



## Tajik cuisine

PREPARED PUPIL 10 CLASS  
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# TAJIK CUISIN

Tajik cuisine – national cuisine of the Tajik people , living mainly in Tajikistan and Afghanistan , Uzbekistan ,Kyrgyzstan , Kazakhstan , Russia and other countries . According to the technology , product range and types of dishes , the kitchen close to her other Central Asian nations, especially of Uzbek cuisine . However , there are its own peculiarities . Cooking Tajik formed over thousands of years under the influence of the rich history of this nation.





# MEAT

The most characteristic feature of the Tajik cuisine is the use of large quantities of meat products and their limited use of fish, eggs and certain types of grains ( buckwheat, oats , barley ). The most common meats are lamb , goat , rarely eaten chickens , chickens, and almost completely consumed ducks , geese .




In some areas of popular game : partridge, quail . Horse meat is mainly for use in the manufacture of sausages 'Kazi'.



BEFORE COOKING THE MEAT IS USUALLY CUT UP INTO CHUNKS (OFTEN TOGETHER WITH THE BONE ) AND FRIED .SUCH MEAT IS ADDED TO THE FIRST DISHES , OR MADE FROM RUBLENOGO MEAT MAIN DISHES : SAUSAGE , KABOB, KEBOB ,PILAF, STUFFED-SHAHLET , HOT-KUARDAN.



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LOCAL SOUPS ARE USUALLY VERY THICK ,FATTY AND NOURISHING.INGREDIENTS THEREFOR (MEAT , VEGETABLES, RICE),USUALLY PRE-FRIED IN A LARGE AMOUNT OF FAT.PREPARING THE FIRST MEALS IN TAJIKISTAN ,MAINLY ON MEAT OR BONE BROTH, AT LEAST – IN THE SOUR MILK OR BROTH OF VEGETABLES .ALSO HERE ARE MANY SPICES ADDED .THE MOST POPULAR SOUPS – FINNO , SHURPA , MASTOBA , SIAULIAI , NARYN , CHOLOB , ATOLL.



Local soups





TAJIKS DO NOT REGRET SEASONINGS AND SPICES . WIDELY USED HEREIN PEPPER , BARBERRY , ANISE, SAFFRON, CUMIN, GARLIC.VERY POPULAR CHOPPED SPICY GREENS(PARSLEY , CILANTRO, DILL , MINT , CHIVES , SORREL , BASIL),FRESH TOMATOES AS REFUELING , AS WELL AS PRODUCTS ( SUZMA , KATYK , CLOTTED CREAM), WHICH ARE ADDED IN SOUPS AND SECOND DISHES.



# PRODUCT FROM THE TEST



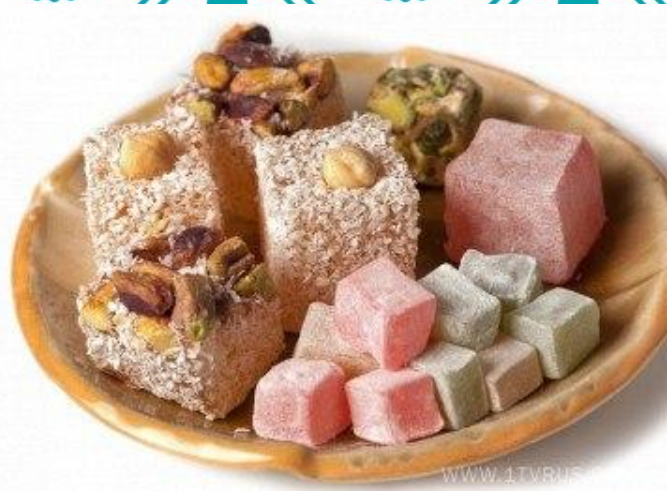
Very fond of Tajik flour products, both leavened and unleavened dough. Traditional bread (thin cakes) cooked in wood-burning ovens round-tandyr. Very popular pastry with meat: puff pastry-sambusa, Cush – dumplings, dumplings, noodles with meat (Lagman, Shima, manpar).

As in any eastern country , where respect for sweets and eat them several times during the meal.This is especially melons and fruits in fresh and dried form , as well as fresh and roasted nuts. There is also a lot of sweet baked goods ( firewood, puff pastry).Of course , there are traditional sweets-various flour halva , a traditional candy-Pichak , grape sugar alarm with spices , cream nishallo protein.

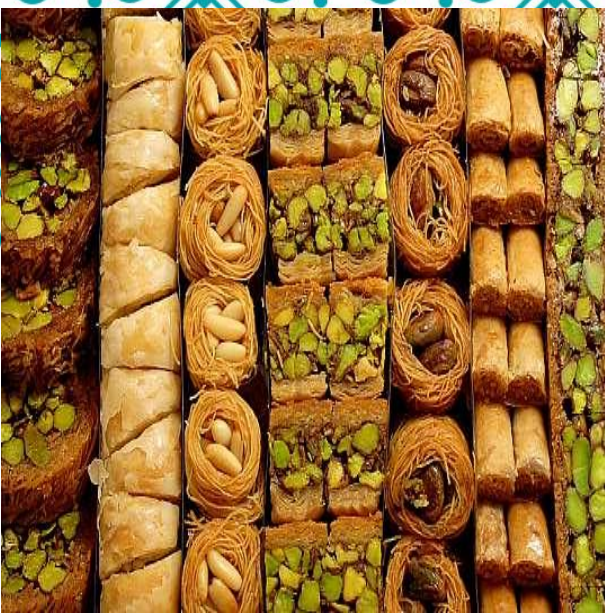


# SWEE TS





KEEP  
CALM  
AND  
EAT  
BAKLAVA





Drink a drink in the country – green tea cold and hot , which begin and end any meal.Sometimes brewed black tea and milk oil , so-called ‘shirchoy’ .They drink tea without sugar , a bit of sugar and sweets . Serve tea in bowls on a tray . Among other common beverages juices , fruit teas and sorbets.

# GREEN TEA

Tajiks eat sitting on sufa around low tables. Note respectful, respect Tajiks food, especially bread; Bread can not throw and drop to the ground or on the floor, it is not accepted to put on the table upside down, break it, and so should be cautious.

