

PREPARING SWEETNESSES

KHOLVA, PASHMAK

Confectionery, *shirapazlik* — is the field of crafts in which local sugar products, local sweetesses and candies are prepared. Anciently it was developed in Eastern countries, especially in the Middle Ages it became widespread. Confectionery instruments such as cast-iron, copper pots, copper plate, bowl, wooden mixer, *chilchop* and scales; and such facilities as different sized hearths; separator of grape juice and others are used.

Kholva — is prepared by adding oil, sesame, nut, almonds, flour and others into the boiled

syrup. In order to improve its taste cacao, cacao powder, raisin, sukous, vanillin, lemon acid and others are also added. According to the ingredients, used in preparation, kholva is divided into such types as *bodroq* (fried maize) kholva, *maghiz* (kernel) kholva, nuts kholva, sunflower kholva, sesame kholva, peanut kholva, pashmak kholva.

In order to prepare *bodroq kholva* nuts are fried with maize and minced. Put to the specially oiled platter, poured with melted honey or syrup and thoroughly mixed. Then





spindled and pressed in 1 cm thickness and cut in a rectangular or diamond shape. To prepare *maghiz kholva* kernels of apricot, almond or sunflower are fried and laid in 2 cm thickness onto the oven trays.

Sugar is put to the bowl and over boiled syrup is poured flatly above the ingredients on the tray. Once the product cools, it is cut to the pieces of 4x10 cm with sharp knife.

“Lavz”, “Toy” and “Sovunak” kholvas contain animal and sunflower oils, flour, syrup, whipped egg white and boiled *sovunak* (type of plant) roots are added.

One of the sweetnesses — Pashmak — is famous in the Central Asia from the ancient times. Pashmak contains sugar, vinegar, premium wheat flour and animal fat. The method of preparation: sugar and water



are put to the bowl (the proportion of water is 30–40% less than sugar's). The bowl is boiled non-stop. Boiling process continues (adding vinegar) until the humidity reaches 1.5–1.7%, then animal fat is added. Ready confectionery product is flowed, smeared in flour and processed by stretching until it takes form of fiber. Fibers gathered to the ball and cut in certain sizes.

