

KHALIM

Khalim is a thick meal, prepared from beef. In Bukhara and Samarkand regions it is also called “khalisa”. Khalim is a seasonal meal and is particularly delicious when prepared from the new wheat harvest.

For preparing khalim wheat is damped and squashed with wooden hive, washed in cold water and soaked in warm water for 5–6 hours. In a hot pot meat is fried until it is red. Then to the ready wheat water is poured immediately and boiled slowly for 1.5–2 hours. After this step is completed, it should be mixed without stoping.

If the water evaporated before the wheat gets ready, hot water should be added in small portions. Once Halim’s wheat is crushed and meat became thinner, its salt is adjusted, the fire is reduced and it is steamed for 2–3 hours. The meal is served on a plate and sprinkled with pepper and lavender leaves on its face.

In some places special toppings are prepared for khalim. The topping consists of fried and minced meat and boiled pea. In Uzbek traditional medicine khalim is recommended as a cure for diseases such as gastric and intestinal infections and colitis.

