



Volume: 04 Issue: 06 | Jul 2023 ISSN: 2660-454X

<https://cajitmfcentralasianstudies.org>

Comparative analysis of gastronomic tourism in Uzbekistan and foreign countries

¹ **Xudoynazarova Sarvinoz Qarshi qizi**

Received 16th Apr 2023,
Accepted 19th May 2023,
Online 3rd Jun 2023

¹ PhD student at the Research Institute for the Study of Cultural Heritage and Tourism Development

Abstract: In this chapter, we want to consider several countries in which gastronomic tourism is well developed, to compare the potential of gastronomic tourism in these countries with Uzbekistan. The Italians were the first to lure travelers with their delicacies. Today, every tenth guest comes to the Apennines specifically to taste local dishes. By the way, it was here that the world's first university of gastronomic sciences was recently opened.

Key words: tourism, dishes, gastronomic, services, technology, drive, travel.

¹ However, France won the glory of the most sophisticated country in this matter. Her trump cards are cheeses and wines. The French are ready to talk about them for weeks. Only here gastro-tourists learn the secrets of making cheeses, begin to distinguish cognac from Armagnac, taste hundreds of wines and eat frog legs.

Italian cuisine (along with Chinese) has long crossed its national borders, becoming one of the international ones. Pizza, lasagna, pasta - dishes known to almost everyone. Italian cuisine is a typical representative of the Mediterranean. Lots of fish, seafood, vegetables, fruits, cheeses, olive oil, pastry and wine. Animal fat in Italian cuisine is relatively

a little. According to the Italian National Tourist Board, 30% of tourists come to this country for seaside holidays, 30% to visit museums and monuments, 5% to participate in all kinds of gastronomic and wine tours. There are 20 regions in Italy, and each of them has a unique culinary tradition. Italy seems to be created for wine and gastronomic tourism. ² In autumn, Italy is no less interesting to see and taste than in summer, and much more comfortable (due to the lack of heat). If desired, you can combine a gastronomic tour with a beach holiday (for example, in Sicily) or an excursion program. At the end of October, a festival of young wine is held in Italy.

Naples is the birthplace of the famous pizza. This is the best place to learn the secrets of preparing this amazing, world-famous and ridiculously simple dish. A gastronomic journey through Italy, as well as through France, by the most modest standards, can cost at least 1,500 euros per person per week.

¹ www.cokingbook.ru

² www.ho.inf/foodsafety

A foreigner visiting Turkey for the first time and visiting a traditional local restaurant is struck by the abundance of dishes offered to him, and their unusual names. Only in Turkey you can taste the "Vizier's Finger", "Female Thigh", "Sliced Belly", etc. Each Turkish region is characterized by several traditional dishes. For example, in the north of the country, washed by the Black Sea, preference is given to fish and seafood. Especially popular is the anchovy, which is found in abundance off the Turkish coast. Many ancient dishes were prepared using anchovy. It is fried, steamed, stewed and marinated. Delicious (anchovy skewers) and tava (pie, laid out in a pan in the form of a solar circle). Unusual pilaf with anchovy. The Turks claim that this appetizer is very useful for blood circulation. Meat and fish dishes are equally popular on the Aegean coast. For example, tandır kebab is a whole sheep baked in an earthen oven on charcoal. It is often served with padishah piyozi - the onion of the padishah.

During the Ottoman Empire, local rulers were very fond of the fried core of onions. But the highlight of the cuisine of the mussel dolmas region is dolma with mussels. The mollusk is stuffed with rice and meat, and the shell acts as a grape leaf. On the streets of Izmir, you can often see people picking out another with the help of one thirty but perhaps the richest region in terms of cuisine is South Anatolia, the southeast of the country, where there are practically no tourists from the CIS. The local cuisine includes more than one and a half thousand dishes, both famous and extraordinary. Lunch here starts with lahmacun, thin cornmeal flatbread baked in a tandoor. Then appetizers are served. And only then the main dishes. For example, ichlikyufta - cutlets like "Kievskaya": walnuts, red pepper paste are added to the minced meat, and then rolled in wheat flour. Cutlets are boiled in boiling water. In Adana, beyti kebab is served for the second - huge (up to one and a half meters) kebabs on wooden planks. Or pamujen kebab - meat with eggplant. Here you can also try pilaf with pistachios. But the most unusual dish is chiykufta - raw meat cutlets. Eggplants are loved in the east of the country. It is said that in the Middle Ages a certain clergyman ate one of these so much that he fainted. As a result, the dish "imam bayildı" appeared - "the imam lost consciousness." The name of another dish, karnyyaryk, is translated from Turkish as "slit belly", and it itself is eggplant halves stuffed with minced meat and spices. The most common dishes in the center and in the east are gozlen (cakes with cheese and minced meat) and gouvech (braised lamb bones). Almost all dishes characteristic of a particular region can be tasted at any resort on the Antalya coast. Of particular interest here are pasturma (dried meat with garlic), sujuk (sausages), shish kyufte (rolled kebab on a skewer) and yogurt-based manti. Antalya is also famous for its fish dishes, as well as peach, nectarine, plum, cherry, strawberry, watermelon and even eggplant jam.

Gastronomic tourism is extremely popular and actively developing in the world. This new type of tourism has great development prospects, and the organization of gastronomic tours will contribute to the revival of the national culinary traditions of the countries of the world.

Gastronomic tourism is an actual type of tourism today, because in recent years, it has been actively developing not only abroad (where it has fully developed), but also in the Republic of Uzbekistan. In addition, there are tours that introduce not different dishes in one area, but one dish in different areas. These are very famous French, Bulgarian wine tours offering walks in the vineyards, grape harvest, wine tasting. Cheese tours to Holland, Switzerland, Italy, where you can taste the varieties of the best cheeses, visit the cheese fair. Beer tours in Germany, Austria, the Czech Republic, Belgium will be remembered by fans of the foamy drink not only for its variety, but also for visiting breweries, famous beer bars and festivals. It should be noted that almost any country has the potential to develop gastrotourism, because each country has its own unique national cuisine, its own traditions of hospitality. So, in Japan, tourists are offered, under the guidance of a gastro guide, to buy products for sushi, which will then be cooked in front of the traveler by the best chefs. Pasta seems to be quite an ordinary food that is widespread far beyond the borders of Italy, however, on a culinary journey, a tourist, trying to comprehend the secret of the taste of this dish, tries many of its types, compares pasta prepared according to the same recipe, but by different chefs.

REFERENCES:

1. Decree of the President of the Republic of Uzbekistan dated August 13, 2022 "On measures to further develop the tourism industry in the Republic of Uzbekistan."
2. Law of the Republic of Uzbekistan "On Tourism", signed by the President of the Republic of Uzbekistan on July 18, 2019.
3. Пиша людей». Козлов А.И. - Фрязино: Век 2, 2005 г.
4. «Туризм со вкусом узбекского риса». Данилов С. Ташкент.: 2013 г.
5. Resolution of the President of the Republic of Uzbekistan dated December 2, 2016 on the organization of the State Committee for Tourism Development of the Republic of Uzbekistan.

