

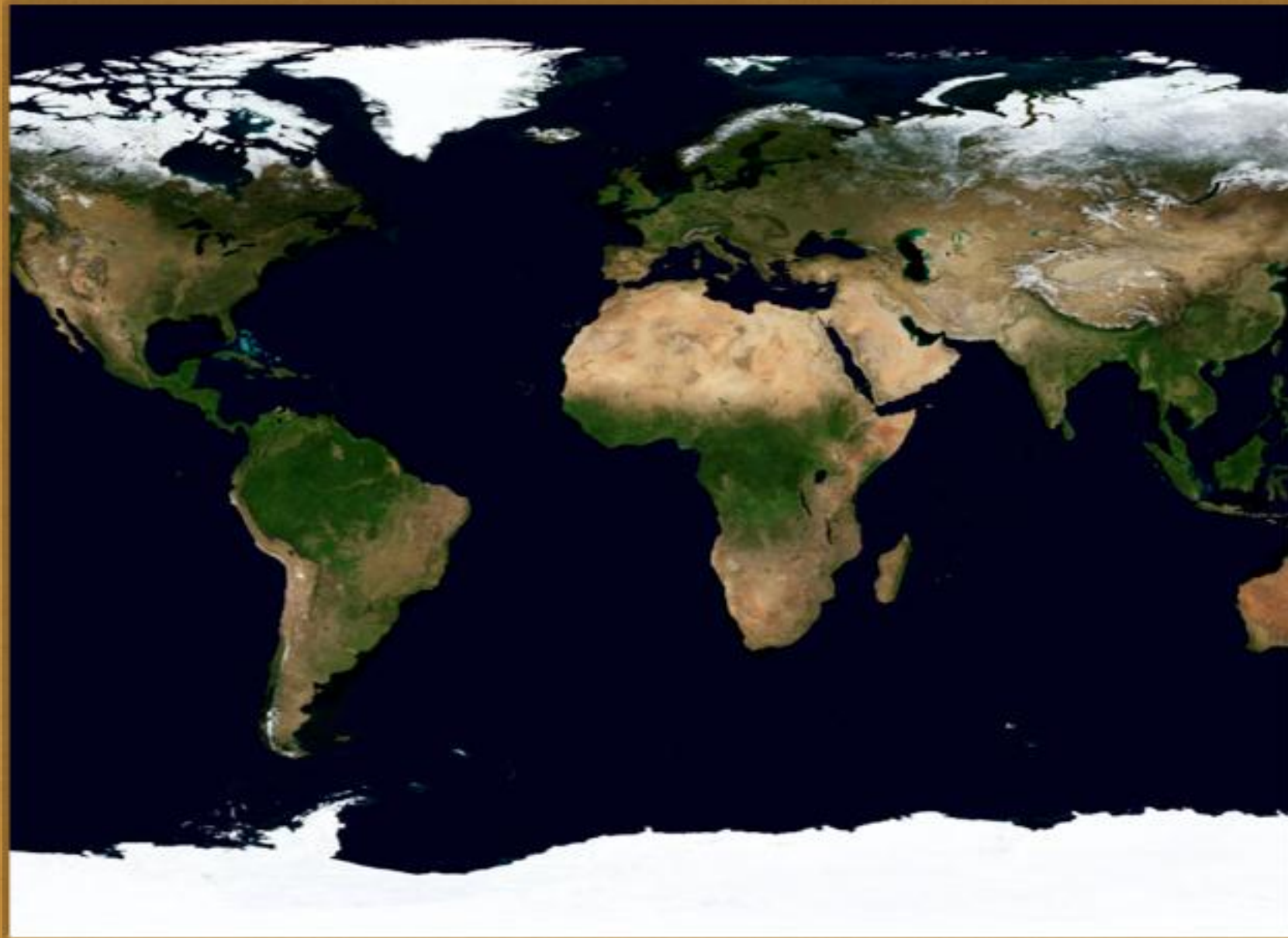
DUMPLINGS ACROSS CENTRAL ASIA

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Centralasiarepublics

Central Asia Today



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Geographical View

Introduction

Using the humble dumpling as a metaphor, introduce students to Central Asia. Dumplings are the delicious teaching tool showing how spices, ideas, technology, art, religion and language travel along this route. With every dumpling, history, geography, religion, etiquette, art and political climate are shared.

Types of dumplings

- the Uzbek *samsa*
- the Istanbul *borek*
- the Turkish *manti*
- the Russian *pirozhki*
- the Birjandi *sanbuseh*
- the Afghan *boulani*
- the Indian *samosa*
- the Mongolian and Chinese *jiaozi*
- the Japanese *gyoza*
- the Korean *mundoo*
- the Indian *samosa*

LESSON PLAN

Activities:

Students are divided into five "families", selecting a specific Central Asian ethnic group: Kazakhs, Uzbeks, Turkmen, Kyrgyz, Tajik or Uighur.

