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**TRADITIONAL  
KHOREZM  
CUISINE**

**MINISTRY OF HIGHER AND SECONDARY SPECIALIZED  
EDUCATION OF THE REPUBLIC OF UZBEKISTAN**

**URGENCH STATE UNIVERSITY**

**J.Ermetova, D.Ruzmetova, D.Artikova**

**TRADITIONAL  
KHOREZM CUISINE**

(manual)

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## PREFACE

Uzbekistan is one of the most beautiful and attractive places in the world. It is situated in the center of Central Asia and bordered with five neighbors, namely Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan and Afghanistan. In Uzbekistan, different nations live in peace and friendship and it is famous, for its hospitality. It is believed that the person who was born even in desert would say that it is paradise because it is his or her motherland. It can be compared with paradise because there is nothing more like it. Uzbekistan took its independence recently and it can be compared with a new born child. Its independence was declared in 1991. So twenty four years passed and there have been built so many buildings which give beauty to the face of country. Economy of Uzbekistan is growing year-by-year and other countries are investing their capital to its economy.

We can speak about a great culture of Uzbek people without stopping. The culture and traditions of Uzbeks is known as a great one from history. It can be proved once being in Uzbekistan and visit Samarkand, Bukhara and Khiva.



One can agree that people of Uzbekistan take care about each other. They respect each other and you can feel it in their speech. As

example, you never hear as two well behaved people speak to each other with word “you”. They instead of it use “Aka” or “Opa” which means brother and sister. Elders are respected in Uzbek culture. The younger person should always greet the elder one first. Men typically greet each other with a handshake, the left hand held over the heart. Women place their right hand on the other’s elbow. If they are close friend or relatives, they may kiss each other on the cheeks. If two acquaintances meet in the street, they will usually ask each other how their affairs are. If the two do not know each other well, the greeting will be shorter, or could involve just a nod.

Bread can be considered as important part of Uzbek culture. Uzbekistan is called as country of breads. At mealtime, bread will be spread to cover entire “dusterhon”. Traditional Uzbek bread, “tandirnon”, is flat and round. It is always torn by hand, never placed upside down, and never thrown out.

“Choyxona” or teahouse is the focal point of the neighborhood’s men. It is always shaded and if possible located near a stream. Usually friends gather in Choyxona and order national meal which called “Palov”.

The history of nation of Khorezm, their culture is one of the most ancient in Uzbekistan. One particular distinctive and well-developed aspect of the nation’s culture is their cuisine.

Unlike their nomadic neighbor’s, the Uzbeks have had a settled civilization for centuries. They mainly cultivated grain. The resulting abundance of production allowed them to express their tradition of hospitality, which in turn enriched their cuisine.

The seasons, specifically winter and summer, greatly influence the composition of the basic menu. In the summer, fruits, vegetables, and nuts are ubiquitous. Fruits grow in abundance in Khorezm – melons (gurvak, zomcha, qariqiz, bo‘rikalla, oqnavvot). Vegetables are no less plentiful, including some lesser, known species such as green radishes, yellow carrots, dozens of pumpkin and squash varieties, in addition, the usual traditionally consists of dried fruits and vegetables and preserves. Hearty noodle or pasta-type dishes are also common chilly-weather fare.

The wide array of breads, leavened and unleavened, is a staple for majority of the population. Flat bread, or non, is usually baked in tandir ovens, and served with tea, not to mention at every meal. Some varieties

are prepared with onions or meat in the dough, others topped with sesame seeds or kalonji.

Khorezm has a reputation for the richness and delicacy of their fermented dairy products. The most predominant – katyk, or yoghurt is made from sour milk, and suzma, strained clotted milk similar to cottage cheese, are eaten plain, in salads, or added to soups and main courses as a garnish. Dough and batters are also made with sour milk products, resulting in a unique and delicious flower. Palov, the Khorezm version of pilaff, is the flagship of their cookery.

It consists mainly of fried and boiled meat, onions, carrots and rice; with raisins, barberries, chickpeas, or fruit added for variation. Uzbek men are proud of themselves on their ability to prepare the most unique and sumptuous palov.

The oshpaz, or master chef, often cooks palov over an open flame, sometimes serving up to 1000 people from a single cauldron on holidays or occasions such as weddings. It certainly takes years of practice with no place for failure to prepare a dish, at times, containing up to 100 kilograms of rice.

Khorezm visiting guests like to eat fish meals because they are delicious. You can find nowhere such kind of fish taste.

Khorezm dishes are not notably hot and fiery, though certainly flavorful. Some of their principle spices are black cumin, red and black pepper, barberries, coriander, and sesame seeds. The more common herbs are cilantro (fresh coriander), dill, parsley, celeriac, and basil. Other seasonings include wine vinegar, liberally to salads and marinades and fermented milk products.

Green tea is revered in the finest oriental traditions it is offered first to any guest and there exists a whole subset of mores surrounding the preparation, offering and consuming of tea green tea is the drink of hospitality and predominant.

Moreover, “Saydana” by Al-Beruniy and “Manafiy Al-Inson” by Abulgozi Bahodirkhan, give information about the formation and healing effects of ancient Khorezm meals. In Khorezm people like to make barak (dumpling) from various products. In spring, when peach blossoms people are used to making dumpling “barak” which contains the flowers of peach so as to improve their health. Also, spring meals (ko`k barak, ko`k somsa, ildirma and sumalak) is prepared from curative plants; parsley, alfalfa, dill, spinach and basil. This means some local

trees flowers and greens of curative plants have positive impact on human beings' health. And local doctors say that there consumption of maize of praise helps people to lose kidney stones. "Sumalak" is our ancient and truly national dish. It is cooked for centuries and the recipes can vary region by region, but the ingredients are always the same: flour, wheat sprouts washed in water and oil. It is very strong remedy, it helps to strengthen immune system, it helps to clear the body of chemical waste, rejuvenates it and strengthens the body. It is believed that when you trying it for the first time, you should make a wish and it will surely come true! "Sumalak" must be cooked by nice and kind people, it is sacred and holy meal for Uzbeks. Usually it is cooked by old women and it is cooked all night long, and closed near to morning.

When Khorezm diet food components were examined, it could be realized that most of them contains ingredients which are beneficial to human health and it has been proven by scientists.

The history of nation of Uzbekistan, their culture is one of the most ancient and refined in Central Asia. One particularly distinctive and well-developed aspect of Uzbek culture is their cuisine.

BREAD

## **BREAD**

Bread can be considered as important part of Uzbek culture. Uzbekistan is called as country of breads. At mealtime, bread will be spread to cover entire “dasturhon”. Traditional Uzbek bread, “tandirnon”, is flat and round. It is always torn by hand, never placed upside down, and never thrown out.

### **CHO‘RAK (LOAF BREAD OF KHOREZM)**

#### **Ingredients**

*(For 6 loaves of bread) milk 1 liter, egg 2, yeast 10 gr, flour 2 kg, and margarine 50 gr, salt.*

#### **Instructions for baking:**

Melt the salt and yeast in warm milk put the wheat flour and knead the dough. Knead it with the fist of your hand. Then wrap it perfectly to keep warm. Make balls of dough 250-300gr. Roll the dough balls out in 0,5sm thickness. Make holes with needle punch bake it tandir. Sprinkle water to the surface take it out of tandir and serve it up to the table.



## GO'SHTLI PATIR (BREAD WITH MEAT)

### Ingredients

*(For 2 loaves of bread), flour 500 gr, meat 300 gr, onion 50 gr, milk 150 gr, pepper 1 piece, yeast 5 gr.*

### Instructions for baking:

Mix the small pieced meat, onions cut on half circle, pepper with the salt.

Knead nearly hard dough with warm milk, margarine, salt, yeast and flour. Knead the dough properly and let it stay for a while. Make balls of dough of patir. Roll the dough out on circle on 0,5sm thickness. Make little hole patterns with the needle punch on it. Polish water at the back of it and bake it in tandir. Sprinkle water to the red baked patir, take it out and serve it up.



