



Bridging Ancient and Modern Culinary Worlds, in Istanbul, Turkey.

Istanbul is a city of layers. Ancient minarets rise above hip coffee shops; winding market streets give way to rooftop terraces and buzzing night life. In a city where Ottoman food ways meet contemporary dining culture exist side by side - what can we learn about food resilience that we don't already know? What does it mean to bridge the gap between the ancient and the modern? Between the East and the West?

In this episode, Jay, Garth, and their team of food experts explore Istanbul, tasting their way through a city that sits at the crossroads of civilisations.

Between a vibrant fish market, a backyard grill, and a traditional tea garden, the group discovers a city where fresh produce and communal dining have survived globalisation and now shape the future of food. They trace the Ottoman roots of meze culture, debate the limits of the "Mediterranean diet" as a label, and reflect on how Turkey's adaptive food identity can hold a mirror up to food cultures in the West.

This episode also takes a wider look at how food content has been transformed in the digital age. From longevity experts to epicurean influencers, the group maps out the new landscape of food media, and asks what it really takes to inspire people to eat better. The conversation also returns to something essential: that the best food system starts not with policy, but with pleasure.

If you've ever wondered what the world would look like if food culture had never stopped mattering, and what the rest of us might learn from that, this is your place to start.

Highlights:

- Welcome to Istanbul: first impressions from the terrace (0:10)
- The Ottoman tradition of sharing and snacking (3:53)
- Rethinking the "Mediterranean diet" label (8:51)
- The history of Turkish cuisine: Byzantines, Ottomans, and beyond (12:51)
- Shopping like a local at the fish market (15:28)
- "The sea in the middle of the land": understanding mediterranean geography (19:25)
- Istanbul as a bridge between East and West (29:51)
- Social media and a new era for food education (35:17)
- Three types of food influencer: the fitness aesthetic, the biohacker, and the epicurean (37:01)

- How to grill a whole sea bass (44:59)
- Diet, mental health, and physical activity are three pillars for health to emerge (50:19)
- What your first 1,000 days have to do with your sugar habits (1:00:41)
- Personalised nutrition: does it have to be expensive? (1:01:48)
- Drawing conclusions over dessert at a chai bahçesi (59:08)
- Reconnect, integrate, be resilient (1:09:36)
- Next time on the Philanthropist's Conversation: where individual power ends and systemic change begins (1:11:21)

Social Media Note:

This month, the Philanthropist's Conversation goes to Istanbul...

After the flavours of Asia, we take the road a little further west, and land somewhere just as extraordinary: Turkey, a country on the continental border between East and West.

We meet our cast again in Istanbul, a city of layers, where centuries-old food traditions and contemporary life coexist, and show us a new path to resilience.

Follow Jay, Garth, Rohan, Zane and Mateo into the fish markets, the backyard kitchens, and the tea gardens of Istanbul to ask a question that feels more urgent than ever: how can culinary roots continue to exist in a hyper modern world?

From longevity experts to epicurean influencers, this episode spans the new landscape of food media, and asks how we can inspire people to eat better. It continues to discuss how food and health are linked, and discusses whether modern approaches like personalised nutrition actually work.

 The Philanthropist's Conversation is out now wherever you listen.