DUMPLINGS ACROSS CENTRAL ASIA

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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, Uzbek, 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
What religions do you practice?

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

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**

<table>
<thead>
<tr>
<th>300 g</th>
<th>Minced meat</th>
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</thead>
<tbody>
<tr>
<td>1 p</td>
<td>Onion</td>
</tr>
<tr>
<td>2 p</td>
<td>Garlic cloves</td>
</tr>
</tbody>
</table>

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.
bread
Uighurs with kebobs
Common and traditional dishes

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), shuzhk (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), 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). 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.

Kazakh Manti
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 qasqaq), 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 (chaikhana) 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, Aletiko, and Kabernet ikernoe (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.
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]
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), golubitsy, and a wide variety of mayonnaise-based salads. Lagman, an Uyghur noodle dish, can also be found in some areas.

Melons

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

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 tamdyr 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. Yagly çörek (literally "oily bread") is a flaky, layered type of flat bread made with butter.
Lachman sauce
Uighur
Uighur lachman noodles
Bibliography

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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.”