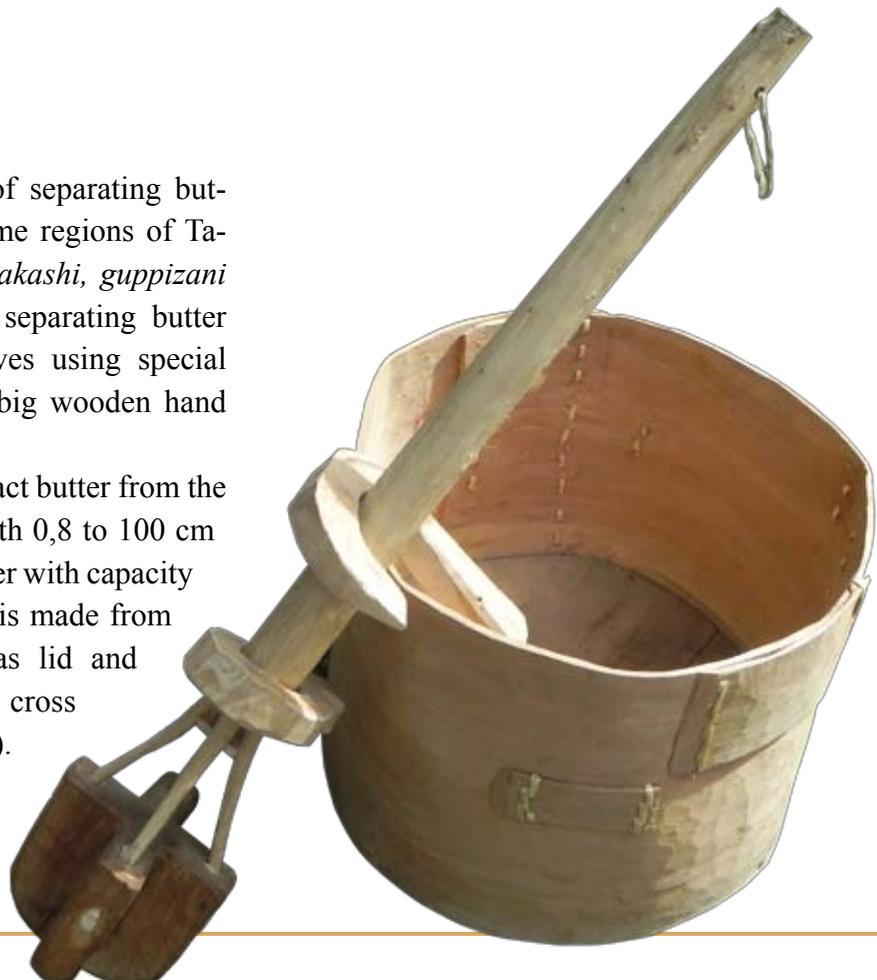




Dughkashi

Dughkashi is a process of separating butter from yogurt, which in some regions of Tajikistan it is also called *maskakashi*, *guppizani* or *kupizani*. The process of separating butter from yogurt manually involves using special equipment such as *guppi* or big wooden hand mixer with its special pot.

Guppi a bowl used to extract butter from the yogurt has a conical shape with 0,8 to 100 cm height and 30 to 40 cm diameter with capacity of ten to fifteen liters. *Guppi* is made from clay, wood or metal and has lid and *guppichub* (a stick with a cross shape end; similar to a mixer). *Guppichub* is about 1 to 1.2 meter long.



The process is to add yogurt into *guppi* and add some water afterwards move *guppichub* in stabbing motion. The temperature of yogurt and water is important in extracting butter, thus if yogurt is cold a warm water if it is too warm some cold water is added. Once the butter begun separating from yogurt some colder water is sprinkled and the butter is gathered into separate bowl and than rinsed with cold water in order to wash the remaining yogurt from it. Butter is than kept in cold room after being salted and is ready to be used as soon as the water and yogurt is drained off it.

The processed yogurt after butter is extracted is called *dugh* and it is poured into a sack to be drained and the remaining will be fat-free yoghurt cheese. In some regions *dugh* is also boiled for water to be separated and the remaining yoghurt is rolled into yoghurt balls, which is called *kurut*.

In addition, the other way to extract butter from yoghurt, which is widespread in Hisar, Kulob, Vakhsh, Rasht and Darvaz regions, is by means of *charkhchub* and *charkhdeg*. The mixer is called *chakht* (*chakhnik*) and *charkhdeg* the size and capacity of these tools are similar to the *guppi*. The only difference is the mechanism of extraction: the *charkhchub* is tied to a poll and the *charkhdeg* with yoghurt is put next to it and a piece of string is rolled on the *charkhchub* which is used to pull it forth and back in mixer effect. After the butter is separated it is taken and kept in clay bowls called *khurma* or *ravghanjogah*.

There are traditional views and beliefs that are observed during *dughkashi*. For example, in some regions like Khovaling green herbs and grass is put around the place where *dugh* is prepared. In Rasht valley around the *guppi* and *charkhdeg* ashes are spread, which is believed to ward off the miracle of butter extraction. In *Hisar* and *Ayni* branches from evergreen trees



are brought and put in the corner of the house where butter is extracted or the scented herbs are smoked. These all are to protect the butter and yogurt from the evil spirits.

Butter is not eaten in large amounts and thus the butter often is boiled to make ghee (fatty oil) which is than used in winter time for cooking.