flavor, aroma, color, and texture. The sensory analysis will be carried out in two stages;

First, the recipes were tested, and sensory evaluations were performed on suitable recipes. Deficiencies observed in the products as a result of the first evaluation were corrected, and the recipes were recreated. A second evaluation of the created recipes was conducted, and the products were tested three times to create standard recipes. Control recipes were selected from among those found in the literature and closest to traditional formulations; variable recipes were differentiated only in terms of a single component or process. According to Altuğ Onoğur and Elmacı (2011), a random selection method was used for each recipe; a face-to-face sensory evaluation scale was used with a sample group of 20 people. Panel group sizes and sample sizes for the consumer satisfaction survey were established according to standards. A hedonic scale was used in the sensory analysis questionnaires, creating a 5-point scale with different statements for each sensory characteristic. A hedonic scale was also used in the consumer satisfaction surveys, creating a 7-point satisfaction scale for each statement used in the survey. This scale was rated between "I liked it very much" and "I didn't like it at all". A single type of questionnaire was used for each recipe. The scales were designed to evaluate the products' appearance, smell, aroma, texture, flavor, and aftertaste characteristics, respectively. Care was taken to ensure that the difference between the scores on the scale was large enough to reflect the quality being evaluated.

3.1 Recipe development with edible plants in Muğla

In this study, herbs representing the rich flora of Muğla and commonly found and used during the winter months with rainfall, such as wild chicory, mallow, radish, wild spinach, and chanterelle (the most characteristic mushroom species of the region), were selected. These herbs are synonymous with the "herb gathering" culture in the local cuisine. The recipe development process was based on how the unique aromatic flavors of these raw materials could be blended with vegan gastronomic techniques. The criteria considered during the application phase were: preserving sensory characteristics; the dominant anise-like aroma of wild chicory and the slightly bitter characteristic of radish were used in appropriate amounts without suppressing them, creating standardized formulas such as "vegan bread with wild chicory" and "radish and nettle rice pilaf" as a sensory advantage. To properly utilize the aromatic balance of an herb with bitter notes like radish, an appropriate boiling and pairing method was determined. It was used not in its classic boiling form, but in an innovative form as "radish hummus". Due to its potential as a meat substitute and its high fiber content resulting in a rich texture when cooked, chanterelle mushrooms are considered one of the closest plant-based sources to meat in terms of sensory characteristics (chewability) in vegan gastronomy (Sargın & Selvi, 2020). Its natural meat substitute property has been utilized in the "chanterelle and wild chard rolls" recipe, where it takes on the traditional function of minced meat while providing aromatic and sensory sufficiency, and also balances the tangy aroma of wild chard. This balance is used in main dishes, while mallow, with its aesthetic, color, and aromatic qualities, is used in dessert recipes such as "vegan tart with mallow." The inclusion of local herbs and regional mushrooms in modern recipes in this way reduces dependence on imported products and makes it possible to transfer Muğla's vegan gastronomic heritage to Turkish gastronomy with a sustainable approach.

Figure 1

Edible Plants in Muğla

Figure 1. Radika
(*cichorium intybus*)

Figure 2. Wild Swiss Chard
(*beta vulgaris subsp. maritima*)

Figure 3. Mallow Flower
(*malva sylvestris*)

Figure 4. Radish Greens
(*raphanus raphanistrum*)

Figure 5. Nettle
(*urtica dioica*)

Figure 6. Tangle
(*foeniculum vulgare*)