## **QIZIL PATIR (RED BREAD)**

### **Ingredients**

*(For two loaves), flour 600 gr, yeast 10 gr, milk 200 gr, margarine 150 gr, onion 30 gr, fresh tomato 50–60 gr, paprika.*

### **Instructions for baking:**

Put small pieced onions, tomatoes, cayenne, margarine, salt, yeast and sifted flour into warm milk. Roll the dough out in the shape of big round circle. Let it stay for 10– 15 minutes and polish the seared oil on it then roll. Divide the rolled dough into balls and roll out in the shape of round circles. The surface of the “Patir” is decorated with the needle punch. Polish water to the back side of the patir and stick it to the heated “Tandir”. Serve up the patir to the table when it is baked in reddish yellow color.



## **YOG'LI PATIR (FAT BREAD)**

### **Ingredients**

*(For 2 loaves of bread), flour 500 gr, milk 150 gr, margarine 250 gr, salt.*

### **Instructions for baking:**

Mix the milk with the salt. Knead nearly hard dough with warm milk, margarine, salt, and flour. Knead the dough properly and let it stay for a while. Roll out dough into 3–4 mm layer and grease surface with melted butter. Roll up the dough tightly forming a log, and cool.

Roll the dough out on circle on 0,7sm thickness. Make little hole patterns with the needle punch on it. Polish water at the back of it and bake it in tandir. Sprinkle water to the red baked patir, take it out and serve it up.



## ZOG'ORA NON (CORN BREAD)

### Ingredients

*Pumpkin 1 kg, wheat flour 1 kg, corn flour 1 kg, salt.*

### Instructions for baking:

Melt the salt, cut the pumpkin into pieces, steam them and pour into warm milk put the wheat flour and corn flour, then knead the dough. Knead it with the fist of your hand. Then wrap it perfectly to keep warm. Make balls of dough 250–300gr. Roll the dough balls out in 0,5sm thickness. Make holes with needle punch, bake it in tandir. Sprinkle water to the surface, take out of tandir and serve it up to the table.



SOUP

## SOUP

Different kinds of shoorva (soup) take an important place among liquid dishes in Khorezm national cuisine. Their basis is broth of fat meat, shoorva is cooked of fresh mutton. Carrot and onion are important ingredients of shoorva. Sometimes shoorva is cooked with turnip, peas. Also they add potatoes, fresh tomatoes, sweet pepper, and even fresh cabbage.

It is divided into kainatma (this means shoorva of fresh meat) and kovurma (shoorva of fried meat). Kainatma shoorva has tender taste and aroma. It is most widespread. Meat is boiled in large bits and vegetables are boiled in the whole or in large pieces. The boiling is done over a slow fire, do not let it boil heavy, the forming scum is removed.

To cook kovurmashoorva cut the meat into small pieces, fry them with onion and then begin boiling.



## **OSMA SHO'RVA (BOILED SOUP)**

### **Ingredients**

*Beef or mutton 900 gr, carrot 500 gr, onion 400 gr, potatoes 200 gr, tomatoes 200 gr, green onion 30 gr, salt and species to taste, greens of parsley.*

### **Cooking procedure**

Kainatmashorva is usually called “homshoorva”, in other words soup made of unfried meat. In Khorezm it is called “osmashorva”. Kainatmashoorva is cooked of fresh fat meat with onion, carrot and potatoes or turnip. The cooking technique is practically common in all regions of republic but vegetable adding is different. In Khorezm region shoorva is boiled with the adding of red bitter pepper. To cook shoorva pour large bits of fresh fat meat (rib part or brisket) over cold water, bring to boil and keep over a slow fire removing the scum periodically. Often scum stops forming put red bitter pepper in pods and caraway. 40–50 minutes meat is done put fresh tomatoes, the whole or cut into large pieces potatoes, 15–20 minutes – onion cut into rings and salt. In Samarkand and Toshkent regions onion is used almost 1.5–2 times more than in other regions. Remove the ready meat and potatoes from the broth, portion into the small pieces. Pour the soups into kosa, put meat, vegetables (or without them) sprinkle with minced greens. Serve with hot (obi-non or patir).



## **JUGARI KURDIK (CORN DOUGH BALL SOUP)**

### **Ingredients**

*(For 2 persons)*

*Corn flour 150 gr, Meat 100 gr, Vegetable oil 50 gr, Onion 50 gr, Carrot 50 gr, Tomato 100 gr, Water, salt.*

### **Cooking procedure**

Fill the pot with cold water and put the slices of bony meat into the pot. Put the pot on the fire and boil it. When the water is boiling take the risen foams on the surface of the soup with the spoon out. Cut the onion on half circle, carrot on circle and small slices of tomato, add them to the gravy and boil the soup. Put some salt in it.

**Dough:** Put the corn flour into the dish and pour some soup with salt on it and mix them up with wooden spoon. Then knead the dough with your hand. Take small pieces of dough, make them as round coins and put them into the pot. Taste it. Boil the food for 30–35 minutes on a low fire. Ladle out the food and serve the food up to the table.



## **QOQ O'RIKLI UN OSHI (NOODLE SOUP WITH DRIED APRICOT)**

### **Ingredients**

*For 2 persons, onion 50 gr, dried apricots 100 gr, oil 5 gr, flour 100 gr, potato 80 gr, salt, water.*

### **Cooking procedure**

Put the mixed egg, some salt and water into the dish and mix them up. Add the flour into the mixture and knead hard dough. Let the dough stay for a while and then roll it out thinly. Cut noodles of rolled out dough.

Fry the small slices of meat in heated oil. Cut the potato on square, onion and Bolger pepper on half circle, tomato on small slices and put them into the pot in turn. Fry them all. Add some salt to taste. Put them on low fire to soften the items and then pour cold water into the pot and boil the soup. Put the dried apricots to the gravy. Then put the noodles into the soup and boil it on a reinforced fire.

The ready food is served up in bowls to the table.



## **LOVIYALI UNOSHI (LEGUMINOUS MEATBALL NOODLE SOUP)**

### **Ingredients**

*Eggs 2 p, meat 300 gr, bean 200 gr, water and salt.*

### **Cooking procedure:**

First of all, put 1 egg, 200 g of water and a little salt before kneading dough. Boil bean in water for half an hour. Fry the small slices of meat in heated oil. Cut the potato on square, onion and Bolger pepper on half circle, tomato on small slices and put them into the pot in turn. Fry them all. Add some salt to taste. Put them on low fire to soften the items and then pour cold water into the pot and boil the soup. Put the dried apricots to the gravy. Then put the noodles into the soup and boil it on a reinforced fire. The ready food is served up in bowls to the table.



## **LAG'MON (CENTRAL ASIAN NOODLES)**

### **Ingredients**

*Flour 1 kg, mutton or beef 400 gr, egg 1 p, potatoes 3 p, green radish 1 p, carrot 1 p, cabbage 100 gr, onions 4 p, peppers 4 p, tomatoes 4 p, head of garlic 1 p, salt and cumin.*

### **Cooking procedure**

Make dough as manti, cut into noodles of 1 mm thick layers and boil in salted water. Drain, and rinse with cold water. In very hot oil, fry sliced onions and add small diced meat before the onion and continue frying them. Then add garlic and tomatoes and go on frying. Then put diced carrots, green radish, bell peppers, cabbage, garlic, celery, janduk and add water a little bit over the surface of the stuff. Boil on low heat for 1 hour. Add salt and spices to taste.

Place and remove quickly ready lagman in boiling water, put in a soup bowl, add hot soup sauce and garnish with chopped greens. Wine vinegar is also offered to taste.



## **SUT BURUNCHI (RICE WITH MILK)**

### **Ingredients**

*For 6 persons: milk 2 liter, rice 500 gr, for stuffing: onion 50 gr, oil 200 gr, tomato 200 gr, meat 400 gr, seared butter.*

### **Cooking procedure**

This food is prepared in two pots.

Stuffing is in the first pot. Cut meat is fried in heated oil for the stuffing. Put cut onion on half circle in and mix it with the meat. Then add small cut slices of tomato on it and fry on a low fire while it softens. Add some salt to taste.

Pour the milk to the second pot and put the rice in it. Boil it on a reinforced fire. Stir the milk and rice with a wooden spoon while it is boiling not to undertake. Add some salt to your taste and lower the fire. Take the ready food out of the pot into the dish, put the stuffing on it. Mostly sutburunch is served up with the seared butter in-stead of stuffing.



## **CHUYKILDAVIK (RICE MILK WITH PUMPKIN)**

### **Ingredients**

*Milk 2 liter, rice 500 gr, pumpkin 200 gr, salt.*

### **Cooking procedure**

Pour the milk to the pot and put the rice in it. Boil it on a reinforced fire. Stir the milk and rice with a wooden spoon while it is boiling not to undertake. Add some salt to your taste and lower the fire. Before the ready grate some pumpkin into the meal and mix it. After 10 minute meal is served up with the seared butter instead of stuffing.



