

Extended Abstract

Cooking in the Culture and Dialect of Bushehr People

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Introduction

Before the discovery of fire, human beings ate raw whatever they found in nature, just like animals. Fire allowed human beings to control nature and transform food from raw to cooked. Raw and cooked actually "depict two opposite points in the battle between nature and civilization". This is the reason why in myths, stories and folk legends, overcoming fire represents the fundamental moment of human civilization. Controlling fire allowed human beings to control the food sources that were necessary for survival.

Cooking became "cookery" only to survive in advanced civilizations. Cooking means cookery with awareness, for a purpose beyond just making food edible. Thus, cookery has not only always been associated with civilization and culture, but it is considered one of the important aspects of civilization and culture.

The history and long background of the culture of culinary in Iran shows the advanced civilization and suitable climatic and economic conditions of this ancient land.

In Iran, due to ethnic, religious, ecological and social diversity, in each of the sub-cultures, you can find different ways and methods of cooking that their study and investigation is not only important in terms of cultural, social and anthropological research, but also worthy of attention in terms of language and literature, because it provides us with a precious treasure of food names and terms related to cooking. The purpose of the present research is to know that part of the culture of the people of Bushehr that is evident in their local cooking. Also, getting to know the vocabulary and special terms of cooking in Bushehri dialect is another goal of this study. In this article, food habits and rituals mixed with cooking

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are discussed first, and then the description of foods, different kinds of bread, sweets and local Halwa and special cooking terms.

Research method, background and purpose

In terms of its purpose, this research is a descriptive research that studies and describes the eating habits of the people of Bushehr. The data collection has been done by two methods, field and library. Therefore, field method and interview tools have been used to obtain the habits, food culture and special terms of cooking and cooking. And to find an indication of the foods in the historical cooking texts and also to find the food culture as in other cities, library sources have been considered. In recent years, there have been researches in Iran about food and its connection with anthropology, culture, etc., which, although their number is few and far between in comparison with extensive global researches, but they are instructive.

Among them, we can refer to the article "Traditional indigenous food system: an anthropological research among the Lak tribe" (1393) which deals with the food culture of the people of rural and nomadic areas of Lorestan province.

The book, *cook and kitchen: An anthropological research in the social history of culinary art* (1392) by Ali Blokbashi, deals with the process of development and transformation of Iranian cooking from the earliest times to the present and how this culture grows and expands in the Muslim societies of the world.

The *Food and Culture* book (1387) contains a collection of articles from the Food and Culture Seminar, which was held in March of 1384. This book was published by Alireza Hassanzadeh and contains articles on food.

The purpose of the following article is to know that part of the rich culture of the people of Bushehr, which is evident in their native and traditional cooking.

Also, collecting vocabulary and terms related to cooking in Bushehri dialect in order to preserve it from oblivion and destruction is one of the other goals of this research.

Discussion

In the first part of this article, the eating habits of the people of Bushehr have been investigated. Undoubtedly, one of the important and key factors in determining the type of food of each ethnic group is their geographical and ecological conditions.

Therefore, it is natural that seafood occupies a large part of the food basket of the people of this coastal city. The existence of fruitful palm groves in Bushehr province and the availability of various types of dates have made them always make various sweets and Halwa from dates and put them on their tables. In many cultures, foods find a function beyond keeping people alive, and that is when they find a symbolic meaning with their presence in rituals and become a tool to convey the religious and national identity of that culture. In the culture of the people of Bushehr, we also see the significant presence of edible foods in

religious and national rituals. Foods that are prepared according to the customs of ancestors and ancestors along with special customs and thus fulfill their symbolic role.

In the second part of the article, rituals related to cooking are discussed. Rituals such as covering babies with bread, rituals for asking for rain, etc.

In the third part of the article, a list of vocabulary related to cooking, including names of foods, names of types of bread and Halwa, names of cooking tools and terms related to cooking, along with full explanations, is given.

Conclusion

The vast land of Iran has a valuable treasure of culture, art, language and literature. Undoubtedly, what has caused this abundance is the variety and subcultures, which identifying and protecting of them is the responsibility of researchers in the field of popular culture and literature.

What we have listed in this article shows the cultural and literary richness of the people of Bushehr, which unfortunately is being destroyed and forgotten due to various reasons, including the expansion of communication with foreign elements and as a result of the unification of cultures and languages and such efforts can be effective in familiarizing all people, especially the young generation, with the local culture and dialect and ways to protect them. Researching the food culture of other parts of the province, collecting the names of fruits, local vegetables and medicinal plants, recording the special terms of cooking and cooking in other popular dialects in the province, and enumerating the traditional methods of preserving and preparing food are among the topics. Which can be the attention of researchers in the future.

Keywords: *Local Cooking, Bushehr, Food Habits, Culinary Culture, Bushehri Dialect*

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