

The Significance of Local Food Culture in Fostering the Growth of Culinary Tourism in the Tashkent Region

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Abstract: The article outlines the progress made in gastrotourism development and tourist attraction efforts within the Tashkent region. It also explores the unique aspects of preparing national dishes in various districts.

Keywords: gastrotourism, national cuisine, tourism, sumalak, natural geographical location, relief, territory.

Tourism development and its continuous improvement are of great importance globally. In this regard, attention is certainly being paid to the tourism sector in our country, along with the wide-ranging reforms that are being implemented.

In our Republic, various types of tourism services (gastronomy, ecotourism, agrotourism, historical tourism, religious tourism, extreme tourism) are being developed, taking into account the natural and socio-economic potential of the regions. A series of measures are being implemented to increase the number of active tourism companies and enhance their specialization, as well as to improve the regional composition.

ANALYSIS AND METHODOLOGY OF LITERARY WORKS

Uzbekistan is a paradise-like country. Each region fascinates people with its unique combination of breathtaking nature. Among them, the Tashkent region, known as the "Pearl of the East," stands out due to its extraordinary natural beauty. Its geological and morphological structure, picturesque mountain ranges, flowing rivers, and the development of gastronomic tourism in the districts, along with the distinctive preparation processes of traditional national dishes, captivate the attention of every tourist.

In the towns and cities of the Tashkent region, as well as in the surrounding areas, one can observe the increasing popularity of fish cuisine and dishes made with fish meat. Particularly noteworthy is the fish bazaar in the Chinoz district of the region, where various fish dishes are prepared using different cooking methods.

Please note that machine translations may not always capture the full nuances and cultural references of a language.

RESULTS

In addition, in the Bo'ka district, fish can be grilled using a unique method. The popularity of fish grilled in the Bo'ka district, marinated with tomato sauce, has been steadily increasing over the years due to its enhanced flavor. As a result, the number of tourists visiting this region to not only enjoy the grilled fish but also taste the marinated fish has been on the rise (refer to Table 1).

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Table 1 Geographical boundaries of promoting traditional dishes in the districts of Tashkent region

| No | Dish name | Preparation areas | Explanation |
|----|-------------|---|---|
| 1 | Osh (plov) | Prepared in all districts and cities of Tashkent region | Osh (plov) is considered the most famous and well-known dish in our country, and its preparation methods vary significantly. It is unique to all districts and cities in the region. Bo'ka district is one of the main centers for its preparation. |
| 2 | Sumalak | Prepared in all districts and cities of Tashkent region | Sumalak is a traditional dish mainly cooked during the spring season in Uzbekistan. It is considered a festive dish and is also associated with the celebration of Navroz in the Muslim world. |
| 3 | Moshxo'rda | Prepared in all districts and cities of Tashkent region | Moshxo'rda is one of the dishes that specifically defines the Tashkent region in our country. The region's population enjoys it throughout the year. The dish is widely consumed in various areas, including Pistent, Ohangaron, Bekobod, Oqqo'rg'on, and other regions. |
| 4 | Moshkichiri | Prepared in all districts and cities of Tashkent region. | Moshkichiri is widely consumed in almost all districts of the Tashkent region. Its main characteristic is that it is predominantly consumed during the winter season. The reason is that this dish is considered high in calories, providing warmth. It is commonly enjoyed in various areas, including Piskent, Bo'ka, O'rtachirchiq, Oqqo'rg'on, and other districts. |
| 5 | Mastova | Prepared in all districts and cities of Tashkent region. | Mastova is a light and savory dish made primarily from beef and vegetables. It is mainly prepared in the Hujikent area of the Bostonliq district of the region, renowned for its culinary traditions. |
| 6 | Norin | Prepared in all districts and cities of Tashkent region. | Norin is a dish made from wheat noodles and boiled meat. It is traditionally prepared and enjoyed during the cold season. In recent years, Norin has become a popular dish during the New Year celebrations. |
| 7 | Shovla | Prepared in all districts and cities of Tashkent region. | Shovla is a tender dish made from lamb or beef that can be enjoyed at any time of the year. It is commonly prepared and consumed in various areas, particularly in Bo'ka, Oqqo'rg'on, Piskent, Quyichirchiq, and other districts. |
| 8 | Beshbarmoq | Prepared in all districts and cities of Tashkent region. | Beshbarmoq is a traditional dish of the Kazakh people, which is widely consumed among the local population in the region. Its primary areas of popularity include Chirchiq city, Yuqorichirchiq, O'rtachirchiq, Bostonliq, Chinoz, Qibray, and Yangiyo'l districts. |
| 9 | Xalim | It is prepared in the mountainous regions of the Tashkent region. | Xalim is a seasonal dish primarily prepared during the spring season, known for its meaty and vitamin-rich composition. It is mainly prepared in the Parkent, Ohangaron, and Bostonliq districts of the Tashkent region during the springtime. |



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| 10 | Kabob | It is a dish prepared in almost all districts of the Tashkent region. | Kabob is a popular dish made from selected cuts of lamb, beef, chicken, or fish. It is widely prepared in all towns and cities of the region. |
| 11 | Kuksi | Kuksi is a Korean national dish that is prepared in certain areas of the Tashkent region. | It is popular among the Korean community residing in those areas, such as Yuqorichirchiq, O'rtachirchiq, and Chinoz. |
| 12 | Madorsomsa | Madorsomsa is a dish prepared in the Parkent district of the Tashkent region. | It is a flavorful pastry made with seasonal herbs during the spring season. Parkent has gained recognition as a culinary destination for this dish in recent years. |
| 13 | Ayron and go'ja | Ayron and go'ja are refreshing drinks prepared mainly on the major roads of the Tashkent region. | These drinks are commonly enjoyed during the spring, summer, and autumn seasons. They are popularly prepared in the districts of Bo'stonliq, Parkent, Ohangaron, Qibray, and other similar areas. |
| 14 | Fish dishes | Various fish dishes, including grilled fish, fish soup, and fish kebabs, are prepared in several districts of the Tashkent region. | These dishes are enjoyed in different ways and can be found in districts like Qibray, Chinoz, Yangiyo'l, Bo'ka, Bekobod, and others. |
| 15 | Xasip | Prepared in all districts and cities of Tashkent region. | Xasip is another popular dish widely consumed among the people of the Tashkent region. It is made primarily from boiled lamb or beef tripe, stomach, intestines, and liver. The dish is known for its rich flavor and nutritious qualities. Xasip is prepared using various cooking techniques and can be enjoyed in different styles across all districts of the Tashkent region. |

We are analyzing the types of national dishes in the formation of gastronomic tourism in Tashkent province. The mentioned dishes are not only popular in certain districts and cities but are also widely spread across the general geographical area. For example, the mador somsa, prepared in the Parkent region, is widely enjoyed throughout the province today.

DISCUSSION

The main areas of development are expanding towards Parkent district, as well as connecting the province with other provinces and neighboring republics through major highways. A significant example of this is the increasing popularity of the "Parkent mador somsa" seasonal restaurants along the Tashkent-Qo'qon highway since spring 2021. As a result, it indicates the growing gastronomic corridors within the territories of Tashkent province.

CONCLUSION

In conclusion, it can be said that currently, several measures are being taken to develop gastronomic tourism in Tashkent province. Particularly, there is a wide range of activities being carried out in the districts at the foundation of the province, where national dishes are extensively enjoyed. The natural geographic location, climate, and hydrography of each region hold significant importance in this regard.

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