· S U N S E T T E R ·









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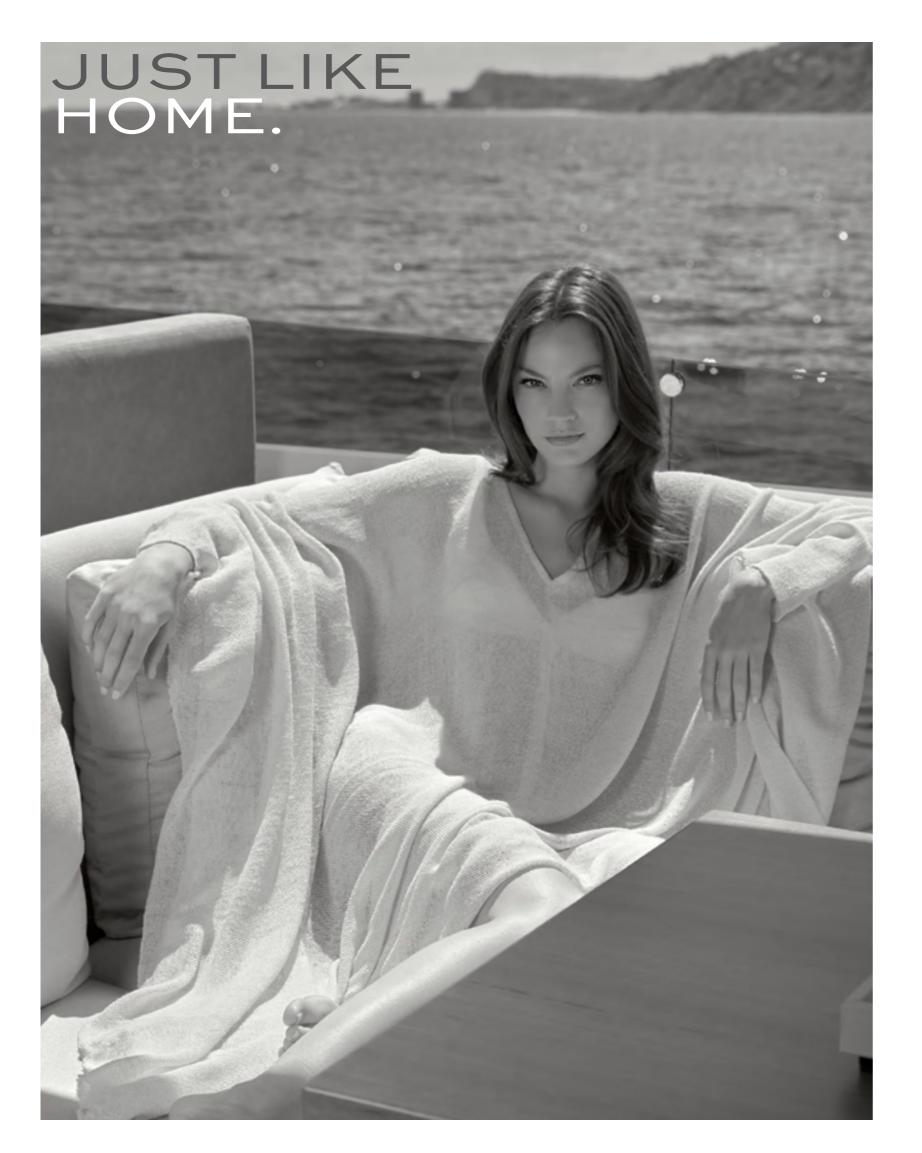




SIRENA YACHTS













DEAR SUNSET FRIENDS,

As we leave another year behind, we are filled with the excitement of the new year.

Many of you may already know that 2019 was very special for Sunset family: Born in 1994, Sunset is now 25 years old! We are proud to have served our valuable guests for quarter of a century. 25 years is an unbelievably long time, especially in our line of work; it needs constant renewal and catching up with the times. We believe we will keep up the spirit and celebrate many 25 years to come. Because in addition to being and ever-improving Istanbul classic that "defies time", Sunset still preserves the enthusiasm of the first day.

With such dynamics and motivation we developed many special projects to celebrate Sunset's 25th anniversary. One of them is the Sunset Grill&Bar Cookbook which we had been working on for almost five years. Published in collaboration with İş Bank Cultural Publications it highlights the value we place on cultural activities. I hope you like our book and I would like to take the opportunity to thank everyone who took part in the project once again. Let me remind you that the book is currently on sale at Sunset. Next in line is yet another surprise book which will document Sunset's entire history with photographs, and it will be ready in a very short time.

Our Chef Fabrice Canelle prepared a fantastic menu for the New Year's Eve. So if you are thinking about welcoming 2020 with delicious food and lots of fun at Sunset, please don't forget to reserve your table! We hope you will enjoy reading the Sunsetter's last issue in 2019.

Happy New Year...

Barış Tansever

















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Sunsetter is a seasonal magazine, published twice a year in English and

quarterly in Turkish.

Printing A4 Ofset Matbaacılık San.ve Tic. Ltd. Şti. Otosanayi Sitesi, Yeşilce Mah. Donanma Sok.No:16 Kağıthane / istanbul 0212 281 64 48 www.a4ofset.com certificate number 12168

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UNTIL JANUARY 5

ITALIAN BREEZE

A true lover of Istanbul, Roman artist Lithian Ricci plays with unconventional materials to inspirit and add depth to her artworks. Her admiration of the elegance and aesthetic of Turkish women lead her to paint the portraits of 10 Sultans from one of the most magnificent empires in history, the Ottomans. Her exhibition Breeze can be seen at Nev Gallery's Nevmekan Sahil until January 5th, 2020.



THE MODERN OF HIS TIME

Sabancı University Sakıp Sabancı Museum (SSM) hosts the exhibition Avni Lifij: The Modern of His Time, providing a comprehensive insight into the versatile artistic production of Hüseyin Avni Lifij who occupies a unique position in the history of Turkish painting. Sponsored by Sabancı Holding the exhibition brings together the artist's voluminous oeuvre of diverse artworks including self-portraits, landscapes, figurative paintings and photographs as well as his writings on cultural policies and art criticisms. Avni Lifij: The Modern of His Time will be on view at the SSM until January 12.





ISTANBUL RECITALS

Istanbul Recitals will be welcoming the New Year with the world-renowned cellist Alexander Chaushian on Januray 18th at The Seed at Sakip Sabancı Museum. Born in Yerevan in 1977, Chaushian has performed at some of the most prestigious concert halls from Japan to the US including the Suntory Hall and Wigmore Hall, and received awards at the prestigious international competitions ARD and Tchaikovsky.

FEBRUARY 9 SUNDAY

SUNSET FULL MOON PARTY

Don't forget to book your table at Sunset for a delicious dinner under the full moon...



AROUND THE KITCHENS OF THE WORLD

The Culinary Arts Academy (MSA) brings down Jules Verne's Around the World in 80 Days into only 8 weeks by focusing on the cuisines of 8 different countries with 4-hour weekly workshops. All open-minded culinary enthusiasts are invited...



TRENDSETTER

The first fashion week of the New Year will begin on the week of February 6th in New York. Don't miss the chance to check on the Fall-Winter 2020 collections.



SONGS FROM **NOTTINGHAM**

With a distinctive style, orchestral music and impressive lyrics Tindersticks have been the pioneer of their genre for years. The British band have recently enchanted both cinema and music fans with their latest releases Trouble Every Day and Nénette Et Boni made in collaboration with director Claire Denis for the soundtrack of the French director's movie High Life. Tindersticks will be meeting their Turkish fans at İş Towers on the evening of February 15th.



ON THE TRAIL UNTIL FEBRUARY **24** OF DESIGN

The Louis Vuitton Foundation in Paris presents an extensive retrospective of pioneering French Architect and designer Charlotte Perriand who has had a great impact on our daily lives with her modernist and humanist aesthetic perspective far beyond her time. The exhibition will be on view until February 24.





NEW YEAR'S CONCERT

BIPO will celebrate the New Year under the direction of Seattle Symphony Orchestra's music director and conductor Ludovic Morlot who has gone on numerous successful tours and signed awardwinning recordings with the orchestra since he became the music director in 2011. Merlot will be accompanying famous soprano Angela Gheorghiu at Lütfi Kırdar ICEC concert hall.

JANUARY 18



AN ODE TO PARIS

oucheron's new high jewelry collection Paris Vu Du 26 takes inspiration from Paris' iconic buildings. Serving at the same boutique at Place on from Paris Iconic buildings. Gerving at the Selection Paris Iconic buildings. Gerving at the Selection Paris Iconic buildings. Gerving at the Selection Paris Iconic buildings. Gerving at the Selection Paris Iconic buildings. Paris' architectural wonders with the pieces in the new collection such as the diamond studded Feuilles d'Achante necklace in white gold, inspired by the acanthus leaf motifs found on many pillars adorning Paris.



FRAGILE BEAUTY

Marni embarks on a new charity campaign in collaboration with the Only the Brave Foundation (OTB) to support the child patients at the Pediatric Oncology hospital in Rome. Throughout the holiday season, Marni will present a special blown glassware collection consisting of glasses, vases and bottles, which will be on sale in selected mono-brand boutiques around the world. Each product is entirely handmade in Colombia through a meticulous artisanal process that requires time and care for every detail.



THE NATURAL STORY OF LIGHT

Meet the Viceversa, a lighting fixture bringing together light and nature in harmony. The new design from Kundalini refers to the modes of thinking on the relationship between the individual, architecture, interiors and nature, and invites the viewer to assume a different perspective. The modular lamp can be used as a single piece or as a clutter of modules that can be combined to create different compositions. Each module is made up of colored glass that filters the light for a warmer hue while highlighting the beauty of the plant it holds. Designed by Noé Duchaufour Lawrance for the Broken Nature exhibition at Triennale 2019 in Milan, the Viceversa lighting fixture has floor, pendant and plafonier versions. Kundalini is represented by Tepta Lighting in Turkey.



A SIP OF RAINBOW

collaboration of the world famous Venetian glass-maker Salviati and La Doublej, these rainbow colored glasses are made from Murano glass. With their naturally occurring rings, bubbles and traces, each glass perfectly reflects the Venetian glasswork and production techniques. The handcrafted set features 8 different colors.



MYTHOLOGY LESSON

Ancient Greek mythology tells us that most perfumes are combinations of romantic poetry and metamorphoses. And the heavenly fragrance of mint is said to have come from the mint fairy that the Greek god Hades had turned into an aromatic herb. Dyptique's Eau de Minthe is a charismatic perfume inspired by the mint legend with the aromatic and fresh mint note at the heart, accompanied by rose and



MAGICAL WORLD

Reinterpreting the characters and symbols we know from the mysterious world of Harry Potter, Pandora calls us to explore our inner magic with a capsule collection made up of silver charms, pendants and a bracelet. Designed in collaboration with Warner Bros this special collection of 12 pieces features the charms of Harry Potter, Hermione Granger and Ron Weasley in addition to Hogwarts Castle, Elf Dobby and limited-edition Golden Snitch pendants.

NEW YEAR'S DINNER

Katzze's Black Gold tableware with golden details are ideal to add just the right doze of sparkle to your New year's dinners.





A SPECIAL NO: 5 FOR CHRISTMAS

hanel collaborates with French director and illustrator Jean-Paul Goude once again to celebrate the new year and holiday spirit. Featuring Chanel's brand ambassador Lily-Rose Depp the campaign reflects the magic, joy and surprises of the holiday season. Sitting on a huge Chanel No5 bottle in the campaign video the young actress finds her lucky number 5 and her favorite perfume No5 among the gifts surrounding her.



FULL OF CHARACTER

Panerai expands the *Luna Rossa* collection. After announcing the Panerai Submersible – 47 mm model at the Salon International de la Haute Horlogerie (SIHH) in Geneva earlier this year, the brand now introduces 3 new models reflecting a unique interpretation of futuristic mechanical craftsmanship. Strikingly beautiful in design, these 3 new models stand out with their light and sturdy materials that are resistant to stress and corrosion, mimicking the qualities of the composite materials used in sailboats racing at the America's Cup. Panerai's new *Luna Rossa* models take inspiration from the Challenger of Record at the 36th America's Cup.



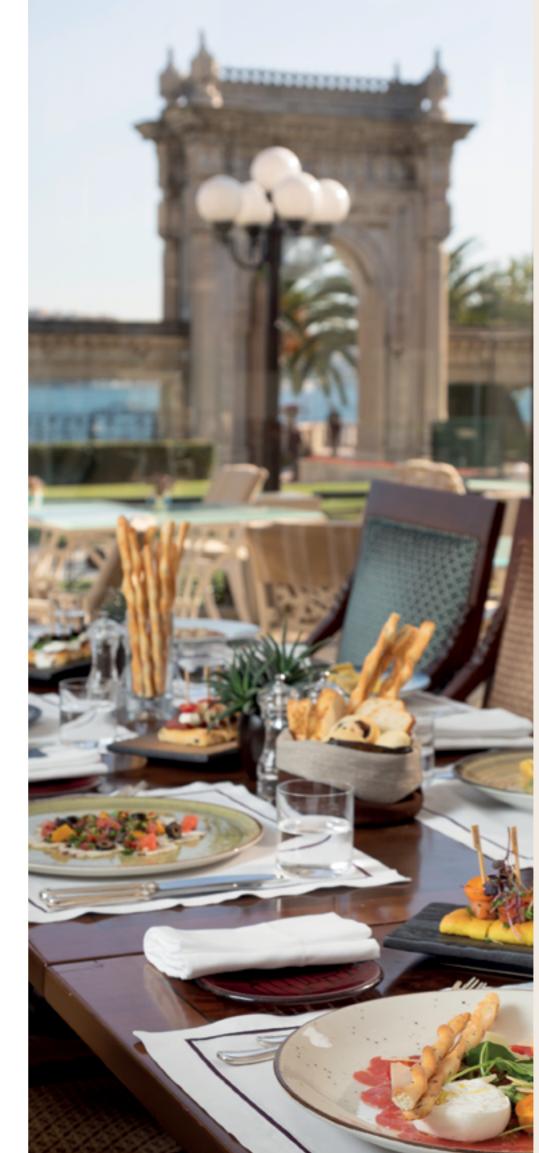
FOCAL POINT

This pink gold necklace from the Italian jewelry-maker Pomellato's Iconica collection comes at the top of our wish-list with its sparkling character...

A NEW YEAR'S SPECIAL

Another New Year's gift alternative comes from Victorinox. Limited to 12 thousand pieces worldwide the Victorinox New Year's army knife looks very colorful with its winterinspired printed scales and beautiful charm. Designed in the shape of a star, the charm is attachable to your favorite bracelet or necklace, or simply adds a sparkly edge to the knife's key ring.





