

CHARACTERISTICS OF CENTRAL ASIAN CUISINE

Muzaffarova Dildora

2nd stage student of Tashkent State Pedagogical University

Abstract: *This article talks about the foods eaten by the peoples of Central Asia. For thousands of years, the peoples living in this region with spiritual, cultural, moral and religious commonality have lived together in peace. And we can see it in this article with only one example of food.*

Keywords: *Uzbek Tajik, Turkmen, Karakalpak, Kazakh, Kyrgyz, Dungan, Jewish, Uyghur, tandir, pilav, holvaitar, beshbarmoq, doghrama, qimiz, kuksi, bogursoq, kikhmchi, tea*

Annotasiya: *Ushbu maqolada Markaziy Osiyo xalqlari iste'mol qiladigan taomlari haqida so'z yuritiladi. Ming yillar mobaynida, ma'naviy, madaniy, axloqiy va diniy mushtaraklikga ega bu mintaqada yashovchi xalqlar birgalikda tinch-totuv, do'st, inoq bo'lib yashashini birgina taomlarida ko'rish mumkin.*

Kalit so'zlar: *o'zbek, tojik, turkman, qoraqalpoq, qozoq, qirg'iz, dungan, yahudiy, uyg'ur, tandir, palov, holvaytar, beshbarmoq, to'g'rama, qimiz, kuksi, bo'g'irsoq, kixmchi, choy*

According to the current scientific development in the science of history, the history of the origin of each nation consists of two stages. The first stage - entogenesis, the second stage - consists of ethnic history. The ethnogeny part of the history of the people includes the period before its formation as a people, a nation. Folk ethnogenesis is a very long historical and ethnocultural process. Its origin begins with the union of tribes and tribes. When the ethnogenesis of the nation under study is completed, its ethnic history begins. Ethnic history is also a long-lasting historical and ethnocultural process, and when ethnic history reaches a certain point of its development, the process of its formation as a nation begins. Ethnogenesis and ethnic history of peoples are studied based on this scientific methodological basis[1]. In the issue of the origin of peoples, that is, in the study of ethnogenesis and ethnic history, there are special theoretical and scientific methodological developments without which it is difficult to have a correct idea about the origin of a nation. Researcher of the history of the peoples of Central Asia, professor S.P. Tolstov said: "None of the modern peoples of Central Asia are directly related to ancient ethnic groups. On the contrary, in their formation, indigenous peoples and peoples who migrated from around the region were reflected in different proportions" [2]. The population of Central Asia is no exception. For this reason, these brotherly peoples formed on the ancient land of Turan experienced their ethnic history for several centuries, grew like the root of a tree and live as neighbors. The ancient Uzbek, Tajik, Kazakh, Turkmen, Karakalpak and Kyrgyz peoples, who have been part of one ethnic group since ancient times, have mutual friendship and neighborly ties and the fact that it was formed in one region is inextricably linked with its culture and history. Therefore, considering that these peoples are the same in terms of ethnogenesis and ethnic composition, national clothes, customs, and religion, there are direct similarities and differences with each other. There are dishes that are consumed by the people of Central Asia and occupy the main place, which have been formed over the centuries and have become a part of the daily life of these peoples. The

traditional national dishes of the people are one of the main elements of material culture, and they reflect the past of the people, inter-ethnic relations, the influence of the social system and economy on the national culture, daily life, and folk customs. In addition, as in any ethnic group, Uzbek national dishes reflect the economic activities, national and religious views of the people, and some of them have changed and developed depending on the local natural conditions. In addition, national dishes, another element of material culture, are relatively conservative and have preserved their stable religious-ethnic characteristics. The route of the Great Silk Road in the region and Islam, which spread after the Arab conquest in the 7th century, leave terrace. The introduction of spices from India along the Great Silk Road caused a special smell and taste in food, and the introduction of tea from China made tea, along with water, a special place on the table. Pork is not consumed in the region at all. This is also considered as one of the main signs and characteristics of the region.

