

Sambusa – pie



Sambusa is one of our national foods. It is so delicious that in order to finish one Sambusa it takes relatively little more time. Sambusa is eaten mainly in wedding parties and after wedding ceremonies. In these ceremonies people who are invited bring Sambusa and other foods with them and the host won't prepare it themselves.

The place, where Sambusa is cooked is called "Tanur" – round shaped big thing made of out special clay. Then it is put on the level, where person's hand can go to. It doesn't mean that Sambusa is baked only here. A lot of people make it in the oven at home. Basically, it is not as difficult compared some other foods. There is a variety types of Sambusa could be seen here. Traditionally people bake either

rectangular shaped or triangular ones. But Sambusas, which is baked in Tanurs they a little different shape and size. The place where you can taste different kinds of this special food is market. In the market there are some people who are professionals in baking this particular food. Their Sambusas are bigger and saucy. If you eat one or two Sambusas from the market it will be enough to hold you half day, but usually people will be satisfied with more than 6 -8 Sambusas they eat at home. I recommend you to taste this and hopefully you will enjoy it too. Commonly, the period, when people can eat Sambusa is afternoon and evening. It has many calories and keeps you full for a much time. You can eat is only with your hands.

Ingredients (for preparing Sambusa considered for 1kg of flour)

1. Flour – 1kg (sifted)
2. Water – 300 grams (0.3 liter)
3. Salt – 30 grams
4. Potatoes – 1 kg
5. Meat – 200 grams (beef or lamb)
6. Onion – 0.5 kg
7. Pepper – 0.05 grams (optional if you want to make your Sambusa a little hot)
8. Greenies – 100 grams (cut them in very small pieces)
9. Oil – 100 grams

Step by step direction on how preparing Sambusa:

1. Take the sifted flour and put in into considerably bigger container. Then add water and salt.
2. Mix ingredients hardly with your hands until you get dough. Now cover the container with some cloth and keep it about minutes.
3. Now you covered the container and it time to prepare inside ingredients. Take the potatoes and cut into small rectangular pieces. Onions also should be cut in thin rounded pieces. Meat also should be cut in tiny pieces just like potatoes.



4. You can add greenies (cut them too into small pieces) and peppers (optional) to them as well.
5. Also add salt and oil and blend them all. It should be mixed well.
6. Now as soon as your dough is ready. Shape some balls. Then roll it with rolling pin and it should be very thin and large. Then cut them into rectangular pieces probably 6 x 6 inches. Then put the inside ingredients onto rectangular dough. Now fold it up. Make some amount and put them on oven sheets and then push it into the oven. Bake it at the higher temperature for about 30 minutes. But it may be prepared quicker than estimated time. In this duration open the oven and check whether it is getting light-red color. When it is then keep it 5 more minutes. Take one taste if inside ingredients taste good, then it is ready. Take all of them on plate and enjoy.



If any questions or comments please write to:
E-mail : shoira2006@mail.ru

Osh (Plov) – National Tajik Food

Osh (Plov) – one of the main national foods of Tajik people. We eat it in various holidays and ceremonies. Traditionally, Osh (Plov) is eaten early in the morning around 6 or 7 during the wedding ceremony. Bride's side prepares a big Osh and invites many friends, relatives and neighbors from both (bride's and grooms) side to come and eat. We call this event as "Oshi Nahor", which means "Early Osh". This ritual (Oshi Nahor) takes place before a wedding and is considered to be essential. Simply, when Tajiks say wedding we assume these two events together. This is a favorite food of Tajik people and is eaten very often. Another interesting thing is when guests come to our houses we treat them, certainly, with this meal. Also, we have many other ceremonies, where Osh is actually eaten. These are followings:



- ü Tuifoteha – this is before a wedding. Groom's side brings different things to bride's house as well as sheep. During this, people who are invited come and eat Osh.
- ü Talabon – after wedding event. Bride's mother invites her daughter (bride) into her house and cook Osh for guests.
- ü Ochabenon – This is after marriage ceremony as well. Bride's mother comes to groom's house. Osh is cooked here too.

There are also religious holidays, in which Osh is cooked here in Tajikistan including:

