

## Top-3 food to try in Uzbekistan



### Palov (Osh)

**Ingredients:** moderately fat lamb, medium grain rice, carrot, cumin. Can be served with boiled eggs and kazy upon request.



### Samsa

**Ingredients:** dough: milk, butter, flour; Filling: lamb / beef / potato; Seasonally: greens / pumpkin.



### Shashlik

**Ingredients:** lamb, beef, chicken, liver or ground beef. Served with thinly sliced onion.

## Uzbek soups



### Moshkhurda

**Fried soup with mung beans**  
**Ingredients:** mung beans, rice, meat, onions, carrot, potatoes, tomatoes, fresh greens, salt and pepper.



### Lagman

**Ingredients:** homemade noodle, lamb or beef, carrot, celery stalk, red sweet pepper, seasonal vegetables, garlic, cilantro.



### Shurpa

**Slow cooked soup**  
**Ingredients:** fresh lamb with bone, onion, tomato, carrot, green bell pepper, potatoes, chickpeas (optional), salt, pepper, cumin.



### Kuza Shurpa

**Ingredients:** lamb on bone, carrot, green bell pepper, potato.



### Mastava

**Ingredients:** beef, carrot, rice, potato, tomato (paste), cilantro. Garnished with sour cream.



### Chuchvara

**Ingredients:** boiled dough filled with small portions of ground meat and onion.

## Second Courses



### Beshbarmak

**Ingredients:** homemade noodles, horse meat, lamb/beef. Usually served with broth and yogurt.



### Tukhum Barak

**Ingredients:** plain dough, filling: eggs, milk, sunflower oil.  
*Available only in Khiva.*



### Dolma

**Ingredients:** grape leaves, rice, ground beef.



### Fried Lagman

**Ingredients:** beef, tomato, egg, homemade noodles, seasonal vegetables.



### Kazan Kabob

**Ingredients:** lamb on bones, potato, oil.



### Nohat Shorak

**Ingredients:** chick peas and meat. Served with broth and kazy.



### Manti

**Ingredients:** beef or lamb, onion, ground black pepper, cumin. Many places offer variety of fillings: potato, chicken, pumpkin (seasonally).



### Narin

**Ingredients:** beef or lamb, cumin, black pepper, egg (for dough), kazy. Usually served with broth.



### Shivit Oshi

**Ingredients:** dill-infused noodles, topping: fried meat, potatoes, pepper, tomatoes, carrot. Served with sour cream.  
*Available only in Khiva.*

## Salads



### Achichuk

**Ingredients:** tomato, cucumber, onion.



### Vesenniy (spring) salad

**Ingredients:** plain yogurt, cucumber, red radish, greens. Although named spring, the salad is available from early spring till late autumn.



### Suzma

**Ingredients:** drained plain yogurt, salt.

## Cold soft drinks



### Ayran

**Ingredients:** yogurt, sparkling or still water, salt.



### Kompot

**Ingredients:** cooked fruit in a large volume of water, sugar.