

Milk-based dishes

Milk-based dishes and dairy products are large part of the Tajik cuisine from the old days. Geographical conditions of the country allow both animal husbandry and agricultural activities providing food from different sectors. The main dairy products in Tajikistan are yogurt, *chakka* (type of yogurt which kept in sac for water to drain), *kurut* or *kashk* (dried yogurt balls), cream, soured cream, clotted cream, *dugh* etc. Milk-based dishes in Tajikistan are the dishes eaten for breakfast largely.

Shirchoy is prepared from milk and loose-leaf tea. Other additional ingredients that maybe added are salt, pomegranate peel or willow tree peel and walnut. It is prepared by boiling the milk and adding to it loose leaf tea, which would be moisten in some hot water beforehand. After it boils and the tea color turned the milk slight red it is salted and taken off the fire. *Shirchoy* is served with butter.



Shir rughan is similar to *shirchoy* the only difference is that it is boiled with butter. It is served in the wooden plates and eaten by putting bread in it.

Shirbirinj is a milk dish similar to rice pudding. It is cooked with milk, rice and salt is added as needed. When the dish is ready it is served



on the plates and sugar, butter and or linseed oil is added on top. Among Tajik people *shirbiringj* is referred to as the «prophet's food» and is prepared both regularly and during the rituals or other occasions.

Shirbat is a type of porridge prepared with milk and flour, and in some regions of Tajikistan it is also known as «otalai bo shir» or «otalai safedak». To prepare *shirbat* some milk is brought to boil and than some flour is added it while keeping it stirred continually until it gets thick. Slat and sugar is added as required and served with butter.

Shirkadu or also called *kadubashir* is a dish



prepared with milk and pumpkin. First a ripe pumpkin is taken, peeled and cleaned and than chopped into fin small pieces that it is added to milk and cooked together for 20-25 minute until pumpkin is soft.



Ordbiryon is a dish prepared from milk and flour like *shirbat*, but in this dish the flour is fried in linseed oil or butter before the milk is added to it. Thus in some places it is called as *gardsuz* or *ordob*. It is also slightly liquid than *shirbat* and served in bowls. To make it extra tasty additional linseed oil is added on top of it when served.

