

GEOGRAPHICAL CHARACTERISTICS OF TRADITIONAL FOOD, HOSPITALITY, AND COOKING OF THE LOWER AMUDARYA ECONOMIC GEOGRAPHICAL REGION.

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Abstract: *In this article, geographical features of traditional food, hospitality, and cooking in the Lower Amudarya Economic Geographical Region are studied and revealed. The national dishes specific to the Lower Amudarya region and their origin, composition, and preparation processes have been studied. Recommendations for the development of gastronomic tourism in the region have been developed.*

Keywords: *national dishes, ethnography, regional culture, gastronomic tourism, culinary traditions, table culture, values.*

Introduction. The fact that the Lower Amudarya region experienced a major ecological disaster in the last century, the reclamation work was not carried out in time, brought the culture, ethnography, architecture, and lifestyle of the people of the region, which is one of the centers of ancient civilization, to a very difficult situation. Today, changes in the economy of "New Uzbekistan" have penetrated into the social and economic life of the region.

Along with the economic and social development of the Lower Amudarya economic region, it is necessary to preserve its historical values, architecture, ethnography, national traditions, and national dishes. At the same time, it is necessary to develop the traditions of world cuisine. Junctions of ancient and new civilizations always attract the attention of foreign tourists. Any nation differs from others in terms of its national traditions, customs, and national dishes. This determines their lifestyle, hospitality, and tolerance. Georgia, for example, has been praised for tripling the number of foreign tourists in the past few years. Everyone knows that this country has excellent food, a unique cultural heritage, and friendly and life-loving people. However, despite the fact that many other countries have such unique gastronomic and cultural heritage, they remain far from the destination of world tourists.

Main part. The territory of Karakalpakstan is one of the centers of ancient culture and formed an integral part of the Eastern world. The unique natural conditions of this country, flora, and fauna, as well as national culinary traditions

and customs, attracted the attention of our oldest ancestors. The national cuisine of Karakalpak consists mostly of dishes made from flour and groats. Among them, Uzma dough-beshbarmak, jugari and moi kurtik, korma, and turama with meat made from jugar flour are popular. Breadstick from wheat flour. In the coastal areas near the Amudarya, almost all dishes are made from fish. Fish soup with rice paste made from jugar or millet flour or fried and dried fish is popular among them. Various fruits, melons, watermelons, and pumpkins are dried and eaten as a dessert.

It is known that the culture and traditions of Khorezm, including the history of its cuisine, are as old as its history. Ancient Urganch was the capital of the Khorezm state in the 10th-14th centuries and was one of the largest cities in Khorezm and Movarounnahr. During the development of the Great Silk Road, the development of trade led to the emergence of new civilizations in it, and Khorezm cuisine and hospitality culture have been formed for long historical periods. From ancient times, in almost all nations, representatives of the host nation brought bread and salt to guests who came from faraway lands with good intentions. This tradition meant that the host welcomed the guest.

Bread is a precious gift of all nations. In ancient Khorezm, bread was called "chorak", and it is still called so in some regions.

Chorak. It is the daily bread of the inhabitants of the oasis, and it is closed in the oven in the shape of a circle, 70-80 cm in circumference, 35-40 cm in diameter, and 1 cm thick or more. Bread consists of flour, milk, oil, salt, and yeast. Chorak bread is prepared mainly in autumn, winter, and spring, and also for all weddings and ceremonies related to it. Bread or whole wheat bread. Thin bread (summer bread) is made only by the people of Khorezm. It is also found in the regions where Uzbeks live in neighboring Turkmenistan and Karakalpakstan. Its circumference is 100-120 cm, its diameter is 50-60 cm, and its thickness is 0.5 cm [1].

The local people of the studied area mainly speak Kipchak and Ogzh dialects. In the Oguz dialect it is used as churek, and in the Kipchak dialect it is used as churek. In Mahmud Koshgari's dictionary chÿräk[2], in "Kelurnoma" it is

given as chürak, chürak - home bread[3] and ashlyq - bread[3]. Petir is derived from the Arabic word al-fatir, which means not increased, not multiplied. The name of this bread product is given as fatir[4] in the dictionary of Navoi's works. Bavursaq is one of the bread products that have been used since ancient times. The name of this dish is called in the Uzbek literary language, боғорсок, and in the Karakalpak language, баойрсақ.

In Lower Amudarya, more beef, turkey, and fish are consumed than mutton. Pastry foods are also eaten a lot.

Kurtic. A dish prepared in almost all regions of the Lower Amudarya. It cannot be called a ritual food. But at small parties in the family circle, turkey meat kurtik is often prepared, or sometimes kurtik is prepared when expecting a small number of guests.

Kurtik//kurtuk//gurtik – this dish is made from wheat or sorghum flour. Food made from wheat flour is called buvdai kurtik//iri kurtik. When preparing it, meat, carrots, potatoes, and onions are boiled in water. The dough is made from wheat flour, cut into squares, and after the soup is cooked, the dough is added. The dough is placed on a separate plate and the soup is eaten in a separate bowl. This dish is called kayish//qayish kurd'k in Tortkol and Ellikkala districts, kurtik//biyday kurtik//iri kurtik in Khojayli and Kungirov districts. The name of this dish is used in Khorezm in the Kaish Kurdish style [1].

To justify the historicity of Uzbek cuisine, it is enough to mention the names of the dishes in the above sources. However, we are far from the opinion that public kitchens existed in those times.

Public kitchens first appeared mainly in caravanserais on the Great Silk Road. While people always ate for living or sustenance in their households, traditional meals were prepared in teahouses or markets. Foods prepared in such places are useful for the body and are saturated with necessary trace

elements. Academician I.P. Pavlov, the founder of "Soviet Physiology", was asked: "What kind of food do you consider to be healthy food?" "Useful food is food that a person eats with appetite," answered the scientist [5].

The variety, taste, delicacy, and richness of vitamins, and microelements of Lower Amudarya dishes make people around the world want to taste these dishes and learn how to prepare them. Therefore, the unique national cuisine of the region is closely related to the culture and traditions of the nation, which has significantly influenced the diversity and uniqueness of Uzbek cuisine. At the same time, culinary traditions and ancestral culture have been preserved, and interactions with neighboring peoples have greatly influenced the variety and richness of the food. The origin of dishes has deep roots, but it has preserved their traditional appearance and taste.

Summary. Today, the people of Lower Amudarya have every right to be proud of their cuisine, and there is enough reason to develop gastronomic tourism in the region. Of course, there are some problems in providing tourism services in the region, while the people of the country are tolerant and hospitable, they do not have the skills to introduce and advertise their food to foreign tourists. For this;

first of all, they should be able to describe the food they are preparing in world languages without a translator;

secondly, special courses should be organized for employees of branch enterprises, in which training skills should be developed;

thirdly, it is necessary to strengthen cooperation between restaurants and tourism organizations and to develop delivery service for tourists.

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