The food eaten by the Uzbeks, who make up 45% of the population of Central Asia in this region, has been formed for several centuries in combination with the food of neighboring and other nations. In the territory of Uzbekistan, meat products and grain products are among the most popular types of food. Bread made from wheat flour definitely has its place on every family table. The Uzbek people used to eat a lot of grains and dairy products as daily food. Cattle, sheep, goats and poultry are raised for meat. For oil - cattle, sheep, goat fat, flax, sesame; cotton from the beginning of the 19th century, and sunflower oil from the middle of the 20th century are extracted by pressing and used. People living in cities eat more dairy products such as cream, cottage cheese, chakki (whey yogurt), and suzma. In general, Uzbek national meals are distinguished by their strength, taste and vitamin content. The main meals of the population include moshkichri, pilav, moshkhorda, mastava, shavla, shilpildak. There are more than 10 types of pilaf in Uzbekistan and more than 200 types in the world. The world's heaviest pilaf weighing 7,360 kg made in Tashkent has been officially registered by the Guinness World Records Committee. Pilav prepared at this hour became the first Uzbek national meal to enter the Guinness Book of Records.[4] As mentioned above, bread is an Uzbek an indispensable part of the table. The bread is closed in the oven tandoor. In the provinces, tandoors are built in different ways. For example: in the regions of Khorezm and Bukhara, the mouth of the tandir is slightly slanted, and in the Fergana Valley and the Tashkent oasis, the tandir is often raised from the ground by the height of a person, and the mouth is built opposite to the person. People living in neighboring lands close to the Turkmen build the tandoor in the Turkmen style, i.e. upright, with its mouth facing the sky. Along with these, there are special dishes prepared for weddings and ceremonies. In Nowruz, people prepare sumak and halms. Norin, gazi, and karta take a special place among the meals that are loved in the Tashkent oasis.

Karakalpakstan is an autonomous republic within Uzbekistan, located in the north-west of the country. The republic has its own culture, language and traditions that reflect the centuries-old history of the Karakalpak people. The national dishes of Karakalpakstan include shirguruch, pilaf, kuksi, beshbarmak and shavla. In Karakalpaks, beshbarmok is prepared from turkey (poultry), unlike Kazakh and Kyrgyz peoples. Different types of bread are made: wheat bread (shurek), oat bread (zohora), sourdough bread, and brown

bread (baked in snow). Karakalpaks bake bread in a hearth, in a pot and in an oven. Milk and milk products have a special place. They eat sheep, cattle, poultry, horse and sometimes camel meat. Barbecue, kebab, burek, jarkob from beef kidney and heart, various dishes from pumpkin, and melon.

Tajik cuisine has similarities with Uzbek, Russian and Iranian cuisine. "Kabuli pilav" - (Kabul pilav), "kabili pilav" (Uzbek pilav has this translation in Persian) [5] and is famous for meals such as saman (sumalak). Pilav and green tea are considered national food and drink. A traditional Tajik meal starts with small bowls of dried fruits, nuts, and holva, followed by soup and meat, and ends with pilav. Tea accompanies every meal. And it is often served between meals as a sign of hospitality. It is often drunk without sugar. Tajik cuisine offers a variety of fruit, meat and soup dishes [6]. Pamir Tajiks living in the Pamir Mountains region of Tajikistan have different cuisines depending on their place of residence, climate, conditions and available opportunities. Bread and milk are consumed a lot in the land where there are a lot of livestock and grain farming. People living in rice-growing areas and plains mostly like to eat rice dishes, while Tajiks living in the mountains and foothills eat less meat. Among the types of bread, patir, chappoti bread, thin, large pilacha bread, and layered bread are eaten. Among the liquid foods, oshi buri, oshi ord (uvra osh) and tushbera (dumplings) were favorite meals. Holvaitar and atala are prepared as ceremonial food. At special women's ceremonies, only women drank the porridge, it was forbidden for men to drink it.

Kyrgyz national cuisine is not limited to Kyrgyz cuisine, as over time, the local diet includes dishes from neighboring Uzbekistan, Kazakhstan and Chinese culture. A total of 6.6 million people live in Kyrgyzstan. For this reason, more than a hundred Uzbek restaurants and cafes operate in the south of the country in harmony with Uzbek national dishes and throughout the region. Kyrgyz people are used to eating a variety of food depending on the season, but there are not many types of food. In the heat of the day, mainly milk and dairy products are consumed, and in winter, flour, grain, as well as cheese, butter and cottage cheese are consumed. Kyrgyz people show special respect to guests. As in other Turkic nations, Kyrgyz people slaughter sheep and prepare Kokan soup to honor their guests. In the style of Kokan soup, a sheep's body is cooked in a pot, and the sweetest part is served to the guests. Beshbarmak is one of the favorite dishes of the Kyrgyz people. Hospitable Kyrgyz people extend the cooking time of beshbarmak for longer so that guests can sit for a long time [7].

