

ÓQITUVCHINING NUTQ MADANIYATI

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ANNOTATION

Nowadays cross-cultural interaction is developing rapidly and the influence of one culture to another is particularly significant in public life. The development of intercultural and international relationship gives the opportunity to be acquainted with different culture world. Especially, the fame question of our culture through translated artistic compositions is essential. Therefore, the translation of cultural phenomena plays a great role in everyday communication. National meals are also inseparable part of any culture or a nation. However, there are certain problems or obstacles while translating national meals in other languages. Realia can be used to overcome some difficulties and unfamiliarity of languages and cultures. From the etymological point of view the term of realia is taken from latin “realia” -“material”, “real living things” and realia means words and expressions for culture specific material things. They are things of material culture according to O. S. Axmanova in her book “Linguistic terms dictionary”. The Bulgarian translators Vlahov and Florin, who were the first to carry out an in-depth study of realia, coined the modern sense of the word. They indicate that since realia carry a very local overtone, they often pose a challenge for translation. Realia must not be confused with terminology: the latter is primarily used in the scientific literature to designate things that pertain to the scientific sphere, and usually only appears in other kinds of texts to serve a very specific stylistic purpose. Realia, on the other hand, are born in popular culture, and are increasingly found in very diverse kinds of texts. Fiction, in particular, is fond of realia for the exotic touch they bring

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Breakfast is the first meal of the day, typically consumed in the morning between 7:30 and 9:00. A lot of Brits eat toast with butter or margarine spread on it, along with jam (usually blackcurrant, strawberry, raspberry, or apricot jam), marmalade (an orange-based jam), or Marmite (a yeast-based dark brown spread). Fruit cocktails, grapefruit, and melons are popular. Some consume a bowl of cereal, such as porridge (a concoction of hot milk, sugar, and oats) or cornflakes or muesli with milk. A classic English breakfast, sometimes referred to as a cooked breakfast or a fry-up, is a cooked meal that could include items like bacon, sausages, kippers (a type of fish that has been

smoked and salted), black pudding, scrambled or toast, baked beans, fried tomatoes, fried or poached eggs (see for instructions on cooking a poached egg), mushrooms, and hash browns. On occasion, people will eat a boiled egg and dip (dunk) toast strips, or soldiers, into the yolk. A continental breakfast consists of a small, uncooked meal, such as a croissant or bread roll with cheese or ham and coffee. At this time of day, orange juice or a cup of tea for breakfast are the most popular beverages. Around 11:00 in the morning, a lot of people take a tea break (elevenses). Brunch is the term for a meal that is consumed in the late morning as opposed to breakfast and lunch. The meal consumed during lunch (sometimes referred to as a more formal luncheon), in the middle of the day, which is typically from 12:30 to 2:00. A sandwich is consumed by many people (referred to as a butty or sarnie in some parts of the UK). Some have a simple lunch of bread and soup or cheese and biscuits. Farmers typically eat a bread roll, Cheddar cheese, Branston pickle, salad, and sometimes pork pie for their ploughman's lunch. Going out to a pub for a drink and pub lunch with friends is another common tradition. A Sunday roast consists of roast beef, roast potatoes, parsnips, peas, Brussels sprouts, green beans, Yorkshire pudding, bread sauce, and gravy. It is typically consumed by families for lunch on Sundays. Redcurrant jelly, or mint sauce, goes well with lamb; pork goes well with apple sauce; beef goes well with horseradish sauce (a kind of mustard); turkey goes well with cranberry sauce. You can eat stuffing with turkey or chicken.

Pie for the shepherd, peas, and tomatoes

Mash and bangers (sausages)

Turkey, sausage, bacon, bread sauce, sprouts, and potatoes make up a Christmas meal.

