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Uzbek Cuisine

Mr. Karim Mahmudov

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Uzbekistan has a fascinating history. Its cities were main centers of Persian civilization as early as 6th century BC. The Silk Road passed right through it - making a significant contribution to trade, scholarship, culture, religion and laying the foundation in the development of the great civilizations of China, India, Ancient Egypt, Persia, Arabia, and Ancient Rome. Marco Polo marveled at it. Alexander the Great and Genghis Khan, Czars of Russia and the Soviets led military campaigns to conquer and control it. Fearsome Timur (Tamerlane) has made one of its cities, Samarkand, his beautiful capital. Remaining archeological monuments tell stories from those days. One can also turn back the clock by enjoying some of delicious Uzbek dishes. Since Uzbek culinary traditions are relatively unknown to English-speaking food lovers, this book should serve as a great introduction.

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