Table 2

Tangled vegan bread recipe

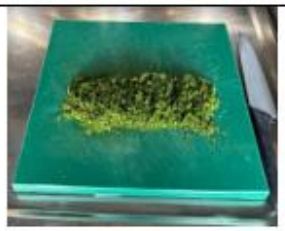
<table>
<tr><th colspan="4">Tangled Vegan Bread</th></tr>
<tr><th colspan="2">1. Prescription</th><th colspan="2">2. Prescription</th></tr>
<tr><td colspan="2">  </td><td colspan="2">  </td></tr>
<tr><td>Ingredients List</td><td>Quantity</td><td>Ingredients List</td><td>Quantity</td></tr>
<tr><td>White flour</td><td>200 g</td><td>White flour</td><td>200 g</td></tr>
<tr><td>Whole wheat flour</td><td>100 g</td><td>Whole wheat flour</td><td>100 g</td></tr>
<tr><td>Dry yeast</td><td>4 g</td><td>Dry yeast</td><td>4 g</td></tr>
<tr><td>Sugar</td><td>5 g</td><td>Sugar</td><td>5 g</td></tr>
<tr><td>Salt</td><td>6 g</td><td>Salt</td><td>6 g</td></tr>
<tr><td>Warm water</td><td>170-190 ml</td><td>Warm water</td><td>170-190 ml</td></tr>
<tr><td>Dried fenugreek</td><td>7 g</td><td>Fresh purslane</td><td>7 g</td></tr>
<tr><td>Olive oil</td><td>20 ml</td><td>Olive oil</td><td>20 ml</td></tr>
<tr><td colspan="2">Preparation</td><td colspan="2">Preparation</td></tr>
<tr><td colspan="2">*For the dough: Yeast is activated with sugar and warm water (pre-fermentation).
*Flours and salt are mixed, and dried fenugreek is added. *The pre-fermentation mixture and olive oil are added, and an elastic dough is kneaded.
*The dough is covered and left to rest until it doubles in volume (first fermentation).
*It is baked in a preheated oven (180-200°C) for 20 minutes.</td><td colspan="2">*For the dough: Yeast is activated with sugar and warm water (pre-fermentation).
*Flours and salt are mixed, fresh fenugreek is added.
*The pre-fermentation mixture and olive oil are added, and an elastic dough is kneaded. *The dough is covered and left to rest until it doubles in volume (first fermentation).
*It is baked in a preheated oven (180-200°C) for 20 minutes.</td></tr>
<tr><td>  </td><td>  </td><td>  </td><td>  </td></tr>
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Table 3

Vegan tart with mallow flowers

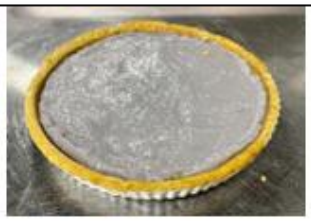
<table>
<tr><th colspan="4">Vegan Tart with Mallow Flowers</th></tr>
<tr><th colspan="2">1. Prescription</th><th colspan="2">2. Prescription</th></tr>
<tr><td colspan="2">  </td><td colspan="2">  </td></tr>
<tr><th>Ingredients List</th><th>Quantity</th><th>Ingredients List</th><th>Quantity</th></tr>
<tr><td>White flour</td><td>500 g</td><td>White flour</td><td>500 g</td></tr>
<tr><td>Olive oil</td><td>250 ml</td><td>Olive oil</td><td>250 ml</td></tr>
<tr><td>Brown sugar</td><td>50-60 g</td><td>Brown sugar</td><td>50-60 g</td></tr>
<tr><td>Baking powder</td><td>3 g</td><td>Baking powder</td><td>3 g</td></tr>
<tr><td>Mallow flower (dried)</td><td>20 adet</td><td>Mallow flower (dried)</td><td>20 adet</td></tr>
<tr><td>(Dried)</td><td>40 g</td><td>(Dried)</td><td>40 g</td></tr>
<tr><td>Starch</td><td>80-100 g</td><td>Starch</td><td>80-100 g</td></tr>
<tr><td>Sugar</td><td>150 ml</td><td>Sugar</td><td>150 ml</td></tr>
<tr><td>Almond milk</td><td>250 ml</td><td>Almond milk</td><td>250 ml</td></tr>
<tr><td colspan="2">Preparation</td><td colspan="2">Preparation</td></tr>
<tr><td colspan="2">*A tart dough is made by mixing flour, olive oil, brown sugar, and baking powder.
*The dough is spread into a tart tin and partially baked in the oven (15 minutes - 170°C).
*Mallow flowers are brewed in water.
*For the cream; sugar and water (the brewed mixture) are mixed, and while this mixture is still warm, almond milk is added and stirred until a thick consistency is obtained.
*The cream is cooled and poured into the tart tin. Baking is completed in about 5 minutes.</td><td colspan="2">*A tart dough is made by mixing flour, olive oil, brown sugar, and baking powder.
*The dough is spread into a tart tin and partially baked in the oven (15 minutes- 170°C).
*Dried mallow flowers are ground into powder.
*For the cream; sugar, almond milk, powdered mallow, and water are mixed to obtain a thick consistency.
*The cream is cooled and poured into the tart tin. Baking is completed in about 5 minutes.</td></tr>
<tr><td>  </td><td>  </td><td>  </td><td>  </td></tr>
</table>

