

Traditional beverages

In line with the traditional dishes Tajik people from ancient times have also been known for types of traditional seasonal and regular beverages. If some beverages are made for quenching the thirst in the hot seasons some of them are meant for refreshing and nutritious purposes. Traditional beverages for the warm season are compotes (from fresh or dried fruits), *dugh* (yogurt drink), *sharbat* (type of juice without carbonate) and tea. Compotes are prepared from the local grown fruits either single fruit or mixed fruit. In addition, various medicinal herbs are used to prepare beverages, such as rose, hip rose, basil and mint etc.

Fruity beverages are prepared from both dried and fresh fruits through boiling them. Since sweet beverages in the summer season makes one thirstier the summer beverages are less sweet. Compotes are also prepared to be preserved for the winter period in cans and jars.

Cholob or *dughob* – refers to a yogurt drink made from natural yogurt either fat free or full fat. Usually *cholob* is achieved after processing the yoghurt to extract the butter. For what is left after the process than fresh green herbs and some vegetables such as bell paper or cucumber is added with seasoning. It is a healthy drink for quenching the thirst and contributes to stamina and balanced health.

Sharbat is prepared by extraction of juice from the fresh fruits or by boiling fruits. All sorts of fruits are suitable for preparing *sharbat* and some are compatible for being mixed together with another fruit or even vegetal, such as carrot and apple. Traditionally people prepare *sharbat* from overripe fruits by collecting them into a piece of fabric and squeezing the juice out of them; the piece of fabric played a role of filter. After the extraction they also sometimes boiled the juice once to make it extra sweet. Then *sharbats* were kept in jars and served



chilled or room temperature.

Wine is another widespread form of beverage produced and consumed. Tajik wines are made from local grapes. Production of wine is common with other cultures of the world, starting with selection of the grapes or other produce and ending with bottling the finished wine. After the harvest, the grapes are taken into a winery and prepared for primary ferment. At this stage red wine making diverges from white wine making. Red wine is made from the must (pulp) of red or black grapes and fermentation occurs together with the grape skins, which give the wine its color. White wine is made by fermenting juice, which is made by pressing crushed grapes to extract a juice; the skins are removed and play no further role.



