

CultureTalk Uzbekistan Video Transcripts: <http://langmedia.fivecolleges.edu>
American and Uzbek Food

The interviewer (in Russian): - If you tried, maybe any dish here, did you like it in the restaurants? Which dish did you like most of all? And also I would like to know if you can cook any traditional meal in Uzbekistan?

Uzbek transcript:

K: Bu umuman oziq ovqat muammosi, ma'lum bir darajada boshida menga ham moammo bo'lgan. Endi man kelishimdan oldin bilardim, mening oziq-ovqatim... oziq-ovqat masalam umuman kollejim tomonidan qoplangan bo'ladi, va menga bu hech qanday muammo tug'dirmaydi, ya'ni kollej oshxonasiga borib, o'sha yerda ovqatlanishimni bilardim. Lekin aytganimdek, men Amerikaga o'qish boshlanishidan ancha oldinroq kelganman. Va boshida albatta restoranlarda kafelarda ovqatlanishga majbur bo'lganman. Va umuman restoranga birinchi marta borganimni o'zi man uchun juda katta muammo tug'dirgan. Chunki umuman restoranga borish, restorandagi menyularni ko'rish va u yerdagi ovqatlar ismi sizga hech qahday tushuncha bermaydi. Umuman siz oziq-ovqat ismini ko'rasizu lekin uni nima ekanligini... uni nima ekanligi haqida umuman tushunchaga ega emassiz, va hatto tanish tuyulgan narsalarni ham buyurtirganingizda, shu narsaga amin bo'lasizki, siz buyurtirgan narsa doim, qahday desam, yana ma'lum bir narsalar bilan birgalikda keladi. Masalan, ular, u yerdagi oshxona xodimlari sizdan qanday ichimlik xoxlashingizni so'raydilar, yoki umuman ovqatingizni qanday tayyorlanishini so'raydilar, yoki ovqatda qanday mahsulotlar bo'lishini istashingizni so'raydilar. Va bu narsa katta muammo tug'diradi birinchi marta Amerika kelgan odam uchun. Chunki biz hali mahsulotlarning ismlarini, umuman, bu mahsulotlar nimani bildirishini, umuman oziq-ovqat qanday tayyorlanishi haqida umuman tasavvurga ega emasmiz. Shuning uchun, umuman ovqatni buyurtirishni o'zi boshida juda katta muammo tug'dirgan man uchun. Hattoki haliyam unchalik o'zimni qulay his qilmayman, agar restoran yoki kafega borsam agar. Lekin nimasi juda yaxshi deb o'ylayman, Amerikada xilma xillik juda katta. Restoranga borganingizda bir necha xil oziq-ovqatlarni... O'zbekistonda ham albatta bu narsa bor, O'zbekistonda ham restoran, kafega borganingizda, bir necha xil taom turlarini sizga tavsiya etishadi, lekin bu yerdagi taklif etiladigan oziq-ovqatlar soni juda ham katta. Umuman, shu uchun, ma'lum bir ovqatni tanlab olish ham katta muammo tug'diradi shuning uchun. Umuman oziq-ovqat... umuman taomlar tayyorlash haqida gapiradigan bo'lsak... men o'zim uyda ham juda ko'p taom tayyorlardim. Umuman taom tayyorlashni juda ham yoqtiraman, va bu mening asosiy qiziqishlarimdan biri deb hisoblayman. Endi uyda ham unchalik... qanday desam, uyda asosan band bo'lganligim uchun hamma vaqt ham o'zim tayyorlamayman uyda. Lekin vaqtim bo'lgan paytlari, umuman, taom tayyorlashni yoqtiraman. Umuman bu manga rohat baxsh etadi. Bu yerga kelganimda ham birinchi man Visconsin shtatiga kelganman. Bu Fulbrayt dasturi bizlar uchun tayyorlagan seminar edi. Umuman bizlar u yerga yetib kelganimizda, bizga umuman Amerikada turmush tarzi, ta'lim sohasi, universitetda o'qitish yo'llari, usullari haqida seminar o'tagandik u yerda. Undan keyin bir hafta dam olish uchun Nyu Meksiko shtatiga borgan edim. U yerda

