

KYRGYZ TRADITIONAL FOOD COOKING CLASS

July 1, 2018

Traditional Kyrgyz food revolves around mutton, beef and horse meat, as well as various dairy products. The preparation techniques and major ingredients have been strongly influenced by the nation's historically nomadic way of life.

Today, we will be preparing *paloo*, *shakarap* and *chalap* dishes. Let's enjoy cooking together!

Vocabulary

fried	揚げた	rub it	手のひらでこする	reduce gas	熱を下げる
cut	切れ	release flavor	風味を出す	steam	蒸気
kazan	大釜	soak	浸す	slice	切れ
deep-fry	揚げた	drain	乾す	mix	混ぜる
batch	割前	layer	重ね	homogenous	同種の
stir	攪拌	absorbed	吸い取る	cluts	塊
wilt	萎びる	mound	塚	dough	生地

1. Paloo or Ash (Kyrgyz plov) is a rice-based dish with bits of **fried** meat, carrots, garlic and onion. It is originally Uzbek dish, found throughout Central Asia and there are many different types of plov.

Ingredients

- 1 kg moderately fat beef chuck, beef sirloin or chicken
- 1 kg medium grain rice (paella type)
- 200-250 ml extra light virgin olive oil
- 1 kg carrot (preferably not young)
- 2-3 medium size onions
- 1-1.5 tbsp cumin seeds
- 2-3 whole heads of garlic, the younger the better (optional)
- 1-2 long hot chilies (optional)
- salt to taste
- 5 liter heavy cast-iron cattle (Dutch oven) or bigger, preferably round-bottomed
- 1 3/4 cups hot water for braising meat
- 4 cups hot water when cooking rice

Preparation

1. Cut the meat with bones into match-box pieces. Cut the carrots into 0.5x0.5 cm thick sticks. Slice onions into thin rings or half-rings. Clean heads of garlic from the remains of roots and dirt.
2. Heat oil in the kazan or Dutch oven on a very high flame, deep-fry meat until golden-brown, in 3-4 batches. Fry the onions until golden, stir well to prevent onion from burning. Add carrot, stir from time to time, until it starts to wilt and browns a little (15-20 min). Add 2/3 of the cumin - rub it in your palms a little to release flavor, and 1 tbsp of salt, stir gently to keep carrot from braking.
3. Wash the rice under the tap until clear, cover with cold water and let it soak for a while. Lower gas to moderate, pour hot water just to cover all the goods, add salt and let it simmer for 30 min to 1 hour until almost all water evaporate and meat became tender and juicy. Do not stir.
4. Turn gas to max. Drain rice well, place it on top the meat and vegs in one layer, stick the garlic and whole chilies in it, and carefully pour boiling water over it (place a spoon or ladle on top of the rice to keep the rice layer from wash away). Cover the rice with about 2 cm of water, let it boil. Add salt to make the water a bit over-salted. When the water has been absorbed, turn the flame down. Gather the rice in from the edges towards the center into the form of a mound. Using a chopstick, make a number of holes in the rice and pour a little water into them so that it drains to the bottom.
5. Reduce gas to absolute min, cover tightly with the lid and let it steam for 15, 20 or 25 minutes (the time will depend on the quality of the rice). Turn of the heat, remove the garlic and chilies on the separate plate. Carefully mix rice with meat and carrots, if the rice tastes a bit blind add some salt, mix and let it stand for 5 minutes. Pile the *paloo* on a big warmed plate and serve with garlic, chilies and *shakarap* salad.

2. Shakarap (salad) is a plain thinly sliced tomato-onions-peppers-salt salad served mainly with plov. A simple salad to prepare, it has its own special taste. It is especially good in a combination to meat and rice.

Ingredients

- 1,5 kg tomatoes
- 4 onions
- 4 green peppers
- salt and black pepper to taste

Preparation

1. Wash the tomatoes and peppers. Cut tomatoes into halves, then cut into thin slices. Slice the peppers.
2. Peel the onions and cut into half-rings. Mix in a dish.
3. Add the salt and pepper to the tomato-onion-pepper mix. Can be served either in individual dishes or a general dish, to accompany meat and rice dishes, (such as Paloo).

3. Chalap (drink) is a traditional Kyrgyz drink, popular during hot summer days. It is prepared from suzmio (dried yogurt), salt and water.

Ingredients

- 1 liter of water (or mineral water)
- 0,5 kg of suzmio
- salt to taste

Preparation

1. Put the suzmio into a deep bowl, leaving enough space for the water (1 liter), add some water, (about 1 glass).
2. Mix the suzmio and water thoroughly, into a homogeneous mass without clots. Finally, there must be a creamy mixture.
3. Add the rest of water to the mixture and stir everything well once again. Add salt to taste. Serve cool.

BONUS RECIPE!

4. Boorsok (fried dough) is a traditional Kyrgyz deep-fried dough food that is cut into little squares and then fried so that they're airy inside. This is a traditional table "decoration". They are produced in large quantities and spread over the *dastorkon* (tablecloth) at every major celebration.

Ingredients

- 750 g. flour
- 10 g dry yeast
- 100 ml water
- 12 g salt
- 25 g sugar
- 50g margarine
- 2 eggs
- 200 ml milk
- 100 ml vegetable oil

Preparation

1. Break and beat the eggs. In warm water pour warm milk (40° C) and the beaten egg. Add the sugar, salt, yeast and mix until they have all dissolved. Add the flour, and during the

stirring add the melted margarine. Place the soft dough in a warm place to stand for 1.5 to 2 hours. During this time, it is necessary to knead the dough 2 or 3 times.

2. The prepared dough should be divided into 3 equal parts and put under a cloth or in a plastic bag. Part of the dough should be rolled to a thickness of 5 mm. Cut the rolled dough into strips about 4 cm wide. Each strip should then be cut diagonally into pieces, also about 4 cm wide. Place the cut pieces onto a dry wooden or porcelain surface.
3. Pour the vegetable oil into a metal dish with thick walls, (Kazan or kettle), and heat it. Afterwards, when the oil begins to smoke, lower 5-6 pieces of the prepared dough mix into the oil and stir gently, rotating them so as to roast them on all sides. When the boorsok are fried to a golden colour on all sides, put them in a colander to drain off the excess oil. Before serving, they can be sprinkled with powdered sugar.