The ploughman's lunch

Green beans, gravy, roast potatoes, and roast beef

Chips and fish

Tea-time is a late afternoon snack, typically consumed between 3:30 and 5:00. In addition to drinking tea, people frequently consume cakes, biscuits (or cookies in American English), and savory dishes like tea cakes, crumpets, and sandwiches. On rare occasions, people might enjoy a cream tea or a full afternoon tea, which typically consists of a scone with jam and cream (often either thick clotted cream or whipped cream) along with an assortment of cakes and sandwiches. View the Ritz Hotel's afternoon tea menu for an example of a traditional one. Popular in Scotland and northern England, high tea is a light meal served with a pot of tea in the early evening (for example, at six o'clock). The most popular term for the evening meal—which is typically consumed between 7:00 and 8:30—is supper. Another common term for supper is "dinner," though it can also sometimes be used to refer to lunch, particularly if it's the main meal of the day. A formal evening meal that guests have been invited to is called a dinner party. A typical British cooked meal consists of meat and two

vegetables. This is a dish of meat served with two kinds of vegetables—one of which is frequently a potato—on the same plate. Desserts, sometimes referred to as puddings or just afters, are typically consumed after the main course. The oldest restaurant in London, Rules, has a sample of a traditional English restaurant menu on its website: <http://www.rules.co.uk/rest/mfmenu.html>.

Rice pudding

Crumbled fruit and custard

Trifle

British people are increasingly likely to eat out or order takeout rather than cooking at home. This is frequently done to explore a variety of cuisines. Indian restaurants can be found in most towns, offering dishes like chicken tikka masala and curry. There are also a lot of Chinese restaurants; their signature dishes are aromatic duck and sweet-and-sour pork. Italian pizza and pasta dishes are popular. It is not for nothing that people appreciate and like Uzbek food from all over the world. It is among the tastiest and most varied cuisines found in Central Asia. One's mouth waters just reading the names of the delicious Uzbek dishes. The aromas of plov, manti, shurpa, shashlik, lagman, and samsa are so delicious that it's impossible to resist the urge to taste them all hot. Numerous Uzbek recipes have a long history dating back centuries, and the rituals associated with food preparation have persisted to this day. The unique characteristics of Uzbek cuisine have developed over centuries. A distinct aspect of the Uzbek people's culture is their national cuisine. The Uzbek people were a settled nation that practiced agriculture and cattle-raising, in contrast to their nomadic neighbors. The Uzbek people farmed fruits, vegetables, and cereals in their fertile valleys. They also raised cattle, which provided an abundance of meat that was used in most dishes. Unquestionably, some of the culinary customs of the Turkic, Kazakh, Uigur, Tajik, Tatar, Mongolian, and other surrounding countries that settled in Central Asia have influenced Uzbek cuisine. Dishes from various countries include pelmeni (meat dumplings), manti, lagman, kebab, roast, and straws. But in exchange, traditional Uzbek dishes like plov, dimlama, buglama, and shurpa a mastava, are served at tables across the globe. Rich harvests of grains and legumes (green gram, pea) are gathered in this warm climate, along with a wide range of fruits, vegetables, grapes, watermelons, melons, gourds, greens, berries, and nuts. Uzbek cuisine is prepared using all of this culinary splendor. Pastries and sour milk dishes are staples in Uzbek cuisine. A common feature of Uzbek cuisine is the extensive use of meat, including mutton, beef, and horse meat. It's worth noting that various parts of the nation have unique culinary traditions. In the north, roasted meat, pastries, plov, and lepushka (bread) are preferred. People in the south make a wide range of intricate rice dishes and veggies and are also delicious as desserts. The dastarkhan, a low table, or the floor are the usual places for Uzbeks to eat by hand. The table is set up with fruits and sweets

at first. It is later served with salads and vegetables. Next comes the soups: thick mastava, savoury shurpa, etc. The main dishes—manti, lagman, shashlik, and plov—finish the repast. One of the main attractions of Uzbekistan is definitely its cuisine, which will be a revelation to all foodies. Most people's first thoughts when they hear the name Uzbekistan are of the majestic Islamic buildings of the Registan in Samarkand, the imposing Kalyan Minaret in Bukhara, or the historic walled city of Khiva. Food is not a topic that is frequently discussed in Uzbekistan. To be honest, we had no idea what we would be eating for the three weeks we would be in the country when we first arrived. We soon discovered that traditional Uzbek cuisine, which draws flavors from all over Asia and the Middle East, can be quite tasty. In addition to serving up a wide variety of noodle and dumpling dishes that closely resemble their counterparts in China, Nepal, and other Eastern Asian countries, Uzbekistan shares much of its culinary heritage with Turkey.

