

Some Lexical Units on Uzbek Traditional Food

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Abstract: The article analyses some savoury and delicious Uzbek traditional cuisines such as plov, non, shurpa, somsa and refers Uzbek people as a hospitable people. It gives information about the types of Uzbek bread and ingredients of somsa. Various Uzbek national dishes impresses with its unusual quantity and amazing taste.

Keywords: traditional cuisine, taste, recipe, delicious, generous, kindness and hospitality, bread, green tea, aroma, reflect, ingredients, healthy food,

Introduction

As we know, each country has its own traditional cuisine, which reflects its cultural and historic identity and makes this country different from others. Uzbek food is based on the rules of proper nutrition from time immemorial. Everyone who visits a country wants to feel the nationality of this or that country, and its colorful culture attracts every visitor. One of the essential components of Uzbekistan, which gives it a unique ethnic flavor, is Uzbek cuisine. People from all over the world like and respect Uzbek cuisine, it is one of the most delicious and varied cuisine in Central Asia, even only the names of Uzbek dishes open the appetite and it will make a person's mouth water. It is difficult to taste such a delicious and diverse dish all over the world.

Whenever we speak about the traditions of the Uzbek people, it is worth mentioning that their hospitality and friendship, the preparation of its most delicious dishes and the acquisition of a special charm brought them to the level of art. In a word, the Uzbek people are a very hospitable people. In Uzbek culture, first of all they served food as a sign of respect for the elders and visitors. Our Uzbek people have always been hospitable, very popular among other nations for their hospitality and generosity. We often buy expensive sweets, various nuts and almonds from shops for guests and do not forget to hide them in one place. This means that this nation is not the first to satisfy itself, but the guest. It is impossible not to honor this wonderful custom of our people.

If you visit to any region of Uzbekistan, you will see the kindness and hospitality of the people. Maybe other nations have the same hospitality. However I can say with confidence that it will be difficult to find such hospitality in another country. The achievements of our people and the great character that makes our people known to the whole world.

In addition, there is an opportunity for tourists to fully enjoy Uzbek holidays. A rich list of Uzbek dishes corresponds to the tastes of each traveler. The main thing is that there is an opportunity to choose the types of food according to your own preferences, rich in vitamins and proteins; the main thing is that the food is natural, without chemicals. The variety of Uzbek national dishes impresses with its unusual quantity and amazing taste.

Everyone who has been in Uzbekistan has known such dishes as Uzbek plav, samsa, shashlik, manti, shurpa, lagman, khanum and many others. These dishes have a wonderful aroma; this smell will motivate you to taste the dishes. Many Uzbek recipes have a centuries-old history, and the process of preparing dishes along with various rituals has reached our days. All the peculiarities of Uzbek cuisine have been formed over the centuries. National Uzbek food is a special layer of the culture of the Uzbek people. In our fertile valleys, various vegetables, fruits and grains are grown, cattle that are the basis of milk and meat are also fed. A hearty, dietary dish made from poultry meat products has a specific taste.

In Uzbekistan, grain production is very large, so bread and noodles are of great importance, and Uzbek cuisine is considered "noodle-rich". Pastries and sour-milk dishes occupy an important place in Uzbek cuisine. The Uzbek national dish is distinguished by its wide use of meat: sheep, cattle and horse. Mutton meat is a popular meat variety because of the abundance of sheep in the country, it is used in almost all kinds of Uzbek dishes. The ingredients used vary depending on the season. In our country, which is called Paradise harmonic in terms of climate, the consumption of products grown in each season is exchanged. For example, in winter, dried foods, fruits and vegetables, noodles and canned food are eaten, and in summer more consumption of vegetables, fruits (especially melons) and nuts is noticeable.

Different regions of the country cook in their own way. On the north, the preference is given to plov, roasted meat, pastry and non (flat bread). On the south people prepare wide variety of complex dishes of rice and vegetables and make excellent desserts.

