



Uzbek Cuisine

By Mr. Karim Mahmudov

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Uzbekistan has a fascinating history. Its cities were main centers of Persian civilization as early as 6th century BC. The Silk Road passed right through it - making a significant contribution to trade, scholarship, culture, religion and laying the foundation in the development of the great civilizations of China, India, Ancient Egypt, Persia, Arabia, and Ancient Rome. Marco Polo marveled at it. Alexander the Great and Genghis Khan, Czars of Russia and the Soviets led military campaigns to conquer and control it. Fearsome Timur (Tamerlane) has made one of its cities, Samarkand, his beautiful capital. Remaining archeological monuments tell stories from those days. One can also turn back the clock by enjoying some of delicious Uzbek dishes. Since Uzbek culinary traditions are relatively unknown to English-speaking food lovers, this book should serve as a great introduction.

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Editorial Review

About the Author

Karim Mahmudov was a scientist, researcher, philosopher, historian, writer and cook. His name is known well beyond Uzbekistan. Mr. Mahmudov devoted many years of his life to Uzbek cuisine research, traveling around Uzbekistan (cities as well as smallest villages), acquiring encyclopedic knowledge of not only recipes, but also chemistry and physics of culinary processes, history, culture, biology and geography. His daughter wrote: "40 years of his life he spent perfecting the art of cooking Uzbek national dishes. From the time he was a student, he displayed interest in archeology and ethnography, written many scientific articles and his thesis. He has organized expeditions to Samarkand and other parts of the country. While teaching philosophy to university students, Mr. Mahmudov spent his free time writing books about Uzbek national cuisine. Although cooking was his hobby, he called it his second profession. He wrote about thirty books, including "Uzbek Dishes", "Uzbek Delicacies", "Pilaf for Every Taste", etc. Mr. Mahmudov always said that each person, when departing from life, should leave something useful for family, society, some kind of legacy."

Users Review

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