

National Food

National Food is meals of one definite nation. The technology of the cooking was formed under the influence of the development of this nation, ways of living. The meals are closely connected and reflect our customs and traditions. The national recipes are carefully kept up and passed from the generation to generation. Some of the recipes were changed because of the changes in the life itself, others are strictly followed.

We are going to share some of our national recipes. They are easy to cook.

I. Gulyakandoz National Recipes

1. Shurpa (first course)



Meat brings strength, shurpa brings beauty.

Aromatic and hearty with vegetables, this rich soup is beautiful to see, with its even and colorful dice, and superb as a winter meal. It's easy to make and it's quick to cook.

Ingredients

- Lamb – 500 gr
- Sheep's tail fat – 75 gr
- Onion – 150 gr
- Carrot – 250 gr
- Potatoes – 750 gr
- Tomatoes – 200 gr
- 2 green bell peppers \ paprika
- Pepper, salt to taste
- Grocery

Before starting cooking you should better do all the cuttings and peelings.

- cut the sheep's tail fat into small pieces
- cut the meat into the slices of 40-50 gr
- cut the onion
- peel the potatoes
- cut the carrots into ½-inch dice

- peel, seed and chop the tomatoes
- green bell peppers should be cut into strips

1. In the hot pot\cauldron fry the sheep tail fat pieces
2. Then brown the meat in the fat
3. Stir in the onions and cook until they are softened and taken on colour
4. Stir in the carrot and potato, salt and fry 5-7 minutes
5. Add the tomato
6. Pour water and bring to a boil
7. 30 minutes before serve add the bell pepper strips
8. Salt and pepper to taste
9. Ladle into the bowls and garnish with lots of finely grocery

You can add cloves of garlic to make it tastier. Use spoons while eating.

2. Mutton stewed in its gravy (first course)



Meat is one of the main and consistent ingredients of our national food.

Ingredients

- 800 gr of mutton
 - 250 gr of onion
 - 200 gr of tomatoes
 - Salt and spices to taste
1. Chop the onions and grocery
 2. Cut the meat into the slices of 25-30 gr
 3. Mix the meat and chopped onions and grocery
 4. Salt and spice to taste
 5. Warm the frying pan and put the mixture
 6. peel, seed and chop the tomatoes stir
 7. Cover and cook slowly on a low flame until ready

Ladle into the muffin and it is ready to be enjoyed. Use forks while eating. Vegetable salads, boiled potatoes may serve as a garnish.

3. Roast meat with potato (first course)



Most of us are fond of meat and potato that's why one of the often cooked dish is roast meat with potato

Ingredients

- Lamb – 750 gr
 - Sheep's tail fat – 200 gr
 - 2-3 bulbs of onion
 - Potatoes – 750 gr
 - Tomatoes – 200 gr
 - Salt and spices to taste
 - Grocery
 - ½ glass of water
- cut the meat into 25-30 gr slices
 - cut the fat into small pieces
 - chop onion and potatoes
 - peel, seed and chop the tomatoes

1. The pieces of sheep's tail fat put into the pot\ cauldron and fry till browned
2. Then brown the meat
3. Stir in the potatoes and fry till the half ready
4. Add the tomato
5. Stir in the onions
6. Salt and spices to taste
7. Pour ½ glass of water and cover
8. Cook slowly on a low flame 20 minutes

**Ladle into the tray and put into the middle of the table. Use forks or spoons
Any vegetable salad may serve as a garnish.**

4. Sambusai varaki (with mutton)



Sambusai varaki is one of the popular holiday dishes. It is served hot. The stuff can be various, usually it's meat.

Ingredients

- 4 cups of sifted wheat flour
- 1 extra large egg
- 1 cup of warm water
- 3 spoons of any vegetable oil
- 500 gr of mutton
- 150 gr of onion
- 50 gr of shortening
- Salt and spices to taste

Stuff preparing:

- Mutton meat should be minced
- brown the onion in the hot oil
- stir in the minced meat
- mix thoroughly and fry till ready
- ladle in the tray and let to cool

Pastry preparing:

- pour warm water in a bowl
- add an egg
- salt
- add the flour and mix
- the dough should be stiff
- let the sponge have a rest covered for about an hour

1. Turn it out onto a lightly floured surface and knead for 10 minutes until the dough becomes smooth and elastic
2. Unroll the dough as thinner as possible
3. Grease the unrolled surface with the oil
4. Roll and cut into small pieces
5. Form balls from these pieces and unroll again
6. Put the stuff on the unrolled balls and lick into a triangle shape
7. Usually sambusa is baked in our national oven – “tandir”

Nowadays a lot of people use oven as well to bake sambusa. It is served hot and eaten with hands.