## **SIQMON (CORN PORRIDGE)**

### **Ingredients**

*For 2 persons, corn flour 150 gr, meat 100 gr, onion 100 gr, bean 50 gr, lentil 50 gr, vegetable oil 50 gr.*

### **Cooking procedure**

Fry the cut meat in heated oil and together with the onion cut on half circle. Then pour cold water on it and boil. Add beans and lentils to it.

Take some of the boiling soup, put some salt to taste and make dough of corn flour. Put the boiling soup in the pot on a reinforced fire, press the dough through the holes of round spatula into the pot, and boil the food for 15–20 minutes on a low fire. Serve the ready food up with sour milk or curds.

### **Curativeness**

Since “siqmon” is a strong dish, it is useful, when having exhaustion, debility genital weakness, etc. it has dietary features to a high degree, because it contains corn flour, beans, turnip, pumpkin, onion. It is offered to have it as vaccine chronic diseases and as a help to keep on pregnancy well. It is useful for the people of all ages.



## **QOVURMA SHO'RVA (FRIEDSOUP)**

### **Ingredients**

*Beef or mutton 900 gr, vegetables oil 60 gr, onion 150 gr, carrot 400 gr, fresh tomatoes 200 gr, greens of dill or parsley 30 gr, salt and species to taste.*

### **Cooking procedure**

Fried shoorva is cooked in Khorezm. Its peculiarity is potatoes and vegetables are fried together with meat.

Cut the meat into bits 40–50g size. Heat vegetable oil and animal fat till smoke- forming temperature, put meat and brown it. Add onion cut into rings and brown it, then put parrot cut into large slices and when it is half-done put fresh cut tomatoes. Pour fried products over water, bring to boil, remove the scum, add species and boil over a slow fire. 20–25 minutes it is done put potatoes cut into large pieces and salt. In Khorezm region they add the whole red spicy pepper in pods.

Kovurmashoorva can also be cooked with tulip. It is also fried with meat and vegetables. Serve with minced greens.



## **CHUCHVARA SHO'RVA (DUMPLING SOUP)**

### **Ingredients**

*For dough: wheat flour 200 gr, egg 20 gr, water 60 gr, salt 50 gr, for meat filling beef or mutton flesh 300 gr, onion 100 gr, water 60 gr, salt and species to taste. for pouring onion 100 gr, tomatoes 200 gr, sour milk 120 gr, greens of parsley or dill 30 gr, salt and spices to taste.*

### **Cooking procedure**

The cooking technique of chuchvara: meat is described further and for broth cooking they use bones after separating fresh for meat filling. Chop the bones up, pour over cold water, rapidly bring to boil, remove the scum and keep boiling over a slow fire for 15–20 minutes with adding of ripe tomatoes. Take the bones out of the ready broth, put cut onion, salt and continue boiling for 15–20 minutes. Boil chuchvara, dropping into the boiling broth. Define its readiness according to turning to the surface. Serve with broth as a liquid dish. The shoorva is served with delutedsyzma or katik and with greens.



## **NO'XATLI SHO'RVA (SOUP WITH BEAN)**

### **Ingredients**

*Beef or mutton 900 gr, Carrot 500 gr, Onion 400 gr, Potatoes 100 gr, Fresh tomatoes 200 gr, Pea 120 gr, Greens of parsley 30 gr, Salt and spices to taste.*

### **Cooking procedure**

They cook with pea only kainatmashoorva all over the region. Sorted out and washed pea put into warm water for 12–14 hour. Change water several times. It can be salted a little with fine salt only. Before serving wash pea again.

Wash large bits of meat, pour over cold water, bring to boil and remove the scum. Then put soaked peas and continue boiling. Further the cooking technique does not differ of kainatmashoorva. Just put boiled grains of pea on bottom of dish when serving and pour over broth sprinkling with minced greens.



## **SHOLG'OM SHO'RVA (TURNIP SOUP)**

### **Ingredients**

*Beef or mutton 900 gr, carrot 500 gr, onion 400 gr, fresh tomatoes 100 gr, turnip 200 gr, greens of dill and parsley 30 gr, salt and spices to taste.*

### **Cooking procedure**

Shoorva with turnip is cooked some part of the Khorezm region.

It is boiled of fresh and preliminarily fried meat and vegetables. Turnip is used mainly instead of potatoes fully or partly.

For this peel the turnip, cut large specimens into bits. Keep it in cool water before putting into broth. Pour bits of meat over water, bring to boil, remove the scum, lower fire and boil over a slow fire removing the scum periodically. 50–60 minutes meat is done put carrot and turnip, rapidly bring to boil, remove the scum and continue boiling over a slow fire. 15–20 minutes it is done put onion cut into rings and salt.

Serve shoorva with turnip as kainatmashoorva sprinkling with minced greens.



## **BURUNCH SHO'RVA (SOUP WITH RICE)**

### **Ingredients**

*Beef or mutton 500 gr, fat 100 gr, onion 150 gr, carrot 200 gr, fresh tomatoes 100 gr, rice 250 gr, potatoes 250 gr, sour milk 200 gr, salt and spices to taste.*

### **Cooking procedure**

After kainatma shoorva soup is the most often home cooked meat soup. Meat, rice, onion are the necessary ingredients for it. Besides, potatoes are fully replaced by turnip in Khorezm region. After serving it is usually poured over sour milk or delutedsuzma.

Cut beef into small pieces 10–15g, brown in the strong warmed up fat, then put into boiling broth, low fire and continue boiling. Cut peeled vegetables (carrot, potatoes, turnip, and onion) into small pieces, slice tomatoes.

20–25 minutes it is done put sorted and washed rice with meat, 15–20 minutes put cut vegetables, salt, boil until done and cool to 70–75C. Instead of fresh tomatoes you can use tomato-paste, brown it with onion and put after adding vegetables.



## **MOSHOVA** **(SOUP FROM BEAN AND RICE)**

### **Ingredients**

*Beef or mutton 500 gr, onion 250 gr, vegetable oil 150 gr, mungbean 350 gr, rice 300 gr, sour milk 120 gr, salt and spices to taste.*

### **Cooking procedure**

Cut meat and carrot into small cubes, slice onion. Brown meats with onion until a gold brown colour in very warmed up fat, then put carrot, fresh tomatoes (or tomato-paste) and fry for 2–5 minutes. Pour browned products over water, add washed bean and boil over a slow fire until grains skin is spoiled. Then put washed rice and 10 minutes it is done add salt and spices. After serving pour over sour milk, sprinkle with minced greens, basilica or dill.

### **Curativeness**

The dish is frequently used as dietary dish. It can be eaten for many diseases for its ease of digestion, a good number of vitamins and sustenance. It is especially useful for lungs, pipes, stomach-intestinal, liver, kidney diseases, nervous activity disorder and chronic types of other diseases. It helps in physical tiredness, anemia and so on.



## **IJJON SHO'RVA (SOUP WITH MEATBALLS)**

### **Ingredients**

*Meatballs: mutton or beef 500 gr, a cup of rice, an egg, salt to taste.*

*Soup: Potatoes 3 p, carrots 2 p, cloves of garlic onions 2 p, tomatoes 2 p, bundle of green onion, ½ salt and pepper to taste.*

### **Cooking procedure**

Remove meat from the bones and place the latter in a soup kettle with water to prepare the broth. Add peeled and chopped onions, carrots, and potatoes, minced garlic and sliced tomatoes. Cook on medium heat until vegetables are tender. To make rice meatballs, put meat through meat-grinder, combine thoroughly with pre-soaked rice, beaten egg, salt, onion and ground black pepper. Form small meatball approximately the size of a whole egg. Add meatballs to soup on low heat and cook about 25 minutes. Rice can also be added to the broth. When ready serve soup, place 6–8 meatballs in each serving bowl, top with garnished with chopped greens.



