

EXPRESSION OF UZBEK NATIONAL VALUES AND DISHES IN ENGLISH

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Abstract: Uzbek national values and food are, of course, an integral part of the cultural heritage of Uzbekistan. These values have been formed for centuries and still play an important role in the life of our people today. The values of the Uzbek people are based mainly on family ties, friendship, hospitality and Customs. Family is always important for Uzbeks, and family ties are strong and strong.

Keywords: family, society, values, hospitality, customs, pilaf, manti, friendship.

In the family, each member pays attention to each other's needs, supports and respects each other. Uzbeks consider it important to pay tribute to their parents, adults, and mentors. These values are expressed not only in the family, but also in society. Uzbek national values also include friendship and mutual support. Uzbeks are willing to help each other by maintaining close ties with their friends and acquaintances. Hospitality is a very important value in Uzbekistan. Uzbeks always welcome guests and strive to provide them with the best conditions. Dishes prepared for guests usually show their dignity. Uzbeks offer guests their favorite dishes, such as pilaf, mint, somsa, and laghmon. Hospitality traditions are manifested in a unique way in each region of Uzbekistan, and these traditions are passed down from generation to generation.[1]

Uzbek cuisine is characterized by its richness and variety. Uzbek cuisine consists mainly of meat, vegetables, legumes and cereals. Dishes are often enriched with unique spices, which further enhance their taste. The most popular Uzbek dishes are dishes such as Kazan soup, pilaf, manti, somsa and laghmon. Each dish has its own way and history of preparation, which makes them more interesting. Pilaf, the national dish of Uzbekistan, is distinguished not only by its own taste, but also by the process of preparation. The process of making pilaf has many traditions, which are usually prepared during large wedding ceremonies. Special rice, meat, vegetables and spices are used in the preparation of pilaf. Each area has its own method of pilaf preparation, which makes the dish more interesting. The pilaf preparation process is usually accompanied by family gatherings, which help strengthen family ties. Manti and somsa are also important parts of Uzbek cuisine. Manti is a pastry dish filled with meat and vegetables, usually steamed. Somsa, on the other hand, is a pastry filled with meat, vegetables or legumes. These dishes are also served to guests, and their preparation is often based on family traditions. The process of making Manti and somsa is usually accompanied by family gatherings and friends, which makes them more interesting and enjoyable. The process of preparing Uzbek dishes has many traditions. When preparing

dishes, family gatherings are held, which helps to strengthen family ties. Uzbeks approach the preparation of dishes with patience and attention. The process of preparing each dish is important for its taste and appearance. The preparation of Uzbek dishes is usually time-consuming and labor-intensive, but the resulting dishes justify this Labor. Uzbek cuisine is also enriched with unique spices and spices, which further enhance the taste of these dishes. Uzbek national values and dishes are distinguished not only by their originality, but also by their history. Each dish has its own story, its own traditions and its own way of preparation. Uzbek cuisine represents the cultural heritage of our people and is an integral part of our history. People living in different regions of Uzbekistan strive to preserve their food and traditions, which further enriches their culture. Various celebrations and events are also held in Uzbekistan to further promote national values. Navruz, one of the most important holidays in Uzbekistan, celebrates the arrival of spring. During this festival, people meet each other, welcome guests, prepare various dishes, and celebrate together. On the holiday of Navruz, Uzbeks follow many traditions, for example, waiting for the new year, planting greens and saying good wishes to each other. These activities help to preserve the culture, traditions and values of Uzbekistan. Uzbek national values and dishes represent the spirituality and culture of their people. These values and traditions are manifested in different regions of Uzbekistan in a unique way, and each region has its own unique dishes, traditions and traditions. Uzbeks try to preserve, develop and convey their national values to future generations. Uzbek national values and dishes are a topic that is interesting and worth studying not only for Uzbekistan, but also for the whole world.[2]

Another important aspect of Uzbek dishes is their health and naturalness. Many vegetables, fruits and legumes are used in Uzbek cuisine, which makes the dishes not only tasty, but also healthy. Uzbeks use many natural ingredients in their dishes to ensure their health. Many Uzbek dishes, such as carrots, onions, tomatoes, cucumbers, and other vegetables, are prepared to ensure that they are rich in vitamins and minerals. In addition, Uzbek cuisine is also familiar with many international dishes. The geographical location and historical paths of Uzbekistan made it possible to establish cultural and gastronomic relations with other countries. Uzbek cuisine has also influenced the dishes of neighboring countries and has developed in the process of interaction with them. This further enhances the richness and variety of Uzbek cuisine.[3]

Uzbek national values and food also influence the art of our people. The preparation of Uzbek dishes is embodied in many works of Art, Poems and stories. The art, music, and dance of the Uzbek people are also evident in the process of cooking. Uzbek national values and dishes also help preserve the historical and cultural heritage of our people.[4]

Conclusion:

Thus, Uzbek national values and dishes are distinguished by their originality, wealth and variety of colors. The values of the Uzbek people, family ties, hospitality and traditions are an integral part of its culture. Uzbek cuisine, in turn, represents the cultural heritage of our people and is associated with their history. Uzbek national values and dishes are a topic that is interesting and worth studying not only for Uzbekistan, but also for the whole world. The values and traditions of the Uzbek people are an important legacy that must be conveyed to future generations.

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