5. Khalvajtar (sweetie)



Khalvajtar is our national dainty, it is very high-calorie, tasty and useful.

You can add any nuts and create any form you'd like to.

Ingredients

- 2 cups of sifted wheat flour
- 2 cups of brown sugar
- 2 cups of water for syrup
- 100 gr of sheep's tail fat
- 100 gr of walnuts

1. Prepare the sugar syrup
2. Heat up the sheep's tail fat in "a thick-walled" pan
3. Stir the flour slowly and brown it
4. Add the syrup and mix thoroughly
5. Add the chopped walnuts mixing thoroughly

The hot khalvajtar is ladled into dishes and refrigerated. The cooled khalvajtar can be cut in any shapes and sizes. To make it sweet-scented vanillin can be added as well.

6. Kurutob (cold dish)



Ingredients

- 1 cup of sour milk
- 1 big bulb of onion
- 200 gr of butter
- 1 cup of boiling water
- A hot flat bread
- Salt to taste

You need a wooden bowl and a spoon.

1. Chop the onion and wash it under the running water
2. Mix the sour milk and the boiling water in the bowl and beat thoroughly
3. Chop the flat bread and add to the mixture and intermix
4. Salt the chopped onion and add to the mixture without beating
5. Kindle butter in the frying pan
6. Pour the hot kindled butter on the onions.

Your Kurutob is ready. Bonne appetite! Our ancestors eat Kurutob with their hands.

7. Sour milk with parsley (salad)



A lot of our salads include sour milk as a main ingredient. It is finely combined and mixed with all the sorts of grocery, spices, garlic and spring onion.

Ingredients

- Sour milk, 350-400 gr
- 20 gr of parsley
- ½ cup of cooled boiled water
- Salt, spices to taste



1. Add the water to the sour milk and mix thoroughly
2. Chop the parsley and add to the mixture
3. Mix thoroughly
4. Salt and spice to taste

This salad is a cool company to any second course. Use a spoon while eating.

II. Shakhrinav National Recipes

1. Halva from sunflower seeds



Ingredients:

- § 2 glasses of husked sunflower seeds
- § 1 ½ glass of sifted wheat flour
- § ½ glass of brown sugar
- § ½ glass of water
- § 1 cup of olive oil (any vegetable oil)

1. Roast the seeds in the frying pan
2. Mince the cooled seeds several times
3. Roast the wheat in a frying pan too
4. Ladle the wheat into the bowl
5. Add the seeds into the wheat and pour the oil
6. Mix thoroughly and mince
7. Prepare sugar syrup
8. Pour the syrup into the mixture and mix thoroughly
9. Let the Halva refrigerate

Cut Halva before serving into the necessary size and shape. Halva is eaten with hands.

2. Nishallo (semi-fluid sweets)



Ingredients:

- 1 kg of sugar
- 1 liter of water
- 4 egg fibers
- 50 gr of soap root
- 2 teaspoons of dried lemon peels
- 1/2 teaspoon of citric acid

- ½ teaspoon of vanillin

You should follow some steps to cook it

1. Prepare sugar syrup

- Dissolve the sugar in ½ liter of water
- Boil it taking the froth all the time
- Cook it properly
- Let cool

2. Preparing the soap root broth

- Peel the soap root
- Cut into the slices of ½ cm thickness
- Put into the teapot and boil 20 -30 minutes
- Filter the broth through the cheese-cloth

3. Beat the fibers

4. Add the aluminous mixture to the warm broth beating constantly

5. Pour the syrup slowly to the mixture

6. Before readiness add the dried lemon peels and citric acid, vanillin

Usually Nishallo is cooked during the month of Ramadan- the fasting month of Muslims. You should dunk slices of bread in it.

3. Mutton with tomatoes



Ingredients:

- 600 gr of mutton
- ½ glass of sheep shortening
- 4 bulbs of onion
- 12 tomatoes
- Salt, pepper, fennel and parsley to taste
- cut the meat into small slices
- chop the onion
- chop the tomatoes (each tomato should be cut into 4

parts)

- chop the grocery

1. Fry the meat in the half of the shortening on a low flame

2. Pour the water, add salt and pepper to taste

3. Stew till the water would be evaporated

4. Then stir in the second half of the shortening, chopped onions and tomatoes

5. Stew till the readiness

Serve hot. Before serving garnish with the grocery. Use spoons or folks

4. Tajik Flat Bread "Kulcha"



Ingredients:

- 1,6 kg of sifted wheat flour
- 300 gr of whole milk
- 40 gr of beef or sheep shortening
- 15 gr of dry yeast
- 1 teaspoon of sugar
- Salt to taste