## **DO'LMA SHO'RVA (SOUP WITH STUFFED BELL PEPPERS)**

### **Ingredients**

*Onions 2 p, potatoes 2 – 3 p, carrots 2 p, tomatoes 3 p, salt and spices to taste, bell peppers 10 p.*

*Filling: mutton or beef 500 gr, cup of rice ½, egg, onion 1, bunch of parsley 1/2, cumin, salt and black pepper to taste.*

### **Cooking procedure**

Separate meat from bones. The bones go into a soup kettle to start the broth and the meat through a meat-grinder for filling. Combine minced meat with pre-soaked rice, beaten egg, finely chopped onions, parsley, salt and black pepper. To make stuffed peppers, remove stems and seeds from bell peppers and fill with meat mixture. Cut carrots into large pieces, dice onions, quarter tomatoes and add to kettle with broth. Boil vegetables 15–20 minutes, add stuffed bell peppers and pared and quartered potatoes and cook on low heat 30–40 minutes. In the final 5–10 minutes add salt and spices.



## QOVURMA BULOMIQ (FLOUR SOUP)

### **Ingredients**

*Corn or wheat flour 200 gr, milk or water 0.5 l, oil or fat 3 spoons, salt.*

### **Cooking procedure**

In a saucepan, place fat or grease, heat it. Put flour and mix it. Fry until golden brown. Add one cup of water or milk, bring to a boil for 15 minutes. Cook, stirring regularly so flour does not clump.



## **GO'JA (CORN PORRIDGE)**

### **Ingredients**

*Corn 300 gr, bean 100 gr, greens of basilica 30 gr, salt and spices to taste.*

### **Cooking procedure:**

Guzha with sour milk is cooked in Khorezm region with corn rice or haricot bean. It is considered a summer meal, is eaten only in summer. Guzha is cooked of sorgo of corn, wheat or haricot bean. Pour browned products over water, bring to boil, put sorgo and continue boiling. 2–3 hours, add salt. When serving, sprinkle with finely minced greens or basilica.



## **CHALOP (SOUR MILK SOUP)**

### **Ingredients**

*Yoghurt or sour milk 500 gr, water 1 cup, cucumbers 2 p, radish 100 gr, bundle of green onions 1, bunch of each dill 1/2, fresh coriander, basil, pinch of cayenne pepper.*

### **Cooking procedure:**

Dilute yoghurt or sour milk with cooled boiled water, add salt and cayenne pepper. Mix in thinly sliced cucumbers, radish, and chopped greens. Place in serving bowls and cool in a refrigerator.



# MAIN COURSE

## **PALOV (PILAFF)**

**Pilaff** is the most spread and favourite dish of Uzbeks. It is cooked in week and festivity days. It is cooked differently in every region of Uzbekistan. Cooking dietary method is spread in Khorezm. To prepare this meal we use vegetable oil but other regions in Uzbekistan, for instance in Tashkent and Fergana use the tail of sheep.



## **BEHILI - ILIK PALOV (PILAFF WITH MARROW BONE AND QUINCES)**

### **Ingredients**

*Marrow bone mutton, or beef 500 gr, rice 1 kg, quinces 2 – 3 p, carrots 1 kg, onions 2 p, vegetable oil 350 gr, salt and spices to taste.*

### **Cooking procedure**

Cut the meat into big slices and salt it heat the oil and fry the meat in it put into the pot the onion cut on half circle, long slices of carrot after the meat is fried perfectly. Add slices of quince and boil. Before adding rice take out quinces and put them on the rice before covering and rice into the pot when items are fried on a low fire and flatten the surface of the food. Taste the boiling water and put some salt to taste. After the water is evaporates, close the cover and lower the fire. Cause to flow the drops of water on the cover in every 5 minutes till there is no drops on the cover. Then the surface of the rice is turned over with round spatula and is covered during 20 minutes. The meal is ready when the rice is become soft and glitters. Mix the items in the pot well and put them on the lagan or bodiya (big flat and side plates) put the small slices of meat and with quince pieces.



## **SARIMSOQLI PALOV (PILAFF WITH GARLIC)**

### **Ingredients**

*Rice 1 kg, mutton or beef 300 gr, garlic 3h, carrots 800 gr, onions 3 – 4 p vegetable oil 350 gr, salt and spices to taste.*

### **Cooking procedure**

Wash rice and soak in warm saltwater 1,5–2 hours. Cut meat in small pieces and sear in hot oil. Add sliced onions, after a few minutes put in carrot strips and salt. Add 1:1 water, spices, and unpeeled garlic cloves. Stew on low heat for 25–30 minutes. Add rice and cook uncovered until water evaporates. When ready, remove garlic, mix rice and serve in a mound on a large platter. Arrange the garlic on top.

For the health, this dish is highly health some. As is satiates well and digests hared can cause or trigger some diseases as liver, substances change and stomach-intestinal diseases.



## **KISHMISH PALOV (PILAFF WITH RAISINS)**

### **Ingredients**

*Rice 1 kg, raisins 100 gr, onions 3–4 p, carrots 800 gr, vegetable oil 300 gr, salt spices to taste.*

### **Cooking procedure**

Pilaff with raisins is popular all over Uzbekistan (kishmish by Uzbek). For it use white kishmish without seeds. Sort it out, remove fruit stems and wash well. Brown onion until a golden colour, add carrot cut into long slices, continue boiling for 3–5 minutes. Then pour over cold water, bring to boil, put mishmash, top with sorted out and washed rice. Boil as pilaf as pears. When serving mound, top with carrot and kish-mish. Serve with salads and fresh vegetables

### **Curativeness**

Kismishpilaff is well for lung and bronchial diseases, stomach-intestinal, cardiac vessels, substances change, nerves and others. Doctors' prescription is needed to have the meal pilaff is also healing fatigue, genital weakness. This type of pilaff is one of the dietary dishes.



## **QORIN-QIYMA PALOV (PILAFF FROM BULL'S STOMACH AND COLON)**

### **Ingredients**

*Rice 1 kg, stomach and colon 500 gr, carrot 800 gr, garlic 2 pieces (150 gr), vegetable oil 200 gr, onion 200 gr, salt, water.*

### **Cooking procedure**

Bull's or cow's stomach and colon cleaned well and boiled until half ready. Take out from the boiling water and cut it into big slices and salt it. Heat the oil and fry the-boiled stomach and colon in it put into the pot the onion cut on half circle, long slices of carrot is fried perfectly. Put garlic and rice into the pot when items are fried on a low fire and flatten the surface of the food. Taste the boiling water and put some salt to taste. After the water is evaporates, close the cover and lower the fire. Cause to flow the drops of water on the cover in every 5 minutes till there is no drops on the cover. Then the surface of the rice is turned over with round spatula and is covered during 20 minutes. The meal is ready when the rice is become soft and glitters. Mix the items in the pot well and put them on the bodiya (big side plate) put the small slices of stomach and colon and whole garlic on the food and serve the food up.



## **QORIN-TUYOQ, ZIYIRIK DIMLAMA (STEAMED STOMACH, HOOF AND TAIL)**

### **Ingredients**

*Stomach and tail 500 gr, hoof 300 gr, garlic 2 pieces (150 gr),  
vegetable oil 200 gr, salt, water.*

### **Cooking procedure**

Bull's or cow's stomach, tail and hoof cleaned well and boiled until half ready. Take out from the boiling water and cut it into big slices and salt it. Heat the oil and fry the boiled stomach and colon in it. Steam it for 2 hours with garlic. It can be steamed with vegetables.



## **TO‘Y PALOV (WEDDING PILAFF)**

### **Ingredients**

*Beef or mutton 750 gr, rice 900 gr, onion 500 gr, carrot 900 gr, vegetable oil 300 gr, dry yellow raisins 100 gr, salt and spices to taste.*

### **Cooking procedure**

Boil sorted out and washed rice until half-done in salt water, put on the special layer of dry grass and let water flow down. Boil carrot and onion, cut into long slices in small quantity of salt water. Boil bits of meat until done.

Put boiled bits of meat on the bottom of boiler, add some fat, pour over broth, and then place carrot and onion on the even layer. Then put boiled a little raisin and in the last turn put rice in 4–5 layers. Close with the cover and stew over a slow fire. When serving place rice on the dish in layers, then top with carrot, raisins and bits of meat.

### **Curativeness**

This dish's dietary keeping features are like turnip pilaff is recommended when digesting activity is wrong. In its composition there is much oil, melting substances as carotene, vitamin E move to meals ingredients



## **XIVA IJJONI (KHIVA MINCED MEAT)**

### **Ingredients**

*Meat 300 gr, beef fat 100 gr, onion 100 gr, red paper, vinegar, salt and greens.*

### **Cooking procedure**

Chop meat and beef fat on the wooden board with a special knife. Then cut also onion and red paper. Put minced meat in the bowl, add salt, onion with red paper, little vinegar and mix it well. If you want you may add some greens.