Table 4

Radical hummus recipe

<table>
<tr><th colspan="4">Radical Hummus</th></tr>
<tr><th colspan="2">1. Prescription</th><th colspan="2">2. Prescription</th></tr>
<tr><td colspan="2">  </td><td colspan="2">  </td></tr>
<tr><td>Ingredients List</td><td>Quantity</td><td>Ingredients List</td><td>Quantity</td></tr>
<tr><td>Boiled chickpeas</td><td>250 g</td><td>Boiled chickpeas</td><td>250 g</td></tr>
<tr><td>Boiled chickpea water</td><td>50 ml</td><td>Boiled chickpea water</td><td>50 ml</td></tr>
<tr><td>Tahini</td><td>80 g</td><td>Tahini</td><td>80 g</td></tr>
<tr><td>Olive oil</td><td>40 ml</td><td>Olive oil</td><td>40 ml</td></tr>
<tr><td>Salt</td><td>5 g</td><td>Salt</td><td>5 g</td></tr>
<tr><td>Lemon juice</td><td>20 ml</td><td>Lemon juice</td><td>20 ml</td></tr>
<tr><td>Cumin</td><td>2 g</td><td>Cumin</td><td>2 g</td></tr>
<tr><td>Fresh radicchio (boiled)</td><td>50 g</td><td>Fresh radicchio (boiled)</td><td>50 g</td></tr>
<tr><td colspan="2">Preparation</td><td colspan="2">Preparation</td></tr>
<tr><td colspan="2">*Washed and cleaned fresh radicchio is blanched in a little water for 2-3 minutes and drained.
*Boiled chickpeas, tahini, olive oil, lemon juice, salt, and cumin are placed in a food processor and blended until smooth.
*Boiled radicchio is added and blended until a homogeneous color/texture/consistency is achieved.</td><td colspan="2">*Fresh radicchio is washed and cleaned.
*Boiled chickpeas, tahini, olive oil, lemon juice, salt, and cumin are placed in a food processor and blended until smooth.
*Fresh radicchio is added and blended until a homogeneous color/texture/consistency is achieved.</td></tr>
<tr><td>  </td><td>  </td><td>  </td><td>  </td></tr>
</table>

Table 5

Recipe for Stuffed Wild Chard Rolls with Chanterelle Peppers

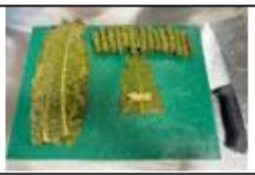
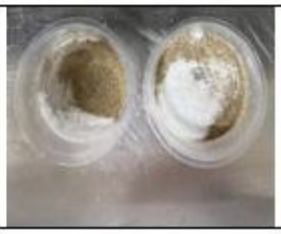
Stuffed Wild Chard with Chanterelle			
1. Prescription		**2. Prescription**	
			
