

CULINARY TRADITIONS OF UZBEKISTAN ON THE SILK ROAD



Taste of Uzbek Cuisine

See also info about Food in Uzbekistan

Itinerary: Tashkent — Khiva - Bukhara — Nurata — Aydarkul - Samarkand —Tashkent

Specialty Categories: Food & Wine & Cultural Journey

Best period: from March to November

Duration: 11 days/ 10 nights

Accommodation: in hotels 3, 4 */ yurt

Highlights of the trip

Uzbek cuisine is perhaps one of the most diverse in the whole Orient! Over hundreds of years, Uzbekistan, located on the trade caravan trails of the Great Silk Road, played host to traders from East and West, who brought with them the tastes from their native lands and shared with local people the best-kept culinary secrets. Thus Uzbek cuisine evolved from a multitude of influences and acquired new dishes, which with the lapse of time has virtually become national Uzbek dishes. With the focus on Oriental gastronomy, this tour will give you an opportunity to immerse yourself in Uzbekistan's rich history and culture, to learn about treasured architecture of Samarkand, Bukhara, and Khiva – the fabled cities still keeping the memory of Tamerlane, Alexander the Great, Genghis-khan, and many trade caravans of the Great Silk Road. Tall elegant minarets, grandiose madrassas and mosques will be branded in your mind for long. But first of all, this travel will be appreciated by gourmets. Open for yourself the world full of oriental delicacies!

Tour program

Day 1: Flight for Uzbekistan.

Arrival in Tashkent You will be met by your personal guide and driver and will be transferred to the hotel. Note: your guide will be waiting for you outside the airport, at the main waiting area.

Day 2: Tashkent

Tashkent is the capital of Uzbekistan and considered as the biggest city of Central Asia. Tashkent has a modern and a old part. The old Tashkent has typical monuments of Central Asia architecture. Today you will visit both parts of the city. Attend a master cooking class at Tashkent's Taste of Plov, where expert chef/instructors lead a hands-on lesson in purchasing and preparing classic Uzbek dishes; then diner together on your creations. Welcome Dinner. Overnight in Tashkent.

Recommended foods: Tashkent Plov, Shashlik (kebab) with Aromatic shourpa (national soup) and Tashkent wine.

Day 3: Tashkent – Urgench - Khiva.

Departure to Urgench on morning flight. Arrival in Urgench - the administrative centre of the Khorezm region. Transfer to Khiva (35 km, 30 min) - the only "Museum under the open sky". Accommodation in a hotel, located inside or nearby Ichan-Qala - the historical center of Khiva which has been inscribed into the UNESCO World Heritage List. City tour around the architectural complex "Ichan-Qala"-inner citadel of Khiva. You will live a 6 hour trip for discovering the most important monuments of the citadel. Khiva is the only citadel which was not destroyed by enemy armies and it will take you to a Time Travel with its many monuments protected by the State and the UNESCO. After visit we recommend you to view this town by night! Nighttime Khiva is the eighth wonder of the world!

Walking along its narrow streets where minarets rise at every step and the sky above is studded with bright stars you may think you are in one of Shaherezada's tales. And all around you is peace and quiet! It seems the life died down and nobody lives here. There is some alluring mystery in the air, which makes you spellbound.

Recommended foods: "Tukhum barak" egg cakes, specialty Khiva, "Shivit Oshi" and "Dimlama" - stew with vegetables and meat, an assortment of salads three-input.

Day 4: Khiva – Bukhara (450 km)

You will make your way to Bukhara. It's going to be a very interesting trip, as the road runs along the famous desert of Central Asia – Kyzyl-Kum. You will see endless red hot sands, once trodden by numerous trade caravans!

Arrival in Bukhara in the late afternoon. Hotel accommodation. Free walk in the Old City for a first discovery of Bukhara.

Recommended foods: Picnic lunch on the way: A barbecue lunch awaits you input lamb kebabs, a treat. Dinner at the hotel. Salads, the Somsa (a kind of puff pastry turnovers with meat minced lamb), Thcouthcvara (small soup dumplings).