There is no denying that Uzbekistan's cuisine is heavy on the meat, and by the end of your trip, you'll probably be craving something lighter. However, you should savor the regional Uzbek food while traveling the Silk Road. You're in luck if you're wondering what to eat in Uzbekistan. We have put together a list of 21 dishes that you should try when visiting Uzbekistan. *Ishtaha Yoqimli!* All hashlik is grill-cooked skewered meat. In actuality, "shashlik" is just the Russian word for "shish kabob," and during the period of the vast Russian empire, this cuisine spread throughout Central Asia. There are a variety of shashlik options available throughout Uzbekistan, such as ground beef (or lamb), chicken legs, pinwheels of lean and fatty beef, or cubes of beef or lamb. It's unlikely that you'll come across any pork while visiting Uzbekistan because the majority of the population is Muslim. However, you might be fortunate enough to be served horse meat shashlik. Additionally, you can frequently order grilled skewers of potatoes, mushrooms, tomatoes, and peppers if you're feeling particularly carnivorous while visiting Uzbekistan. A particular sphere of Uzbek culture is Uzbek cuisine. Everyone wants to experience the national color of the country they are visiting. Uzbek cuisine, then, is one element that contributes to Uzbekistan's unique ethnic flavor. A tourist cannot possibly experience the Uzbek feast to its fullest. The traveler's unbridled imagination is amazed by the wide array of Uzbek dishes. The typical hospitality for an Uzbek man is to serve him a few hearty national dishes for a meal. Try the food if you're interested in learning more about Uzbek culture. Most well-liked Uzbek foods. The variety and abundance of traditional Uzbek foods. A wide range of Uzbek national dishes dazzle with their extraordinary flavor and unusual quantity. As soon as someone visits Uzbekistan, they are familiar with foods like Uzbek pilaf, samsa, shashlik, manti, shurpa, lagman, khanum, and many more.

Pilaf

Uzbekistan's national dish, pilaf, is made with rice, carrots, and meat. This delectable Uzbek national dish may include ingredients like peas, garlic, barberries, quince, dried apricots, and raisins, depending on the region of the country. Uzbek pilaf is typically served hot on a big platter. Tea is consumed with pilaf along with salads. Pilaf is occasionally served with patyr, a kind of Uzbek bread. However, this type of food is reserved for exceptional eaters. The preparation technique, rather than the product composition, is what sets this pilaf dish apart from others. The preparation method of pilaf always produces variations, but the taste remains consistent.

Samsa

Samsa is regarded as a distinct traditional Uzbek dish made with flour, which the people of Uzbekistan can make, depending on the season, almost any way. However, Uzbek samsa is typically baked with various types of meat and flavor. The traditional Uzbek samsa is prepared on a Central Asian stove, or tandyr. However, there is another type of samsa that is made in gas and electric ovens and is typically square and triangular in shape. It's incredible. Although it is delicious, samsa is regarded as a perfectly acceptable dish because it is made by steaming, not frying, in tandyr. The most "useful" cholesterol, which strengthens our blood vessels, is found naturally in samsa.

ShAshlik

When someone mentions shashlik, they usually conjure up images of flavorful meat on a skewer. Although mutton is used to make the traditional Uzbek shashlik, it can also be made with beef, chicken, turkey, or fish. This dish is both incredibly tasty and nourishing. You can get shashlik in practically any café, restaurant, or even chaykhona—a traditional Uzbek tea shop. The delicate task of preparing shashlik must be done precisely in Uzbekistan, where you can savor the dish's unique flavor.