They will select one or more of the dumpling recipes from the library, books purchased from the Internet and from the institute. They will spend time writing about the food, its preparation and significance. They will decide whether they practice a form of Sunni or Shia Islam, Zoroastrianism, Shamanism, Russian Orthodox or no religion at all. This research will influence the planning, preparing, serving and hosting of their Central Asian luncheon. They will try to be as authentic as possible. Their guests will be their social studies teachers and other faculty members. Their conversations at the table or on the floor will assess what they have learned as being a part of the "family" they represent. Guests will have a list of questions.

How does food define?

- Culture
- Politics
- Geography
- Religious practices
- Celebration of traditions
- History
- Etiquette

religions?

- Sunni or Shia Islam
- Sufi
- Russian Orthodox
- Christianity
- No religion

Buuz - Бүүз

Small filled pockets, steamed

The ingredients for dough and filling of the Buuz are exactly the same as with [Khuushuur](#) and [Bansh](#), the differences are in the size, shape, and cooking method. Buuz are cooked under steam, and usually have an opening at the top.

A variety of Buuz made with yeast dough are called **Mantuun Buuz**.

Ingredients

Dough

250 g	Flour
1.5 dl	Water

Filling

300 g	Minced meat	Traditionally, mutton is used, other types of meat such as beef work just as well. Mongolians consider fat meat to be of higher quality, but there's no problem in using western style lean meat. Borts can also be used.
1 p	Onion	Minced
2 p	Garlic cloves	Minced





bread



Uighurs with kebobs

Common and traditional dishes

[\[edit\]](#)

Besbarmak, a dish consisting of boiled horse or [mutton](#) meat, is the most popular Kazakh dish. It is also called "five fingers" because of the way it is eaten. The chunks of boiled meat are cut and served by the host in order of the guests' importance. Besbarmak is usually eaten with a boiled [pasta](#) sheet and a meat broth called [shorpa](#), and is traditionally served in Kazakh bowls called [kese](#). Other popular meat dishes are *kazy* (which is a horsemeat sausage that only the wealthy could afford),^[4] [shuzhuk](#) (horsemeat sausages), *kuyrdak* (also spelled *kuirdak*, a dish made from roasted horse, [sheep](#), or [cow offal](#), such as heart, liver, kidneys, and other organs, diced and served with [onions](#) and [peppers](#)),^[5] and various horse delicacies, such as *zhal* (smoked [lard](#) from horse's neck) and *zhaya* (salted and smoked meat from horse's hip and hind leg).^[6] Another popular dish is [pilaf](#) (*palaw*), which is made from meat fried with [carrots](#) and onion or [garlic](#), then cooked with [rice](#).

?, also known as crackler, is melted fat in a large bowl with [sugar](#) added, and is eaten by dipping



Manti in a steam cooker.



Kazakh Manti



TASHKENT NON (SOFT, FLUFFY UZBEK BREAD)

Community Pick!

[Recipe](#)

No Questions Yet



Photo 1 of 5
by solmstea

Uzbek cuisine

From Wikipedia, the free encyclopedia

Uzbek cuisine is influenced by local [agriculture](#), as in most nations. There is a great deal of grain farming in Uzbekistan, so [breads](#) and [noodles](#) are of importance, and Uzbek cuisine has been characterized as "noodle-rich".^[1] [Mutton](#) is a popular variety of meat due to the abundance of sheep in the country and it is a part of various Uzbek dishes.

[Uzbekistan](#)'s signature dish is [palov](#) (*plov* or *osh*), a main course typically made with [rice](#), pieces of [meat](#), and grated [carrots](#) and [onions](#).^[2] *Oshi nahor*, or "morning plov", is served in the early morning (between 6 and 9 am) to large gatherings of guests, typically as part of an ongoing wedding celebration. Other notable national dishes include:^[3] [shurpa](#) (*shurva* or *shorva*), a [soup](#) made of large pieces of fatty meat (usually mutton) and fresh [vegetables](#); [norin](#) and [lagman](#), noodle-based dishes that may be served as a soup or a main course; [manti](#) (also called *qasqon*), [chuchvara](#), and [somsa](#), stuffed pockets of [dough](#) served as an appetizer or a main course; [dimlama](#) (a meat and vegetable stew) and various [kebabs](#), usually served as a main course.

[Green tea](#) is the national hot beverage taken throughout the day; [teahouses](#) (*chaikhanas*) are of cultural importance. The more usual [black tea](#) is preferred in Tashkent. Both are typically taken without [milk](#) or [sugar](#). Tea always accompanies a meal, but it is also a drink of hospitality, automatically offered green or black to every guest. [Ayran](#), a chilled yogurt drink, is popular in the summer, but does not replace hot tea.^[citation needed]

The use of alcohol is less widespread than in the west, but [wine](#) is comparatively popular for a Muslim nation as Uzbekistan is largely secular. Uzbekistan has 14 [wineries](#), the oldest and most famous being the Khovrenko Winery in [Samarkand](#) (est. 1927).^[4] The Samarkand Winery produces a range of dessert wines from local [grape](#) varieties: Gulyakandoz, Shirin, Aleatiko, and Kabernet likernoe (literally [Cabernet](#) dessert wine in [Russian](#)).^{[5][6]} Uzbek wines have received international awards and are exported to [Russia](#) and other countries in [Central Asia](#).^[7]

The choice of desserts in Bukharan Jewish and Uzbek cuisines are limited. A typical festive meal ends with [fruit](#) or a compote of fresh or [dried fruit](#), followed by [nuts](#) and [halvah](#) with green tea. A Bukharan Jewish specialty for guests on a Shabbat afternoon is *Chai Kaymoki* - green tea mixed, contrary to the standard Uzbek practice, with a generous measure of milk (in 1:1 proportions) and a tablespoon of [butter](#) in the teapot. The tea is sometimes sprinkled with chopped [almonds](#) or [walnuts](#) before serving.



