

THE CULINARY ART

Uzbek National Meals differ from other meals with their characteristic features. Kindness of our nature, abundance in different food products and Uzbek cooking which has been lasting from the centuries are our people's treasure and national pride. Uzbek cookery is distinct by special processing to the ingredients, usage of different techniques, equipments and other items and with the usage of peculiar dishes for food.

Prior to cooking Uzbek National Dishes, ingredients are processed and their taste is improved. One of such methods is slicing a product and processing it with salt and spices. In preparing Uzbek national food such widely consumed ingredients as meat, flour, milk, *qatiq* (Uzbek yoghurt), beans, pea as well as fruits, vegetables, and grocery products are used. These ingredients are processed differently depending on the type of the food. In domestic preparation of national food pot and oven are used; as the source of heat — wood, coal, natural gas, special oven and others are used.

Present Uzbek cookery was formed as an impact of natural, historical and social conditions. As the result of cultural interaction of nations the line of ingredients used in preparing Uzbek National Dishes is increasing. Consequently, the kinds of

national dishes are also increasing. We compare ancient and current Uzbek cookery with each other. In ancient cookery fish products were not consumed as much as they are consumed now. In some places of Uzbekistan meals were prepared without potato and tomato, whereas nowadays no food is prepared without these ingredients.

Uzbek national cookery requires learning of types of meals and conditions of their preparation and transferring them to the next generations. Otherwise, the meal loses its features of nationality and will be deprived of the ability of edibility. Not serving the food in specially outlined dishes, decreases edibility of the food.