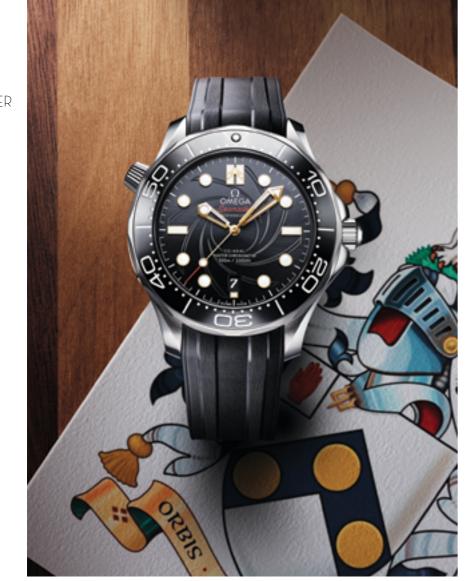


PASTA & MORE

Indulge in *hand-crafted* fresh pasta and authentic recipes from Italian culinary masters created by the expertise of Çırağan Palace Chefs.



ÇIRAĞAN PALACE KEMPINSKI İSTANBUL Çırağan Caddesi 32 34349 Beşiktaş İstanbul Turkey +90 212 326 4646 | kempinski.com/istanbul



BOND, JAMES BOND

mega introduces a brand new Seamaster Diver 300M model full of surprises and details that remind of the legendary 007, to celebrate the 50th anniversary of the movie *On Her Majesty's Service* (1969). The production of this 42 mm model in stainless steel is limited to only 7007 pieces worldwide. The watch looks very impressive with a black ceramic dial which has been laser-engraved with a gun-barrel motif of which the center is exactly 9 mm in diameter. The new Seamaster Diver 300M features an 18K yellow gold plate on the side of the case, engraved with each Limited Edition number.



MAGICAL NECTAR

Darphin 8 Flower Golden Nectar brings together the extracts of 8 different flowers brought from all corners of the world. A magical blend of everlasting flower, ylang ylang, patchouli, neroli, rose, lavender, jasmine and iris extracts this aromatic skincare oil is enriched with 24 carat gold and salicylic acid for a healthier, luminous and younger skin.



Poltrona Frau creates timeless elegance in the form of a modern chair in Italian leather, a new addition to the brand's *Archibald* collection which had brought its designer Jean-Marie Massaud the *Wallpaper Best Domestic Design Award*. Unveiled for the first time at Milan Design Week 2019, the *Archibald* chair can be seen at the Etiler showroom of Poltrona Frau's Turkish representative BMS.



ENLIGHTENED SPIRIT

'Meaning "rebirth of the soul"
Bodhita's jewelry designs owe
their originality to the fact that they
are completely handcrafted. The
micron gold plated, silver and brass
pieces from the *Grano* and *Amazigh*collections are ideal for those who
love original designs.

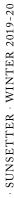
We're raising our glass to the best restaurant in the world.



At Nude we're proud to see our Stem Zero glasses being raised every day by guests at Mirazur. Now it's time for us to raise our glasses and congratulate the exceptional chef Mauro and his 3 Michelin-starred restaurant Mirazur, on being awarded The World's Best Restaurant at The World's 50 Best Restaurants 2019.









REBIRTH OF A LEGEND

nspired by the Alps, the Alpine Eagle has an impressive story to tell. The collection is a contemporary reinterpretation of the St Moritz, the first watch created in 1980 by Karl-Friedrich Scheufele, now co-president of the Chopard house. Imagined and personally designed by Scheufele, the Alpine Eagle was driven by his passion for the Alps and by the lofty power of the eagle that reigns supreme there. Crafted from an exclusive, ultra-resistant, light-reflecting metal named Lucent Steel A223, it beats to the rhythm of a chronometer-certified movement. Alpine Eagle is dedicated to contemporary eagles, the aspiring persons who outperform in their daily lives and whose vision inspires and elevates.



GOOD FOR THE SOUL

The limited edition Neom Christmas is special not only because it is intended for the New Year's Eve but also because it helps you to relax and calm down thanks to its fruity and spicy fragrance.



COUTURE NAILS

Givenchy's intense and glossy Le Vernis nail polishes are among the best products of the year.



TOTAL FREEDOM

Moncler Genius project continues with different collections designed by different names. One of them is the Moncler Grenoble collection, promising total technical freedom to the wearer. Combining two concepts in one Sandro Mandrino interprets classical ski apparel for festival goers.



PASTA&MORE

ith a jewel of a view overlooking the Bosphorus, Çırağan Palace Kempinski Istanbul's Laledan Restaurant has urated a new lunch and dinner menu under the concept "Pasta&More", showcasing fresh pasta and classic Italian flavours.

Sicilian chef Giovanni Vaccaro hand-picked delicious Italian dishes for this brand-new menu in collaboration with Sezai Erdoğan, Executive Chef of Çırağan Palace Kempinski Istanbul. With years of service as Chef de Cuisine at some of the world's most reputable luxury hotel chains to his name, Chef Vaccaro has also opened a renowned Italian restaurant in Luxembourg. The Pasta&More concept originated from the new pasta production room at Çırağan Palace Kempinski which produces the menu's star item; fresh pasta. Popular pasta types are freshly handmade and then paired with a range of delicious sauces, creating dishes like cavatelli with shrimp and mussels or spaghetti alla chitarra with lobster, sure to satisfy cravings for authentic, fine Italian cuisine at Laledan.



INSPIRED BY NATURE

L'Occitane dedicates all the natural products in the Holiday Signature Advent Calendar to your inner-child with the colorful illustrations of the Taiwanese artist Hsingping Pan for perfect gifts with stories to tell.



THE ESSENCE OF AUDACITY

Designed by French perfumer Olivia Giacobetti, Nars Audacious is an abstraction of opposites, taking inspiration from dark meeting light, ego merging into desire. The perfume is surprising, minimal and modern with the unexpected harmony of white frangipani. Tahitian geranium and sandalwood.



EMERALD GREEN

TAG Heuer combines fashion with functionality with the two new Aquaracer models. Inspired by the enchanting green and blue hues of the ocean these stylish watches with 43 mm and 32 mm case options are intended for both men and women.





• Change Routine, Enjoy Turkish Delight •

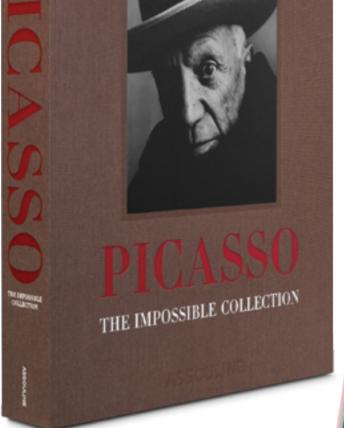






A TRIBUTE TO A GENIUS

ablo Picasso redefined artwork throughout his extraordinary career, becoming indisputably one of the most influential artists of the twentieth century. In this evocative volume, the artist's granddaughter, Diana Widmaier Picasso, curates the 100 quintessential, unique works that define the evolution of this illustrious artist, creating a stunning compendium. Published by Assouline in last October, *Pablo Picasso: The Impossible Collection* is a valuable collection book made up of 200 pages hand-bound using traditional techniques. In addition to the artist's well-known cubist works the book brings together some of his less ubiquitous yet equally powerful paintings, prints, sculptures and photographs.









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Celebrate The New Year with us!



Sabrosa

Avantgarde Orkestra Avantgarde Orchestra Gabbro

Canlı Müzik Live Music Chalet

Alplerde Yeni Yıl Alpine New Year

31 Aralık / December 31st, 2019

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SMALL SHIPS MEHMET YALÇIN



ONE OF TURKEY'S
"UNIQUE" WINES, A
WHITE PORT NAMED
ALİZE - TATLI SERT
CROWNS SUNSET'S 25TH
ANNIVERSARY WITH 500
VERY SPECIAL BOTTLES
COMING FROM A 16
YEARS OLD BARREL.



ake good care of this wine!" said David Elswood, the late head of Fine Wine at Christie's, as he almost fondled the green bottle with his hand and asked for permission to leave since he had to catch his plane. "One moment sir" I said, smiling. "I won't let you take one more step if you don't tell me why you said that. Even if you miss your plane!" Elswood smiled back at me and "Look" he answered, "It was us, the British, who have loved such sweet

wines the most and introduced them to the world. For centuries, Port, Madeira, Sherry and Tokay wines were produced mainly for us. Therefore we are experts in this field. This wine bottle in my hand brings together the best qualities of three of them. It reminds of Sherry but not as oxidized, it is livelier. It tastes like Maderia but not as acidic. It is like Tokay but not as sweet... In this respect I think Tatlı Sert is very special, take good care of it..."

That year David Elswood had come to Istanbul for a jewelry and watch event and when we met at a lunch at Sunset I had realized that he knew very little about Turkish wines. And during his final lunch in Istanbul I had him taste 10 select Turkish wines alongside a menu with lamb meat. He had found all of them above a certain standard but the one he liked the most was Kavaklıdere's Tatlı Sert which was aged for 10 years in oak barrels. The 65 years old version had a Havana cigar bouquet. In fact, I too have been aware of this wine's virtues for years. I had even tasted the last bottles they had from 1940s when we went down in Kavaklıdere's cellars in 2006 for a fine wine auction Antik A.Ş. was organizing. The wine was kept in out of spec 65 cl flat bottles that they could get from Portugal with great difficulty during the poverty years just after the Second World War. Kavaklıdere had barely a dozen bottles in their cellar. The taste was great... I remember writing exactly the following for the auction catalogue: The color is bitter orange red. There are constantly changing and flourishing bouquets that almost explode at the nose. Caramel, molasses, dried fruit pulp... Bitlis tobacco, vanilla... It is almost silky-soft in the mouth. The sugar-like sweetness has fallen way behind, making room for caramel-like flavors. An aristocratic wine with an unparalleled complexity and persistence at the palate. It should be drank alone or along with a super-refined Havana cigar like Cohiba and Trinidad. It is a masterpiece that could make even Port wine producers jealous with its ability to carry on for 65 years without losing its glory and in fact getting even richer in a miraculous way..."

Years after, today I can finally confess that I had sent a few men of my team to the auction hall in case the price of 300 TL per bottle could come expensive to buyers and the wine couldn't be sold. I was afraid of the possibility that the oldest and the best wine one could find in Turkey to be left out in the cold like an orphaned child and told the men to

increase the price and buy them if this turned out to be the case. Luckily this did not happen, and the wine found a buyer for 500 TL per bottle which was a record breaking price at the time. Kept in strange bottles that look like family-size cola, again out of poverty, a red Tatlı Sert variety from 1970s was sold at the same auction for a good price.

The Tatlı Sert of modern times could never age as much; they were put on the market after aging 10 years in oak barrels... Made by adding grape alcohol into the must of Narince grapes during fermentation just like Port producers do, this sweet and high-alcohol wine found an ideal temperament when aged in small barrels made of French oak. However I was wondering how delicious the wine would get if it could age much longer in barrels just like in the old times.

I had to wait until last month to finally

A wine signed by Burhan Doğançay

This time. I was again holding a small wine bottle. However it was not an under-the-counter black flask made in the poverty of war years, but a crystal-clear slender one. My dream about the wine I admire so much had come true for the first time: the bottle was transparent. freely revealing the red-amber color of the wine and it was very pleasing to the eye. The elegantly contrasting label in creamwhite highlighted these warm tones even more. The stylish "Alize" logo on the label was created by Burhan Doğançay, one of Turkey's greatest artist who has made his mark on 20th century art. Before sadly passing away in 2013, while he was still collaborating with Sunset, he had worked on the name Alize to be used as a logo for such a project. And Kavaklıdere had bottled the 16 years old wine, the oldest wine still kept in their barrels, to honor Sunset's 25th anniversary.

While Tatlı Sert's alcohol content is normally 20 percent, this special edition which was limited to only 500 bottles had 22 percent. A slightly pungent White Port with roasted almond, sandalwood and dried fruit bouquets, it was really delicious... Süleyman Şen, the restaurant's experienced sommelier had chilled the wine before pouring it into our glasses to let us sense the bouquets that would surface as the wine gets warmer. Sure enough the wine "came alive" as its temperature increased, revealing dried fruit pulp, hazelnut and walnut bouquets as it approached to 20-something degrees. It was the textbook definition of a "munchy wine", a term brilliantly coined for such wines by Prof. Arif Akman, a legendary doyen of Turkish oenology. It was not only a perfect companion for sweet snacks. dried nuts and even chocolate truffles but also could be enjoyed by itself as a "meditation wine" as the Italians wonderfully describe.

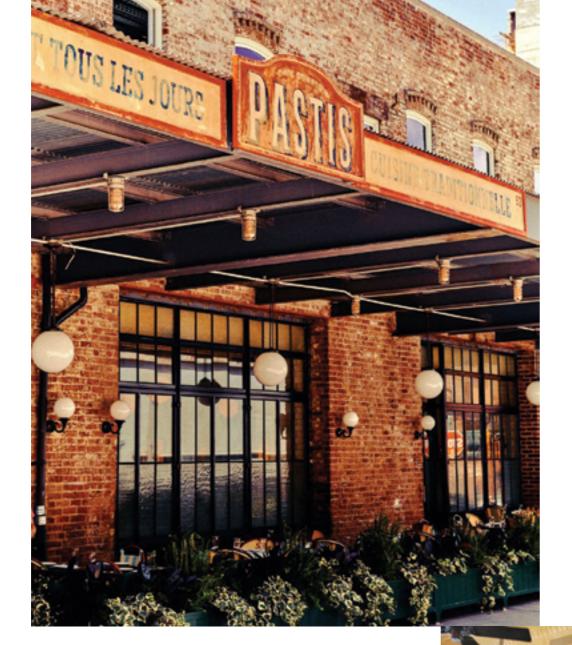
It seems that Barış and Alize Tansever, the founders and the names behind Sunset's 25 years of amazing success have not put aside their "social responsibilities" while savoring palatal delights and enjoying elegance and fun to the fullest. They have awarded scholarships to students, supported museums, collaborated with artists and contributed to our culture life with the magazines and books they published. And now they have set a higher standard in our gastronomy culture too with such an unprecedented reserve. If so, we should all raise our Tatlı Sert glasses to them...



TIPS FROM SEMI SEMI LICHY



SINCE THE FALL IS LONG
GONE AND PEOPLE CAME
BACK TO THE CITY, NEW
VENUES BEGIN TO SHOW
UP WHILE THE EXISTING
ONES VAMP UP IN LINE WITH
NEW TRENDS. LET'S TAKE
A LOOK AT SOME OF THE
NEWCOMERS AND
THE CLASSICS.