Ingredients List	**Quantity**	**Ingredients List**	**Quantity**
Fresh Swiss chard leaves	30-35 adet	Fresh Swiss chard leaves	30-35 adet
Hot water	1 lt	Hot water	1 lt
Lemon	2 adet	Lemon	2 adet
Dried onion	120 g (1 adet)	Dried onion	120 g (1 adet)
Olive oil	60 ml	Olive oil	60 ml
Rice	150 g	Rice	150 g
Chanterelle mushrooms	100 g	Raw mushrooms	100 g
Tomato paste	10 g	Tomato paste	10 g
Salt	5 g	Salt	5 g
Black pepper	2 g	Black pepper	2 g
Red chili powder	2 g	Red chili powder	2 g
Cinnamon	1 g	Cinnamon	1 g
Dried mint	2 g	Dried mint	2 g
Fresh parsley	10 g	Fresh parsley	10 g
Preparation		**Preparation**	
*Fresh wild chard is blanched for 20-30 seconds and drained. *Finely chopped onions are sautéed in olive oil, then tomato paste and finely chopped blanched mushrooms are added. *Washed rice and all the spices (salt, black pepper, red chili powder, cinnamon, and dried mint) are added. Boiling water is added and the mixture is simmered. *Fresh parsley is added to the mixture after it is removed from the heat, and it is cooled. *The filling is added to the wild chard leaves and rolled up. *The rolls are arranged in a pot, olive oil, lemon juice, and hot water are added. It is cooked over low heat until the rice is soft.		*Fresh wild chard is blanched for 20-30 seconds and drained. *Finely chopped onions are sautéed in olive oil, then tomato paste and finely chopped raw mushrooms are added. *Washed rice and all the spices (salt, black pepper, red chili powder, cinnamon, and dried mint) are added. Boiling water is added and the mixture is simmered. *Fresh parsley is added to the mixture after it is removed from the heat, and it is cooled. *The filling is added to the wild chard and rolled up. *The rolls are arranged in a pot, olive oil, lemon juice, and hot water are added. It is cooked over low heat until the rice is soft.	
			

Table 6

Radish and nettle rice recipe

Rice Pilaf with Radish Greens and Nettles			
1. Prescription		**2. Prescription**	
			
Ingredients List	**Quantity**	**Ingredients List**	**Quantity**
Radish root (with peel)	150 g	Radish root (with peel)	150 g
Fresh nettle (leaf)	50 g	Boiled nettle (leaves)	50 g
Baldo rice	250 g	Baldo rice	250 g
Olive oil	40 g	Olive oil	40 g
Salt	5 g	Salt	5 g
Black pepper	2 g	Black pepper	2 g
Boiling water	600 ml	Boiling water	600 ml
Preparation		**Preparation**	
*The radish root is cleaned and finely chopped. The nettle leaves are cleaned. *Olive oil is heated in a pot, and the radish root is added and sautéed. *Baldo rice is added and sautéed until translucent. *Nettle leaves, salt, pepper, and boiling water are added, and stirred once. *The lid is closed, and it is cooked over low heat until the water is absorbed. *Remove from the heat and let it rest for 10-15 minutes. Before serving, gently stir from bottom to top.		*The radish root is cleaned and finely chopped. Nettle leaves are cleaned and blanched. *Olive oil is heated in a pot, and the radish root is added and sautéed. *Baldo rice is added and sautéed until translucent. *Nettle leaves, salt, pepper, and boiling water are added, and stirred once. *The lid is closed, and it is cooked over low heat until the water is absorbed. *Remove from the heat and let it rest for 10-15 minutes. Before serving, gently stir from bottom to top.	
			

4 FINDINGS AND SENSORY ANALYSIS RESULTS

In this study, sensory analysis was used to reveal how the developed products were perceived by the panelists using numerical data and to compare the effect of different formulations on consumer preference (Uçar, 2021). Two scales were used in the study: The hedonic scale is an evaluation tool that allows panelists to rate how much they like a product and serves to numerically express consumer acceptance. These scales can be arranged in verbal expressions, facial expressions, or graphic (linear) format (Kahraman, 2020). The intensity scale is a rating-based measurement approach used to define how strongly certain characteristics of the product (e.g., aroma intensity, softness, brightness) are perceived by the panelists (Lawless & Heymann, 2010).