Day 5: Bukhara.

Sightseeing day in Bukhara - visit the ancient Bukhara at the Labi Khaus Complex, heart of the city. You will visit the old Bukhara: Ark citadel, Ismail Samani and Chashma- Ayub Mausoleums, Kalon Architectural complex, Trade centers of old Bukhara.

There are so many things to see and to sample in Bukhara. Today after breakfast the guide will introduce you to them. The architectural ensembles of Bukhara created the city's shape and continue to form its distinctive image to the present day. Restored and protected by the state, these relics of architecture have been brought back to life and have become the integral part of the modern city.

Sightseeing Bukhara is an interesting pastime, but you should not forget that local cuisine is the highlight of the tour. So it's high time to satisfy your gourmet passion. Today you will taste the real home cooking!

Recommended foods: Navruz Kebab, Lula Kebab, Manti –Dumplings. Lunch in a traditional restaurant. Dinner will be with a local family where you will see the preparation of “Manti -Dumplings”.

Day 6: Bukhara

Continuation of visits around Bukhara to see the four minarets of Chor Minor, Mokhi Khosa, summer residence of the emirs of Bukhara and the house of the old merchant Khodjayevev astrakhan skins. Have tea at the Tea House "Spices of the Silk Road"(oriental sweets, tea with spices)

By request, enjoy a visit to the oriental Bukhara baths of the XVI century (30-40min).

Dinner at the local restaurant (soup, dolma, types of salads,

Recommended foods: Jiz Kebab, Dimlama, Noodle Soup.Olot Somsa, Koza Shorva, Noodle Soup

Day 7: Bukhara – Gijduvan – Nurata - Aydarkul.

The way to Nurata with a way to step in Guijdouvan to visit the studio of ceramic artists. Along the way, stop at a place that keeps the rock petroglyphs. Continue to Nurata, a large oasis fed by a sacred spring: the "Tchashma" sheltering his sacred fish. Lunch in a tchoykhona (cafe). Departure to the Kazak yurt. Camel Riding. Unforgettable evening in the middle of the steppe. After dinner Dimlama the traditional music of the desert and night under the sky of the desert (collective accommodation).

Recommended foods: for lunch Tandir kabob - Mishui-cooked roast the lamb on a spit over the embers of a wood fire in tandyr-oven), Dinner in a yurt: the meal is an excellent Dimlama - the beef stew with potatoes).

Jiz Kebab, Dimlama, Noodle Soup.Olot Somsa, Koza Shorva, Noodle Soup

Day 8: Aydarkul - Samarkand.

Breakfast. Trans by coach to reach the lake Aidarkoul. The fish are numerous and it has also become home to many birds migrations. Aarrival, swimming depending on weather conditions, Picnic by the lake fish, grilled fish on a wood fire! and drive to Samarkand (250 km). The campaign is crossed by more cultured, richer. Arrival in the afternoon. Hotel accomodation. Start of Tour of legendary Samarkand, one of the most ancient cities of the Silk Road. Visit Registan Square, the main attraction here and an impressive venue for the world's finest traditional and modern music festivals; Gur-emir- mausoleum of Temur (Tamerlane).

Recommended foods: Picnic by the lake fish, grilled fish on a wood fire! Dinner at a restaurant in town: delicious shashlik - kebabs of lamb, veal, chicken, vegetables (tomatoes, peppers);

Recommended foods: Shashlik (kebab), Dolma, Tandir Kebab, Samsa.

Day 9: Samarkand.

Breakfast. Visit the majestic Shakhi Zinda Ensemble, observatory og Ulugh Beg, Samarkand Silk Paper Workshop and the Bibi Khanum mosque standing next to the colorful Samarkand Siyab Bazaar.

Experience Plov dinner cooking traditional Uzbek dishes at Uzbek family. This culinary tour is a unique opportunity to taste, smell and savor the rich flavors not found anywhere else, a true product of centuries of exchange along the Silk Road. We offer to you a visit unique to the Samarkand Winery, to taste 10 of the best varieties of Uzbek wine, and take a tour of the Museum of History of the Winery, with the possibility of buying vintage wines.

