

Uzbek national foods

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Annotation: Uzbek national foods reflect the country's rich culture and traditions, offering diverse and flavorful dishes. The centerpiece is plov (osh), a rice dish with meat, carrots, and spices, symbolizing hospitality. Other iconic dishes include lagman (noodles with meat and vegetables), manti (steamed dumplings), and shashlik (grilled skewers). Tandir non (traditional bread) is a staple, while soups like shurpa and sweets such as navat and halva add variety. Uzbek cuisine emphasizes fresh ingredients and hospitality, making it a key part of the nation's identity.

Key words:foods,soup,lagman,tandoor,kebabs,naryn,halva,navat.

Uzbek cuisine is the national cuisine of Uzbekistan. This rich culinary tradition is deeply connected to Uzbek culture, language, and traditions. The variety and uniqueness of the recipes have been significantly influenced by the fact that Uzbeks historically had both sedentary and nomadic lifestyles, which sets them apart from their geographical neighbors. Additionally, the culinary traditions and culture passed down from ancestors, along with interactions with neighboring peoples, have greatly contributed to the diversity and richness of the dishes. Many of these dishes have deep historical roots and have preserved their traditional form.

Certainly! Here's a detailed explanation of Uzbek national dishes in English:

Plov (Osh)

Plov is considered the symbolic dish of Uzbekistan.

Ingredients: Rice, carrots, onions, meat (lamb or beef), vegetable oil, spices (cumin, black pepper, garlic).

Feature: Each region has its own unique way of preparing plov. For example, Samarkand plov is more soupy, while Bukhara plov is drier.

Samsa

Tandoor Samsa: A pastry filled with minced meat, onions, or pumpkin, baked in a tandoor.

Flaky Samsa: Made with layered dough and baked in an oven.

Samsas are always consumed hot and are often served with tea.

Lagman

A hand-pulled noodle dish.

Varieties:

Soup Lagman: Served with vegetables and meat in broth.

Fried Lagman: Noodles mixed with fried vegetables and meat.

Shashlik

Skewered grilled meat, which can be lamb, beef, or chicken.

Accompaniments: Often served with pickled onions or vinegar.

Manti

Large dumplings steamed and filled with minced meat (lamb or beef) and onions. Sometimes pumpkin is added.

Sauces: Typically served with yogurt or vinegar.

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Chuchvara

Small dumplings boiled in soup.

Varieties:

Soup Chuchvara: Served in a broth.

Fried Chuchvara: Fried dumplings served with a sauce.

Shurva

A traditional soup made with lamb or beef, potatoes, vegetables, garlic, and spices.

Varieties: "Fried Shurva" or "Scattered Shurva".

Tandir Non (Tandoor Bread)

Bread baked in a tandoor, an integral part of Uzbek cuisine.

Feature: Each region has its own unique shape of tandoor bread, for example, Samarkand bread is large and firm.

Naryn

A dish made of finely chopped meat (usually horse meat) and homemade thin noodles.

Serving: It is consumed cold, often with onions.

Spicy-Sweet Salad (Achchiqcha)

Ingredients: Tomatoes, cucumbers, onions, vinegar, and herbs.

It is usually served alongside plov or other main dishes.

Halim

A dish made from wheat and meat, cooked slowly. It is typically consumed during the cold season.

Fried Samsa

A pastry filled with various ingredients, deep-fried in oil.

Shakarob

A very simple and healthy salad made of bread, onions, tomatoes, and spices.

Navruz Dishes

Special dishes are prepared for the Navruz holiday:

Sumalak: A sweet dish made from wheat flour, cooked for a long time.

Green Samsa: A pastry filled with greens and baked in a tandoor.

Sweets and Drinks

Navat: Sugar crystals made from grape juice.

Halva: A sweet dish made from flour and sugar.

Tea: Green and black tea are the main beverages in every region of Uzbekistan.

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