A NEW CLASSIC IN NEW YORK

ne of the best of its time that most of us have gone at least once or surely heard about, New York's iconic French bistro Pastis is back! And its famous lamps are too... The lamps are designed by Keith McNally while the culinary touch comes from Stephen Starr. Years ago, when I used to go there around lunch time I could hardly find a place. It seems that they are as popular now as then. Let's note that the French brasserie menu is more or less the same.



The seeds of Nelumbo nucifera plant is a staple in Asian cuisine and traditional medicine. Mostly sold in dried, shelled form, the seeds contain rich contents of protein, B vitamins, and dietary minerals. These rare seeds are now treated and eaten like popcorn. People love them because they are healthy. Warning: you may get addicted!





2020 TRENDS

since we never get tired of chasing new trends, producers always find a way to nurture our passion for novelty. One of the biggest trends we ran after in 2019 was collagen. We all know healthy drinks are very popular nowadays. Healthy super powders and alkali waters are also on the list. So as coconut water... But from now on we are going to have our coconut water with collagen. This is the new trend. In other words drinking will make us even more beautiful! The best product on the market is Coco Luxe's new "Coconut Water with added Collagen and Acai".



OAT MILK

at Milk takes America by storm! The "must have" of baristas has already become an alternative to milk, insomuch that the once "prima donnas" soymilk and almond milk still don't know what hit them! Companies began launching their products and although expensive they are selling like hotcakes. We will be seeing them on market racks very soon.



SMELT & CO

Nown with their kombuchas this venue in Balat is named after the fish which is also known as silverside. Young chefs in Istanbul are opening such niche restaurants nowadays and this is great news for our gastronomy culture! Interpreting traditional flavors in modern ways this gastrobar deserves a visit not only for the food but also for the interior design and the interesting kitchen positioning. Perfect for Instagram!

TRADITIONAL

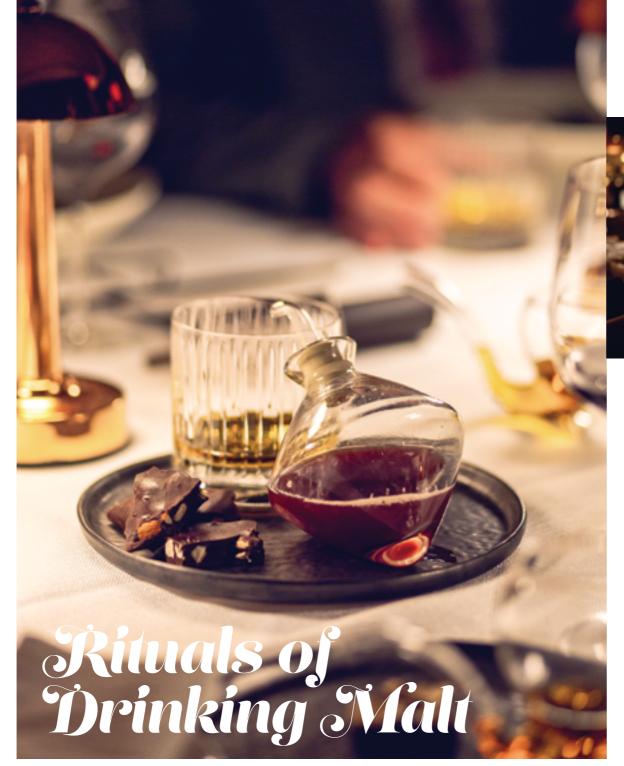
ovelty is not possible without traditional; I think they complement each other. We were very upset when Pandeli, an Istanbul classic since 1901, closed down. Pandeli's reopening is important for Istanbul too, we need to preserve the traditional. With fried lamb liver, stuffed dried vegetables, anchovy patty, oven baked seabass in curlpaper and Pandeli's eggplant pie with a leaf of döner kebab on top, if Pandeli's menu is not history, then what is? I strongly suggest the renewed Pandeli.



OĞUL TÜRKKAN



A GOURMET-WRITER WITH AN UNDISPUTABLE TASTE **OĞUL TÜRKKAN GIVES US** TIPS TO ENJOY MALT TO THE **FULLEST WHILE HE TELLS** ALL ABOUT THE 'MONTH OF MALT' EVENT AT SUNSET...



ensing the flavor of a drink is a multi-sensory experience where we perceive not only the taste but also the smell, color and temperature. This is why foods and drinks feel dull and tasteless when we catch a cold. When we set aside the smell, temperature and appearance, our sense of taste becomes almost blunt. We find it hard to guess what we are drinking when we close our eyes and don't see the color of the drink.

Therefore the shape, color and texture of the containers that we pour our drinks into are more important than we think in terms of taste perception. Moreover if it is a drink with delicate smells and aromas, the choice of glass becomes even more significant to be able to do justice to those aromas and taste the real flavor of the drink. All aspects of the appearance of the drink from the glass to the tray it is served and accompanying accessories have a significant impact



on our perception. Contemporary researches have shown that images stimulate our brain 90 percent while smell and taste do the same 10 percent. Therefore consumption rituals of foods and drinks contribute significantly to our taste perception.

Among the myriad of whiskey varieties in the world Scottish Single Malts have the most elegant aromas giving us hints of flowers, fresh and ripe fruits, hazelnuts, caramel and sometimes smoky and fumed flavors. These aromas may stem from the variety of the malt used, the fermentation process or from the barrels they are aged in.

Malts may vary by their extraordinary tastes as well as by their drinking rituals. Among the new generation drinking rituals some pretty impressive ones stand out with their catchiness such as a gold colored malt presented in a barrel and brought to

your table in smokes or in a pipe shaped glass for you to savor it slowly. A single malt accompanied by salmon gravlax with fresh thyme may appeal to all senses thanks to the flavors it comes with. Another malt dribbled down from dried fruits perfectly reflects a short sum of 15 years both to the eyes and the palate. Having different presentation rituals in line with their accompanying flavors, malt whiskeys now offer much more to those who favor new generation drinking rituals. Hand-made chocolate, carefully dried meat or dried fruits create an unforgettable tasting experience by enriching the presentation and drinking rituals with their aromas and flavors.

The volume, shape and the thinness of the glass rim that touches the lip and the crystal structure of the glass may contribute to the malt's taste due to various reasons. One can more or less guess the age of a malt by looking at the color. The color of

a malt may vary from a golden yellow to an amber brown and the darker the color means the longer the malt had been aged in special barrels. You can better see and perceive the golden color of a malt presented in a crystal glass and therefore guess the age more accurately. The diameter and the

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THE SHAPE OF THE GLASS ON THE OTHER HAND IS PERHAPS THE MOST SIGNIFICANT FACTOR IN TASTE PERCEPTION BECAUSE MALT CREATES A MIST OF AROMAS JUST ABOVE THE LIQUID SURFACE WHICH CAN BE SENSED AND SMELLED AS THE **GLASS DRAWS CLOSER** TO YOUR NOSE. THE SHAPE OF THE GLASS **DETERMINES HOW** STRONG YOUR NOSE WILL SENSE THESE AROMAS.



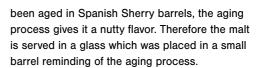
thinness of the glass rim determine where the malt will fall in your mouth. A drink served in a fine-cut rim falls into the center of your mouth and spread to your lower and upper palate while when it is served in a thick-cut rim, it falls into the back of your mouth and easily slides down from your throat. The shape of the glass on the other hand is perhaps the most significant factor in taste perception because malt creates a mist



of aromas just above the liquid surface which can be sensed and smelled as the glass draws closer to your nose. The shape of the glass determines how strong your nose will sense these aromas. In tulip shaped glasses with narrower rims and wider bodies the mist forms at the center of the glass and since the rim is narrower it guides the mist directly towards your nose.

How the malt looks in the glass begins to gain more significance lately, thanks to newly emerging malt drinking rituals. There has been a shift from shot glasses we see in Western





Malt rituals highlight the taste of the drink by reflecting or referring to aromas, with different glass forms and various accompanying flavors creating a harmonious multi-sensory experience for the eyes, the nose and the palate.



MALT RITUALS HIGHLIGHT
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movies to rocks glasses over time. Although rocks glasses deliver aromas better than shot glasses, they are in fact more suitable for whiskey cocktails. Lately the most popular ones are Glencarin glasses. These fine cut glasses with wider bodies and narrow rims are the most sought after type in malt drinking rituals.

Malt drinking rituals involve a wide range of components from choice of glass to accompanying flavors that are served with the malt, and to aromatic elements that contribute to the smell and appearance of the liquid. The naturally forming aromas of malt are revealed or intensified and the apparent ones are bolstered up with different presentations and flavors.

In one "Month of Malt" ritual, malt is served with dried fruits with similar aromas which refer to and support its natural fruity fragrance. If the malt had

In your books you keep saying that when we eat is as important as what we eat. And it seems that this is becoming a global trend too. How do you explain the importance of timing?

Human species and all other living beings have to follow a certain biological rhythm which has developed as part of an evolutionary existence. Those who could survive in the world were the ones that could adapt themselves to the rhythm of the sun and the moon. It was this attunement with this rhythm that made migratory birds know when to migrate or animals when to breed. All living beings in the world, from plants to animals and humans, are programmed to adapt the cycles of nature. We knew about this in a biological sense, but over the past few years scientific studies have proven its significance for health. We can explain what is called the "circadian rhythm" in

medical terms and could be defined as a "biological inner clock" as follows: every cell in our body has a biological clock. The control center of this circadian clock is located in the brain. It estimates the time of the day by looking at the wavelength, color and intensity of light the eyes perceive, while sending this information to all organs simultaneously. This is how the information about the sun, the light and the season is transmitted to cells. This is the survival mechanism; in other words we had to understand this in order to survive. Mankind used to hunt or gather food in daytime, when there was light, and spend the nights hiding and resting. This was the case for thousands of years. Our circadian inner clocks went astray when we began going out of this daily routine; we invented electricity which gave us light in nighttime, prolonging the hours we stay awake. As a

result, our circadian inner rhythm of sleep and being awake was disturbed. Foods we consume share their information with us just like the light perceived by the eyes informs the brain. They give us information about the geographical location and the type of soil they come from since all the plants and animals we consume as food grow in sync with their own inner clocks, making use of the sunlight. However, since we now consume packaged foods with extended shelf lives, out of season vegetables and meat coming from livestock which were not bred in their natural environments and fed synthetic feed, we cannot get the right information we need. In other words, both modern indoor living with artificial lighting (electronics, lamps) and artificial foods disturb the harmony between our biological vitality and nature. As a result we age very rapidly, paying a huge price.

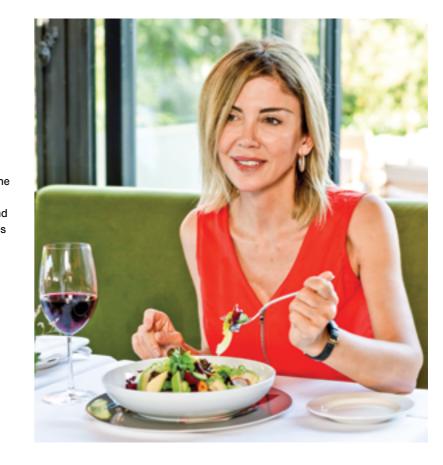
How to connect all of this to our eating and drinking habits, beyond our lifestyles?

The body does not operate the same way in nighttime as it does throughout the day; night is the time for all the organs to rest and restore themselves. Without such regeneration we grow old and weary very rapidly. Nighttime regeneration involves finding and getting rid of old cells and replacing them with new ones. This happens mainly during sleep, but with an empty stomach. In other words the circadian inner clock does not want us to eat during the night. These hours are not meant for digestion. Eating something disturbs the process. The circadian signals change from resting and regenerating mode to digestion mode as soon as food enters our bodies. In fact what I mean by a circadian diet is this biorhythm we have. During the day, when we are exposed to more sunlight, our cells tend to burn the energy we get from our food better. As the darkness falls, they tend to store energy as fat instead of burning it. However, because of artificial lighting we sleep later and eat later. In other words health problems occur not only because of processed food but also because we leave aside our circadian rhythm. Night sleep and sleeping with an empty stomach is very important not only to lose weight but also to heal all kinds of diseases. Because this is how the cell biology works and we pay the heavy price of defying this perfect biological rhythm which has evolved in millions of years, with increasing health problems in the past couple of centuries. To put it briefly, our inner clocks are not set for eating in the night. Gaining weight or calories are not the issue here. At the end of the day, we operate on our biological clocks, so we need to eat accordingly. When talking about a healthy diet, we need to add the missing part: timing.

Can you elaborate more on timing?

We can think of our choices at a restaurant or

at home in three groups: the first one is healthy and unprocessed foods (all raw vegetables and fruits, spices, nuts, unprocessed organic animal products). The second group consists of moderately healthy and not too much processed foods (steamed, boiled, grilled, heated or undercooked plants and animal products). The last group is made up of highly processed, unhealthy foods (those prepared with bad cooking methods like barbecue or deep frying, junk food and processed and packaged food that we already know are harmful). Of course, it would be wise to opt for the first two groups at a restaurant. While eating at night is



already a challenge to our biology, eating wrong at the same time makes it even harder for our body to perform autophagy, that is to say, getting rid of old cells. We can try to keep our choices healthy when dining at a restaurant and cancel our dinner or have it as early as 5 pm the next day to help our cells to perform autophagic clearance. Inadequate autophagy may lead to all kinds of diseases including cancer. This is why there are diet programs that recommend long hours of fasting in nighttime.

Why intermittent fasting is important?

What does circadian biological rhythm tell us? Night is the time for restoration, regeneration and autophagy, which are only possible during the night and with an empty stomach. Intermittent fasting is not eating anything during the night. This is how it should be. Fasting for 16 hours from sundown to the next morning improves autophagy,

ENJOY A DINNER AT A RESTAURANT BUT IF WE KNOW ABOUT CIRCADIAN RHYTHM, WE CAN BE MORE INFORMED. IN OTHER WORDS, IF WE KNOW HOW TO COMPENSATE WHEN WE CHEAT, WE DON'T HAVE TO DEPRIVE OURSELVES FROM ANYTHING."

DO THIS:

- If you are going to eat, find the best, the most natural and pollution-free
- After drinking alcohol or staying up late go intermittent fasting to give your body time to regenerate and realign with the circadian rhythm
- Wake up at sunrise if you can and set

your inner clock by looking at the sun • Take your dietary supplements. Don't forget that every healthy day counts as profit and you will see the difference very clearly when you meet an old friend 15 years later. Do not rely on your genes too much to take the easy way out

"OF COURSE WE WILL



"EVEN IF WE MEET ALL THE DEMANDS OF HEALTHY LIVING, IN ORDER TO EMPOWER OURSELVES OR UPGRADE INTO A BETTER PHYSICAL AND MENTAL PERFORMANCE WE NEED DIETARY SUPPLEMENTS. WE MUST REPLENISH WHAT IS NEEDED."