## CHALPAK (PANCAKES)

### Ingredients

*Flour 150 gr, seared butter 200 gr, boiled milk or water 50 gr, salt.*

### Cooking procedure:

Put some salt into the milk and mix it with the flour to knead the dough for chalpak. Make small balls of dough and roll it out as a thin paper(diameters 20–25 sm).Put a tablespoon full butter into the heated pan.Make each rolled out dough thinner with your hand, put it into the pan, turn over the pancakes when the lower side is ready fried. Put the second chalpak on the first one and spread seared butter on it while the lower part is ready. Turn over both of them again and now the second chalpak is under the first one. The ready side of the chalpak is on the second one. Put the next (third) chalpak on it and spread a tablespoonful of butter on it again (Every time spread seared butter on the row dough). Turn over all of them together and the second chalpak is on all of them. Go on frying all of the rolled out dough (don't separate them from one another).Then serve up the ready food(the layers are not disrupted). Chalpak becomes more tasty if it's eaten with katik (sour-cream) or cream.



## **GO'MMA (PANCAKE WITH MIXED MEAT)**

### **Ingredients**

*Wheat flour (super sort) 100 gr, margarine 50 gr, milk 50 gr, meat 200 gr, vegetable oil 150 gr, onion 60 gr.*

### **Cooking procedure**

Add the sifted flour and salt to the milk and knead the dough. Let stay the dough for 10–15 minutes. Prepare the stuffing during this period

**Stuffing:** Mince the meat and mix it with the cut onion and add some salt to taste. Make balls of dough like a nut by taking from the prepared dough. Roll out them in thickness of 1–1,5mm and on round circle. Spread the stuff in 4–8mm thickness on to the half of the round dough and fold them up as a half moon. The folded up “Gumma” is fried in heated oil and then serve up while it is hot.



## **SHIVIT OSHI (GREEN FENNEL LAGMON)**

### **Ingredients**

*Green fennel 100 gr, one egg, wheat flour 150 gr, meat 150 gr, vegetable oil 30 gr, onion 40 gr, tomato 50 gr, butter-milk 300 gr, salt, water.*

### **Cooking procedure**

**The dough:** Mince the fennel and pour some water with salt and egg on it. Put some sifted flour on the mixture and make dough. Let the dough stay for a while and then roll it out in 1,5–2 mm thickness. Cut noodles of dough. **The soup:** Pour the water into the pot and boil. Boil cut noodles in it .And put them into the cold water and sift it out into the plates.

**The stuffing:** Fry small pieces of cut meat in heated oil. Cut the potato on square, onion and pepper on half circle, and tomato in small pieces. When the meat is fried, put them into the pot in turn and put some salt in it and cook them on a low fire. Put the stuffing on the boiled noodles on plates and serve the food up.



## **TUXUM BARAK (EGG BARAK)\**

### **Ingredients**

*Wheat flour 500 gr, eggs 8 pieces, butter 100 gr, milk 100 gr, katic (sour-cream) 200 gr, salt, water.*

### **Cooking procedure**

**Dough:** Put the egg, flour and some salt into the water and make dough of the mixture. Knead the dough. Make balls of dough (8–10gr of weight). Roll them out in 0,5 – 1mm thickness on circle. Water the edges of the rolled out dough and fold it in two sides and stick it with the tip of fingers as a “half moon”. Remain the mid of the folded dough open to pour the stuffing into.

**The stuffing:** Crack the eggs on and mix it. According to the amount of eggs, put a tablespoon full of milk, seared oil and some salt to taste in and mix them up. Full fill the bag from the mouth of the folded dough with the mixture, stick the mouth of the barak with the tip of the fingers and put it into the boiling salt water.

Ready barak rises up to the surface of the water. Take them out and serve it up.



## **KADI BARAK (PUMPKIN DUMPLINGS)**

### **Ingredients**

*Cleaned pumpkin 1 kg, flour 500 gr, eggs 6, cup water 1, oil 50 gr, butter or yoghurt 100 gr.*

### **Cooking procedure**

1 cup water, an egg, flour in order to make dough.

500 gr cleaned pumpkin is gone through grater. Then it is slightly fried in mess kit. After adding salt next step butter is added pumpkin and cooled. 5 eggs after mixing with salt are mingled with pumpkin. Balls of dough are made from dough and they are rolled out. Then teaspoon of pumpkin mixture is placed in the centre of rolled out balls. Fold dough corner to corner, pinch edges completely enclosing pumpkin. Boil in salted water. Serve drained with melted butter or yoghurt.



## **UVUZ BARAK** **(DUMPLINGS FROM THE MILK OF A NEW MOTHER COW)**

### **Ingredients**

*Uvuz 50 gr, eggs 5, vegetable oil 5 spoon, flour salt, water.*

### **Cooking procedure**

Dough is made from a cup of water a wheatflour. Then we prepare the mixture which it should be put in the dough. Uvuz, egg is put into the pot and you should put 2 spoon water, oil and salt to taste. Dough is cut in to small parts. They should be spread out a crook. Then the mixture should be poured and barak is cooked in the boiled water. This meal can be put on the table.



## **USHOQ BARAK (DUMPLINGS WITH MEATBALL)**

### **Ingredients**

*Flour – 500 gr, mutton or beef – 500 gr, onions – 400 gr, egg, salt and black pepper – 1.*

### **Cooking procedure**

Mince the meat in a meat-grinder and combine well with onions, water, salt and spices. Make stiff dough out of flour, salt, egg and water, let stand for 30–40 minutes. Roll out dough into 1–2 mm thick layer and cut into 5x5 cm squares. Place a teaspoon of filling in the center of each, fold dough corner to corner, pinch edges completely enclosing meat. Boil in salted water. Dumplings are ready when they float on the surface. Serve with fermented milk or fried onions.

Barak is useful not only to the healthy people, but also to the sick with some ill-nesses. Namely, it is suggested to the people with lung and pipes, stomach-intestinal, liver, kidney, metabolic, psychological diseases. It is useful in the states of weakness, genital weakness, and gives the which strength. It is suggested to people of all ages.



## **KO'K BARAK (DUMPLINGS WITH GREENS)**

### **Ingredients**

*Flour – 500 gr, greens (sorrel, shepherd's purse, dandelion leaves, lucerne, peppermint, spinach, fresh coriander, green onions) – 1 kg, onions– 500 gr, bundle of green onions –1, vegetable oil or 150 gr of mutton fat, egg – 5, salt and crushed red pepper.*

### **Cooking procedure**

Finely chop greens and combine well with small pieces of mutton fat. Add salt, crushed red pepper, and cook in oil. Make stiff dough out of flour, salt, egg, and water, let stand for 30–40 minutes. Roll out dough like for chuchvara recipe above. Place a touch of filling in the center, fold dough corner to corner, pinch edges green. Boil in salted water.

“Ko'kbarak is thought to be nourishing (mostly consists of dairy butter and eggs). Buttery dish isn't suggested for several diseases. The dish is useful during in the lack of things and during the physical activity. It isn't suggested to eat this food too much because it is heavy and fatty food.



## **KARTOSHKA BARAK (POTATO DUMPLINGS)**

### **Ingredients**

*Flour 500 gr, potatoes 1 kg, onions 500 gr, egg 4 p, butter 15 gr, crushed red pepper, salt.*

### **Cooking procedure**

Wash potatoes and boil whole. Cool, peel and mash potatoes adding salt and red pepper. Mince stiff dough out of flour, salt, egg, and water like for chuchvara recipe above. Place a teaspoon of filling in the center, fold dough comer to comer, pinch edges completely potato mixture. Boil, drain and serve with sour cream or butter.



## **QOVUN URUG‘IDAN BARAK (DUMPLINGS BY SEED OF MELON)**

### **Ingredients**

*A dish of brine for dough; dish of flour 2 p, seed of melon for mince 500 gr, oil 100 (one hundred) gr, egg 4 p.*

### **Cooking procedure**

At first we have to put necessary flour, egg into a dish and we knead dough then wait 5 minutes. Next we wash seed of melon and dry it. Then we thresh a dried seed in a dish, sift flour through a sieve. Having put oil into a pot we fry flour. After refrigerating we pour water and salt into pot and mix. The mince mustn't be liquid. Next add some eggs to the mince and mix. Then we should extend the dough and cut it round. After that we put mince into dough and bend. We cook the bended Khorezm barak in the boiled water.

