

PREPARING DRIED FRUITS

Fruits and vegetables cultivated in Uzbekistan are distinctive with their taste. In particular, the degree of sugar is very high in them, which maintains sweetness of dried fruits. For this reason Uzbekistan is famous for its dried fruits. Traditional way of drying fruits (drying in an open air) is widespread.

Methods of drainage vary with the type of fruit. Sometimes, the same type of fruit is dried in different ways. For example there are such ways of raisin making (drainage of grapes) as: *avlou*, *bedona*, *garmiyon*, *sabza*, *soyaki* and others. In simple way of making raisin, grape is laid on the plastered square, on *bordon* or *buyra*. In this method, the grape dries during 20–30 days. Grapes, dipped to an acid solution, dry in 7–10 days, in specially cooled rooms, it takes 4–8 weeks to dry the grape.

Apricot is dried in two ways; *bargak* is prepared from an apricot without stone, *turshak* is made of an apricot with stone. *Turshak* is an apricot with stone, dried in the air. The apricots, whose stones difficultly separated from their fruit, and that are worthless for *bargak*, small apricot sorts (*qandtak*, *boboiy*, *oqnuqul* and others) are used for making *turshak*. Once harvest is gathered, it is cleaned and washed, laid to baskets or *bordons* and dried. In every 4–5 days they are turned up. In 8–15 days

turshak becomes ready. In some places the basket with apricots is covered with fig's leaves and dipped to the hot water, so that caterpillar did not injure it. When smoked with sulphur during 1.5–2 hours, its quality increases and it gains color. *Turshak* consists of 40–90% sugar and 1.2–6.9% acids.

At present preparing sweetnesses from dried fruits is being developed. For example: sweetnesses with very appetizing appearance are being prepared by penetrating crushed dried fruits into the dried apricot or putting nuts or almonds inside them.