Yield: 10 flat breads of 280 gr

1. Pour some milk in a large bowl, stir sugar, and then sprinkle on yeast and stir to dissolve
2. Place milk and a cup of water in a saucepan, stir to mix and warm on a medium flame until lukewarm.
3. Pour the mixture into the bowl; add the warmed shortening and mix.
4. Add the whole flour one cup at a time, stirring in one direction.
5. Let the sponge stand covered for 20-25 minutes.
6. Turn it out onto a lightly floured surface and knead until the dough becomes smooth and elastic.
7. Divide the dough into 10 equal pieces
8. Using lightly floured hands, press each piece into a 3 to 4 round. Work with one round at a time, leaving the others covered at the back of your work surface.
9. Working on a lightly floured surface roll out to a 6 round. The diameter should be 10 cm.
10. With a fork or bread stamp, or the edge of a wire whisk stamp circles at the centre of the flat bread thoroughly
11. Flatten it and pierce to prevent from rising.
12. Let stand for 20-25 minutes
13. Bake in a national bread oven "tanur" or in the oven till the breads brown to a deeper hue.
14. Use a long—handled spatula to remove from the oven.
15. Each bread should be greased by water, yogurt or egg yolk.
16. Place on a rack to cool, then stack and wrap loosely in a cotton cloth to keep soft and warm.

Usually the eldest at the table "break" the flat bread by hands. Especially tasty when served hot.

5. Tajik Flat Bread "Noni zagora" (Bread from the corn meal)



Ingredients:

- 2 kg of sifted wheat flour
- 900 gr of corn meal

- 100 gr of sheep's tail fat
- 100 gr of shortening for greasing
- 70 gr of grocery
- Warm water

Yield: 10 flat breads of 400 gr

1. Cut the sheep's tail fat into small slices
2. Chop the grocery
3. Pour the warm water into a large bowl, add salt, pepper, chopped sheep's tail fat and grocery
4. Mix thoroughly, until the dough smooth and elastic.
5. Let stand for about 10 minutes.
6. Divide the dough into 10 pieces of 400 gr
7. The process of preparing the bread is the same as was described in the recipe #4.
8. Put the bread onto the greased frying and cover with the second frying pan.
9. Bake in the oven till the breads brown to a deeper hue.
10. Use a long—handled spatula to remove from the oven.
11. Each bread should be greased by water, yogurt or egg yolk.
12. Place on a rack to cool, then stack and wrap loosely in a cotton cloth to keep soft and warm.

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6. Tajik Flat Bread “Fatiri Kadudor” (Bread with pumpkin)



Ingredients:

- § 2,7 kg of sifted wheat flour
- § 55 gr of dry yeast
- § 600 gr of onion
- § 2 kg of pumpkin
- § 60 gr of shortening
- § Salt to taste

Yield: 10 flat breads of 400 gr

1. Chop the onion
2. Peel, seed, cut into long slices and mince the pumpkin.
3. Pour the warm water into a large bowl, add salt and dry yeast, stir in warmed shortening, chopped onions and minced pumpkin.
4. Mix thoroughly, until the dough smooth and elastic.
5. Let stand for about 10 minutes.
6. Divide the dough into 10 pieces of 400 gr
7. The process of preparing the bread is the same as was described in the recipe #4.
8. Prepare the baking sheets- grease them and put into the oven.
9. Bake in the oven till the breads brown to a deeper hue.
10. Use a long—handled spatula to remove from the oven.
11. Each bread should be greased by water, yogurt or egg yolk.
12. Place on a rack to cool, then stack and wrap loosely in a cotton cloth to keep soft and warm.

Usually the eldest at the table “break” the flat bread by hands. Especially tasty when served hot

7.Ugro Tushbera (Noodle Soup with ravioli)

Ingredients:

For frying:

- 100 gr of sheep’s tail fat or vegetable oil
- 2 bulbs of onion
- 2-3 tomatoes or 1 spoon of tomato paste
- 2 potatoes

For stuff:

- 500 gr of any meat flesh
- 2 big bulbs of onion
- One egg fiber
- ½ teaspoon of salt
- Hot pepper flakes to taste

For dough:

- 500 gr of sifted wheat flour
- 1 egg
- 1 glass of water
- ½ teaspoon of salt



1. Pour warm water into a bowl, add an egg and salt.
2. Knead till the dough becomes smooth and elastic.
3. After 1-0-15 minutes of rest divide the dough into 2 equal parts.
4. Unroll one of the balls in a sheet of 2mm thickness.
5. Noodle the sheet and let stand covered.
6. Mince the meat.
7. Add the chopped onions, the egg and salt. Mix thoroughly.
8. Divide the stuff into 2 equal parts.
9. Unroll the second sheet of the dough, cut into the of 5x5 cm squares, fill with the stuff.
10. The rest of the stuff shape into small balls.
11. Brown the chopped onion in the hot oil or roasted sheep’s tail fat.
12. Stir in the chopped tomatoes or tomato paste, add cubed potatoes
13. After stirring add water and bring to boil.
14. Stir the ravioli, then meat-balls.
15. When the ravioli will be ready stir the cut noodles.

