







"Good food is the
foundation of genuine
happiness."


55 Silk Tower, Civic Centre, Phase 4, Bahria Town Islamabad.
 Tel: + 92 300 9745458, web: www.uztic.com email: tic.uzbek@gmail.com



Discover the Flavours of
Uzbekistan
 A Culinary Journey Through
 Tradition and Taste



Embassy of the
Republic of Uzbekistan
Islamabad



NATIONAL
PR CENTER

pilaf

the head of
everything



It is believed that a guest who has visited Uzbekistan and has not tasted real Uzbek pilaf has not learned the essence of Uzbek culture and hospitality. Perhaps he just wasn't here yet.

Mutton

is the basis of
Uzbek cooking



From the second courses: Cauldron-kabob – stewed meat with potatoes and onions in a cauldron, Dumba-zhigar kabob – shish kebab from liver and fat, Charvi kabob – shish kebab wrapped in a greasy film, Chuchvara – dumplings, Kartdumba manty – manty with the addition of fat. Mutton meat and dumba are also added to samsa, cold snacks and all possible variations of pilaf.

Uzbek kebab



In Uzbekistan, a huge number of different types of kebabs are prepared. Classic Uzbek shish kebab is the tenderest meat, properly marinated with spices and skewered with small slices of lamb fat (dumba). This type of kebab usually is cooked from lamb. In addition, there are also other types of barbecue: beef liver kebab (Dzhigar kabob), chicken BBQ, Beshpanja (formed on five skewers at once), Charvi kabob (meat covered with melted fat). However, the most known and favorite shish kebab in Uzbekistan is Kiyma shish kebab (from minced meat).

Uzbek lagman is a Central Asian spaghetti



Lagman is a very popular dish in Uzbekistan. It is believed that lagman comes from Ancient China, but over the course of several centuries, the dish has changed under the influence of different cultures and nationalities, especially under the influence of Uyghur cuisine and Dungan.

Manti

a delicious steamed dumplings



Having tasted the Uzbek cuisine, you may think that all dishes are based on fried meat and vegetables, but this is not the case at all. There are dishes prepared by steaming. For example, manti is a great dish, rich, delicious, and, most importantly, healthy.

Shivit osh



Shivit osh, Uzbek pasta on dill infusion, is a national dish of Khorezm (native Khiva) cuisine. Real Shivit osh or “Khorezm lagman” is bright green noodles with dill, white sour-milk sauce, and “Vaju” sauce made of vegetables and meat. The taste surprises. This dish is prepared mainly in summer.

Uzbek Samsa



samsa is a joy, true happiness, spring festival! And what associations do you have about this delicious food?

It takes a lot of work to cook Uzbek samsa, especially, if samsa is prepared from puff pastry. Every touch, every ingredient keeps cooking secrets that have been passed down for generations.

Uzbek flatbread



Baking a flatbread is a lot of work, and there is nothing tastier than bread baked in a tandoor! Just imagine, it is still steamy hot, fragrant, crispy flatbread is extremely tasty and appetizing! In addition, all because it is prepared in a special tandoor oven, which has the shape of a cylinder with a narrowed neck.

Uzbek halva



Halva means "sweetness" in Arabic. And this name perfectly conveys the unique taste of a confectionery product that you want to try again and again. Halva is a great alternative to sweets and cakes, which do not bring anything useful to the body. Halva, unlike classic sweets, is not only tasty, but also a healthy, natural product that will give you vigor, strength, positive mood and the necessary supply of trace elements.

Uzbek dried fruits



What could be tastier than ripe, juicy and sweet fruits? Surely each of us was happy to look at bright yellow apricots with red spots that glow and shimmer in the golden sun through the green foliage. Or incredibly appetizing, expressive, selected grapes – a real gift of nature. Uzbek land, the heart of Central Asia, is rich in such gifts of nature.

Uzbek tea ceremony



Each country has its own tea traditions. And in Uzbekistan it is a special culture. Every Uzbek's day begins and ends with a sip of fragrant tea. Hot and fragrant in the morning for breakfast, after a high-calorie lunch, dinner, or during the arrival of guests, tea is an indispensable component of a busy day.