Recommended foods: Laghman (Noodle Soup), Shorva, Plov of Samarkand.

Day 10: Samarkand - Tashkent.

The busy days full of new unforgettable experiences have glided away and the tour is nearing its end. Time has come to say goodbye to magic Samarkand and to come back to Tashkent. Transfer to the railway station to take high speed train "Afrosiob" to Samarkand. Arrival. Transfer to the hotel. Accommodation. We invite you to take a walk along the garden located in the centre of Tashkent, to watch the ducks peacefully floating in a small pond, or pompous storks pacing in the park, and to recollect the places we have visited and the cities that impressed you so much that will stay in your memory forever. We also advise you to visit Chor-su bazaar in the old part of Tashkent. Touring of oriental bazaar is an unforgettable experience. Moreover, here you can buy various souvenirs for your family and friends!

Farewell dinner in one of the best restaurants in Tashkent (Vodka, Wine and Beer included).

Tashkent offers a diverse range of cuisine as its population constitutes a heavy mix of foreigners and diverse ethnic community. In Tashkent you can savour the dishes of Uzbek, European, Chinese, Korean, Kyrgyz, Uygur, Japanese and other cuisines which have become popular among the local people and numerous guests of Uzbek capital.

Recommended foods: Excellent choice for traditional fundamental dishes of Uzbek cuisine in ambient atmosphere in a modern upscale restaurant serving excellent traditional Uzbek cuisine Friendly and helpful staff in the heart of Tashkent with best selection in door and outdoor. Good wine list including local wines and the fact that it's often used as a location for live music performances of local jazz and folk artists.

Day 11: Tashkent. Departure

Our gastronomic tour is over. In this tour we tried to give you an opportunity to feel all the diversity and exotic nature of Uzbek rich cuisine which inherited the culinary legacies of many cultures. We tried not to miss anything important! The most notable dishes of indigenous cuisine were included into your menu, as well as the most interesting attractions were included into your itinerary. Unfortunately, the time limits prevent you from sampling and experiencing many more amazing things. Hospitable Uzbekistan is looking forward to your next visit!

Tour price

Base: 6 travelers:

Price per person in USD: 1185 \$

Price includes:

- *Accommodation in double / twin rooms at 3 – 4 * hotels breakfast included.*

- *Transportation for the whole period of the tour on comfortable air-conditioned transportation, including all airport transfers.*
- *Professional English-speaking local guides (specify language of your choice).*
- *Meals: breakfasts at the hotels; lunches and dinners (fixed menu, alcohol excluding); Culinary master classes cooking Manti in Bukhara and pilaf in Samarkand national houses;*
- *Entrance tickets to the museums and sights as per itinerary;*
- *Train tickets Samarkand-Tashkent (economy class).*
- *Tourist tax for hotel accommodation*

Price does not include:

- *Insurance.*
- *Local flight Tashkent - Urgench*
- *Photo and video in museums and sights as per itinerary*
- *Personal expenses and tips.*

Notice:

The program will be specified in accordance with the schedule of arrival and departure of the international flights.

We are open to any suggestions to increase the range of our services for the complete satisfaction of our clients. Please do not hesitate to contact us to discuss your individual needs.

The cost of the tour will vary depending on the number of guests and the selected transport (car, minibus, bus).

The cost of the tour can be paid by bank transfer, credit card or other means agreed upon in advance when ordering the tour.

Cancellation fees:

- *Cancellation prior 30 days – no charges apply*
- *Cancellation prior 15 days – 50% charge of the tour price*
- *Cancellation prior 7 days – 100% charge of the tour price*

Please contact us if you have any questions or would like to book the tour:

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HAVE A WONDERFUL TRIP!

MORE INFO:

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WELCOME TO UZBEKISTAN!

ENJOY YOUR MEAL!