

Uzbek transcript:

Milliy taomlarimizdan biri palov, palov o'zbeklar uchun juda maxsus taom sanaladi. Umuman o'zbeklar buni taomlar shoxi deb atashadi. Chunki palov bizlar uchun juda ham muhim taom sanaladi. Palovni bizlar ko'pincha bayramlarda, to'ylarda, umuman maxsus tantanalarda, maxsus kunlarda, maxsus sanalarda tayyorlanadi palov. Palovning umuman turlari juda xilma xil, maslan, har bir viloyat o'zining tayyorlash uslubiga ega palovning. Masalan, Buxoroda biz boshqacha tayyorlaymiz, Samarqandda boshqacha tayyorlanadi, vodiya, Toshkentda, umuman, har bir viloyatda turlicha tayyorlanadi. Palov tayyorlash uchun kerakli mahulotlarimiz, palov o'zi guruch bilan tayyorlanadigan taom, endi bir kilo guruch uchun bizlarga, bir kilo guruchga bir kilo sabzi kerak, yarim kilo go'sht, bir dona, o'rtacha piyoz, va bir kilo guruchga 250 gramm yog' ishlatiladi. Va bundan tahsqari turli xil dorivorlardan foydalanish mumkin, bizda asosam ziradan fo'ydalanadi. Zira umuman mashhur dorivor O'zbekistonda, lekin bundan tashqari ta'bingizga qarab turli xil dorivorlardan foydalanishingiz mumkin. Piyozni to'g'rashni boshlaymiz...

Sabzi ham uzunasiga to'raladi... Uzun-uzun qalamchalar shaklida to'g'raladi sabzi... Juda qalin ham bo'lmasligi kerak, lekin juda ham mayin bo'lmasligi ham kerak... Sabzimiz mana bu shaklda, ya'ni uzunasiga to'ralishi kerak. Go'shtimiz katta-katta bo'laklarga bo'linishi kerak.

English translation:

One of our traditional dishes is *palov*. *Palov* is a very special dish for Uzbeks. In fact Uzbeks call it the "shah of the dishes", because *palov* is considered to be a very significant dish for us. We make *palov* mostly for holidays, weddings, well, for special occasions, special events, special days. There are different varieties of *palov*. For example, each region has its own way of making *palov*. For example, we cook differently in Bukhoro. It is different in Samarqand, in the valley [Fergana Valley], in Tashkent. In fact, in each region it is prepared in a different way. The ingredients we need to make *palov* are... Actually *palov* is a rice dish, so for a kilo of rice... for one kilo of rice we need one kilo of carrots, half a kilo of meat, one mid size onion, and 250 grams of oil is used for a kilo of rice. And also we can use various spices. We mostly use cumin. In fact, cumin is a popular spice in Uzbekistan, but you can use various spices to your taste. We shall start chopping the onion...

The carrot is sliced lengthwise... It is sliced in the shape of long straws... It should not be too thick, but it should not be very thin either... The carrot needs to be sliced like this, i.e., lengthwise. The meat is cut into big pieces.

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