

## GASTRONOMIC TOURISM OF UZBEKISTAN

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**Abstract:** *In this article, about gastronomic tourism and the gastronomic tourism of Uzbekistan, national and unique dishes with a long history, the distinction of Uzbek cuisine in the world cuisine, the popularization of national dishes and their importance in the field of tourism.*

**Keywords:** *Gastronomic tourism, Palov, Norin, Tuhum barak, Qiyma kabob, Qurtoba, G'ilmindi, Yupqa, Qatlama, Hasip.*

When we travel, we usually have a number of goals in mind, including climbing the Sinai Mountains, visiting ancient Egyptian and Roman temples, or relaxing by the sea, which has been preserved for centuries. Will consist of enjoying the taste of local national dishes and getting to know the culture of their preparation.

Gastronomic tourism is primarily attractive for “Gurmans”, that is, lovers of delicious food, for whom a traditional meal is not only food, but also moments that give an uplifting mood. Secondly, gastronomic tours attract people whose work is directly related to food preparation and dining, in particular, restaurant managers, tasters, and restaurant critics. These people go on tours in order to improve their professional skills, improve their knowledge and skillfully manage their skills.

And so , gastronomic tourism is travel across countries and continents, the purpose of which is to get acquainted with the local cuisine, and to give visitors the opportunity to taste antique food and products.

Gastronomic tourism is not only a trip to other countries, but also a trip aimed at tasting the dishes found only in a certain region, consisting of antique and unusual ingredients that cannot be repeated anywhere else in the world and have a unique taste.

If we look at the gastrotourism of Uzbekistan, it has a great importance and place in the field of tourism.

Uzbek national cuisine is one of the sweetest and most colorful dishes in Central Asia. Our national dishes are distinguished by their popularity and taste both in the East and in the West. For example: Serving tea to a guest is a unique culture. Every Uzbek does not start his day without drinking green tea. Drinking tea is the basis of Uzbek hospitality. The guest is always welcomed with hot freshly cut bread and tea. There are special tea ceremonies in some regions of Uzbekistan, in the capital. Before handing the tea to the guest, the hot tea is shaken 3 times in the cup and handed to the guest for the fourth time. You should not be surprised by such a tradition. Because as a result, the tea will be even tastier, and a clean bowl in which the tea is served is a sign of respect for guest and the purity of the relationship. Another distinctive feature is that 1-2 cups of tea is poured for the guest.

The wealth of traditions with a long history and the variety of national dishes distinguish Uzbek cuisine from the cuisine of foreign countries. Natural and sun-ripened vegetables used in the preparation process are very useful for the human body.

The following dishes are included in the menu of national dishes prepared in Uzbekistan that attract tourists:

Palov is one of the most famous national dishes of Uzbeks. Uzbek palov has a 2500-year history and is included in the list of "intangible cultural heritage" of UNESCO.

There are more than a hundred types of palov, each region of Uzbekistan has its own recipe, and the "Uzbek palov festival" is held every year. The main ingredients of palov are: rice, meat, oil, onions and carrots. Palov is very important in Uzbek culture. Palov is cooked in large cauldrons and distributed to the people at wedding parties during Ramadan and Eid al-Adha.

Tuxum barak (Khorazm food). It is prepared in almost all regions of Uzbekistan. Tuxum barak is a dish prepared mainly in Khorezm, Bukhara and Navoi regions. Tuxum barak is a dish made by washing eggs, putting them in dough and boiling them in water. This dish is served with sour cream and yogurt.

Norin is produced in all regions of Uzbekistan. It is one of the most delicious and favorite Uzbek national dishes, and the preparation process is complicated. Norin is made from dough and meat (cattle, sheep, horse). The various flavors in the food still preserve the mystery and mystery of the norin. It is considered to be one of the most popular energy-giving delicious dishes.

Kiyma kebab is a dish that will not leave anyone indifferent, with a pleasant and unique taste that comes with a hint of aromatic spices. It is prepared in different ways in all places of Uzbekistan. The popularity of this dish has reached the whole country and even foreign guests. Its cooking process, taste, appearance will whet anyone's appetite. Kiyma kebab is prepared from different types of meat (beef, mutton, chicken). Kiyma kebab is cooked on coals covered with a little ash.

Qurtoba is made in Navoi, Surkhandarya, Jizzakh, Samarkand, Bukhara regions. Qurtoba is one of the oldest dishes. This dish is prepared in almost all households. Because kurtoba is a food that is extremely useful for the human body, warms the body and gives additional energy. Qurtoba is a diet food prepared by crushing worms in boiling water and boiling ayron.

Gilmindi (gilvindi) is a dish prepared in Bulung'ur, Koshrabot districts of Surkhandarya and Samarkand regions, Gallaorol, Bakhmal, and Zomin districts of Jizzakh region. Gilmindi has been prepared since ancient times when people are tired from working in the fields and also for distinguished guests. It is considered a very strong dish among the Uzbek people. Only a master can prepare this dish. Due to the complexity of the preparation method, it is not prepared in all households of our people. The dish is recommended for people with low energy. It is light, appetizing, and has the property of keeping a person full for a long time.

Yupka is prepared for the ceremony in Bulung'ur and Koshrabot districts of Surkhandarya and Samarkand regions, Gallaorol districts of Jizzakh region. Yupka is made from dough, meat and onion in our people. The same food was often prepared for soldiers in

battles. This dish is extremely powerful. Not all organisms can tolerate this food. Only people with a strong body can eat this food.

Qatlama is prepared in different ways in all parts of our country. It is considered a tasty and nutritious type of bread and is often prepared without yeast. There are many ways to prepare the layer, it can be cooked on the stove or in a pan. Katlama is consumed as a favorite bread product of the people of all regions of Uzbekistan. It is a popular bread product among the population and is often baked at weddings and maracas.

Khasip is prepared in different ways in all parts of our country. This dish is also one of the most favorite dishes of our people, it is mainly prepared from the head, legs, stomach and intestines of slaughtered cattle, and it is considered a nutritious and energizing dish.

Kok somsa is a type of doughy dish made from newly sprouted spinach in spring in all regions of Uzbekistan. It is a dish that is made from dough made of walnuts and stuffed with mint, jag-jag, spinach, and spring onions.

Chozhma lagmon is a dish prepared by stretching cooked dough into chilvil. Lagman is served on a plate with soup prepared with various delicious ingredients. Lagman is prepared in almost all places of Uzbekistan and has many consumers.

In short, Gastronomy tourism is a type that brings a lot of income in the field of tourism. If you are going on a trip, make sure to visit Uzbekistan and try Uzbek national dishes on your list.

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