Bread (non, obi non) plays important role in Uzbek cuisine, and is influenced by pre-Islamic traditions. The breads of Uzbekistan should be considered the eighth wonder of the world. Breads are inseparable from daily life—imbued with meaning way beyond physical nourishment. Traditional Uzbek bread, called generically non or patyr, which baked in the form of circular flat loaves (flat bread in English) with a thin decorated depression at the center and a thicker rim all around. Nons are brought to the table with the decorated side up, then torn into irregular chunks which are stacked on the bread plate. Every region has different varieties of non. We will learn below about some kinds of Uzbek bread:

1. Obi non is the tasty bread of Uzbek cuisine. Obi nons are mentioned in one of the oldest written works, the Epic of Gilgamesh. Obi nons are baked in clay ovens called *tandir*.
2. Samarkand non. In different areas of Uzbekistan, obi non is baked in different ways. In Samarkand, small thick obi nons, the shirma nons are the most popular.
3. Bukhara obi non sprinkled with sesame or nigella, making a delicate aroma.
4. Wedding patir (flaky obi non) from Andijon and Kashkadaryo. According to ancient traditions, this aromatic bread prepared with cream and butter was served during matchmaking meetings.
5. Tashkent lochira, plate-formed obi non, baked from short pastry (milk, butter, and sugar). Jirish non is specially prepared bread from flour mixed with wheat. Nomadic tribes did not make tandirs because of their way of living, but cooked bread on butter in kazans (cauldrons), preparing the dough on a milk base.

Uzbekistan's signature dish is palov (*plov* or osh or palov, "pilaf"), a main course typically made with rice, pieces of meat, oil, grated carrots and onions. Depending on the region of Uzbekistan, such components as peas, garlic, barberries, quince, dried apricots and raisins are added to this delicious Uzbek national dish. Pilaf is washed down with tea, eaten with salads. Sometimes pilaf is eaten with patyr (type of Uzbek bread). However, such eating is for rare eater. The main difference from other pilaf dishes is not the composition of the products but the technology of preparation. Depending on the method of preparation, pilaf is always different, but all of them are delicious in their way. It is usually cooked in a kazan (or *deghi*) over an open fire.

Although often prepared at home for family and guests by the head of household or the housewife, palov is made on special occasions by the *oshpaz*, or the *osh* master chef, who cooks the national dish over an open flame, sometimes serving up to 1,000 people from a single cauldron on holidays or occasions such as weddings. Nahor oshi, or "morning plov", is served in the early morning (between 6 and 9 am) to large gatherings of guests, typically as part of an ongoing wedding or other some kind of celebrations.

Another one of notable national dishes includes shurpa (*shurva* or *shorva*), a soup made of large pieces of fatty meat (usually mutton) and fresh vegetables. Norin and lagman, noodle-based dishes that may be served as a soup or a main course; manti (also called *qasqoni*), chuchvara, and samsa, stuffed pockets of dough served as an appetizer or a main course; dimlama (a meat and vegetable stew) and various kebabs, usually served as a main course.

Next one delicious Uzbek food is samsa. Do not confuse samsa and meat pie - they are completely different things. With the relative similarity of the ingredients, they are less similar to each other than pilaf and rice porridge. Samsa is an invention of oriental cooking and therefore it looks oriental, smells oriental and tastes oriental. How it turns out is a mystery. In semi-finished products, these are just products. Bread and samsa are baked in the tandoor. Samsa baked in a tandoor is the most correct samsa. There are a lot of samsa types. They differ in the type of dough, method of preparing and filling. There is samsa from unleavened dough, there is from puff pastry. Samsa differs in size - from small, which can be eaten by a dozen, to huge, such that an adult hungry man can eat no more than two. In the filling of samsa, you can put not only meat - samsa with pumpkin, potatoes, chicken is known, there is green samsa, where the filling consists mainly of finely chopped greens, such as spinach, mint with the addition of some fat. Uzbek people call them "kuk somsa". The most important component of the filling is onions. Whatever you do samsa, what kind of meat or vegetables, we cannot do without onions. Spices for samsa are black pepper and cumin. Cumin (zira) is a special spice that, in combination with meat, it helps to give samsa a deadly salivary aroma.

Now we will say some words about Uzbek drinks. Uzbek people love tea especially green tea. They prefer drink hot green tea even on a hot summer days, it is the national hot beverage taken throughout the day, teahouses (*chaikhanas*) are of cultural importance. Black tea is preferred in Tashkent. Both have typically taken without milk or sugar. Tea always accompanies a meal, but it is also a drink of hospitality, automatically offered green or black to every guest. Ayran, a chilled yogurt drink, is popular in the summer.

As we mentioned above, Uzbek national cuisine is one of the sweetest and most diverse dishes in the world. In Eastern culture, it is customary to bring a guest to the table with a variety of sweets, jams, desserts. Uzbek food is probably one of the main sights of Uzbekistan, which will become the discovery for all gourmets. If you are eager to know Uzbek culture, come and taste the Uzbek cooking. We hope you will enjoy them.

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