

# SAMARKAND BREAD AND TRADITIONS ASSOCIATED WITH BREAD

In Uzbekistan breads differ with their variability. In Uzbekistan such types of bread as: *uy noni* (home bread), *obi non*, *shirmoy non*, *shirmoy kulcha*, *yoglinon* (oily bread), *jizzali non* (bread cooked by adding fried bits of fat), *piyozli non* (bread with onion), *qovoqli non* (pumpkin bread), *patir non* exist. People of different regions have their own bread making technologies and schools.

Zakhiriddin Mukhammad Bobur wrote about Samarkand the following "it has skillful bakers and chefs". Samarkand bread is famous for its delicious taste. Even at present, no one leaves Samarkand without buying Samarkand bread. Some people say that authentic Samarkand bread doesn't get spoiled until three years. It can be consumed even after long time by pouring water and heating in the oven.



In Uzbek families children were brought up in the spirit of respect for bread and not wasting it. Bread had never been put under the foot. Stepping the bread was the heaviest sin. Bread must not be eaten in the bedroom; the person who eats bread in bed was believed to behave deliriously in his dream. In all Uzbek families, when guests come to a house, the most sacred product-bread was put in front of the guest face side up and in even amount as the sign of respect. The bread was frittered by the oldest member of the family, or by the younger members, by consent of the elderly.

Cutting bread with knife or with other sharp instrument was considered as disrespect to this sacred food. Except mourning ceremonies, guests brought bread in all occasions and at the same time brought back bread from those ceremonies.

Once the sign of consent is taken from the bride's parents by the matchmakers, an old person who has several children and only one marriage, blesses the girl's and boy's destiny and fritters the bread, brought by the groom, in even amounts. This custom is called among Uzbeks "*Non sindirish*" ("bread frittering"). Frittering breads in even amount symbolizes the bride and groom's happy life together; the ceremony itself symbolizes the close family bond.



