

# PREPARING CANDIES

## NOVVOT

In such large cities of Central Asia as Bukhara, Samarkand, Khiva, Toshhovuz, Khojand, Kokand, Chimkent and Tashkent confectioners prepare different sweets (*obaki, kholva, novvot, pechak, pashmak, parvarda, nisholda*) and jams using honey, fruit juices; prepare ice creams mixing rose's petals with sugar.

*Novvot* — is colorless or yellowish candy, prepared from sugar syrup. It consists of large sugar crystals and is widespread in Near and Middle East. It consists 99.75% of sucrose (sugar substance). Humidity does not exceed 1%. Technology of novvot making is as follows: two shares of sugar and a share of water are slowly boiled in the pot (10kg sugar, 5 liters water) and juice is made. It is well mixed and boiled until appearance of blisters, the blisters are removed and boiling process is stopped. Eggs (to 80–100 kg sugar, 1 egg wound in 1 liter of water) are added to the juice and again boiled. Then, 3–4 lined white threads are pulled parallel to the special cattle. The tips of the threads are joined together.

The juice, which had been boiling, is poured into the pot in which threads were pulled. After one hour, stain is formed on the surface of the juice. The pot is covered with a special lid and left for three days in this condition. During this time around the threads crystals

are formed and start to grow. After three days the lid is opened and the juice left in the pot is poured to another dish. It is used in preparing confectionary products. The novvot which is stuck to the bottom of the pot is also consumed. The threads with crystals are dried. Novvot is sold with this thread. This is called "*novvot duri*" ("novvot pearl") (consists 65% of pearl). Novvot can be consumed as daily sweets.

