

NOKHOTSHORAK

Among Uzbek national dishes Nokhotshorak (pea soup) has its own place. Usually this meal is prepared by skillful chefs in big amount for the majority. Rarely Nokhotshorak was observed to be prepared at home as a family food. The main reason of it is that preparation of this food requires much time and effort.

At present the method of proper preparation of this food is preserved in Samarkand. Therefore, this meal can be tasted in special kitchens and bazaars (markets). Inviting special chefs to some family ceremonies and preparing nokhotshorak is also observed.

Even though Nokhotshorak is prepared from only pea, lamb and water; there is a secret of preparing tasty meal from these three ingredients and these secrets are being passed orally from generation to generation.

Pea is the plant, which is cultivated in hilly steppe zones and arid places. Once it is planted in early spring, it is not irrigated; but cultivated only by rain. As it is less fertile compared to other plants, it is planted in smaller amounts. In order to prepare nokhotshorak, ripen pea is taken, washed and soaked in warm water for 8 hours. Then it is soaked in saline water for an hour. After, it is washed once gain in cold water and then put to the pot with cold water together with lamb and boiled for

4 hours in low fire. Once the meat boiled enough, it is taken away to a separate dish; pea continues to boil.

Before putting nokhotshorak to the table, its pea, meat; onion and greens which will be added subsequently, are given in separate plates and its soup is given separately in bowls. While serving Samarkand nokhotshorak, the soup is poured over dried Samarkand bread, which is sliced in cubic form. Pea and meat are placed near it.