Ladle into bowls, any grocery garnish will be fine. Some of the people add sour milk or yogurt in the soup. Use spoons.

8. Grape Sherbet (Drink from grapes)

For this drink only the unripe “Khusayni” “Lady’s fingers” sort of grape is used.

Ingredients:

- 1 kg of unripe grape
- 500 gr of brown sugar
- 2 glasses of water for syrup
- 1 ½ glass of water for grapes



1. Pour 1 ½ glass of water into the pot.
2. Clean the grape berries from fruit steam, wash and put into the water.
3. Bring to boil. Boil only 1-2 minutes.
4. After cooling the broth should be squeezed.
5. Filter this juice through the cheese-cloth
6. Add the filtered juice to the boiling syrup
7. Boil 4-5 minutes.
8. Refrigerate.

Serve cooled. Pour the drink into the glasses or wine glasses.

9. Tajik plov with nut (Rice Porridge with peas)



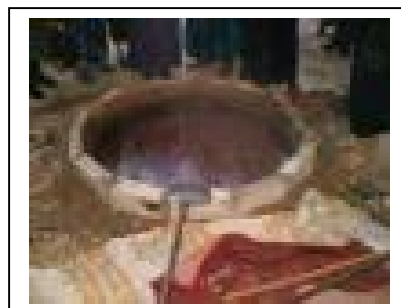
Ingredients:

- 600 gr of mutton \ 625 gr of beef
- 600 gr of rice
- 250 gr of onion
- 650 gr of carrot
- 150 gr of chickpea
- 300 gr of vegetable oil

1. Wash the chickpeas and soak for about 6 hours.
2. Look through the rice to clean it from the stones and so, wash and soak for about 1 ½ an hour.
3. Cut the meat and brown the meat in hot oil.
4. Stir in the cut onions, fry until the onions softened and have taken on colour.
5. Stir the stripe cut carrots
6. Mix, add salt, spices to taste
7. Pour water in the proportion of water and rice 1x1
8. Stir the soaked chickpeas getting ready for 25-30 minutes.
9. Then add the rice and cook uncovered to evaporate all the water.
10. Cover the pot and cook for 20-25 minutes.
11. Mix the ready porridge thoroughly.
12. The meat is picked up on a plate.
13. Ladle into muffins.
14. Put a piece of meat on the top of the plov.

Any vegetable salad, sour milk is a fine addition to Plov. Our people prefer to eat Plov with hands, those who can't eat with hands use spoons.

9. Sumalak



Sumalak is a high calorie meal prepared on the basis of wheat sprouts and sugar syrup.

Ingredients:

- ½ kg of wheat
 - 2 kg of wheat flour
 - 1 kg of cotton oil
1. Clean the wheat from stones and other things
 2. Wash the wheat in cold water
 3. Soak the wheat for 3-4 days in the dry and cool place
 4. After 3-4 days throw the water and lay the wheat on the plywood, the thickness should be 1-1 ½ cm. Cover with cheese-cloth.
 5. Every morning sprinkle the wheat with water till it sprouts.
 6. When the sprouts will be of 3-4 cm high, crumple them in the mortar and stir in the large deep bowl. Add some water, mix thoroughly, and filter through the cheese-cloth. Pour the liquid in another bowl. This bowl will be the first to be poured.
 7. Then put the husks of sprouts into the large bowl again, add some water, and filter through the cheese-cloth. Pour the liquid in the second bowl. This bowl will be the second to be poured.
 8. Repeat this action once more. That bowl will be the last to be poured.
 9. Stir the wheat flour into the hot oil, pour the first bowl, and mix thoroughly. Use a wooden large spoon to stir constantly.
 10. When the broth began to get thicken pour the second bowl. Stir constantly till getting thickens.
 11. Then add the third bowl, stir thoroughly till the light brown colour.
 12. When Sumalak is ready remove the flame, cover and cool 2-3 hours.

To prevent from the burning add 15-20 round stones (do not forget to wash them), some people put walnut. Sumalak is served in our national cups –piala and eaten with a little finger. It is cooked in March 3-4 days before our national spring holiday Navruz.

Let us hope it'll be not difficult for to cook the proposed dishes.

The teams of Gulyakandoz and Shakhrinav.