Palov (pilaf)



Tandir kabob - Mutton prepared in the tandir oven

Kyrgyz cuisine

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Kyrgyz cuisine, originating in [Kyrgyzstan](#), is similar in many respects to that of its neighbors, particularly [Kazakh cuisine](#).

Traditional Kyrgyz food revolves around [mutton](#) and [horse meat](#), as well as various milk products. The cooking techniques and major ingredients have been strongly influenced by the nation's nomadic way of life. Thus, most cooking techniques are conducive to the long-term preservation of food. [Mutton](#) is the favorite meat, although many Kyrgyz are unable to afford it regularly.

Kyrgyzstan is home to many different nationalities and their various cuisines. In larger cities, such as [Bishkek](#), [Osh](#), [Jalal-Abad](#), and [Karakol](#), various national and international cuisines can be found. On the road and in the villages, the cuisine tends to be standard Kyrgyz dishes, liberally flavored with oil or sheep fat, which are considered both delicious and extremely healthy by the local population.^[*citation needed*]

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Beshbarmak

Kyrgyz

Turkmen cuisine

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Unsourced material may be [challenged](#) and [removed](#). *(August 2011)*

Turkmen cuisine, the [cuisine](#) of [Turkmenistan](#), is similar to that of the rest of [Central Asia](#). *Plov* (*pilaf*) is the staple, everyday food, which is also served at celebrations. It consists of chunks of [mutton](#), [carrots](#) and [rice](#) fried in a large cast-iron cauldron similar to a [Dutch oven](#). *Manti* are dumplings filled with [ground meat](#), [onions](#) or [pumpkin](#). *Shurpa* is a meat and vegetable soup. A wide variety of filled pies and fried dumplings are available in restaurants and [bazaars](#), including [somsa](#), [gutap](#) (often filled with [spinach](#)), and [ishlykly](#). These are popular with travelers and taxi drivers, as they can be eaten quickly on the run, and are often sold at roadside stands. Turkmen cuisine does not generally use [spices](#) or seasonings, and is cooked with large amounts of [cottonseed oil](#) for flavor.

Shashlyk, skewered chunks of mutton, [pork](#), [chicken](#), or sometimes [fish](#), grilled over [charcoal](#) and garnished with raw sliced [onion](#) and a special [vinegar](#)-based sauce, is served in restaurants and often sold in the street. Restaurants in Turkmenistan serve mainly [Russian](#) fare such as [pelmeni](#), [buckwheat](#) (*grechka*), [golubtsy](#), and a wide variety of mayonnaise-based [salads](#). *Lagman*, an [Uyghur](#) noodle dish, can also be found in some areas.

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Melons

[\[edit\]](#)

In the culinary arena, Turkmenistan is perhaps most famous for its [melons](#), especially in the former [Soviet Union](#), where it was once the major supplier. Though very few melons are exported today,^[1] they are a great source of national pride in Turkmenistan and subject of their own [Melon Day](#) holiday. Turkmen sources claim the country is home to up to 400 distinct varieties.

Bread

[\[edit\]](#)

Meals are almost always served with [naan](#), Central Asian [flat bread](#), known locally as *çörek*. Turkmen bread is prepared slightly differently from other breads in the region in thick, round disc-shaped loaves baked in a traditional [tandyr](#) clay oven. Bread has a high symbolic importance in [Turkmen culture](#),^[2] and it is considered highly impolite to turn a loaf of bread upside down or to mistreat bread in any way. There are many superstitions based around bread and its preparation. Bread baked with meat inside ("etli çörek," or "meat bread") can be consumed as a meal in itself. *Ýagly çörek* (literally "oily bread") is a flaky, layered type of flat bread made with [butter](#).



Melon vendor from Samarkand, Central



Lachman sauce

Uighur



Uighur lachman
noodles

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- Food and Culture of Russia and Central Asia, Glenn Mack and Asele Surina Greenwood Press 2005
- Classic Turkish Cooking by Ghillie Basan
- Beyond the Great Wall - Recipes and Travels in the Other China by Jeffrey Alford and Naomi Duguid
The authors wanted to showcase the non Han people: Dai, Dong, Hani, Hui, Kazakh, Kirghiz, Miao/Hmong Tajik, Tibetan, Tuvan, Uighur, and Yi. The Han Chinese considered these peoples as "uncivilized or barbarian."