do'stlarim bor. Do'stlarim bilan birga bir hafta turgandim va u yerda...do'stlarim, umuman, O'zbekistonda 2 yil yashaganlar. Ular Tinchlik korpusi bilan ishlaganlar. Shuning uchun O'zbekiston, Buxorodagi turmush tarzini, umuman hayotni juda yaxshi bilishadi. Va ular bilan birga turganimda, ular mendan o'zbek milliy taomlarini tayyorlashni so'rashdi, va men ular uchun palov tayyorladim va turli tuman o'zbek taomlarini pishirishga harakat qildim. Va bu yerda taom tayyorlashda yana bir boshqa muammoga duch kelish mumkin...bu muammo...bu yerda ma'lum bir mahsulotlarning yo'qligi, masalan, man palov tayyorlaganimda, bu yerda paxta yog'i...Buxoroda bizlar asosan palovni paxta yog'i bilan tayyorlaymiz. Lekin bu yerda paxta yog'i yo'q ekan. Shuning uchun oliv yog'i bilan tayyorlashga majbur bo'ldim. Va shuningdek bu yerdagi, qahday desam, oshxona jihozlari ham ozgina boshqacharoq. Masalan, qozonni o'zi yo'q edi bu yerda. Va kostryulyada osh pishirish, palov pishirishga majbur bo'ldim. Lekin baribir ham natijada do'stlarim yoqtirishdi, manimcha palovga o'xshadi. Keyin umuman yana boshqa narsa, umuman bizda, o'cho'qlar, gaz plitalari gaz bilan ishlasa, bu yerda elektr toki bilan ishlaydi. Va ularni boshqarish boshida birozgina qiyinroq edi, chunki yetarlimi yoki yana oshirish kerakmi issiqlikni, boshida bilmasdim. Keyinchalik ko'nikib ketdim hammasiga. Lekin manimcha hozirgi ahvolim juda yaxshi deb o'ylayman, chunki, qanday desam, hozir kollej oshxonasiga borib ovqatlanaman. Bu mening ancha vaqtimni tejashga yordam beradi. Va ko'proq vaqtimni darslarimga sarflashga harakat qilaman.

English translation:

The interviewer [in Russian]: If you tried, maybe any dish here, did you like it in the restaurants? Which dish did you like most of all? And also I would like to know if you can cook any traditional meal in Uzbekistan?

K: This problem of food, to certain degree, was a problem for me too at the beginning. I knew before coming that my food...my food question was supposed to be covered by my college, and it would not create any problems for me -- i.e. I knew that I would go to the dining hall and get my food there. But, as I said, I came to America well before my school began. And at the beginning, I had to eat at the restaurants and cafés. And, in fact, my first visit to a restaurant created big trouble for me. Because going to the restaurant, seeing the menus in the restaurant ... and the names of the dishes there do not make any sense to you. In fact you see the name of the dish, but you have no idea what it is...about what it can be, and even when you order the things which seem familiar to you, you find out that, how I can say, it always comes with certain extra things. For example, they, the staff in the diner ask you what kind of drink you want, or they ask how you want your meal to be cooked, or they ask what ingredients you want in your meal. And it creates a big problem for the person who came to America for the first time. Because we do not know the names of the ingredients, what these ingredients mean, and we have no idea how these dishes are prepared. That's why, in fact, at the beginning, ordering the food itself created a big problem for me. Even now I don't feel very comfortable if I go to a restaurant or café. But what I consider to be very good is that America has a big variety. When you go to a restaurant, there are so many dishes....Of course we have the same thing in Uzbekistan too; if you go to a restaurant or café in Uzbekistan you will be offered several types of dishes too, but the number of dishes offered here is very big. In

fact, that's why choosing one dish causes so much trouble, that's why. In general food...in general, if we speak about food ...I used to cook at home a lot. In fact I like cooking a lot; I consider it to be one of my favorite pastimes. And at home, not that much...how I can say, as I am very busy, I do not cook always at home. But when I have time, in fact, I like cooking. In fact, it gives me pleasure. When I came here, I came to Wisconsin state first. It was a seminar prepared by Fulbright program. In fact, when we arrived there, we had a seminar about the American way of life, education sphere, ways and methods of teaching at the university there. After this I went to New Mexico to get some rest. I have friends there. I stayed with my friends for a week and there...my friends, in fact, lived in Uzbekistan for two years. They worked with the Peace Corps. That's why they know the lifestyle, in fact, the life in Uzbekistan, Bukhara, very well. And when I was staying with them they asked me to cook Uzbek meals for them. I made *palov* for them and tried to cook different Uzbek dishes. And also one may encounter another problem while cooking meals here...this problem...some ingredients are not available. For example, when I prepared *palov* ... here the cotton oil...In Bukhara we usually prepare *palov* with cotton oil. But here, there is no cotton oil. That's why I had to cook with olive oil. And also here, how I can say, the kitchen utensils are a little different too. For example, there was no kettle here (the type of kettle used in Uzbekistan). I had to cook *osh*,¹ *palov* in a pot. But anyway, at the end, my friends liked it, I think; it looked like *palov*. Then there is a completely different thing, in fact; in our place² ovens, gas stoves work with gas, whereas here they work with electricity. And operating them was a little difficult at the beginning, because I didn't know at the beginning if there was enough heat or if I had to turn it up. Later I got used to everything. But, in my opinion, my present condition is very good, because, how I can say, now I go to the dining hall at the college to get my meals. It helps me to save some of my time. And I try to spend more time on my classes.

About CultureTalk: CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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¹ People in Bukhara call *palov* "osh".

² Instead of saying or repeating in our country or in our family, etc. you can say "on our place" which means the same.