

TEACHING STUDENTS THE TECHNOLOGY OF PREPARING NATIONAL DISHES IN TECHNOLOGY CLASSES

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ABSTRACT

In this article, a unique and developed aspect of cooking, one of the main treasures of Uzbek culture, is briefly explained. The difference of the Uzbek nation from other nations is in its national dishes. Indeed, the difference between our delicious food and the food of other countries lies in its unique taste and richness in vitamins.

Keywords: national, food, pilaf, tea ceremony, Uzbek food, tea house, technology, nation.

ANNOTATSIYA

Ushbu maqola orqali O'zbek madaniyatining asosiy xazinalaridan biri bo'lgan, o'ziga xos va rivojlangan jihati uning pazandachiligi haqida qisqacha yoritib berilgan. O'zbek millatining boshqa millatlardan farqi – milliy taomlaridadir. Darxaqiqat, bizning xushxo'r taomlarimizni boshqa davlatlar taomlaridan farqi takrorlanmas ta'mi va vitanminlarga boyligidadir.

Kalit so'zlar: milliy, taom, palov, choy marosimi, o'zbek taomlari, choyxona, texnologiya, millat.

АННОТАЦИЯ

В этой статье кратко объясняется уникальный и развитый аспект кулинарии, одного из главных сокровищ узбекской культуры. Отличие узбекской нации от других народов – в национальных блюдах. Ведь отличие нашей вкусной еды от еды других стран заключается в ее неповторимом вкусе и богатстве витаминами.

Ключевые слова: национальная, еда, плов, чайная церемония, узбекская кухня, чайный дом, технология, нация.

After the independence of our republic, certain reforms were carried out and are being carried out in all spheres of the national economy, including in the field of education. In our country, the work of training young people to become qualified specialists starts from schools. A lot depends on the teachers of technology education in performing these tasks. Today, in technology education classes, schoolchildren are given some basic concepts about food products and the technology of cooking them. For this purpose, in accordance with the curriculum for the training of teachers of technology education, the science of "Food preparation technology" is included in the plan. The science of "Food preparation technology" provides information about the types, varieties, quality requirements of food products, storage conditions, the production process of food products based on current modern technologies and their efficient and effective use, and the process of food preparation from these food products, he has been teaching the methods of preparing, decorating with taste, and serving the dishes of various national, brotherly peoples and culinary products.

A unique and developed aspect of the Uzbek nation and culture is its cuisine. Unlike other developed countries, the Uzbek people have had their national cuisine for many centuries, which uses high-quality products. For thousands of years, our ancestors cultivated grain and raised livestock in deserts and mountains, in oases and fertile valleys. As a result, the abundance of products allowed the Uzbek people to express their unique tradition of hospitality, which in turn enriched their cuisine. Seasons, especially winter and summer, affect the composition of the main menu. In summer, fruits, vegetables and nuts are available everywhere. Fruits grow in abundance in Uzbekistan: grapes, melons, watermelons, apricots, pears, apples, quinces, dates, cherries, pomegranates, lemons and figs.

In addition to the usual eggplant, peppers, turnips, cucumbers, and juicy tomatoes, vegetables include radishes, yellow carrots, and lesser-known varieties of the squash family. The winter diet traditionally consists of dried fruits (dried fruits), vegetables and canned foods. Pasta and pasta-type dishes are also common during the cool season. Basically, lamb is the preferred source of protein in Uzbek cuisine. Rams are valued not only for their meat and fat (a source of cooking oil), but also for their wool. Beef and horse meat are also consumed in large quantities in food. Camel meat and goat meat are less common. Uzbek dishes do not have a particularly spicy taste, although they are certainly tasty. Some of the spices used in cooking are black cumin, red and black pepper, cumin, coriander and sesame. Examples of the most popular herbs are parsley (fresh coriander), dill, celery and basil. Other seasonings include wine vinegar, which is added separately to salads, marinades and fermented milk products. Many types of bread, unpasteurized and unleavened, are the staple food for most of the population. Flat bread or bread (flat bread) is usually baked in clay ovens (tandoors) and served with tea, not to mention each individual meal.

Some types of tortillas are baked with onions or meat cooked in dough, others are sprinkled with sesame or kalonji seeds. Central Asia is famous for the availability of various and delicate fermented milk products. The most popular are curds made from sour milk or yogurt and thick melted milk similar to cottage cheese. It is usually served separately, in salads or added to soups and main dishes, which gives the latter a unique and delicious flavor. Pilov (the Uzbek version of "pilav") is the leading dish of Uzbek cuisine. It consists mainly of fried meat, onions, carrots and rice; Raisins, zirk, peas are also distinguished by the addition of "peas" and (or) fruits. Uzbek men are proud of their ability to cook the most unique and luxurious pilaf. Cooks are often used to cook pilaf on an open fire, in a separate pot. More than 1,000 people have the opportunity to try pilaf during holidays or special events such as weddings. Of course, it takes many years of experience to cook this dish perfectly, which sometimes contains up to 100 kilograms of rice. Tea as a ritual is one of the most beautiful Eastern traditions. Tea is offered first to any guest, and there is a set of additional customs that include the preparation, serving, and consumption of tea. Green tea is preferred and is the drink of hospitality. Black tea is mainly preferred in Tashkent. Both teas are sometimes served with milk, often with sugar.

The tea ceremony in Uzbek cuisine also includes the use of somsa, flat bread, halva, and various fried and baked foods. "Tea house" is an important part of the traditions of Uzbek society. Always in a shady spot, preferably near a cool stream, the tea house is a meeting place for social interaction, fellowship and brotherhood. Uzbek men gather around low tables set on tapchans

(special beds with slats) decorated with ancient rugs, enjoying delicious pilaf, kebabs and unlimited green tea.

Modern Uzbek cuisine uses a lot of meat, mainly lamb. They absolutely do not eat pork and fatty poultry - ducks and geese. Other poultry meat (chickens, turkeys) is rarely used, feathered game (pheasants, partridges, quails) often serves to supplement the diet.

In different dishes, especially in the first one, sour milk (katyka) and products made from it (suzma, kurta), the same approach to the use of fats (a combination of vegetable and animal), an increase in the use of spices, especially onions, red pepper, they use cumin, basil, mint (garlic is used less often). Zirk and bujgun are popular among spices.

As for food preparation technology, two main processes are observed here. The first process consists of cooking, salting, drying in the sun, drying in the shade, combining chopped vegetables and fruits (for example, making salads), etc., without the use of fire. They use a lot of methods and a lot of techniques. Of course, the national cuisine of any nation is based on its economy, fertile land and wealth of products.

Uzbekistan has rich opportunities. Livestock, poultry and beekeeping are also widely developed here. Wheat, rice, corn, barley, and legumes (beans, peas, and soybeans) are abundantly harvested. Due to the warm climate, we can observe the growth of various fruits, vegetables, grapes and citrus products, as well as citrus fruits, herbs, berries and nuts.

In conclusion, it should be said that cooking belongs to the field of practical art. Its origins go back centuries. During the thousand-year history, Uzbek chefs have developed their own characteristics, national taste and unique genres. Acquaintance with these results of folk art is of great historical and cultural interest. During its centuries-old history, the Uzbek people have accumulated a rich experience in processing various food products and preparing dozens and hundreds of unique dishes and delicacies, the recipes of which have survived to this day possible.

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