

JIZZAKH SOMSA

The culinary art of different regions of Uzbekistan differ with their characteristic features. In particular, somsa (meat pie), which is prepared in Jizzakh city and region is famous with the name "Jizzakh Somsasi". The feature which makes it distinct is its size, the methods of dough preparation and the ingredients. Consumption process has different features too. Jizzakh somsa is consumed with potable oil and specially prepared juice, which consists of tomatoes, pepper and greens. As it is bigger in size than in other somsas, one somsa is enough for a person with medium appetite.

Beef and its inner fat, onions and species are added to Jizzakh somsa. Special dough is prepared in bigger size. One cured for certain time, pieces of necessary size are cut off from it. Pieces are flattened in certain size on a wooden plate and knotted after adding ingredients prepared beforehand. Knotted somsas are stuck into the heated handmade oven and cold water in small amount is poured above them. Then the oven's cover is closed and time to time opened to control the process of preparation. Once somsas turn red, they are torn off from the oven, put on the plates and served to eat.