SLEEP COMES FIRST

If everything is circadian,
depends on day and night cycle,
and sleep is very important, what
happens when we sleep?
As we sleep our growth hormone
regenerates us and builds
up muscles.

combing out more accurately the old, sick, cancerous, spotty cells. In fact all chronic diseases are caused by such undetected damaged cells. With autophagy we detox on a cellular level every night, when sleeping with an empty stomach. Our bodies already do this on their own, but we need to let them. Of course we will enjoy a dinner at a restaurant but knowing this, we can be more informed. In other words, if we know how to compensate when we cheat, we don't have to deprive ourselves from anything. We can be more in control. For instance if we ate late and had some alcohol at a party or as part of our social life, we can easily eliminate the consequent damage since we know how to. We will be canceling dinner the next day and go intermittent fasting. Not eating anything during the night is the best way to achieve a slim waist, lose weight and reduce visceral fat.

What we should do to eliminate the damage caused by alcoholic drinks?

Alcohol is a part of social life and drinking lemon water the next morning is very helpful for detoxing because of its vitamin C content. Eating broccoli, cauliflower, garlic or greens also detoxifies the body through liver. You can help your liver by taking some n-acetylcysteine - NAC especially after such nights. Also, since alcohol drains vitamin B

in the body, it is advisable to take a multi-B vitamin pill. You can facilitate the cleansing process by not drinking coffee or tea the next day. Refraining from animal products in favor of soups will help relieve your gastrointestinal system.

Does the antioxidant content differentiate wine from other alcoholic drinks?

Wine is a sort of berry extract and contains some antioxidants. This is true especially for deep red ones, Merlot wines. But wines and other fermented drinks can be bad to some people. Going for unfermented drinks with vegetable juice and a small amount of alcohol like Bloody Mary, which I generally prefer, may be a solution. Healthy living and a healthy diet can only be sustainable when carried out as a controlled diet rather than an obsession.

In order to carry on this system, what we should do when we go to a restaurant?

For instance we decided to meet around 4:30-5 pm for this interview, so we haven't eaten very late and I can go on with my circadian diet; in other words, I'm not going to eat anything until tomorrow morning. I chose free range chicken with mushrooms and a large salad from the menu. Mushrooms are a good source of protein. Free range cattle and poultry are hormone-free but that's not the only issue here. Let me explain what I mean by healthy food: I am interested in the vitality of the plants and animals that we eat for food in their life cycles. The more locally grown, organic and chemical-free fruits and vegetables are, the more information we get from them; they are better for us. Because they too gather this information from sun in their natural environment. As we eat them this information is

For instance, what do we mean by a free range chicken? That chicken ate seeds and plants that grew under the sun. Therefore I get my sunlight via the chicken. I get it directly from the plant. For example a seed is the egg of the plant; it carries all the information to create that plant. Nigella seeds, flaxseeds, sesame, they all have information and give it to us. Legumes are seeds too. For example lentils are good but lentil sprouts are better. Because we are eating the offshoot that had begun to gather sunlight. These seeds come to life especially if we soak them, we see this when they germinate.

After all, calories, proteins, fats and oils are not the only issue here, other features are also important. The current information is the circadian rhythm. What circadian means in general is that, you are bound to the sun and the rhythm. Sleep is

also an important part of this rhythm. Here we see the daily cycle again: surviving in daytime, regenerating in nighttime. A night spent badly can increase biological age very quickly.

What are the most important dietary supplements?

If we have vitamin D deficiency, we have to take it as a supplement. Especially vitamin D is very important, its deficiency is the root cause of many diseases because vitamin D means sunlight stored in the body. There are some conditions to be met for the body to absorb the sunlight. For instance sunspots on the skin may imply that your body cannot store sunlight properly. If you increase your omega 3 intake, which is abundant in seafood and also good for your skin cells, you will not get sunspots and also absorb sunlight better.

By the way, we absorb sunlight not only through our skin but also our eyes. Therefore it is not wise to wear sunglasses all the time. It is advisable to limit the time we wear sunglasses unless the sunlight is very intense. Probiotics and magnesium are as important as vitamin D and omega 3. Magnesium is normally found in soil. We take it through the plants we eat. But if the plant was processed or the soil quality was low, we cannot get any magnesium. That is to say, some basic supplements are important, but you need to consult to a physician to decide which supplements you need and the dosage. In addition to tablets there are intravenous supplements that we call IVdrips. They are very strong and definitely must be administered by a special expert. These are cellular boosters. I have been partaking in relevant trainings at several anti-aging academies in the US since 2000 and administer them to my patients. And I am very pleased to see that other physicians are also beginning to take preventive medicine applications more seriously.

Modern living, modern buildings and electro-magnetic fields are harmful to us at a cellular level. Very soon the G 5 technology will come up and it will be a serious health issue. That is to say, we need other powers in addition to healthy nutrition to maintain our health.

Slowing down or reversing the aging process?

All in the same package... Deterioration is a process, what you do everyday is recorded in your health book. I argue that you can stay at whatever age you are now by following these rules. Although rejuvenation seems like a fantasy, I'd like to emphasize that time is relative.

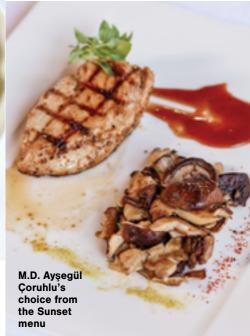
The cell has two issues in life: give me the right raw materials and take out the trash. When



you do this, you already will be aging much slower than others. If you insist on your mistakes, your body will perceive a day as three days and age accordingly. So, even if you make all the mistakes, you must follow the right biorhythmic cycle. You will wake up at 5:30 in the mornings and watch the sunrise. Then, with the cycle of the sun, daylight turns from blue to yellow and to red. After that, darkness falls. This way we are speeding up the processing of time in its own pace. Perhaps what makes us think "time flies" is our lifestyles that have departed from these cycles; especially the electromagnetics that illuminate our nights.

We must get our information from natural, local and unprocessed plants in order to slow down time biologically. The actions of this information, eating and drinking, should take place during the day so that the cleaning and regeneration information can be transmitted to the evening. We can eliminate artificial light pollution to a certain extent by using lighting in red tones at home and screen filters on our computers.

When you synchronize this behavior pattern with your lifestyle your body fights down with aging more easily. In fact aging is some kind of a disintegration process we call entropy. And life is resistance to entropy. Entropy always wins but mitigating the damage it causes depends on how we choose to live.



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HOW TO IMPROVE YOUR MOOD

At 5:30 am your body stops producing melatonin and releases cortisol which is the hormone we need to

leave the cave and look for food. Then dopamine comes to cheer us up. Serotonin, the gratitude hormone, comes later in the day. And during the night, while we sleep, growth hormone ensures overall regeneration. When communication between cells and hormones is disrupted, we lose our enthusiasm. To prevent that we need to set our biological clock right and follow the circadian rhythm.

Gelebration Menu

IF YOU'RE INTO PREPARING SOME SPECIAL DELICACIES FOR THE CELEBRATION NIGHT, HERE IS AN INSPIRING MENU CREATED BY OUR HEAD CHEF FABRICE CANELLE. HAPPY NEW YEAR!

fotos BURAK TEOMAN







GIRARDEAU OYSTERS, TOPPED WITH CHAMPAGNE SNOW



CHESTNUTS RISOTTO,
WITH MANDARINE FOAM AND BASIL OIL CRUMBS



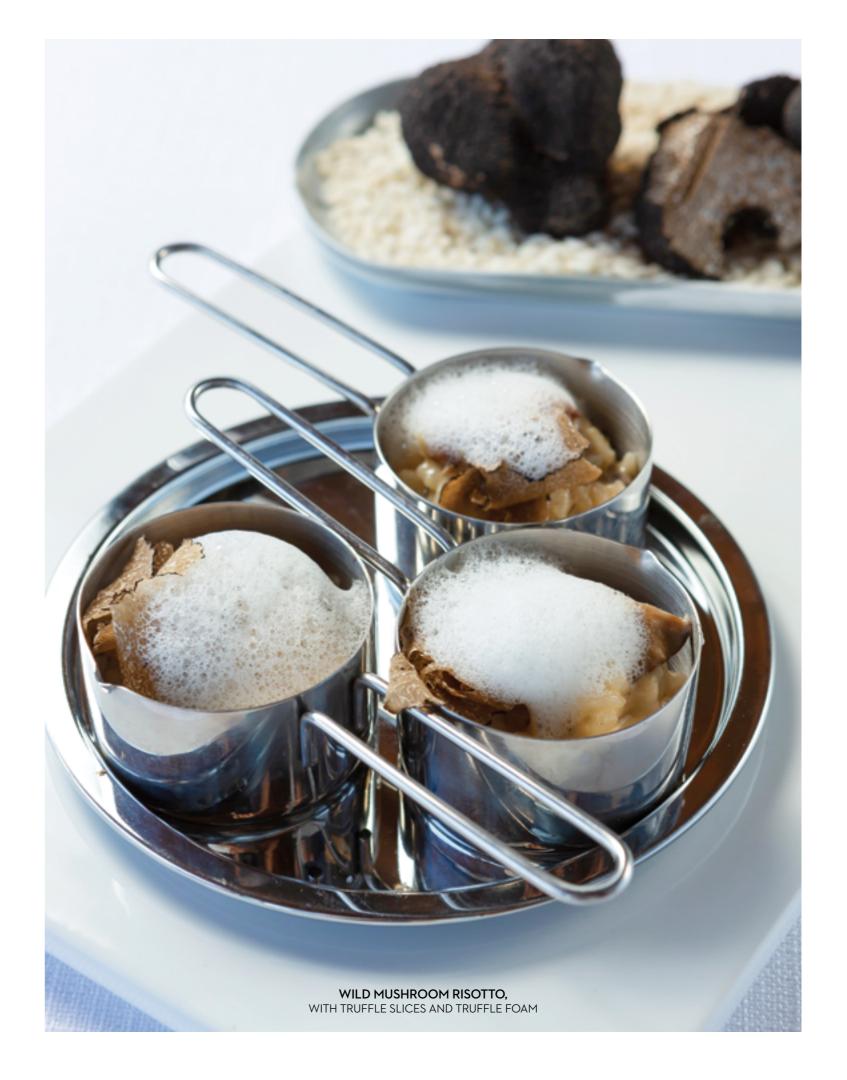


FOIE GRAS POELE,WITH SUMMER PEACH, CORIANDER AND DEGLAZE SAUCE













VALRHONA CHOCOLATE, 'MANJARI' TRUFFLES, WITH EDIBLE GOLD LEAVES



LEMON & RASPBERRIES SOUFFLE



othing is really a coincidence. Ever since I was a kid, I have been rascinated with everything good. Good food, good clothing, good interiors... So when it was time to choose what to study, I preferred Hotel Management since I believe it brings all together under the same roof. A hotel is an all-encompassing package incorporating music, interior decoration, business management, fashion, everything about life to put it briefly, and I was very much into it. Therefore I studied Tourism and Hotel Management at Bilkent University. Then I began working at Sheraton, in various departments starting from the lowest position. It was like a second university to

me. With that job I began travelling abroad frequently, finding the chance to experience many and various destinations at an early

In 1997 I was sent by Sheraton to Miami to receive an important award. Coming across the opening of the Delano Hotel in Miami completely shattered my glass house in Ankara! Frankly, it was there I realized the true meaning of the word 'visionary'. I was utterly unhappy and disappointed when I came back, because after seeing the scope of what is done around the world, I felt like I couldn't fit into my own. At that point I began thinking about moving to Istanbul. But I found none of the existing

major brands exciting enough to work for. Just as I was looking for a way out, by some miraculous coincidence, I met Ardıç Gürsel in a friends' gathering. She told me about her plans for opening a boutique hotel in Bodrum and asked me to work with her. I started working with great pleasure and as a matter of fact, the opening has been a great success since it was an extraordinary project for its time which was never seen before. I also received a lot of support from people like Ahmet Ertegün and Leyla Umar who acted like voluntary ambassadors promoting Bodrum around the world. I was beginning to realize the importance of what we call "networking" today. In fact that was

the same period when people from various parts of the world began entering my life.

I was having a chat with a foreign businessman recently. He said, "Three things are very important for especially those who do this kind of colorful work: creativity. excitement and network." Indeed, it is true. To put it briefly, the brand The Marmara brought a big plus to me in the year 2000.

Subsequently we opened Turkey's first design hotel Hillside Su. Thanks to these projects. I became to be known as a "man of firsts"

With these two hotel projects and the guests coming from abroad, I met a different range of people. Since we were working with PR agencies based in various places from Moscow to London and Manhattan. I have mastered the different dynamics of countries.

In the following four years Sahir Erozan and I co-managed Maça Kızı, transforming the hotel into a more global venue. I not only enjoyed myself but also learned a lot in all those years.

Following these projects we had collaborations with fine brands like Caresse Hotel and Ida Blue. A hotel is an organization in which entertainment and food & beverage areas are among the most important. In the past people used to think of hotel restaurants to be boring places but this has changed in the past decade. However the number of venues that were able to become Istanbul's signature brands is still very few. One of the most important among them is Sunset. Think about it. Sunset is celebrating its 25th anniversary this year! Barış Tansever is the definition of the word 'visionary', the importance of which I discovered at a young age. He gave birth to a very valuable brand by creating the venue 25 years ago and having it thrive for many years.

I strongly believe in brand marriages. Art and luxury brands from other industries also position themselves in such lovely venues nowadays. For instance, there are Burhan Doğançay's drawings on the service plates here, and all of them as a whole add on to the brand value. Guests also think highly of such details.

HOW OUR PATHS CROSSED

Baris Tansever and I shared our ideas thanks to my friend Ebru Tansever. We decided to come together and cooperate at the end of that conversation. It has been a fruitful collaboration in the sense of being able to share one's local and global networks freely. Sunset is a large venue both in terms of capacity and the fact that it has a sub-brand; the Brasserie is a significant part of Sunset. In addition to brand advising Sunset and I cooperate in the management of the Brasserie.

WHAT IS NEW AT THE BRASSERIE

Since it is the 25th anniversary of Sunset we fashioned a lively events calendar, devised a chain of special projects for the next four months. We are planning to create a setting where people living in Istanbul and know one another can come together. In the past when you went to a club or restaurant you knew all the people there; this is what we hope to revive today.