Manty

Manty is a traditional Uzbek dish. It's the meat chunks covered in a thin layer of dough. Manty's primary characteristic is that it is unquestionably steamed. As a result, the dish retains many beneficial qualities. Manty is prepared in a very elegant and healthful manner, just like many other traditional Uzbek dishes. Manty is a dish that is consumed with the hands. The dish is frequently served with fried onions or sour milk.

Shurpa

A popular first course in Uzbekistan is shurpa, a meat bouillon. Shurpa is a traditional dish in Central Asia, especially in Uzbekistan. Cooking shish tamari is not only incredibly tasty but also therapeutic. It has rejuvenating, energizing, and even calming qualities. Typically, shurpa is made with meat, veggies, and a variety of spices. There are two ways to cook shurpa in Uzbekistan. Kakurma, or fried shurpa, and kaynatma, or boiled shurpa, are these. From the foregoing, it is clear that shurpa is the preferred national dish of both Uzbekistani citizens and visitors.

Lagman

The first and second dishes both belong to a type of cooking known as lagman. Noodles and the main component of the lagman, called vadzhi, are made of meat and vegetables. In Lagman, noodles serve as the primary differentiator. Lagman is typically served on deep plates, or "kosa" in Uzbek, and it pairs well with foods like greens and sour milk, or "katyk" in Uzbek.

Khanum

A traditional Uzbek dish, is prepared with meat and dough. Another way to describe it would be steamed meat loaf. On a table, khanum is presented with sour cream and vegetable sauce. Depending on the region of the nation, there are numerous ways to prepare khanum in Uzbek national cuisine. The traditional cooking of Uzbekistan may vary depending on the region. This is because the diversity and creativity of Uzbek cuisine's recipes have been greatly influenced by the cultures of its neighboring peoples. Use Peopletravel Company to arrange your travel to Uzbekistan. We promise to give you the best vacation experience possible in Uzbekistan, where you will leave with lifelong memories. Customs and manners surrounding Uzbek cuisine. The national cuisine of Uzbekistan is closely associated with Uzbek customs and culture. First of all, Uzbek men will be pleased if you accept an invitation to sample one of their traditional meals. Uzbek people are very hospitable. You will be given the opportunity to sample Uzbek cuisine and, as a sign of respect, be seated away from the entrance. In Uzbekistan, traditional cuisine starts with tea. And if you discover that there isn't much tea in your cup, don't be shocked or offended. Because regular tea-pouring is seen as showing concern for the guest, Uzbek hospitality dictates that the more respectable the guest, the less tea is poured into the cup. In Uzbek national cuisine, bread is highly esteemed... It is always placed on the Uzbek dastarkhan, which is a Central Asian tablecloth. Putting up one's "face" requires patyr, a type of Uzbek bread. The family's eldest member might break patyr. The rest of the family can only begin eating after this. It is customary for men to prepare meals in Uzbek culture. Additionally, professional male chefs go by a unique term called "oshpaz." Literally translated, "Oshpaz" means "a master chef of pilaf." Uzbek food is generally considered to be a real universe, a trip that can take a lifetime, and one of the best travel experiences. After reserving the trip to Uzbekistan, you will have the wonderful chance to sample traditional Uzbek cuisine full of delicate Eastern flavors.

CONCLUSION

The concept of realia and the definition of peculiar feature have been one of the important issues of local and foreign linguistics for more than half a century. These lexical units are carriers of cultural components, allowing the researcher to distinguish cultural codes that have been spoken from language for centuries and reflect the specific features of national consciousness and the importance of understanding the

importance of realia. It is an integral part of linguistic knowledge and is of great interest in the study of the relationship between language and culture. In the current article, while analyzing the of English and Uzbek food realias, we have tried to describe their etymology, specific features, structure, and considerable aspects. Through semantic analysis of food realias, we have been able to identify several similarities and differences in terms of their composition and structure, preparation technology, and our understanding of food realias that are unfamiliar to us has increased.

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