### **Curativeness**

It is possible to after the dish to everybody because it is nourishing and easily digests. It can be suggested with the advice of a doctor weakness, anemia, especially, chronic disease such as pipes and lungs, stomach-intestinal, liver, heart vessels and other disease.



## **QO‘TIR BARAK (DUMPLINS WITH MINCED-MEAT AND EGGS)**

### **Ingredients**

*Wheat flour 500 gr, eggs 8 pieces, oil 100 gr, meat 100 gr, katik (sour-cream) 200 gr, milk 100 gr salt, water.*

### **Cooking procedure**

**Dough:** Put one mixed egg, flour and some salt to taste into the water and make dough. Make small balls of dough. In 8–10gr of weight and roll each of them out on round circle as thick as 0,5 –1 mm Water the edges of the rolled out dough and fold it in two sides and stick it with the tip of fingers as a “half moon”. Remain the mid of the folded dough open to pour the stuffing into.

**Stuffing:** Crack the eggs on the minced meat and mix it. According to the amount of eggs, put a tablespoon full of milk, seared oil and some salt to taste in and mix them up. Full fill the bag from the mouth of the folded dough with the mixture stick the mouth of the barak and put it into the boiling salt water. Ready barak rises up to the surface of the water. Take them out and serve it up.



## **QATIQA QAYISH, SHILPILDOK (MEAT AND NOODLES)**

### **Ingredients**

*Mutton – 400 gr, flour – 200 gr, onions 100 gr, bell peppers 100 gr, tomatoes 200 gr, potatoes –120 gr, eggs, salt to taste – 2.*

### **Cooking procedure**

In a soup kettle, fry onions, add sliced bell peppers and tomatoes, cook about 5–8 minutes. Add pre-boiled and cubed potatoes and cook 5 more minutes. Then add pre-boiled meat, cut into thin slices. Make dough and let stand for 30–40 minutes. Roll out into 1–2 mm layer, cut into 8x8 cm squares and boil in soup. Put a serving of noodles and sauce in a bowl and garnish with chopped greens.



## **QOVURILGAN BALIQ (FRIED FISH)**

### **Ingredients**

*Fish 1 kg, flour 200 gr, liter of oil.*

### **Cooking procedure**

Scale, if necessary, clean and prepare fish for cooking. Season to taste with salt and allow fish to reach room temperature for an hour. Roll in flour and fry in hot oil until golden brown. Drain fried fish in a wire basket or on a plate covered with absor-bent paper. Serve very hot as main course or cool for use as an appetizer.

### **Curativeness**

It takes place in the row of strong meals. For patients frequently used because it's cooked hot by frying but simmering. Advantageous for lung diseases, anemia, genital weakness, some eye sicknesses and such like. Knead fish is considered as one of oldest meals of Khorezm. Mainly used in autumn and winter. Phosphorus and healing oil substances of fish increase the curativeness of the dish. For all various aged people.



## **QAYNATILGAN TIL (BOILED TONGUE)**

### **Ingredients**

*Beef tongue 1 kg, carrots 2 p, onions 2 p, garlic 1h, bay leave 1, dill and salt to taste.*

### **Cooking procedure**

Scrub tongue well, put in a pot of cold water (1–1,5litre), and simmer gently. To improve taste and aroma, peel and add carrots, onions, garlic, bay leave and seasonings. When done, remove from broth and place tongue in cold water to skin it more easily. Cut cleaned tongue diagonally into very thin slices. Serve before completely cool and garnish with greens. Can be served with cucumbers, tomatoes, lettuce, and other fresh and pickled vegetables.



## **SHAVLA (RICE PORRIDGE WITH MEAT)**

### **Ingredients**

*Rice 600 gr, mutton or beef 400 gr, carrots 400 gr, tomatoes 2 p, onions 3 p, vegetable oil, spices and salt to taste 350 gr.*

### **Cooking procedure**

Cut meat into small cubes, sear in hot oil. Combine with sliced onions, strips of carrots, and tomatoes. Sauté well, then add water, bring to a boil, and season. Put in presoaked rice and cook stirring often. When the water evaporates, cover and cook until done. To serve, sprinkle with chopped green onions.

### **Curativeness**

There is much in this meal and limits should be kept in eating and cautiously eaten if there are liver or intestinal diseases. About this also doctor's recommendation is important. This dish is considered, as vital to destroy the danger of anemia, fatigue, physical and nervous disease.



## **QOQ O'RIKLI SHAVLA (SHAVLA WITH DRIED APRICOT)**

### **Ingredients**

*Rice 600 gr, dried apricot 250 gr, carrots 400 gr, tomatoes 2 p, onions 3 p, taste 350 gr, vegetable oil.*

### **Cooking procedure**

Small cubed meat is fried in heated oil. When the meat is well fried those striped carrots sliced onions are put in and they also heated together until they are become soft, and small sliced tomatoes is added. After those products are fried during 8 minutes dried apricot and rise are added. 2 liters water is put into those products then mix with wooden spoon and is boiled in high temperature. Salt is added after the water is boiled and is cooked in low temperature until the rise is become soft. As soon as the fire is switched of let to rest the prepared meal and serve it to the table.



## **KARAMLI DO'LMA (STUFFED CABBAGE)**

### **Ingredients**

*Mutton or beef 1 kg, rice 200 gr, head of cabbage 1, egg 1, onions 4, tomatoes 3, pinch of black pepper and red chilli pepper, salt to taste.*

### **Cooking procedure**

Put the meat through a meat-grinder and combine well with rice, chopped onions, juice from sliced tomatoes, raw egg, salt and black pepper. Place head of cabbage in large pot with boiling water. Blanch about 5 minutes, remove from pot and arrange individual leave on your work surface. Put a fair amount of the meat filling on each leaf and roll up. Boil bones in soup kettle, adding salt, and a whole dried chilli for seasoning. Pour strained broth just covering cabbage rolls, cover and cook about 30 minutes.



## **BULG'ORI DO'LMA (STUFFED BELL PEPPERS)**

### **Ingredients**

*Sweet bell peppers 1 kg, mutton or beef 500 gr, rice 100 gr, egg 1 p, onions 4 p, tomatoes 3 p, salt, black pepper and bay leaf.*

### **Cooking procedure**

Put meat through a meat-grinder and combine with presoaked rice, beaten egg, finely chopped onions, salt and black pepper. To make stuffed peppers, remove stems and seed from bell peppers and fill with meat mixture. Boil meat bones to make broth, place stuffed bell peppers on top and cook over low heat about 30 minutes. Serve 4–6 peppers on each plate and top with strained broth.



## **AJABSANDA (VEGETABLE STEW)**

### **Ingredients**

*Boneless mutton or beef 500 gr, animal fat 150 gr, each potatoes, carrots 500 gr, tomatoes, onions, garlic 100 gr, bell peppers 2 p, fresh coriander, sab and spices to taste.*

### **Cooking procedure**

On the bottom of a small pot, arrange peeled and cubed potatoes. Then layer with thin strips of carrots, followed by quartered tomatoes, sliced onions, chopped garlic, and finally small pieces of meat and fat. Remember to season each layer with a little salt, ground black pepper and cumin. Now place the small pot with ingredients in a larger pot. Pour water in larger pot so that it comes up a little over half way up the sides of the smaller pot. Cover larger pot and steam about 2 hours. Check occasionally to ensure that the water does not completely boil off.



## **QATTIQ QOVURDOQ (STEWED MEAT)**

### **Ingredients**

*Mutton or beef 400 gr, potatoes 1 kg, onions 3, vegetable oil 150 gr, bunch of fresh dill 1/2, bundle of green onions, salt and spices to taste.*

### **Cooking procedure**

Cut meat into small pieces, sear in hot oil and sauté until golden-brown. Then mix well. Remove from heat and add cubed or sliced potatoes. Cook another 10–12 minutes, mix in salt, spices, cover with water and bring to a boil. Stew until potatoes are done. Garnish with chopped green onions or fresh coriander.