BRASSERIE HOURS

The Brasserie comes alive from noon on. The buzz begins with lunch service. Then we create an atmosphere for networking at the bar with conversations over an evening drink. After dinner we will find ourselves in a club setting with different DJs making music. Thus far is what the brand has been doing to date. From now on we want to add some more action to it. The season starts very early anyway, thanks to international

events organized in Istanbul. It will be so much fun to bring together our valuable guests coming from abroad with our local

WHAT DIFFERENTIATES THE BRASSERIE

We are trying to fashion a long-awaited ambiance in Istanbul. Our aim is to create an environment where our regular guests come and feel comfortable at the company of the people they know. This is already a structural element of the Sunset brand, but we want to make the feeling of exclusivity more tangible at the Brasserie and reintroduce the importance of the sense of belonging to a place.

FOR PRIVATE EVENTS

The Brasserie section of Sunset offers a lovely environment for private boutique luncheons, afternoon events and dinners. This is a welcoming venue offering a warm ambiance with a beautiful landscape design, a legendary view and delicious food.

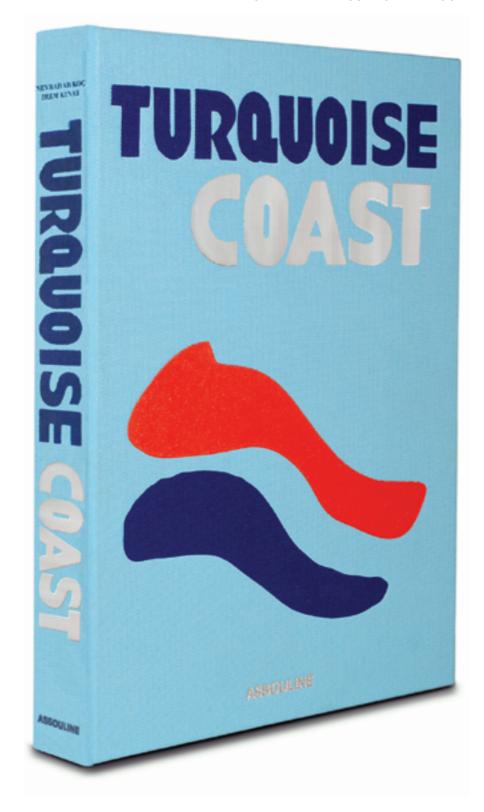
MUSIC

There is a misconception that the louder the volume of the music, the greater the fun which is totally not true. You must be able to enjoy a conversation with your guests. Such a pleasure needs the right dosage of additional factors. Music is pleasurable when it is well chosen and in the right dose.



Fascinating Goasts

THE BRAINCHILD OF NEVBAHAR KOC AND ASSOULINE TURKEY'S OWNER IREM KINAY, TURQUOISE COAST MAKES US FALL IN LOVE WITH TURKEY'S BEAUTIFUL COASTLINE ONCE AGAIN THANKS TO ITS LUSH PHOTOGRAPHY AND FASCINATING CONTENT. LET'S LEND AN EAR TO NEVBAHAR KOC AND IREM KINAY TO LEARN ALL ABOUT HOW THE BOOK WAS CONCEIVED...



Did the Turquoise Coast project come after the Bosphorus Private book?

Irem Kınay: I was dreaming of publishing a Blue Cruise book for many years. In fact I had presented the project to Assouline almost 2.5 years ago and they were supporting it, but we had to postpone the project because of the conditions of the time in our country. The project came up again while we were still working on the Bosphorus Private book and after I told Nevbahar about it, we rolled up our sleeves and began working in

Nevbahar Koc: We found a great chemistry between us while we were working on Bosphorus Private and the desire to crown our efficiency with another product was always in our minds. Irem's idea was perfect in that sense and we began developing the project



Irem Kınay: The process involved two full Blue Cruisthe whole team, one in early June 2018 and the othlight. The photo shooting took almost 30 days in total and we were constantly on the move. Every day we were beginning the day with sunrise and ended working at sunset. Although we knew these coasts very well, we discovered something new and mesmerized once again every time. At the end we had

since we had a difficult time fitting in the Turkish coast alone, we gave up. It turned out to be the thickest book published in this format but if

it were up to us, we'd love to use all photographs. It was great teamwork. We knew precisely what we wanted to tell and since it was the second book we were working on after Bosphorus Private we didn't have any significant differences of opinion.

Nevbahar Koç: We complement each other very well as a team. Since we can process our own thoughts and ideas through our shared wisdom very efficiently, it was a very productive creative process for all of us which helped us to make the right decisions very quickly despite the abundance of input we accumulated.

Both books flow very coherently; is it your planning or is it teamwork?

Nevbahar Koç: We always wander between reality and a fantasy world in both Bosphorus Private and Turquoise Coast. We urge people to want to go to these places and identify themselves with what they see in the books to get inspired. Our southern coast is like a dream world; you can find everything you

"WE ALWAYS WANDER BETWEEN REALITY AND A FANTASY WORLD IN BOTH **BOSPHORUS PRIVATE AND** TURQUOISE COAST. WE URGE PEOPLE TO WANT TO GO TO THESE PLACES AND IDENTIFY THEMSELVES WITH WHAT THEY SEE

IN THE BOOKS TO GET

INSPIRED".

Nevbahar Koc



MAIN COURSI

Assouline?

tures, a spectacular landscape and sea, and nightlife all together and present this as a way of life. We wanted to lure people into a fantasy world.

The photographs in the book almost have a cinematic language. Did you brief the

wish for. We wanted to create a book that incorworlds of design and fashion. Was it difficult to porates history, different textures and culinary culbring together all these names?

Nevbahar Koç: All of these names are people who have lived this experience from their own perspectives during their journeys and they gladly wanted to contribute to our collaboration with Assouline.

Did this project take shape under the roof of

quoise Coast have been conceived and realized under Assouline's roof.

Assouline Turkey have published very stylish books both in terms of design and appearance and in terms of content. Would it be wrong to call them as stylized guidebooks for Turkey? Did you choose the subject matters of these projects?

Irem Kınay: When I brought Assouline to Turkey in 2010 my vision was to open a window from Bebek to the world; I wanted to introduce Turkey, our culture and many beauties our country has to offer to an international audience. Assouline Turkey published many books within this context.

Is there an anecdote, perhaps a challenging moment or something that had an impact on you while you were working on Turquoise Coast and can you share it with us?

Nevbahar Koç: The local people and especially the homeowners were very impressive characters and they supported us a great deal. We found different beauties and delights everywhere we went. Especially Göcek is heaven on earth with beautiful bays, each offering a new experience. We cannot have enough of that place.

Irem Kınay: These coasts saw many voyages throughout history but especially Cleopatra's love story with Mark Anthony and the very special sand she had brought from Egypt to Sedir Island impress



Irem Kınay: Yes. Readers can find it at all Assouline boutiques and sales points around the world.

What are your favorite places on the Turkish Riviera?

Irem Kınay: A Blue Cruise along the entire coastline is in fact a dream. These shores have everything people of diverse tastes and interests could wish for; nature, history and at the same time all the comfort modern living has to offer, if so desired. You can spend days without going ashore, enjoy quiet nights under the stars, have easy access to archeological sites by car from the shore, see some of the best hotels in the world, experience unforgettable tastes, landscapes, sounds... I find even the weekend escapes as satisfying as a full holiday week. Especially Hisarönü and Bozburun fascinate me every time with the most memorable sunsets of my life.

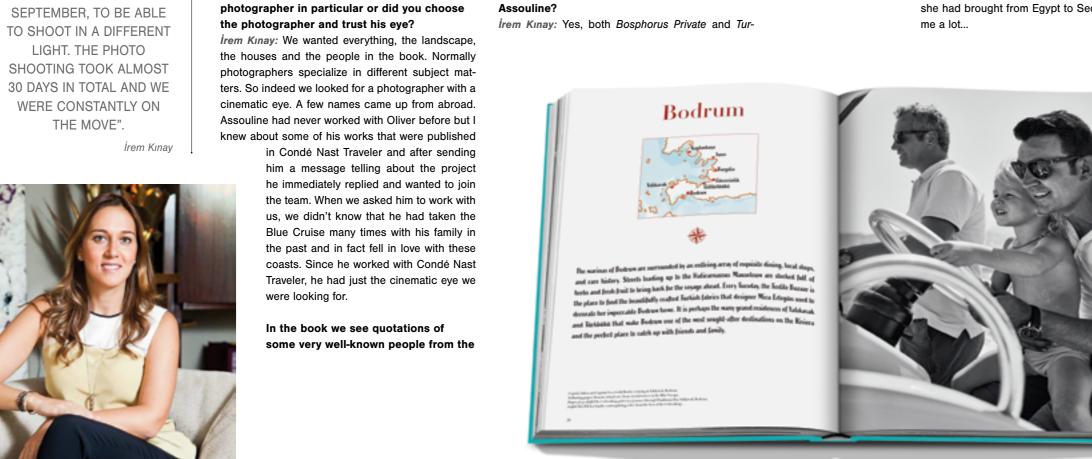
Nevbahar Koç: We often sail to these coasts as a family. I love Göcek the most.

What are your favorite places in Istanbul and in the world?

Nevbahar Koç: As we mentioned in our first book, what Istanbul means to me is the life enriching beauty of Bosphorus. I also love to visit art galleries and art festivals in Los Angeles, New York and London.

"OUR SOUTHERN COAST IS LIKE A DREAM WORLD: YOU CAN FIND **EVERYTHING YOU WISH** FOR. WE WANTED TO CREATE A BOOK THAT INCORPORATES HISTORY, DIFFERENT TEXTURES AND CULINARY CULTURES, A SPECTACULAR LANDSCAPE AND SEA, AND NIGHTLIFE ALL TOGETHER AND PRESENT THIS AS A WAY OF LIFE. WE WANTED TO LURE PEOPLE INTO A FANTASY WORLD".

Nevbahar Koç





"THE PROCESS INVOLVED

TWO FULL BLUE CRUISES

BETWEEN BODRUM AND

KEKOVA WITH NEVBAHAR

AND THE WHOLE TEAM.

ONE IN EARLY JUNE

2018 AND THE OTHER IN





n expert in her own right, Pelin Omuroğlu tells us everything we should know about olive oil...
"My family raised me close to soil, to cultivation. I have always loved nature and being a part of it. After studying agriculture I decided to go on learning greenhouse cultivation with the support and encourage-

ment of my family. Then I went to the US, to UC Davids to learn organic agriculture and came back to Turkey in 1997.

When I told my family that I was interested in doing organic farming while I was still in America, my father eagerly began buying plots of land around Yağcılar village. The number of olive trees we started planting

in 1998 has reached to 10 thousand today. We also planted a stone pine grove with 2.500 pine trees just next to the farm. In other words we pulled out all the stops and built a farm in a magnificent valley.

As our olive trees grow and bear fruits, we felt the need of planting our own olive oil factory. We established Turkey's first

organic-certified olive oil factory running on clean and renewable energy thanks to our solar power station. We have been receiving awards at international competitions since the first day but 2017 has been our "Golden Year" since we won the gold medal at the 2 most prestigious competitions in the world, Biol Ostuni in Italy and Mario Solinas in İzmir.

In addition to producing organic olives and olive oil under our own brand Olivurla, we also increased the production of high quality olive oil in Urla by urging other olive producers to apply the right olive oil extracting methods. We develop new products every year and also do agritourism and oleotourism at our farm."

SHE IS AN OLIVE OIL EXPERT: AN OLEOLOGIST

An oleologist is an expert who can do a sensory evaluation of olive oil with its positive and negative characteristics, quality, every aspect in relation to taste and smell; put down its harvest time, region and climate and categorize accordingly and even create blends. Becoming an oleologist requires a time consuming training process and continuous tasting.

THE PERFECT OLIVE OIL

High quality olive oil production depends on 3 main factors: first of all, the olive fruit on the branch should be perfect so that the extraction process can give us the desired result. The second process is to determine the harvest time. Such a decision needs expertise since early harvesting may cause sensory imperfections and loss of yield. Thirdly, olives should be put in boxes and taken to the factory the same day without delay and should be cold-pressed at 23 to 27 degrees. Natural olive oil extraction is a completely mechanical process that involves crushing, kneading, decantation, centrifuge and filtration. A natural extra-virgin olive oil has perfect sensory characteristics with a maximum acid content of 0.8 percent, while those with slight sensory imperfections and



a maximum of 2 percent acid content are categorized as natural first class olive oils. All others that fall outside this category are called "lampante" and sent to refining.

THE MORE BITTER. THE RICHER

The first thing that strikes you as a sensory characteristic of an early harvest extra virgin olive oil is the smell of freshly cut grass. Olive oil is in fact freshly squeezed fruit juice and therefore the climate, the region and the soil bring about aromas and flavors that remind us various fruits and vegetables like unripe almonds, apples, plums or tomatoes. Also the phenolic compounds in early harvest olive oils, in other words a class of antioxidants that we call polyphenols and are good for us, show themselves as a bitter taste at the back of your tongue and a slight burning feeling at your throat. The stronger that bitter taste and burning feeling, the richer the olive oil in terms of antioxidants.

EARLY HARVEST OR RIPE HARVEST?

Early harvest means harvesting the olives when they just turned into a greenish pink and become oily which generally corresponds to the time between mid-october and mid-november. Ripe harvest on the other





hand is harvesting olives after the second half of november when they are ripened, turned pink or black in color. In early harvest, 6-7 to 13 kgs of olives produce 1 liter of olive oil while in ripe harvest the amount of olives needed to extract 1 liter can go down to 7 to 3 kgs.

WHICH PRESSING METHOD?

There are traditional stone presses but today the more technological continuous systems are widely used. Stone pressing means extracting the oil by applying pressure over the olive paste between 2 felt layers, but this method is not used anymore since it comes with hygiene and ventilation

problems and it is almost impossible to produce natural olive oil.

THE MOST AROMATIC REGION

According to IOOC competition criteria that takes into consideration a balanced fruitiness, bitterness and burn, I could say Italy and Spain are the most aromatic regions. Thanks to a multitude of varieties and their sensory qualities the olive oils produced in these countries are higher in polyphenol content compared to us. However in Turkey we are able to meticulously produce highly aromatic olive oils with a good balance of bitterness and burn all the way from the Northern Aegean region to Hatay. Turkish olive oils have gained a considerable momentum to have a good reputation in the world scene.

OLIVE OIL IN TURKEY

Olive oil is so sensitive that the sensory characteristics of the produce you get from the north and south halves of the same land plot may be different. This shows how subtle, sensitive and complex are the sensory notes of olive oil. Therefore I think it is better to evaluate a natural product with such diverse qualities in line with the region it comes from, such as Ayvalık, Urla Antakya, Kilis or Hatay. Turkish olive oils are winning gold medals at the world's most prestigious olive oil competitions. As long as we don't have problems that will directly affect quality like heat, excess rainfall or olive flies, the knowledge and experience we have is more than enough to produce high quality medium and light fruity

EXTRA-VIRGIN OR RIVIERA?

