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Uzbek cuisine

ESSENTIAL PREPPING FOODS AND RECIPES

Azizbek Khakimov

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«Издательские решения»

Khakimov A. A.

Uzbek cuisine. Essential prepping foods and recipes /
A. A. Khakimov — «Издательские решения»,

ISBN 978-5-00-623483-3

This book teaches how to prepare pilaf from the national dishes of the Uzbek people. Uzbek cuisine is a vibrant tapestry of flavors, shaped by the country's Silk Road history and nomadic traditions. Central to Uzbek dishes is «Plov» a fragrant rice pilaf often adorned with succulent meats and aromatic spices.

ISBN 978-5-00-623483-3

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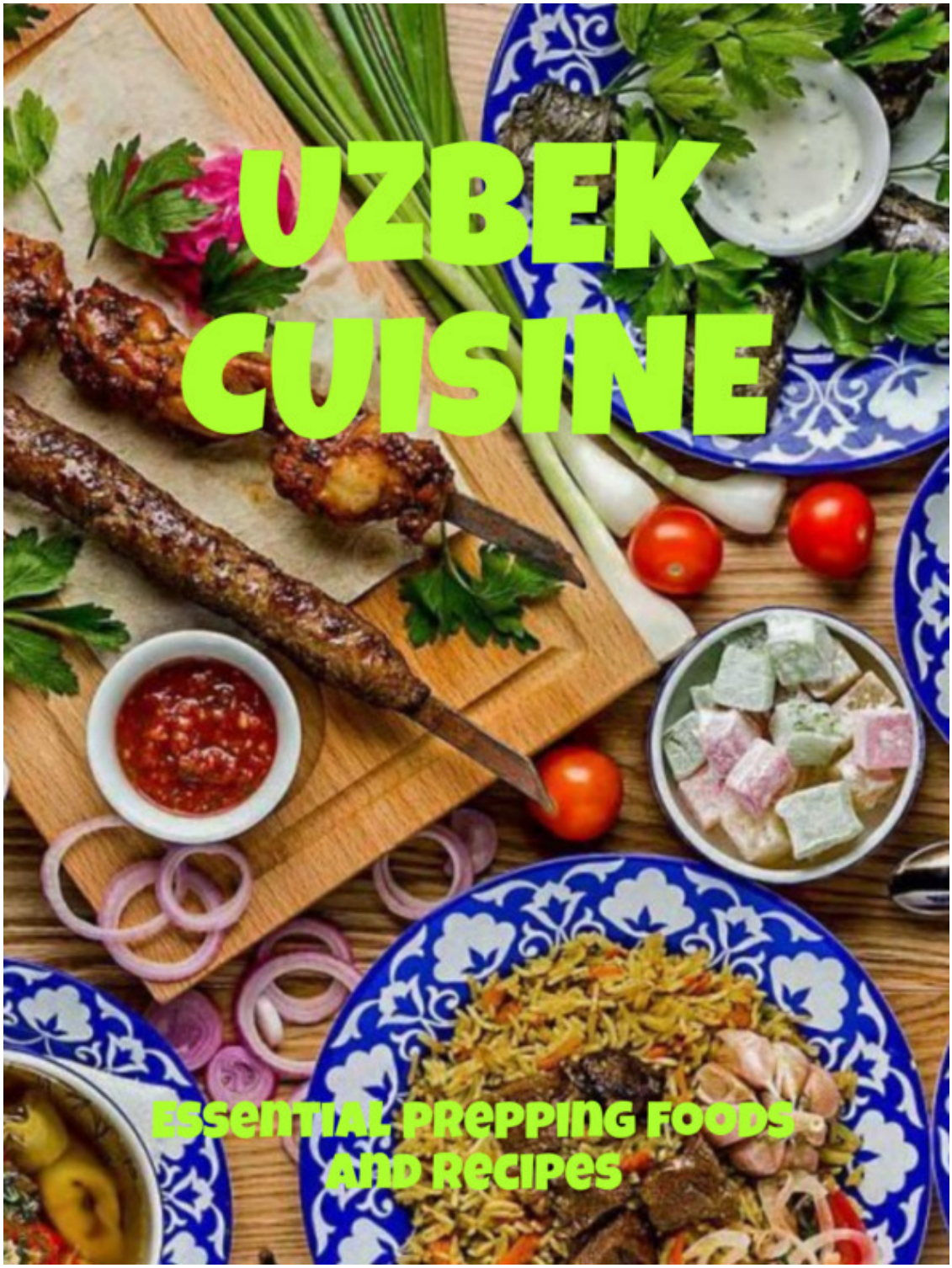
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ISBN 978-5-0062-3483-3
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INTRODUCTION

Uzbek cuisine is a vibrant tapestry of flavors, shaped by the country's Silk Road history and nomadic traditions. Central to Uzbek dishes is «Pilaf,» a fragrant rice pilaf often adorned with succulent meats and aromatic spices. Samsa, flaky pastries filled with meat or pumpkin, showcase the influence of diverse cultures. Flatbreads like «Non» are staples, and yogurt-based sauces add a creamy touch. Indulge in the rich tradition of Uzbek hospitality through these dishes, where every bite narrates a tale of heritage and warmth.

Accompanying dishes like «Lagman,» a noodle soup, and «Manti,» steamed dumplings, offer a diverse taste of Uzbekistan's rich cultural influences and culinary traditions. Immerse yourself in the flavors that define this Central Asian gem.

1
Plov (Pilaf)

Pilaf is a traditional Central Asian Uzbekistan dish, and its preparation can vary across different regions and cultures. However, the basic components usually include rice, meat (commonly lamb or beef), carrots, and a mix of spices. The ingredients are typically cooked together in a large, heavy-bottomed pot, allowing the flavors to meld.

Конец ознакомительного фрагмента.

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