

UZBEKISTAN



7 REASONS
TO FALL IN LOVE
WITH UZBEK CUISINE

TRAVELING IN UZBEKISTAN,

every guest of our country can get acquainted with the original and rich culture of the Uzbek people through delicious national dishes.

**Uzbek cuisine is not only fixed traditions,
but also aesthetics design,
and funny time.**

1.UZBEK BREAKFAST-A GASTRONOMIC BRAND

A new day in Uzbekistan begins with a delicious Uzbek breakfast - Nonushta. Breakfast differs by its balance and usefulness.

It includes kaymak - sour-cream, bread, Uzbek fruits and vegetables, nuts and dried fruits, and even Uzbek sweets.



2. UZBEK FLATBREADS

In Uzbekistan, the most delicious bread.
There is nothing more delicious than
Uzbek flatbread baked in a tandoor.
In each region They bake their own
signed flatbread.



3. DEVZIRA PILAF-TO WHET YOUR APPETITE

Pilaf is a flavorful dish of rice, meat and
vegetables. It is traditionally cooked over a fire
in a cauldron. In each region, pilaf is
prepared in its own way, but Ferghana pilaf,
with a small addition of chili pepper,
stands out for its sharpness and helps
to warm up well.



4. CENTRAL ASIAN SPAGHETTI-UZBEK LAGMAN

Lagman in Uzbekistan is a very popular dish, in fact, it is spaghetti, but only in the Central Asian style. It is believed that lagman comes from Ancient China, but over the several centuries, the dish has changed under the influence of different cultures and nationalities.



5. RAVIOLI, TORTELLINI OR DUMPLINGS? NO, JUST CHUCHVARA!

Chuchvara is a delicious and satisfying dish.

The most delicate dumplings are served in a fragrant and rich broth. Chuchvara without broth is called "kovurma chuchvara", which means "fried dumplings". To do this, chuchvara is fried in a cauldron until golden brown.



6. UZBEK SAMSA IT'S NOT A FAST FOOD!

Samsa is an integral part of Uzbek traditions.

It can't be said that it is just a flour product stuffed with meat or vegetables, it is a tradition that has been passed down from generation to generation. Everyone loves samsa and cooks it everywhere.

There is a large selection of different samsa at the Bazaar: with different shapes, fillings and baking methods.



7. UZBEK SWEETS

Parvarda, pashmak, halva, nishalda, brushwood, hashtak - traditional Uzbek sweets.

Contrary to popular belief, such sweets are not only a joy, but also a benefit for the body, because they are made exclusively from natural and environmentally friendly products.



Uzbek cuisine is one of the most colorful in Central Asia. The centuries-old culinary traditions of the settled and nomadic peoples of the region are now collected in a single and understandable puzzle recipe of delicious dishes of Uzbek cuisine.

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