Natural extra-virgin olive oil is in fact the only fruit juice with oil-like properties which is extracted by mechanical means. It is a true source of healing. Scientific researches have shown that natural extra-virgin olive oil is good for many health problems like cardio-vascular diseases, high cholesterol, obesity, inflammation and cancer. Its protective qualities are also very significant. Riviera-type olive oil on the other hand is made by adding a very little amount of extra-virgin olive oil into refined lampante olive oil. Ultimately it is olive oil in terms of chemical composition but



cannot compete with the taste and high polyphenol levels of natural extra-virgin olive oil.

FRESH OR AGED?

Unlike wine, the fresher the olive oil the more valuable it gets. Unfortunately olive oil goes bad, stale and rancid over time. Olive oil can be stored for 2 years at most, in nitrogen tanks without any contact with oxygen and at a maximum of 24 degrees. Heat exposure may cause loss of quality to a great extent. It is advisable to consume the whole bottle in three weeks after opening the cap.

FRUITINESS, BITTERNESS AND BURN

Fruitiness refers to the aroma that naturally

reminds of freshly cut grass, fruits and vegetables; we can naturally taste even bananas or artichokes. Bitterness is the feeling at the two sides of our tongues, and we feel a slight burning at our throats.

THE TASTE OF SOIL

During their flowering season olives absorb the aromas of the fruits and vegetables that grow in the region with the help of bees and the wind. For example we were cultivating Urla's mastic artichoke at our farm between 2002 and 2005 and the Flos Olei catalog of 2013-2014 states that our Olivurla natural extra-virgin olive oil deliciously smelled like artichokes. There are also flavored olive oils which are made by adding various spices or fruits at the kneading process.

fish oil.

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ABOUT OLIVE OIL...

- An excellent antioxidant very effective against aging,
- Relieves digestion,
- Lowers blood glucose and increases good cholesterol levels,
- Supports the immune system and builds up resistance thanks to its powerful anti-inflammatory
- qualities,
- High vitamin E content is good for the skin,
- Has anti-bacterial properties,
- Protects from cardiovascular diseases,
- A "fruit juice" rich in healthy monounsaturated oils,
- Helps to relieve joint pains caused by rheumatoid arthritis especially when consumed with
- Helps to grow good stomach bacteria.
- Has qualities similar to breast milk.





You are in charge of not only Pernod Ricard's Middle East and North African markets but the Turkish market as well. Looking at these regions what differences do you see in terms of consumption?

I have been working as Pernod Ricard's MENAT CEO since 2015 and I am in charge of 12 different countries including Turkey. We are operating in Morocco, Israel, Lebanon, Jordan, Southern Cyprus, Malta, Egypt, Algeria, Tunisia, Syria and Iraq. Although these countries are in the MENAT region they all have different dynamics and characteristics. What they have in common is that, whiskey and vodka are the main categories; except for the local drinks like rakı, 80 percent of spirits consumption in the region consists of whiskey and vodka. As another common feature, alcoholic drinks

consumption and especially the consumption of those in the luxury segment is seen as a status symbol in these countries. In other words we are operating in a region where the emotional benefits of alcoholic drinks brands are as important as the functional benefits of alcoholic drinks. Also a large part of the region and particularly Turkey is strong in tourism. Therefore tourist consumption is a significant factor and we have a special portfolio targeting this specific sector. Turkey accounts for 35 percent of the region in terms of volume and profitability, followed by Israel and Lebanon. Especially the growth of the premium products category in which Pernod Ricard brands are major players is very fast compared to the overall market. One reason for this is the fact that consumer trends develop in the direction of consuming lesser amounts of yet

high quality alcoholic drinks. The second reason is the brand investments made by us and other alcoholic drinks producers.

The region I am in charge of is very dynamic; it involves many risks and great opportunities at the same time. Throughout Europe we are the largest market after West Europe (Spain, Germany) and East Europe (Russia), and Turkey is the 8th largest market in Europe in terms of profitability.

What are the top 5 alcoholic drinks in the world and what is the situation in Turkey?

There are local drinks with very large sales volumes in the world such as Baiju in China, Korea's national drink Soju or Indian whiskeys produced in India. Their sales volumes are measured in billions of liters. So the top 5 inevitably consists of brands in this cat-

egory. Our area of interest and operation in Turkey and in the world is premium spirits. Therefore I can only give you numbers in that category. According to Nielsen's June 2019 data on imported alcoholic drinks, the top 5 brands in Turkey are mostly whiskeys and three of them, including Chivas Regal at number one, are our brands.

Your area of responsibility is the brands that are considered luxury. Are luxury segment brands consumed more easily or is it the opposite?

The new consumer trends in the world develop in the direction of consuming lesser amounts of but high quality alcoholic drinks. Because, especially conscious consumers pay more attention to their health and just as in other sectors, as personal income increases, people's interest in luxury brands increase even more.

We currently observe two main trends in almost the entire world and in our country; the shift from local drinks to imported brands and the shift from cheaper to luxury products. These trends align with our two strategic priorities; as a company we support responsible and moderate alcohol consumption and at the same time, we market luxury brands. Creating luxury brands is a time consuming process that needs a lot of investment and both consumer trends and our sales strategy require us to invest consistently and with patience in this challenging process. It is hard work yet equally enjoyable and in harmony with our mission to be the "Créateurs de Convivialité".

How would you comment on the food and beverages sector in Turkey?

It is a fast developing industry with even bigger opportunities. As a trait of our culture we love socializing with our families and friends and lately we are socializing outside more. Our family for instance, tend to go outside lately for most of the family gatherings and celebrations we used to do at home. On the other hand eating outside has become almost a necessity in our increasingly busy work lives.

In terms of gastronomy we are very lucky because of our geographical location. In addition to Anatolia's indigenous flavors we are living at the crossroads of Aegean, Mediterranean and Middle Eastern cuisines. This gives us a unique advantage no other country has in the world.

I see that it is very difficult to create long-term, stable brands in this sector. Because in time venue owners may lose their enthusiasm to show the same attention and care to their businesses, since this sector requires very long working hours and a very busy work environment. However every venue identifies with its owner, reflecting her or his vision and

lifestyle. Therefore the venue becomes forlorn and loses its vision without the owner. In short, it is not possible to manage such businesses with a corporate management philosophy. If you are running a nightclub for instance, you cannot find a professional who will come to work at 8 pm and take care of the business until 6 am the next morning. Only a venue owner who is passionate about his or her work can do this. Unfortunately we have seen such examples in the recent past; many important brands had to go down the drain under corporate managements.

As with any business, creating a brand is a very long and painstaking process; one has to be passionate, stable and continuous. In that sense Sunset has a very special place in Turkey and even in the world. We have only a few brands with international recognition and Sunset is one of them. The reason for this is the fact that Barış Tansever takes care of his business with the same passion on the first day, has the full grasp of every detail of his job, and he is always one step ahead keeping the pulse of his customers very skillfully.

Although alcoholic drink consumption seems to be directly related to food and beverages sector there are many differentiating factors.

Do you think these two sectors go side by side in general? What changes the demand?

People consume alcoholic drinks on many different occasions and most of them involves eating.

That is to say, we consume alcoholic drinks as we eat or just before or after eating. Although it is not a widespread custom in our country, having an

"AS A TRAIT OF OUR CULTURE WE LOVE SOCIALIZING WITH OUR FAMILIES AND FRIENDS AND LATELY WE ARE SOCIALIZING OUTSIDE MORE."





aperitif just before dinner is very common in Europe and it is a part of socialization. For example the time we spend having an aperitif and socialize before sitting down for dinner at our company dinners is almost longer than the dinner itself. Likewise, a glass of cognac or a similar digestive drink is consumed after dinner. Drinking wine at dinners is very popular in our country and we observe a rise in the consumption of cocktails and lately gin&tonic beforehand, while people are drinking more vodka and whiskey after dinner as their energies rise. At the end of the day, what are we going to eat for dinner and where and with whom are we eating is an important factor in alcohol consumption. Of course pre and after dinner programs are also important. As a result I believe there is a significant parallelism between alcoholic drinks and food and beverages sectors.

Do drinks also come into or go out of fashion? Do marketing specialists set the trends in this sense?

Like every other thing, alcoholic drinks can come into or go out of fashion and marketing activities, trends and investments can have a significant impact on this. For example the rapid development of aperitif category was driven by the marketing efforts of certain companies. Likewise Japanese whiskeys have become very popular thanks to the recommendations made by world-renowned whiskey gurus. Innovation is very important in this regard; many brands come up with different flavors and impress consumers. There are many other factors other than the producers. For instance healthy living trends have increased the interest in low-alcohol category and healthy living coaches have also played a role in this. Many brands have released low-sugar.

gluten-free products. Many flavors like lime and bergamot came into our lives thanks to pioneering bartenders. For example Onurcan and Yiğitcan brothers from Twins Kokteyl Company have pioneered many innovations in terms of cocktails and introduced us new flavors.

In previous years we used to see a lot of thick cocktails but now fresher flavors seem to be more popular. Is this the effect of trends or have our tastes really changed?

We used to see thick consistencies, ready-mixes and cocktail syrups a lot more in recent years whereas now, with the rise of natural ingredients without preservatives, cocktails prepared with fresh fruit and vegetable juices are becoming more popular. For example many bartenders are preparing their own fresh juices and syrups instead of ready-made ones with high sugar content, thus introducing us new flavors while raising awareness among consumers. For instance this year's trend is black cocktails made with activated carbon which is also good for digestion. Therefore I believe there is a permanent change in our understanding of taste. On the other hand consumers in warm countries like Turkey and Spain began to prefer fresh, refreshing flavors in the past five years while increasingly opting for gin category.

You are the first Turkish Master of the Keepers of the Quaich society. How did your paths cross with this important association in the sector?

I have been working in the alcoholic drinks sector since 1997, I mean we are talking about more than 20 years. My career at Pernod Ricard begun in 2002 and in the last 4 years I have assumed regional responsibilities too; I am working as the General Manager in charge of the Middle East, North Africa and Turkish markets. I guess it would not be wrong to say that I am the most experienced person serving in this sector as a professional senior manager.

The Keepers of the Quaich is a highly esteemed and prestigious society where only those who serve and significantly contribute to the Scottish whiskey industry are admitted. They are very selective and follow a rigorous procedure when accepting members. In 2005 my company nominated me to be a "keeper" or an entry level member and taking into account all my contributions to the Scottish whiskey industry to that date, the society accepted me as a "keeper of the quaich". Those who have served the sector for more than 10 years and achieved significant success can be promoted to the "master" level after yet another time consuming procedure. So my company nominated me again to be a "master" based on my efforts to promote Scottish whiskey industry in the Turkish market. Since the society board members receive too many such applications, they have to be very selective. I am the first Turkish person to complete this procedure successfully and deemed worthy of being a master and I am very proud of it for myself, my company and above all, for my country.

As for your personal preferences, what are your favorite drinks or spirits?

Every brand has a special place, it is impossible for me to make distinctions. I drink all of them in different settings and occasions.

What are your favorite go-to places?

Sunset is one of our favorites among the places we like to go in Turkey. Another favorite in terms of good food and an up-beat ambiance is Ruby. We prefer İskele restaurant for seafood since the food is delicious and it is close to our home. One of the best representatives of Southeastern cuisine Antiochia is another restaurant we like and frequently visit. We love Far Eastern cuisine and the two restaurants that make us happy in that sense are Zuma and Miyabi. As for the places we frequently visit abroad, Epicure and Antoine in Paris, Nobu, Zuma and Roka in London.

How do you cope with your busy work schedule?

My wife Evin has played a significant role in my successful career. Because not only she has tolerated my busy work life and frequent business trips but also participated in my work programs as much as possible. This way I have been able to continue my "field trips" that I love so much and have long working hours without any concerns. I am sincerely thankful to her in that sense. In the meantime she became one of the leading brand ambassadors of our brands. As she has become a well-known personality at the company we had the opportunity to develop personal friendships with many senior executives including our group CEO Alex Ricard.



"AS WITH ANY BUSINESS, CREATING A BRAND IS A VERY LONG AND PAINSTAKING PROCESS: ONE HAS TO BE PASSIONATE. STABLE AND CONTINUOUS. IN THAT SENSE SUNSET HAS A VERY SPECIAL PLACE IN TURKEY AND EVEN IN THE WORLD. WE HAVE **ONLY A FEW BRANDS** WITH INTERNATIONAL RECOGNITION AND SUNSET IS ONE OF THEM."

2019-20

WINTER



ABOUT PERNOD RICARD...

Our company was established in 2002 as an English enterprise named Allied Domeca Turkey. At that time our main brand was Ballantine's; after all, products like vodka and gin that we call "white flowers" were distributed in limited amounts and only by Tekel (state monopoly) as the law required. As we had a relatively weak portfolio compared to today.

we were also distributing other companies' brands such as Campari, Jack Daniel's and Jim Beam. Since the global acquisition of Allied Domeca by Pernod Ricard in 2005. we have been operating under the name Pernod Ricard Turkey with very powerful brands like Chivas Regal, Olmeca, Jameson and Martell.

Turkey has been the center of the 12 countries since 2015. According to Nielsen data we are the market leader in terms of value in imported alcoholic drinks category. The market leader in terms of value in the imported alcoholic drinks category in Turkey is Chivas. We have 3 brands in top 5 and 5 brands in top 10. As for Chivas 12. Turkev is among the top 3 markets

in the MENAT region



JOURNEY TO THE WATER OF LIFE: SCOTIANA

WHEN TALKING ABOUT SCOTLAND THE FIRST THING THAT COMES TO OUR MINDS IS PROBABLY THE MOVIE BRAVEHEART WHICH FLAUNTED SCOTLAND'S BEAUTIFUL LANDSCAPE WHILE BRINGING 5 OSCARS TO MEL GIBSON.

BUT THE NEXT THING WOULD SURELY BE WHISKEY, ALSO KNOWN AS 'THE WATER OF LIFE' IN THE REGION...