Table 7

Sensory Evaluation Results For Prescription 1 (Control) (n=20)

Feature	Average ± SD
Appearance	5,55 ± 1,31
Smell	6,1 ± 1,07
Aroma	5,35 ± 1,50
Texture	5 ± 1,75
Flavor	5,15 ± 1,76

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 8

Sensory Evaluation Results for Prescription 1b (with Variable) (n=20)

Feature	Average ± SD
Appearance	5,75 ± 1,30
Smell	6,05 ± 1,36
Aroma	5,7 ± 1,41
Texture	5,55 ± 1,60
Flavor	5,8 ± 1,32

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 9

Sensory Evaluation Results for Prescription 2 (Control) (n=20)

Feature	Average ± SD
Appearance	4,4 ± 1,81
Smell	5,2 ± 1,23
Aroma	5,15 ± 1,22
Texture	4,95 ± 1,63
Flavor	5 ± 1,21

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 10

Sensory Evaluation Results for Prescription 2b (with Variable) (n=20)

Feature	Average ± SD
Appearance	3,25 ± 1,86
Smell	4,6 ± 1,63
Aroma	3,95 ± 2,11
Texture	3,75 ± 1,71
Flavor	4,1 ± 2,0

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 11

Sensory Evaluation Results for Prescription 3 (Control) (n=20)

Feature	Average ± SD
Appearance	6,1 ± 1,70
Smell	5,6 ± 1,53
Aroma	6 ± 1,70
Texture	6,5 ± 0,61
Flavor	5,35 ± 2,0

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 12

Sensory Evaluation Results for Prescription 3b (With Variable) (n=20)

Feature	Average ± SD
Appearance	4,2 ± 2,28
Smell	5,1 ± 1,44
Aroma	4,4 ± 2,08
Texture	5,45 ± 1,76
Flavor	4,2 ± 2,30

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 13

Sensory Evaluation Results for Prescription 4 (Control) (n=20)

Feature	Average ± SD
Appearance	5,05 ± 2,01
Smell	5,55 ± 1,70
Aroma	4,35 ± 2,0
Texture	4,25 ± 2,07
Flavor	3,9 ±2,17

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 14

Sensory Evaluation Results for Prescription 4b (Variable) (n=20)

Feature	Average ± SD
Appearance	5,7 ± 1,52
Smell	5,15 ± 1,95
Aroma	4,1 ± 2,20
Texture	4,6 ± 2,23
Flavor	3,35 ± 2,28

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 15

Sensory Evaluation Results for Prescription 5 (Control) (n=20)

Feature	Average ± SD
Appearance	5,7 ± 1,45
Smell	5,45 ± 1,88
Aroma	5,8 ± 1,64
Texture	5,16 ± 1,60
Flavor	5,4 ± 1,80

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

Table 16

Sensory Evaluation Results for Prescription 5b (Variable) (n=20)

Feature	Average ± SD
Appearance	5,25 ± 1,45
Smell	4,9 ± 1,45
Aroma	4,8 ± 1,40
Texture	5,45 ± 1,30
Flavor	4,8 ± 1,47

(A 7-point hedonic scale was used. 1 = Didn't like it at all, 7 = Liked it very much). Values are given as mean ± standard deviation.

4.1 Hedonic scale findings

Consumer preference surveys were conducted for five different vegan recipes in two versions: control and variable. Values are given as mean ± standard deviation. Evaluations were made based on appearance, smell, aroma, texture, and taste criteria. For Recipe 1 (Vegan Bread with Wild Parsley), the variable formulation (Fresh Vegan Bread with Wild Parsley) showed increased scores in appearance, aroma, texture, and taste compared to the control recipe (Table 7 and Table 8). For Recipe 2 (Vegan Tart with Mallow Flower), the variable formulation received lower scores in all sensory criteria compared to the control recipe (Table 9 and Table 10). For Recipe 3 (Hummus with Radish), the control recipe received higher satisfaction in terms of appearance, aroma, and taste (Table 11 and Table 12). For Recipe 4 (Wild Chard Rolls with Mushrooms), the variable recipe scored higher in terms of appearance and texture, while the control recipe was preferred in terms of flavor (Table 13 and Table 14). For Recipe 5 (Radish and Nettle Rice Pilaf), the control recipe scored higher in terms of aroma and flavor, while the variable recipe showed a slight improvement in texture (Table 15 and Table 16).

