

NATIONAL FOODS AND THEIR SPECIFIC FEATURES

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Abstract. *This thesis explores national foods of different countries, how they are favourite and valuable for their native people. We will learn about the origin of foods, what they are made of, and why they are famous all over the world.*

Key words: *dishes, products, delicious, cooking, ingredients, traditionally, marinade, pot , cuisine, national, noodles, celebrations, onion, showcasing, water, semolina, dining, traditions, symbol.*

National foods are the symbol of the country and represent its value. Our Uzbeks' national dish, pilaf, as famous as Italian food pizza. This article focusing on various national foods around the world, their significance , and cultural contexts. National foods are integral to a country's identity, reflecting its culture, history, and traditions. These dishes often embody the local ingredients, cooking methods, and communal values of a nation.

Pasta and Pizza. In Italy, pasta and pizza reign supreme. Pasta, made from semolina and water, comes in various shapes, each with unique sauces. Pizza, particularly the Neapolitan variety, is adored globally. These dishes are often enjoyed in family gatherings, showcasing Italy's emphasis on community dining.

Mexico: Tacos are a beloved staple in Mexico, showcasing versatility in fillings- from beef to vegetables. Often adorned with salsa, guacamole, and fresh lime, tacos highlight the country's rich agricultural resources. They symbolize the fusion of indigenous and Spanish culinary tradition.

India: Biryani is a fragrant rice dish layered with marinated meat and spices, representing India's diverse culinary landscape. Each region has its own variant, showcasing regional specialties. Biryani forges connections among families during celebrations and gatherings.

Japan: Sushi, an artful amalgamation of vinegared rice and various ingredients, encapsulates the essence of Japanese cuisine. It emphasizes freshness and

seasonality, making food preparation as much about aesthetics as flavor. Sushi reflects Japan's deep respect for nature and culinary craftsmanship.

Uzbekistan has a rich culinary heritage with several national dishes that are beloved by locals and visitors alike. Here are some of the most notable:

Plov is perhaps the most famous Uzbek dish. It consists of rice cooked with meat (usually lamb or beef), carrots, onions, and spices. Each region has its own variation, but it is often a centerpiece at celebrations.

Toum (Garlic Paste)

Toum is a fluffy garlic paste from Lebanon and Syria. It's made by crushing garlic with oil (canola or olive), then adding salt and lemon juice. It's creamy, white, and tastes salty and garlicky. People use it for marinades, sauces, dips, or with grilled meats like chicken, beef, or lamb.

Phanaeng Curry (Thai Curry)

Phanaeng curry is a thick, sweet, and salty Thai curry with a peanut flavor. It's made by stewing meat (like chicken, beef, or pork) with coconut milk, curry paste, lime leaves, fish sauce, and palm sugar. It usually doesn't include vegetables. The name comes from "panang," meaning cross-legged chicken, an old way of cooking.

Picanha (Brazilian Beef Cut)

Picanha is a famous Brazilian beef cut, called sirloin cap in the US and rump cap in the UK. It comes from the back of the cow and has a thick fat layer. It's often grilled on skewers and sliced. In Brazil, no barbecue (churrasco) is complete without it!

Pizza Napoletana (Neapolitan Pizza)

This classic Italian pizza comes in two types: marinara (tomato, garlic, and oregano) and margherita (tomato, mozzarella, and basil). It has a thin base and puffy, charred crust. The dish dates back to the 1700s in Naples, Italy.

Haggis (Scottish Dish)

Haggis is Scotland's unique dish made of sheep heart, liver, and lungs mixed with oatmeal and cooked in a stomach. It's served with mashed turnips (neeps), potatoes (tatties), and whiskey sauce. Though it sounds strange, it's delicious, hearty, and full of flavor!

Spanish

Asado (Spanish) is the technique and the social event of having or attending a barbecue in various South America countries:

especially Argentina, Brazil, Chile, Paraguay, Peru, and Uruguay where it is also a traditional event. An *asado* usually consists of beef, pork, chicken, *chorizo* and *morcilla*; all of which are cooked using an open fire or a grill, called a *parrilla*. Usually, red wine and side dishes such as salads accompany the main meats, which are prepared by a designated cook called the *asador* or *parrillero*.

El Salvador

A *pupusa* is a thick griddle cake or flatbread from El Salvador and Honduras made with cornmeal or rice flour, similar to the Colombian and Venezuelan arepa. In El

Salvador, it has been declared the national dish and has a specific day to celebrate it. It is usually stuffed with one or more ingredients, which may include cheese (such as *quesillo* or cheese with *loroco* buds), *chicharon*, squash, or refried beans. It is typically accompanied by *curdito* (a spicy fermented cabbage slaw) and tomato salsa, and is traditionally eaten by hand.

In Auganistan even though frequently misnamed "Kabuli pulao", the dish did not originate in Kabul. The more likely place of origin is Northern Afghanistan, specifically the border region with Uzbekistan. A variation of Qabeli palaw made by Uzbeks within Afghanistan is also referred to Uzbaki palaw. The Uzbaki version differs from traditional Afghan palaw preparation in that it doesn't first soak, then parboil, then steam the rice until fluffy, but rather just boils the rice until all liquid has been absorbed.

CONCLUSION

National foods are more than just tasty dishes ; they represent a country's culture and history. Each food ingredients specific to that place. By enjoying these foods, we not only satisfy our hunger but also connect with different cultures around the world. Embracing national foods helps us appreciate the diversity of global cuisine and the ways food brings people together.

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