

The Role of National Cuisine in Central Asia

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Abstract: *The influence of Uzbek culture and traditions was so strong that all the other countries of Central Asia had taken something from Uzbekistan. Unlike other nations of Central Asia, that had a nomadic lifestyle, Uzbeks mostly were settled nation. In this article, importance of Uzbek foods and its types are explained.*

Keywords: beef, snack, meat dishes, distant ancestors, legumes.

1. INTRODUCTION

Food in Uzbekistan is a way of life. The way Uzbek people treat cooking is the subject of careful study. Even the most scrupulous researches will not help to identify trends, rules and even more laws. These are recipes on emotions with a lot of nuances and requirements for the dish. Some experts believe that the modern Uzbek cuisine in all its diversity formed relatively recently - 120-150 years ago. It was then that the region began to be widely penetrate products and culinary techniques of European cuisine. Kitchen is widely known outside the country. Uzbek restaurant is in many major cities of the CIS, in the culinary capitals of the world: in New York and Paris. According to the site "Restaurant rating» Uzbek cuisine is among the most popular in Moscow (2010), as of the year 2005 in the capital of Russia, there were about 50 restaurants Uzbek cuisine.

2. MATERIALS AND METHODS

Currently, modern gas and electric ovens, kitchen utensils and appliances are broadly used for cooking Uzbek food. However, traditional methods of cooking are still popular. An obligatory element of kitchen ware is a cauldron (usually of several types and sizes). Tandyr (clay oven) is almost an obligatory element, especially of rural places.

The traditional type of dishes, which serves Uzbek food plov and many other dishes is lyagan (large flat plate or dish). While eating Uzbek meal forks are used on rare occasions. If pilaf is not eaten by hand, then it is accepted to eat with a spoon. Other utensils used in the Uzbek cuisine are a kosa (deep bowl) and a piala (a cup for tea).

3. RESULTS

An important place in the Uzbek meals is occupied by hot soups (shurpa) on strong broth. As a rule, they are dense, spicy, with lots of vegetables and greens. Almost all traditional dishes include meat. It is usually mutton, beef and horsemeat are used, in coastal regions, fish is also used. As a Muslim nation, pork is prohibited in Uzbekistan. Popular meat dishes are shish kebab, manti, khanum, kazy and cold meat snacks like kavurdak and khasib. Eating traditional Uzbek food would be incomplete without Uzbek tea. For centuries in the teahouses serious questions and sincere

conversations were conducted with a cup of aromatic tea. Gathering in the tea house is the traditional privilege of men. For centuries, Uzbekistan was closely connected with Persia and Tajikistan thus adopting much from their cultures and traditions. In the Uzbek tradition, it is customary to cook soups on low heat and salt at the very end. Unique soups of Uzbek food are mastava (from meat, rice and vegetables, which is served with sour milk, pepper and spices); mashkhurda (bean soup with rice, potatoes, onions, herbs and sour milk); mash-atala (thick soup of roasted fat, onion, carrots, beans and flour); moshubirinch (mutton, tomatoes, beans and rice); cholop (cold soup from sour milk, radishes, cucumbers and greens). Uzbek noodles are almost always cooked with meat.

Meat dishes seasoned with Uzbek spices are the most common among the second dishes of Uzbek meals. They are: pilaf, cutlets, shashlik, manti, kebab, lagman, samsa and all sorts of pies with meat, rice, pumpkin and other fillings. Meat is served with vegetable salads or meat is stewed with vegetables. Also, Uzbek national meals are characterized by the use of cereals and legumes (such as rice, jugara, wheat, peas). Vegetables are also popular. Primarily, these are pumpkin, turnips and carrots.

4. DISCUSSION

The Uzbeks are very respectful of bread. The main Uzbek bread is the flat cake "obi-non". For the holidays patyr (flat cake with the addition of mutton fat) is baked. Bukhara bread is sprinkled with sesame seeds. In spring, the dough for obi-non is cooked on the infusion of fresh shoots of mint, dandelion, spinach, quinoa and many other herbs. On the lookouts cakes with butter and sour cream are prepared. Different additives are used in different regions of Uzbekistan, but the technology of cooking obi-non has not changed for centuries.

Uzbek sweets are a common thing in Uzbekistan. Here are almost 50 kinds of khalva. The Uzbeks prepare delicacies from nuts, fruits and cirups. The abundance of fruits and berries is used in Uzbek meals for the preparation of sweet compotes, medicinal infusions, refreshing sorbets. Melons and watermelons are independent desserts.

Eating traditional Uzbek food would be incomplete without Uzbek tea. For centuries in the teahouses serious questions and sincere conversations were conducted with a cup of aromatic tea. Gathering in the tea house is the traditional privilege of men. For centuries, Uzbekistan was closely connected with Persia and Tajikistan thus adopting much from their cultures and traditions.

Uzbek cuisine consists of dough, meat, lots of herbs and spices, sheep fat, sunflower, cottonseed and sesame oil. Frequently used spices and herbs are zira, barberries, coriander and basil. From dairy products, Uzbeks use Katik, yoghurt.

Traditionally Uzbeks have meals on the short-legged table or the floor covering it with *dastarhan* (tablecloth). Guests sit on small cushions around *dastarhan* to have a rest before and after dinner. Every meal starts with tea, fruits and vegetable salad, and then soup and main course are served.

Every meal starts and ends with a tea ceremony. *Kuk-choy* is a popular green tea served during the hot season. In Tashkent *kora-choy* (black tea) is more popular. Tea is spiced with special herbs and served in small *piala* with *kand-choy* sugar. The tea table is completed with oriental sweets like *khalva*, *navat*, *katlama*, *bugirsok*, *zangza* curd rolls, *nisholda*, *sumalyak*, *kush-tili* and *chak-chak*. All these oriental and interesting sweets look so tasty and attractive you can hardly resist.

5. CONCLUSION

In Uzbek national cuisine there are marked differences between regions. In the north of the main dishes are rice, dishes made of dough. In the southern part of the country, preference is given multicomponent dishes of vegetables and rice. In the Fergana Valley are preparing a darker and fried rice, in Tashkent lighter. The Uzbeks are very hospitable and cheerful people. They are happy to serve the guests with dishes prepared by their distant ancestors. The food of Uzbek cuisine is open to the influences of other cultures, but each borrowed dish is prepared in its own Uzbek way.

6. REFERENCES

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