



The Art of Uzbek Cooking (Hippocrene International Cookbooks)

Lynn Visson

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A historical crossroads in Central Asia, Uzbekistan and its cuisine reflect the range of nationalities that form the country and continue to flourish there. Meat pies from India, soups and cakes from Russia, and noodles from China coexist with varied spices, dried fruits and nuts, and traditional golden flat breads. The Art of Uzbek Cooking provides an introduction to a little-known and exciting culture through easy-to-follow recipes that have been tested and adapted for American kitchens.

This collection of some 175 authentic Uzbek recipes includes chapters on Appetizers & Salads; Soups; Meat, Poultry, and Fish; Plovs; Stuffed Pastries, Dumplings, Pasta & Pancakes; Vegetables; Breads; Desserts; Drinks; and even Suggested Menus.

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