## **TOVUQ QOVURDOQ (RO AST CHICKEN)**

### **Ingredients**

*Chicken 1 p, onions 4 p, potatoes 500 gr, vegetable oil 150 gr, tablespoon of tomato paste, salt and spices to taste.*

### **Cooking procedure**

Chop a cleaned chicken into individual portions, salt and put aside. Sear sliced onions in hot oil, add chicken pieces and then tomato paste. Reduce heat, cover with water and cook on low heat. Add sliced potatoes, cover tightly with lid, and stew until done. Garnish with chopped greens and freshly ground pepper.



## **KARTOSHKQA QOVURMA (STEWED POTATOES)**

### **Ingredients**

*Potatoes 1 kg, onions 4, vegetable oil 150 gr, salt and black pepper to taste.*

### **Cooking procedure**

Sauté sliced onions in oil golden. Add potatoes in slices, fry and salt stirring occasionally. Cover with a lid and cook 15–20 minutes. Serve garnished with chopped greens and freshly ground pepper.



## **MANTI** **(STEAMED PASTA DUMPLINGS)**

### **Ingredients**

*Flour 300 gr, mutton or beef 1 kg, mutton fat 100 gr, onions 500 gr, egg, salt, black pepper.*

### **Cooking procedure**

Finely chop meat and onions, mix well, and add salt and spices. Make stiff dough out of flour, egg, salt, and water, let stand for 10 minutes. Roll out dough into flat layer about 1–2 mm and cut into 10x10 cm squares. Place a tablespoon of filling and a piece of chopped fat in the center of each square, pinch edges up around the filling forming rectangular or triangular dumplings. Place manti on greased layer of steamer, and steam 45 minutes. Serve in plates, putting 4 manti on each, top sour cream and sprinkle with ground black pepper.



## **KARTOSHKA MANTI (MANTI WITH POTATOES)**

### **Ingredients**

*Flour 500 gr, potatoes 1 kg, mutton or beef 500 gr, egg 1, onions 5, grease, salt, cayenne pepper 200 gr.*

### **Cooking procedure**

Mince the meat in a meat-grinder and combine well with chopped onions, cubed potatoes, grease, water, salt and red pepper. Make stiff dough out of flour, salt, egg, and water, let stand for 30–40 minutes. Cut dough into 50 g of pieces, and roll out each piece into small flat rounds. Place a heaping tablespoon of filling in the center, pinch edges up around the filling completely enclosing. Place manti on greased layer of kaskan.



## **KADI MANTI (PUMPKIN MANTI)**

### **Ingredients**

*Flour 500 gr, peeled pumpkin 1 kg, egg 1 p, onions 5 p, crackling or mutton fat, salt, red pepper 150 gr.*

### **Cooking procedure**

Cut peeled and cleaned pumpkin into small cubes. Mix well with chopped onions, mutton fat or its crackling, red pepper, and salt. Make stiff dough out of flour, salt, egg, and water, let stand for 30–40 minutes. Roll out dough into flat layer about 1–2 mm and cut into 10x10 cm squares. Place a heaping tablespoon of filling in the center, pinch edges up around the filling completely enclosing. Place manti on greased layer of kaskan, and steam for 30 minutes.



## **HONIM** **(PASTA ROLL WITH MEAT)**

### **Ingredients**

*Flour 1 kg, boneless mutton or beef 800 rg, onions 3, oil or margarine, salt and black pepper 200 gr.*

### **Cooking procedure**

Mince the meat in a meat-grinder and combine well with chopped onions, salt and spices. Make stiff dough out of flour, salt, and water, let stand for 10 minutes. Roll out dough in 1 mm layer, and coat surface with melted margarine or oil. Place a thin layer of filling covering entire surface. Roll into a log, place on greased layer of kaskan, and steam for 35–40 minutes.



## **TANDIR SOMSA (TANDOORI SAMSA)**

### **Ingredients**

*Flour 1 kg, meat 1 kg, onions 1 kg, mutton fat 140 gr, salt and black pepper to taste.*

### **Cooking procedure**

For the fishing, put meat through a meat-grinder; combine well with chopped onions, cubed fat, salt and pepper. To make stiff dough, add water and salt to sifted flour, let stand for 30–40 minutes. Cut dough into 70 g of pieces and roll out each piece into small flat rounds. Place a spoonful of filling in the center, pinch edges up around the filling, form an oval, and completely enclose the meat. Stick samsa to the hot walls of a tandoor and bake 25–30 minutes.



## **VARAQI SOMSA (SAMSA “PASTRY”)**

### **Ingredients**

*Flour – 1 kg, meat –800 gr, onions – 500 gr, mutton fat – 150 gr, butter, cumin – 50 gr, salt and black pepper to taste.*

### **Cooking procedure**

For the filling, put meat through a meat-grinder, combine well with chopped onions, cubed fat, salt and spices. To make dough, add warm water and salt to sifted flour, let stand for 30–40 minutes. Roll out dough into 3–4 mm layer and grease surface with melted butter. Roll up the dough tightly forming a log, and cool. Cut log into 70 g of pieces and place on their flat slice. Roll out into small flat rounds. Place a spoonful of filling in the center; pinch edges around the filling forming oval pastry, and completely enclose the meat. Stick samsa to the hot walls of tandoor, sprinkle water on top, and bake 25–30 minutes.

### **Curativeness**

Everybody eats samsa with enthusiasm, especially if it is cooked skillfully according to its cooking method it becomes tasty and nourishing therefore useful for anemia, for those engaged in the physical work etc. If normally eaten, it is suggested in many chronic diseases lung pipe ways, nervous system, some stomach-intestinal liver, blood disease. If necessary, one should consult the doctor.



## KADILI QATLAMA SOMSA (PUMPKIN SAMSA)

### Ingredients

*Flour – 650 gr, pumpkin – 400 gr, eggs– 2, onions – 160 gr, mutton fat – 150 gr, margarine – 70 gr, tablespoon of sugar, salt and black pepper to taste.*

### Cooking procedure

For the filling, combine diced pumpkin with chopped onions, fat, salt, sugar and spices. To make dough, add warm water, egg, and salt to sifted flour, let stand for 30–40 minutes. Roll up the dough tightly forming a log, and cool 5–6 hours. Cut log into 50 g of pieces and place on their flat sides. Roll out into small flat rounds. Place a spoonful of filling in the center, pinch edges around the pumpkin forming a square pastry, and completely enclose the filling. Bake 20–25 minutes in an oven.



## **KO‘K SOMSA (SAMSA WITH GREENS)**

### **Ingredients**

*Flour – 1 kg, cups of water – 2, eggs – 2, vegetable oil – 60 gr, mixed greens (clover, mint, coriander, etc.) – 2 kg, mutton fat – 100 gr, bundles of green onions– 2, onions, cumin, salt and black pepper to taste.*

### **Cooking procedure**

For the filling, combine finely chopped greens with chopped onions, cubed fat, salt and spices. To make dough, add water and salt to sifted flour, let stand for 30–40 minutes. Cut dough into 50 g of pieces and roll out each piece into small flat rounds. Place a spoonful of filling in the center, pinch edges closed around the filling, and form a ball. Bake 30–40 minutes in an oven.

### **Curativeness**

Because samosa is truly nourishing it is considered useful for weakness genital weakness. Especially it is perfect when it is fresh. It can be offered in different chronic diseases, but should not be abuse. It is better to consult the doctor because it is in the list of heavy dishes.



## **KABOB (KEBAB)**

### **Ingredients**

*Boneless mutton or beef 1 kg, onions 3, teaspoon of salt, wine vinegar, red or black pepper, and coriander seeds to taste.*

### **Cooking procedure**

Cut meat into pieces, salt, add finely chopped onions, pepper, coriander seeds and wine vinegar. Mix them well in an enamel or china bowl and marinate several hours. Remove meat, thread six pieces of meat on skewers (the final piece should be fat) and grill over hot coals.



## IJJON KABOB (MINCED KEBAB)

### Ingredients

*Boneless mutton 1 kg, onions 3 p, egg 1 p, tablespoons of flour: 3 – 4, pinch of cayenne pepper, salt to taste.*

### Cooking procedure:

Mince fatty mutton in meat grinder two times. Mix well with onions, cayenne pepper, egg and salt. Shape mixture into small links, thread on skewers and dust with flour. Grill over hot coals. Serve with sliced onions and tomato salad.



