

Meat dishes

In Tajik cuisine meat dishes are most diverse and got a significant place. Meat dishes in Tajikistan are prepared by frying, steam cooked and boiling. Tajik meat dishes are primarily prepared from domestic animals e.g. sheep, goat and cow and poultry and bird meats. Tajik cuisine similar to other Islamic cultures follows dietary laws given in the Quran.

Before preparation of meat dishes first of all meat is selected in accordance to receipt of the food it is needed for, it is washed and salted. For example, for cooking *khomshurbo* (clear soup where vegetables are not fried before cooking) only ribs and parts of

meat with bone is used whereas for kebabs primarily boneless and lean meat is used.

Tandurkabob or *tanurkabob* is prepared from mutton by steaming-smoking technique in the fire-wood oven. A leg or large shoulder of the mutton is taken and after seasoning it is hung in the bread baking fire oven (*tanur*), which is preheated and has some charcoals left. Than the *tanur* is sealed completely and left for 6 to 7 hours before the *tandurkabob* is ready. It is served cold or hot.





Lulakabob is a meat dish prepared from mutton, beef or chicken. Only minced meat is used and additional ingredients can include breadcrumbs, onion, seasoning spices, rice or even processed potatoes. It is a traditional form of cutlet. It is fried cooked.

Jigarbiryon is a meat dish prepared from the cow, goat or sheep liver. However, in this dish regular meat, heart, kidneys and lung is also added. It is prepared on the cauldron in the high fire. First the meat ingredients are fired and then onion, bell paper, tomatoes and some potatoes are added and left to simmer to cook until soft.





Seekh-kabob is a popular dish of skewered and grilled cubes of meat. The word kebab denotes a wide variety of different grilled meat dishes. *Shikh-kabob* is popular in the whole of Asia. It is similar to a dish called *shashlik*, which is found in the Caucasus region. The meat prior to be grilled is marinated overnight and in skewers is put with sheep tail fat for making the meat moist and soft. It is grilled on the charcoal and served with onion and green herb salad.



Murghbiryon refers to poultry dishes prepared either by frying, boiling or steaming. If the whole chicken is prepared the traditional method is to hum-

mer the chicken flat and marinates it overnight in vinegar and herbs. It is than cooked on a frying pan by putting a weight or a metallic plate over it. This



allows meat to cook even and have a flat form. Some people call that also *tobagi* or *tabaka*.

Kalapocha is a traditional dish prepared from the head, foot, tongue, stomach and intestine of the goat or sheep. All the ingredients in this dish go very

through cleaning process by boiling and bleaching them. It is cooked by boiling and together with grain products, tomatoes, onion and variety of the scented herbs. It takes long hours to prepare it as the products of this meat dish take longer time to cook and become soft.