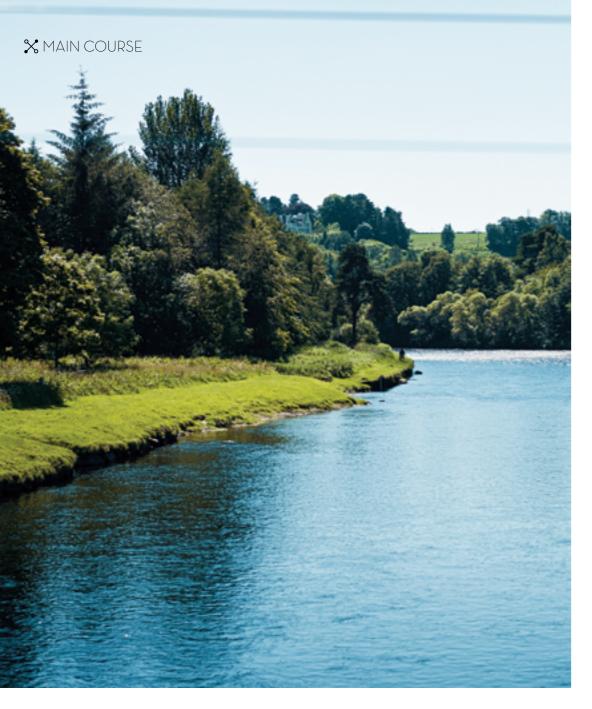
Text SARP ÇÖLGEÇEN

t is no coincidence that the name
Scotland reminds us of whiskey or the
water of life as the locals say. Nevertheless Scotland is the homeland of whiskey.
Dotted with distilleries this region of the
world produces a plethora of whiskey
varieties with different aromas. If you are
planning a trip to Scotland we strongly
recommend you to visit some of them
since drinking whiskey at its homeland is
a really fascinating experience. Below you
will find a selection of whiskey distilleries
you can visit in Scotland and, as always,

the choice is yours...

SCOTTISH WHISKEY REGIONS

There are five distinct whiskey regions in Scotland: Highlands, Lowlands, Islay, Campbeltown and Speyside. Since every region is different in terms of geography and production traditions, the whiskeys they produce have different taste and smel profiles. The most famous among these regions is Speyside where half of the still operating whiskey distilleries in Scotland are located. Many well-known brands like





soaked in water and dried to increase its sugar content. Then the barley which is now called "malt" is ground down in a mill. The ground down malt is then added to warm water to extract soluble sugars. Then they add yeast into this sugar water to get a beer-like liquid called "wash" with 8 percent alcohol. In Scotland the wash is usually distilled two times to increase the alcohol content over 60 percent. Clear as water this high-alcohol liquid is then put into oak casks and stored for at least 3 years. When ready they bottle the whiskey and export them to the four corners of the world.

especially the master blenders specialize in the art of olfaction and blending after long years in the spirits sector. Richard, the manager of Strathisla Distillery is very clear about it: "Science is of vital importance to us: it shows us the right way but of course science cannot decide if something is good or bad. We determine the taste, therefore the emotion." Now let's go over some distilleries you

can visit where you will have the chance to see how whiskey is made and taste whiskeys of various aromas.

Whiskey production involves industry, science and art. Let us explain why it is

some kind of art: whiskey makers and

SCOTTISH WHISKEY IN NUMBERS

science they can reproduce the best

whiskeys they made in the past over

Chivas is the oldest whiskey

brand in the world. After hitting the

caught on among the upper classes.

US market in 1909 it was quickly

Strathisla Distillery has one such

bottle on display at their archives.

Today Chivas owes its success to master blenders Colin Scott and

Sandy Hyslop, Located at 4 hours'

Distillery is open to visits everyday

drive from Edinburg, Strathisla

- Scottish whiskey constitutes 20 percent of United Kingdom's total food and beverages export.
- 39 bottles of Scottish whiskey are shipped to overseas countries every second.
- More than 10 thousand people are directly employed in Scottish whiskey industry.

and over again.

- More than 40 thousand people in the UK make a living out of Scottish whiskey industry.
- Every year 2 percent of the whiskey maturing in the barrels vaporizes. In other words, a twelve-year-old whiskey can lose up to 24 percent and a 25 years old whiskey can lose nearly half of its volume. This loss is called the "Angels' Share".



WHAT MAKES SCOTTISH WHISKEY SO SPECIAL

- The perfect location and perfect climate. • 500 years of distillery know-
- how and experience, High quality natural resources and ingredients,
- The human factor: master blenders, cask makers, distillation experts, farmers and coppersmiths with hundreds of years of know-how.

The Glenlivet, Aberlour, Speyburn, Ardmor. The Glenrothes and Strathisla have distilleries in this region. The whiskeys of the region stand out with fruity and floral aromas. Distillery visits will give you to chance to have a sneak peek to the whiskey world. Scotts are hospitable and warm people with a good sense of humor. And when it comes to whiskey you cannot get enough of listening to what they tell you.

HOW WHISKEY IS MADE

The first step of making whiskey is malting the barley. To do this the barley is





STRATHISLA DISTILLERY

his is the oldest working distillery in Scotland. Established in 1786, it produces 2 million liters of Strathisla Single Malt which



is at the heart of each and every Chivas Regal blend. Continuity is a major issue in whiskey production. Changing climate conditions affect not only the whiskey maturing in barrels but also the barley and spring waters used in whiskey making. The secret here is to focus on the best results. Thanks to advances in

THE COPPER ALEMBIC STILLS USED AT STRATHISLA DISTILLERY HAVE VERY NARROW NECKS. ALCOHOL VAPORIZES AT 78 **DEGREES RISING** THROUGH THE STILL. WHEN IT COMES TO THE NECK IT REVOLVES A FEW TIMES, **EXPOSING ITSELF** TO COPPER A LITTLE LONGER, GAINING ITS DIFFERENTIATING TASTE AND SMOOTHNESS.

between 10 AM and 4.30 PM.



ABERLOUR DISTILLERY

itting in a magical location alongside the River Sprey this small and intimate distillery has a very special place in the hearts of malt



natural spring where Aberlour draws its water as "lour" meaning "to have a conversation" because they believed that this exceptionally pure, sweet, soft and healing spring water could talk. As the healing properties of this natural spring drew more interest, they began using it in making spirits which they consumed as medicine. For Kelts Aberlour stood for wisdom, health and exclusive secrets and they immortalized this idea by erecting a sacred monument by the spring. Aberlour is open to visits everyday between 9.30 AM and 5 PM.



SPEYSIDE COOPERAGE



W hiskey gets its taste and smell primarily from the cask. Therefore casks are extremely important. Each year Spreyside Cooperage produces and repairs nearly 150 thousand oak casks. More interestingly, they still continue to use traditional methods and tools and strictly refrain from chemicals. This is an extremely difficult craft that is handed down from master to apprentice who has to work for at least 4 years to become a master himself. The apprentice coopers who successfully complete these 4 years receive their

title with a traditional ritual called "the Blackening" in which they are put into the last casks they made as apprentices and rolled across the factory floor, then covered with flour, molasses and feather!



3 NATURAL INGREDIENTS TO MAKE SCOTTISH WHISKEY

- Grains; most of the time they use malted barley,
- Natural spring water,
- Yeast.



TAKING A NICE TOUR OF DISTILLERIES IS JUST ONE AMONG MANY OPTIONS YOU HAVE IN SCOTLAND. WITH AN **ENCHANTINGLY BEAUTIFUL LANDSCAPE** AND NATURE. SCOTLAND OFFERS A LOT TO THE DISCERNING TOURIST. TAKE A LOOK AT OUR SUGGESTIONS:



THE MASH TUN **WHISKEY BAR**

The most famous bar in the region sits in a 19th century building alongside the River Sprey. The Mash Tun is the perfect choice for a quiet evening in the bosom of nature. If you like salmon, you must definitely try their smoked salmon. There are people who drive here 2 - 3 hours only to eat it. While sipping your whiskey in Mash Tun your mind will embark on a pleasant journey to the past.



THE GORDAN CASTLE

A magnificent castle encircled by historical walls, offering a true Scottish experience... Large windows, soft carpets and the high ceiling will make you feel like a count as soon as you set foot in the building. Here you can try the "Higgis", a savory pudding made with sheep's pluck but let us warn you that the taste and smell is very strong! The castle is also available for large groups for parties or other events.

DOWANS HOTEL. ABERLOUR SCOTLAND

owans Hotel is very successful in terms of price-performance. The owner Michael is very charming and friendly, and he had worked in Turkey for many years as a senior executive. After retiring he had come back to Speyside and bought this hotel which he runs with his family in a boutique hotel manner. Don't forget to check their whiskey room where you can taste and buy many varieties you cannot find in Turkey.



THE CRAIGLLACHIE **SPEYSIDE VE COPPER DOG RESTAURANT**

A country house at the heart of Aberlour, surrounded by a beautiful landscape... The hotel is well known not only with its perfect service and facilities but also its Copper Dog restaurant. The menu offers gluten-free and vegetarian options too. They use only organic and natural ingredients sourced from local farmers. We definitely recommend this hotel and restaurant.

AND SMELL PRIMARILY FROM THE CASK. THEREFORE CASKS ARE EXTREMELY IMPORTANT. DISTILLERIES COMBINE TRADITIONAL METHODS WITH INDUSTRY AND DO NOT USE NAILS. GLUE OR OTHER MATERIALS IN CASK PRODUCTION AND REPAIR. THEY STILL USE TRADITIONAL METHODS AND TOOLS AND STRICTLY REFRAIN FROM CHEMICALS.

WHISKEY GETS ITS TASTE









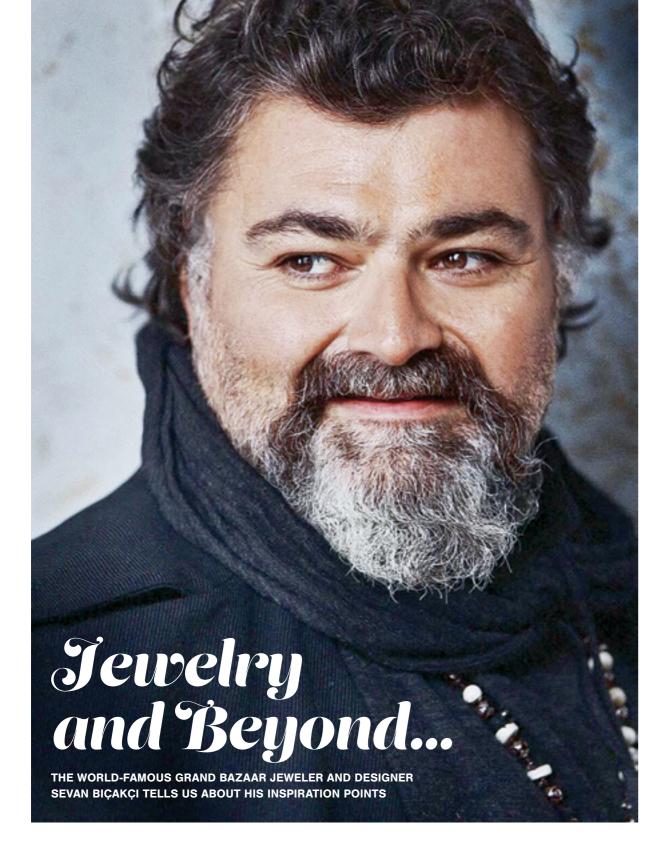


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Your designs have features reminiscent of antique objects and jewelry. What is the role of history in your creations?

I am not a historian but living in a time machine like Istanbul inevitably acts on my designs. I am constantly aware of the fact that I am living in one of the most exceptional cities in the world which had been the capital of three empires in the past. This city has welcomed caravans of the Silk Road and countless immigrants from around the world thanks to her fertile and favorable location and weld-

ed many cultures together to find her unique identity. What I am interested in is to express that feeling through design. I breathe in Istanbul's one of a kind spirit and try to materialize it as much as I can through my designs.

It seems that Istanbul has a great impact on your jewelry...

Isn't it natural? If I were born and raised in Rome, still I would have come up with timeless and multilayered designs, but they would sound different. I am happy that I am

not trying to mimic the sound of another place or another person.

Do you preplan your designs and proceed accordingly or do you prefer to work more spontaneously?

Even if I premeditate improvisations come naturally in the process. We generally discuss the emotions an inspiration source emits among the team and draw sketches. We may divert from the original plan during drawing or production stages if we feel we

would get a better result, and this happens almost all the time.

Are design and production a one-man job or if you work with a team how do you manage the process?

17 years ago I laid the groundwork of a modus operandi which would later become my signature. Explaining the requirements of this identity to my colleagues at the studio is perhaps the most important part of my work at this stage. I am running an atelier where artists, sculptors, calligraphs, glass and ceramics craftsmen and many virtuous artisans work together under the same roof. I try to closely observe the creative handcrafting skills of everyone working in production and challenge them as much as possible so that we can improve our style and skills to another level. Those artisans and craftsmen who have duly improved their skills are free to come up with suggestions.

Is there difference between the pieces that are more popular in Turkey and abroad?

Pieces decorated with calligraphy and remind of Islamic culture are losing their popularity especially in Western societies lately, but at the end of the day this is who I am; I cannot change my heart nor my style to be appreciated by more people. There are enough people in the world who doesn't have such fixations. I prefer to look up to them as good examples.

Did opening a showroom in Miami work up or change your style?

Very soon we are going to participate in Art Basel/ Design Miami event, and it will be our third time since we opened the Miami showroom. We are talking about an organization that normally doesn't accept any jewelry brands as participants. Therefore we are working very hard to conceive an installation in which we can exhibit every piece in a stunning way yet at the same time reflect their character as a whole. In addition to jewelry design, setting up installations also has become a part of our work. I find this very exciting... On the other hand, tropical culture became a part of my life with its music and all kinds of creatures and especially the birds in all colors. Comparing Miami with Istanbul would be grossly unfair of course, but at the very least, Miami is also a melting pot of people coming from four corners of the world. I hope it will go on that way...

Your watches are highly valued in the market. How do you explain that?

A few of my watches are legible enough to read the



time easily... If a collection of 85 pieces is completed in 9 years, those high prices are inevitable. I hope they will be valued even more 100 years from now!

Surely you must know a few undiscovered addresses for good food at the Grand Bazaar. Can you tell us about them? Where do you take a guest coming from abroad?

Tradesmen of Grand Bazaar are accustomed to eating good food at home. Therefore, no matter if it is a kebab restaurant or a local eatery for tradesmen, if the food is somewhat mediocre, they strongly protest and never set foot in that place again. Aslan Restaurant is a long-lived establishment and it is very close to my studio. I have been eagerly trying to introduce Şeyhmuz's heavenly kebab trays to the world... Apprentices with a good sense of taste yet small salaries may not be able to go there but they can go to Fahri at Sıraodalar. It is the only place where the master and the apprentice are treated equally; you are expected to eat the day's fix menu obediently and leave as soon as you're finished. I know of many business owners who were kicked out because they didn't go by Fahri's rules. He is in his 90s now and still comes to work every day. As I wish him a healthy and long life, I cannot help but think that I am being selfish, thinking of my own



I AM RUNNING A STUDIO WHERE ARTISTS. SCULPTORS, CALLIGRAPHS. GLASS AND CERAMICS CRAFTSMEN AND MANY VIRTUOUS ARTISANS WORK TOGETHER UNDER THE SAME ROOF, I TRY TO CLOSELY OBSERVE THE CREATIVE SKILLS OF EVERYONE WORKING IN PRODUCTION AND CHALLENGE THEM AS MUCH AS POSSIBLE SO THAT WE CAN IMPROVE OURSELVES TO ANOTHER LEVEL.