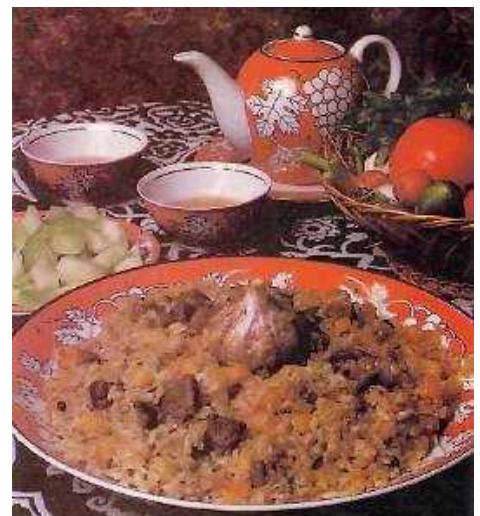
- Ramadan Holiday (Eid of Ramadan) – when Ramadan is over, neighbors and relatives give a bowl of Osh to other. This is mainly during evening (when sun sets fully).
- Qurban Holiday (Eid of Qurban) – This religious holiday is celebrated after 65 days of Ramadan Holiday (counted from the day when Ramadan is over). People sacrifice a sheep on the occasion of this holiday and cook Osh. People send bowl of Osh to their relatives and neighbors. Especially kids are enjoyed to carry bowls of Osh to their neighbors and relatives, when they see their buddies doing the same thing.

One more occasion, in which Osh is cooked, is called "Tuyi Sunnati". When the age of the child (boy) is 4 – 6 (sometimes 7 or more) parents invite close people to celebrate this spectacularly special ceremony. Early in the morning they give "Oshi Nahor" (Early Osh). People get up very early to come and eat this delicious meal.

One marvelous thing about Osh is you can eat it with spoon or hand depending on which one you like and prefer. But during above events people use their hand to eat. Normally, when you are at home and eating with family you can eat it in whatever way you feel comfortable.

Ingredients (considered to 1kg of rice):

1. Oil – 300 grams (0.3 liter)



2. Onion – 4 or 5 medium ones
3. Carrot – 1 kg (8 medium carrots)
4. Meat – 300 grams
5. Water – 1 liter
6. Rice – 1 kg
7. Salt – 0.5 spoon
8. raisin – half cup (optional)
9. pea – 100 grams

More detailed ingredients explanation:

- Oil – it is recommended to use vegetable oil in amount of 0.3 liter.
- Onion – cut onions into rounded thin pieces
- Carrot – cut carrots into long thin pieces (2.5 inches long and 0.35 inches thick) it should get half the pencil size.
- Meat – two kinds are acceptable either lamb or beef
- Water – 1 liter of ordinary water. Also have 0.5 liter of boiled water ready.
- Rice – First wash the rice twice with cold water and then add salt (1.5 -2 spoon) and then leave it for about 10 minutes before putting it into pot.
- Salt – Generally you will need 3 spoon of salt: 1.5 – 2 for washing rice and 1 spoon for adding into pot over other ingredients.
- Raisin – this is optional ingredient (it makes Osh more delicious). Half cup is due.
- Pea – this product should be carefully prepared. You take 1 cup of water and put 100 grams of peas into water and keep it for 12 hours (do it a day before you intend to prepare Osh).

Step by Step direction on how cooking Osh:

1. Put pot over a stove at a normal temperature and pour a vegetable oil (0.3 liter = 300 grams) into it after 3-5 minutes.
2. Approximately after 5-7 minutes oil starts to give special smoke alerting you to add next ingredient, which are thinly cut onions. Blend it with oil and wait until it is dark-red.
3. Now add meat and fry it about 5 minutes, also till it gets the dark – red color.
4. Put thinly cut carrots into pot and mix with other already added ingredients for 4-5 minutes.
5. Pour cold water (1 liter is enough) and keep it until it is boiled (30 -40 minutes at a normal stove temperature). When it starts boiling let it for 2 more minutes. It is time to add peas (wet peas, which was kept in cup for 12 or more hours) and salt (0.5 spoons), also if you would like to make Osh taste much better then add raisin right on this time (15 minutes before - start washing your rice with cold water (2 times) and then add 2 spoons of salt and add boiled water until it covers rice entirely)
6. Now free your rice out of water (pour it somewhere maybe into the sink). Add your rice into the pot and smooth with the spoon or something that has smooth shape. Now pour your 0.5 liter boiled water over the flatten rice and then keep it 4-5 minutes more to boil again in the pot.
7. Make 8 or 10 1inch holes with rounded long stick and boiling water goes down the holes (it takes 3-4 minutes)
8. Level the rice once again (this time make the center rice a little topper than other surrounded parts) and put plate over it (make sure plate covers absolutely all rice). Cover the pot with lid.
9. Lower the temperature and keep it 15 minutes.

10. Turn off the stove and keep for 5 more minutes.

Wow! Osh is ready ☺

Take one big plate and take topside rice (little amount) on to this plate. Then mix up remained rice with other products like with carrot and meat. Then take meats and cut them into small pieces. You can have the Osh on to 4 plates. Put small meats on top of your Osh and carrots around. Now you can use your desired salad to eat with Osh. Don't forget to try it with hand (kidding).

I hope you enjoy this particular type of food.

Prepared by: Umeda Homidova

Student of 11th grade, secondary school #32, Istaravshan town (Project
Group member of Internet Learning Center of Istaravshan)

If you have any questions or comments please write me:

E-mail: umeda1973@mail.ru