Historically, nomadic Kazakh families enjoyed drinking horse, cow, and sheep milk after milking. Qimiz is the favorite drink of the Kazakh people. They also breed camels. Wheat flour is used to prepare thick, kiiksha, tandir and thin (thin) breads. Kazakhs especially love cooked meat (yet) and kulshetai and beshbarmak dishes. From the middle of the 19th century, tea drinking began to spread widely. Drinking boza has been known for a long time among Kazakhs, it is made from wheat, oats and rice. Fish and poultry meat were rarely used. [8]

Like Uzbeks and Karakalpaks, Turkmens mainly consume a lot of milk and milk products. Their bread, called churek, is especially popular. Also, oat bread, and in times of need, sweet dough patir bread. Turkmens have a lot of meat dishes, such as meat churba

(soup), stew gaynama, dagrama soup (chopped soup), govurma (roast), govurdok (roast), pilaf, includes sharo or kanob (kebab). Turkmens are very fond of meat stew, so they prepare camel and beef meat in this way, fry it and put it in dishes. Green tea is drunk, and in some places black tea. Cantaloupe and jiji are always served at the breakfast table. On special holidays and weddings, the table is served mainly with sliced food. On Eid al-Adha, families, relatives and neighbors celebrate and eat together [9].

Apart from Uzbeks, Kazakhs, Kyrgyz, Karakalpaks, Tajiks and Turkmens, Koreans, Jews, Dungans and Uighurs and more than 100 other nationalities and peoples live in Central Asia. Jews pay great attention to religious traditions when it comes to food. Jewish food is divided into two types: dairy and meat. Pig, horse and camel meat is not eaten. Among them, pilav, oshi porakarda, syrkaniz, oshimokhi and bakhsh can be mentioned as the most common ones. These are the national dishes of the Jews. They cook obinon, kumyk, chalgan and arganpak, and eat molasses and kama. Horticulture and berry growing are also widespread.

Koreans always have rice and vegetables on their table. Koreans eat boiled rice, which is called "pap" in Korean. Also, bitter-sweet salad called shirguruch and kikhmchi is eaten with love. Kikhmchi is usually made with sauerkraut, cucumber and radish and topped with sliced Korean onions and garlic and sprinkled with pepper. Chkhaltak and kuksi are prepared for holidays, ceremonies, various entertainments and hospitality.

Uighurs eat a lot of cornmeal, rice, vegetables and meat. A variety of dishes are prepared from it, including kathama, lagman, fat and fat-free pashkal sanyeza (wrap). Uyghur lagmon is one of the most popular meals in the world. The Uyghurs are considered to be a nation rich in dough meals. There are several varieties of one mantis. They enjoy drinking atkan chai (milk tea) in china or pakura china (small and large bowls). Atkan tea is offered to the guest immediately upon arrival and before departure.

Dungan cuisine is similar to Chinese cuisine, which also includes a lot of dough and vegetables. In addition to vegetable oil, beef fat is also used in cooking. Dungans prepare oily food in winter and lean food in summer. Dungans eat in a certain order during the day, taking into account the needs of the human body. Cold soup, mastava, porridge are usually prepared for breakfast, and lagmon, shirguruch, and various other pastries are prepared for lunch. Meat cooked with vegetables and a salad prepared from them are served on the table. [10]

In conclusion, it is worth saying the countries of Central Asia are geographically close to each other and located in the adjacent area. Therefore, the peoples living in this country are blood relatives and brothers in every way. Their unique and repetitive traditions are built on a single foundation like a decorated column. They share similarities not only in food, but also in ethno-history, culture, lifestyle, and all aspects without exception. Therefore, national traditions will become more harmonious in the struggle for peace, development and potential in this region. Ethnic development, ethnic stability, friendship and fraternal ties between peoples will be further strengthened.

FOYDALANILGAN ADABIYOTLAR:

1. <https://shosh.uz/o-zbek-xalqi-etnogenezi-va-etnik-tarixining-ba-zi-bir-nazariy-va-ilmiy-metodologik-masalalari/> [1]
2. Толстов С.П. Основные проблемы этногенеза народов Средней Азии. СЭ, 1947. №VI-VII. С.304 [2]
3. Eden, Caroline „Plov: Uzbekistan’s national obsession“. the Guardian (2017-yil 30-iyul). 2020-yil 27-oktyabrda asl nusxadan arxivlangan. [3]
4. <https://www.bbc.com/uzbek/lotin-41203687.amp> [4]
5. «Плов можно приготовить даже из макарон» Коммерсантъ Weekend № 101 от 19.06.2009 [5]
6. <http://www.kommersant.ru/doc.aspx?DocsID=1189333> [6]
7. Kyrgyz national cuisine [7]
8. Похлёбкин В. В. Казахская и киргизская кухня // Национальные кухни наших народов. — М.: Лёгкая и пищевая промышленность (ruscha), 1983 — 222-235-bet. [8]
9. <https://www.trtavaz.com.tr/haber/uzb/avrasyadan/turkman-milliy-taomitogrami/6120cb9f01a30a73bcd5ec0e> [9]
10. "Markaziy xalqlar etnologiyasi" A.X.Doniyorov, O.B.Bo‘riyev, A.A.Ashirov. Toshkent »NIFMSH» 2020. 5; 89-90; 114; 133; 148; 170; 213-214 pg.