Alfredo Fettucini and Pier Luigi in Rome, Annabel's and Isabel in London and Carbore and Merea in New York.

YOUR FAVORITE FOOD...

This is a difficult question! If I have to choose just one, I would say seafood risotto.

ABOUT YOUR RELATIONSHIP WITH FOOD...

My taste comes from my mother; she cooks delicious food and cooks abundantly; she loves to feed everybody.

DO YOU COOK?

Yes, and I am a great cook. My "casserole" and "chicken with bechamel sauce" are especially famous.

DO YOU HAVE A "GUILTY PLEASURE" THAT YOU LOVE TO EAT AND REGRET AFTERWARDS?

Desserts! A delicious meal should end with a dessert. I try to choose lighter desserts in general but there are some things that I cannot say no, like Sunset's pumpkin cheesecake.

IS THERE A HEALTHY FOOD YOU PARTICUARLY EAT OR A DIETARY HANG-UP?

I try to be careful about what I eat during the week and cheat in weekends. I am trying intermittent fasting as a new trend and balance my food intake by exercising a lot.

YOUR DAILY EATING ROUTINE...

Generally I eat three times a day, but may I have business dinners or leave work at a late hour so unfortunately, I eat dinner late sometimes.

DO YOU GET OUT OF THIS ROUTINE WHEN TRAVELING?

Yes; we like to explore new restaurants especially when we travel as a family.

WHAT DO YOU PAY ATTENTION TO OR TAKE NOTE OF WHEN YOU ARE DINING WITH SOMEONE FOR THE FIRST TIME?

It is very important to me if the person I'm dining with comes on time or not.

Also if the person eats slowly or quickly may give you a general idea.

SUNSET IS...

Beautiful view, delicious food and topnotch service...

HOW FREQUENTLY DO YOU COME TO SUNSET?

In addition to being my restaurant of choice for business dinners especially when I have foreign guests, Sunset is also a place we love to come as a family on our special days.

WHAT IS YOUR FAVORITE MENU WHEN THROWING A DINNER PARTY AT HOME?

Our friends definitely want to try my casserole and casserole comes with rice of course...

WHAT DO YOU USUALLY EAT WHEN GETTING A BITE WITH YOUR CLOSE FRIENDS AT HOME?

We always have an olive oil dish and salad varieties at home. We prefer healthy snack options.







YOUR FAVORITE PLACES AND FOODS IN OTHER CITIES...

A Spanish restaurant called Cambio de Tercio on Brompton Road in London... Also the Rabbit Restaurant on King's Road is a very nice place serving natural game meat and organic food they source from their own farm and from Sussex countryside. On Boston's Newbury Street there is a small seafood restaurant called Saltie Girl. As for our favorites with my husband in Zürich, the Hummer Bar at St. Gotthard Hotel is a very special place where the quality of food and impeccable service haven't changed for years. Savoy Bar's ambiance and the perfect mushroom risotto of Bindella are also unforgettable.

YOUR FAVORITE FOOD...

Circassian chicken.

ON YOUR RELATIONSHIP WITH EATING...

Everybody loves to eat in our family. Cooking food and spending time together at the dining table is like a ritual for us. The whole family gathers and spends quality time together at the dining table for 3 or 4 generations and these are very special moments. An elegant table layout is surely very important too and we value all aspects of it from how the food is presented to the table cloth and even the napkins.

DO YOU COOK?

I do, but only on special occasions. I don't

have much time to cook in my everyday life but I love to prepare something different on weekends. There are some classical dishes that I cook well like Circassian chicken, fillet of beef Wellington, fish mayonnaise and crème caramel, which sometimes my friends specially ask me to cook.

DO YOU HAVE A "GUILTY PLEASURE" THAT YOU LOVE TO EAT AND REGRET AFTERWARDS?

I do love to eat many different things but I never go on a binge, so none of my pleasures are "guilty" in that sense. I really love chocolate desserts, mango sorbet, strawberries and oysters.

YOUR DAILY EATING ROUTINE...

For breakfast I eat muesli and fruits on weekdays and on weekends I go for a cake, croissant or anything I like actually...
As for lunch and dinner I prefer vegetables. I try to eat more fish. I don't eat desserts in my daily routine.

DO YOU GET OUT OF THIS ROUTINE WHEN TRAVELING?

I sometimes do, especially if I go to a place where I like the food.

WHAT DO YOU PAY ATTENTION TO OR TAKE NOTE OF WHEN YOU ARE DINING WITH SOMEONE FOR THE FIRST TIME?

Table manners are very important to me. I think food deserves to be respected. I

don't approve people who leave food on the plate. Also I don't like people who wave their knife and fork while talking or lean back at the table. Such gestures give me hints about their personality.

SUNSET IS...

I think Sunset has a warm, pleasant and quality atmosphere. It is a place that gives joy of life and makes our lives tastier. I love their Sushi menu and especially Yellowtail Sashimi with Yuzu dressing.

HOW OFTEN DO YOU COME TO SUNSET?

Whenever I find the chance but I wish I could come more often!

WHAT IS YOUR FAVORITE MENU WHEN THROWING A DINNER PARTY AT HOME?

Bresaola wrapped in asparagus with a good balsamic, fillet of beef Wellington with mushroom sauce served with spinach puree, Persian rice, oven baked quince.

WHAT DO YOU USUALLY EAT WHEN GETTING A BITE WITH YOUR CLOSE FRIENDS AT HOME?

A delicious pasta, oven baked fish, salad and ice cream.





f you'd like to eat something delicious in an impressive setting and want a bar as well, I would definitely suggest Chumley's. The historic pub brings together these three different concepts beautifully with a fantastic decoration and a delicious hamburger made with a splendid combination of a special sauce, American cheddar cheese and crispy fried onions. You must definitely try this crazy double-stack burger and don't underestimate the cocktails too: Chumley's used to be the place where Hemingway and Fitzgerald come and sip their cocktails. Add this as a small note to your to do list.



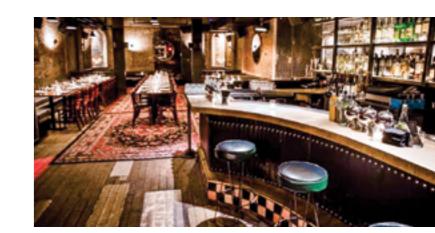


s the fall comes New Yorkers begin to come back from their summer houses or vacations. The inhabitants of New York generally prefer to spend July and August outside the city and with their return the buzz begins all over again. These months are the time for venues, museums, hotels and all kinds of places you can think of to

renovate themselves. One of them is MoMA, the Museum of Modern Art, one of the landmarks of the city. To visit this museum which is known as the world's most important modern art sanctuary, you need to buy an online ticket first. MoMA opened the new season on 21st of October with a totally renewed face, offering live performances and new galleries.



can almost hear you asking where to stay... New York offers a variety of accommodation options suitable to every budget. My choice is The Beekman. Although I come from a family of hoteliers and we do hotel business in New York I must admit that The Beekman is my favorite especially because of its interior decoration. The prices are high, but the hotel totally deserves a visit even just for the sake of that impressive decoration. The Beekman also houses Tom Coliccho's Temple Court restaurant where the acclaimed chef and restaurateur offers you a five-course tasting menu. Even if you choose to stay elsewhere, I urge you to pay a visit to The Beekman to see the decoration of the entrance hall and try the restaurant.



y hint for a night of music and fun at a club is Acme. Once a rock'n'roll club Acme now houses a restaurant at the first floor and a nightclub called Acme Downstairs below it. The venue is the brainchild of the creators of the famous Indochine and Bond St. I suggest you try their much loved cocktail Foxy Brown, a quite simple yet delicious mixture: Tequila, brown sugar, ginger and lime.



mack & Bolio's is one of the best ice-cream shops in New York. As you step inside the small venue you will find yourself in an ice-cream and waffle cones heaven. You will be baffled to chose from 20 different ice-cream flavors and waffle cones covered with different cereal varieties. I chose a colorful fruit loops cone with espresso ice-cream. Bon appetit!

f you are only interested in fashion, love everything about fashion and an avid follower of brands, the only place I can suggest among all those brilliant coffee shops in the city is Coffee'n Clothes. Here every coffee variety carries a brand logo. How about a Hermès latte for instance? Don't ask "what do you mean", just go and find out yourself...





alking about brands and architecture, I would like to mention two places on my list. The first one is The Vessel, an elaborate honeycomb-like structure made up of interconnected flights of stairs, designed by British designer Thomas Heatherwick at Hudson Yards at the West Side of Manhattan. This landmark structure has 154 flights, 2.500 steps, and 80 landings, standing on a shiny copper-clad steel carrier system. Located just behind it is the Hudson Yards real estate development with so many wonders to explore, including stores, restaurants, tea rooms, brands, hotels, residences and more. An enor-

mous investment and I think the most impressive among the large development projects I have ever seen to date. I had been waiting for years for Neiman Marcus to finally arrive in New York and now it is at the top of a retail complex for a four-story huge shopping spree... Mercado Little Spain, the brainchild of one of the greatest names in the food and beverages sector Jose Andres, is located at the ground floor. As the name implies Little Spain is like Spain in a nutshell, with tapas, paellas, churros, Basque cheesecakes and much more. The first time I went there I did my shopping and lost myself in Little Spain...





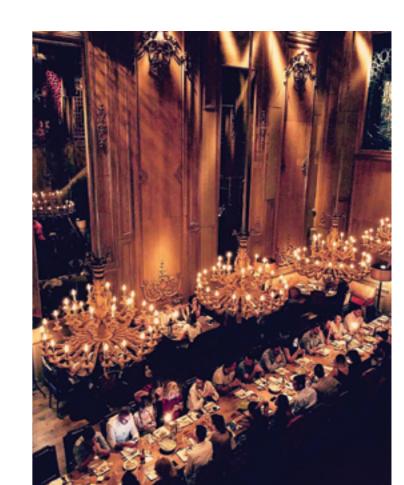
If the luxury hotels in New York have their unique characteristics. It feels like they are inviting you to a visual feast. One of my favorites among them is The Whitby Hotel. Located at the Upper Midtown Manhattan, only 500 meters from Central Park, the Whitby is known for its proximity to luxury department stores like Saks Fifth Avenue and Bergdorf Goodman. With floor to ceiling windows, all the rooms at the Whitby are designed in a different way and some have their own private terraces looking over the Manhattan skyline. The name behind the hotel's brilliant interior design is none other than Kit Kemp. The hotel also features an in-house cinema. Room fees start from USD 600 and can go up to USD 12.000 per night, depending on which room you choose.





ne of my favorite pastimes in New York is to explore the city on foot. I guess I haven't had enough of this for nearly 29 years. Another favorite is to wander around the bookstores, whiling away ransacking the bookshelves and buying books. To me, one of the most beautiful among the city's bookstores is The Strand, the largest and most colorful in the city with multi-story stores and 238 employees. In 2016 The New York Times named The Strand as the "undisputed king of bookstores". You have to see it...

ou left the bookstore in the evening, feeling a little hungry and craving for some Asian food... Some venues in New York have achieved cult status and they never go out of vogue. One of them is the Buddakan which was opened decades ago. The restaurant had made a tremendous impression with its magnificent interior at the time and it is still admired by many, including me. Aside from its interior decoration the restaurant-bar offers everything an Asian restaurant should and the food is really great. What to eat then? Steamed Edamame dumplings, lemongrass juice and rock shrimp for starter. I suggest Sticky Rice as the main course and leave the dessert to your choice.





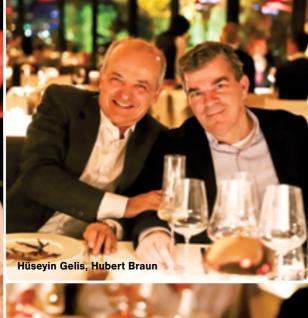


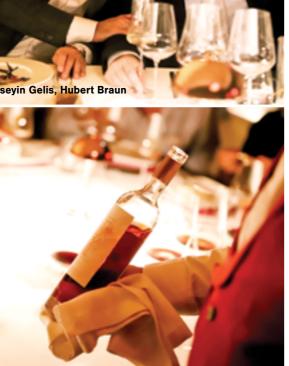


























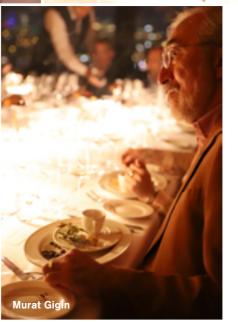




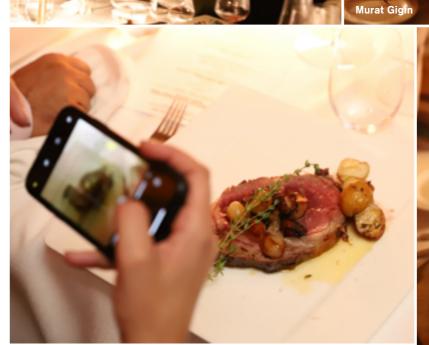




















ine Lovers dinner series is a monthly Sunset initiative in support of local producers. The first quest of this month's event cers. The first guest of this month's event was Urla Winery. Hosted by the brand's co-founding couples Can - Sevda Ortabaş and Yavuz - Sedef Karacasulu the dinner was an excellent opportunity for participants to learn about the history of the winery as well as their grape and wine varieties. Sunset's Wine Lovers dinners feature a different local brand every month and those who are interested in participating are kindly expected to reserve their places. The wines to be presented during the dinner are sent to Sunset in advance so that Sunset's Culinary Innovation Director Fabrice Canelle and Sommelier Süleyman Şen can work on a special menu together.

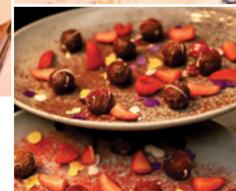






his month Sunset's second guest at Wine Lovers dinner series was Selendi Wines. Dinner participants found the chance to taste a selection of the brand's wines paired with a delicious menu, while the general manager Muhittin Esen told them about Selendi's wine varieties and their characteristics. Having reserved their places beforehand, dinner participants cheerfully enjoyed a delicious menu created by Fabrice Canelle around a large table. Wine pairing was done by Sunset's experienced sommelier Süleyman Şen. At the end of the evening our wine-loving friends seemed very satisfied.























THE SUNSET SEASONAL OPENING PARTY HOSTED MANY GUESTS. IT IS THE CITY'S CLASSIC **EVENT WHICH BRINGS** ISTANBUL SOCIALITES TOGETHER AFTER THE SUMMER HOLIDAYS. **GUESTS ENJOYED THE** JOYFUL NIGHT AND THE MUSIC PROVIDED BY DJ. MEMO GARAN.

















Sevan Bıçakçı

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