4.1.1 Product evaluation findings

Table 17

Product Evaluation Results for Prescription 1 (Control) (n=20)

Characteristics	Average ± SD
Surface gloss	3,49 ± 0,73
Aroma intensity	2,37 ± 0,82
Smoothness	3,55 ± 0,84
Aftertaste	2,82 ± 1,05

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 18

Product Evaluation Results for Prescription 1b (with Variable) (n=20)

Characteristics	Average ± SD
Surface gloss	3,72 ± 0,70
Aroma intensity	1,35 ± 0,59
Smoothness	3,51 ± 1,01
Aftertaste	3,25 ± 0,87

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 19

Product Evaluation Results for Prescription 2 (Control) (n=20)

Characteristics	Average ± SD
Surface gloss	3,16 ± 0,96
Aroma intensity	1,45 ± 0,64
Smoothness	3,11 ± 1,07
Aftertaste	2,4 ± 1,01

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 20

Product Evaluation Results for Prescription 2b (with Variable) (n=20)

Characteristics	Average ± SD
Surface gloss	2,91 ± 0,99
Aroma intensity	1,88 ± 0,92
Smoothness	2,99 ± 1,15
Aftertaste	2,4 ± 1,21

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 21

Product Evaluation Results for Prescription 3 (Control) (n=20)

Characteristics	Average ± SD
Surface gloss	4,02 ± 0,76
Aroma intensity	2,3 ± 0,89
Smoothness	3,72 ± 0,85
Aftertaste	3,05 ± 1,21

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 22

Product Evaluation Results for Prescription 3b (with Variables) (n=20)

Characteristics	Average ± SD
Surface gloss	3,37 ± 0,90
Aroma intensity	2,7 ± 1,06
Smoothness	3,53 ± 0,91
Aftertaste	2,43 ± 1,13

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 23

Product Evaluation Results for Prescription 4 (Control) (n=20)

Characteristics	Average ± SD
Surface gloss	3,43 ± 0,84
Aroma intensity	2,0 ± 0,70
Smoothness	2,92 ± 1,0
Aftertaste	2,65 ± 1,30

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 24

Product Evaluation Results for Prescription 4b (Variable) (n=20)

Characteristics	Average ± SD
Surface gloss	3,54 ± 0,85
Aroma intensity	2,3 ± 1,0
Smoothness	3,23 ± 1,12
Aftertaste	2,42 ± 1,25

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 25

Product Evaluation Results for Prescription 5 (Control) (n=20)

Characteristics	Average ± SD
Surface gloss	3,45 ± 1,0
Aroma intensity	2,3 ± 0,95
Smoothness	3,1 ± 1,12
Aftertaste	2,80 ± 1,17

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

Table 26

Product Evaluation Results for Prescription 5b (Variable) (n=20)

Characteristics	Average ± SD
Surface gloss	3,42 ± 1,03

Aroma intensity	2,1 ± 0,6
Smoothness	2,94 ± 1,05
Aftertaste	2,37 ± 1,0

(A 5-point intensity scale was used. 1 = very low, 5 = very high). Values are given as mean ± standard deviation.

4.2 Density scale findings

In this section of the study, a product evaluation questionnaire was administered to five different vegan recipes in two versions: a control and a variable version. Evaluations were made using a 5-point intensity scale (1=very low, 5=very high). Values are given as mean ± standard deviation. Product characteristics were evaluated based on surface gloss, aroma intensity, smoothness, and aftertaste persistence criteria.