## **JIGAR KABOB (LIVER KEBAB)**

### **Ingredients**

*Sheep or beef liver 500 gr, mutton fat 300 gr, onion 300 gr, flour 200 gr, black pepper and salt to taste.*

### **Cooking procedure**

Clean the liver, mutton fat and cut into 10–15 gr of pieces. Salt and dredge in flour. Tread liver on skewers, alternating with pieces of fat, and grill over hot coals. Place liver on a serving dish, top with finely sliced onions, salt and freshly ground pep-per.



## **JO'JA KABOB (CHICKEN KEBAB)**

### **Ingredients**

*Chicken 1, onions, wine vinegar 3, salt, coriander seeds and cumin to taste.*

### **Cooking procedure:**

Cut the cleaned and boned chicken into 20–25 g of pieces. Combine well with chopped onions, vinegar, salt and spices. Cover and set aside in a cool place for 8–10 hours. Thread 4–5 pieces of chicken on skewers and grill over hot coals. Serve sprinkled with sliced onions.



## SUMALAK



This dish is always cooked for “Navruz” – our national holiday, when we celebrate the beginning of the new year and new life. It is believed that “Navruz” will bring happiness, luck and joy to our lives. Different dishes are made for this holiday as “Ko‘ksomsa”, “Ko‘kbarak” and of course “Sumalak.”

“Sumalak” is our ancient and truly national dish. It is cooked for centuries and the recipes can vary region by region, but the ingredients are always the same: flour, wheat sprouts washed in water and oil. It is very strong remedy, it helps to strengthen immune system, it helps to clear the body of chemical waste, rejuvenates it and strengthen the body. It is believed that when you trying it for the first time, you should make a wish and it will surely come true! “Sumalak” must be cooked by nice and kind people, it is sacred and holy meal for Uzbeks. Usually it is cooked by old women and it is cooked all night long, and closed near to morning. We have believe that angels are also participate while cooking this holy meal. People mostly women sing songs, dance and have fun while cooking “Sumalak.” We have different stories about the history of this meal, one of them tells that it is cooked by a woman named Fatima. Fatima had 2 sons and was very poor. Because she was a widow and

very poor, they had very little to eat, and her sons always cried from hunger. One day, their mother became very tired of their crying, and sorrowful that she had no food to give them. That evening she was so desperate that she decided to cook a meal from some flour, wheat and water. She also put some stone in it and stir it long. After a while she fell asleep. When she awoke in the early hours of the morning, she saw 30 angels standing around the pot. She rubbed her eyes, and when she opened them again, she saw them licking their fingers. She woke up her sons. In their excitement they ran to the pot and found it filled with a most succulent porridge. From that time forth the boys were never hungry. The name of the meal was called “Sumalak” which, the Uzbek people say, means 30 angels.

**Ingredients:**

*130 gr wheat, 4 kg of plain flour, 1 liter of vegetable oil, drinking water about 18 liters, 7 clean small stones.*



### Cooking procedure:



You have to prepare one week advance to cook this meal. First you have to clean wheat from foreign seeds and wash well. Put wheat in clean water and soak for 3 days. You have to change water every day. Just wash it and put another clean water.

On the third day drain all the water. Take small pieces of plywood, wash well.

Layer wheat on a plywood evenly. It must be thick, about 3 cm.



Put the plywood in dark, warm room. Sprinkle water over it 3 times a day. Don't forget sprinkling water or it will dry up and won't rise. From third day sprinkle water for 2 times a day. Approximately on

by the end of the third day your wheat will be ready. But it really depends on your wheat. Just depend on your eyes. You can see that the color of the sprouts is light green. If your wheat's sprouts are like this than they're ready. On back side you can see the roots, they must be white and thin. Now, cut the all of the sprouts and grind them in food processor or in a meat chopper.



Pour 10 liters of water in a bucket or just any deep dish. Now place all of the ground wheat sprouts in this water. Wash them well in water, your water will be white as milk. Now pour this milky liquid through the sieve and two layers of the cheesecloth. Squeeze out all of the liquid from sprouts and again wash them in 4 liters of water (separately), again pour through sieve. Repeat this operation one more time (3 times). You can see that second and the third time water will be not so milky, but slightly white.



Now take your biggest crock pot or pot with thick bottom and pour all of the oil, and pour the first 10 liter of milky liquid on it. Add in all the flour also.

Now mix all together until no crumbs will appear. I used hand mixer to mix it. Now put your pot on a high heat. Put in stones now. Bring to boil, unceasingly stirring as crumbs will appear easily. After boiling stir 15 min more. You will see that now it is not thick and can boil without stirring. But check and stir every 10 min. I must say that when you first put it on fire, it will crumble a lot, so keep stirring until this crumbles will melt. Don't be afraid, as this was the first time I cooked "Sumalak" just all by myself I was afraid that crumbles kept appear. They will surely melt don't worry!



Now it will boil and boil, and you will keep stirring and stirring it: Approximately after 4–5 hours it will thicken and color will begin to get brown like this:

So it's time to pour the 4 liters of milky water (second water where you washed the ground sprouts). Add in and mix well, again stir while bring to boil. Again boil it until it will begin to thicken. After approximately 3–4 hours add in the third 4 liters of water. Again bring to boil and stir unceasingly. Now you will boil it a little longer until it will

finely get thick and dark brown. At the end you have to stir vigorously as it can easily stick to the bottom, be careful! Be careful as it is very thick and it can throw out some hot drops, you should better wear some kitchen gloves to prevent burning.

Now, reduce the heat on very low, to almost no fire, close the lid and cover it with some towel and leave it for 3–4 hours. Don't open the lid and don't stir! After 3–4 hours (I made it in 3.5 hours) you can open the lid, switch off the fire. Once more mix well and enjoy this delicious and healthy, tasty and heavenly sweet Uzbek chocolate). When you open the lid you can see that oil will come out to the surface.

We believe that before opening the lid you should pray and wish something and then open it and your dream will surely come true!

In Uzbekistan we first of all serve it to our eldest ones. It is served with fresh hot bread and some hot pot of tea. I also like enjoying it with strawberries). But it is delicious just itself! Hope you will not be afraid to try to cook it. I myself tried it for the first time and you can see the result! It turned out to be so sweet, that I couldn't stop eating it all day long!

### **Curative specific of sumalak**

Sumalak is full of vitamins. It has a good taste and a very good view. It's a filling food, it's very strong remedy it helps to clear the body of chemical waste of people and keeps the body of the strengthen. When the people are lack of strength they must eat sumalak as cure.

# DRINKS

## **AYRAN** **(YOGHURT DRINK)**

### **Ingredients**

*Sour milk, water.*

### **Cooking procedure:**

Sour milk is mixed well with mineral water or boiling water, add salt to taste, especially, in summer days ayran is good with serving on ice. In Khorezm preparing ayran is a little different than in other places. At first, ayran is gathered for 1–2 days. Then ayran is put in to the special vessel and mixed by the wooden mixer for long time. After finding its measure little cold water is added, and oil is taken away the face of the ready liquid. It is repeated until the oil is gotten out. Then the liquid is saved in a pan or a glass dish for a time. Ayran is not so tasty when it is mixed. If yoghurt drink is needed to make, for drizzling water pure ayran is put into the special print bag. To mix yoghurt with water doesn't save its quality. The reason is, the whey is dropped away, when yoghurt is made. If ayran is saved for a little time, drink is made with the taste of dried apricot. It is extremely healthy.

The composition of ayran is included albumen (9,5g), oil (11g), carbohydrate (14g). Ayran is rich of mineral salts (particularly, potassium, calcium, magnesium, phosphorus) and vitamins (especially, vitamin B, B1, PP). 500g ayran gives 198 calorie; it means that forage reserve of ayran is normal.



## **SHINNI (GRAPES SYRUP)**

### **Cooking procedure**

White grapes ripe fruit of good cold water rinsing thoroughly fine crop of finished products from muslin swim swimming take juice. Juice into the pot boiling until thick orchids slowly with a spoon board or board with big spoon dug furnace in the lower mountain above need not ready Syrup odd shades of yellow in color turn



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## Notation

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**Jamila Ermetova, Dildora Ruzmetova, Dildora Artikova**

**“TRADITIONAL  
KHOREZM CUISINE”**  
(manual)

Muharrir: **Yo‘ldoshev Ro‘zimboy**  
Texnik muharrir: **Sherali Yo‘ldoshev**  
Musahhah: **Shomuratova Intizor**

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