For Recipe 1 (Vegan Bread with Wild Parsley), an increase in surface gloss and aroma intensity was observed in the variable formulation, and this increase paralleled hedonic appearance and aroma preference. This reveals that visual appeal and balanced aroma positively influence consumer acceptance. For Recipe 2 (Vegan Tart with Mallow Flower), although aroma intensity increased, hedonic aroma preference decreased. This shows that intense aroma is not always perceived positively and can have a negative effect, especially with unfamiliar aromas. For Recipes 3 (Hummus with Radish) and 4 (Wild Chard Rolls with Mushrooms), the increase in softness values largely coincided with hedonic texture preference. This shows that textural improvement plays an important role in consumer satisfaction. For Recipe 5 (Rice Pilaf with Radish Greens and Nettles), although softness increased in the variable formulation, there was a decrease in aroma and flavor preference. This reveals that sensory perception is based not on a single parameter, but on a multidimensional understanding.

5 CONCLUSION AND RECOMMENDATIONS

The findings were evaluated using sensory analysis methods via hedonic and intensity scales on the potential of using local edible plants in vegan gastronomy, in both control (recipes closest to traditional formulations) and univariate versions of five different developed recipes. The results revealed that the use of these plants in vegan product development processes is sensorially feasible and meaningful. Meaningful

recipes emerged by combining traditional uses with vegan techniques. Hedonic scale results showed that some plants (especially wild chicory) positively influenced the appearance, aroma, and overall liking of the product, while others (e.g., radish greens and chicory) showed consumer acceptability when used in a controlled manner. This indicates that the plant species, as well as the usage rate and processing method, are decisive factors in sensory acceptance. Intensity scale findings yielded significant results in defining the physical and sensory properties of the products, particularly noting that increases in properties such as texture and surface gloss mostly paralleled increased liking, but increases in aroma intensity were not always perceived positively. This result shows that balance is important for aroma intensity. According to Table 26, when the average hedonic overall liking scores are examined, it is seen that only in prescription 1, the variable formulation achieved a higher overall liking level compared to the control prescription (5.77 > 5.43). It was determined that the variable functions, excluding prescriptions 2 and 3 did not create a significant difference in liking and had no negative effect. This shows that these variable functions, used outside of their traditional use, do not increase consumer acceptance; on the contrary, they can create a negative effect by disrupting perceptual congruence.

Table 27

Hedonic Assessment Results Overall Average

Prescriptions	Control General Average	Variable General Average
1	**5,43**	**5,77**
2	**4,94**	**3,93**
3	**5,91**	**4,67**
4	**4,62**	**4,58**
5	**5,5**	**5,04**

The findings of this research indicate that evaluating locally grown edible plants in Muğla during the winter season offers significant potential in terms of vegan gastronomy, both culturally and in terms of sustainability. In this context, it is believed that expanding similar studies in different dimensions will contribute to the literature. Future studies are recommended to consider the use of locally grown edible plants in the Muğla region not only during the winter season but also throughout the year, within the scope of vegan recipe development.

In terms of implementation, it is suggested that vegan recipes, developed and proposed to be developed beyond the traditional uses of local edible plants, be integrated into the menus of regional restaurants and hotels. This approach will contribute to the development of a menu concept that is compatible with current gastronomic trends while preserving the unique cultural structure and local character of Muğla cuisine. In this way, vegan alternatives will be created for individuals to suit their lifestyles, and this will contribute to increasing the city's gastronomic tourism.

In terms of education, it is suggested that theoretical and practical courses in Gastronomy and Culinary Arts should include more emphasis on the use of local edible plants within the context of vegan cuisine, by discussing and explaining their applications. Students could be engaged in the region's herb-gathering culture to enhance their understanding of the area and their awareness of local products. Furthermore, documenting the experiences of the local population and supporting this information in academic studies would contribute to the preservation of cultural heritage.

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Authors' Contribution

All authors contributed equally to the development of this article.

Data availability

All datasets relevant to this study's findings are fully available within the article.

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