

INGLIZ VA O'ZBEK TILLARIDA GASTRONOMIC ATAMALAR TADQIQI

GULYAMOVA Farog'at Erkinovna

Termiz iqtisodiyot va servis universiteti

“Xorijiy til va adabiyoti” magistratura bo'limi

2-kurs talabasi

gulyamovafarogat11@gmail.com

ANNOTATSIYA

Ushbu tadqiqot ingliz va o'zbek tillaridagi gastronomic terminologiyaning lingvistik va madaniy xususiyatlarini o'rganadi. Unda oziq-ovqat an'analari, qadriyatlar va hayot tarzi, qanday aks etishini tahlil qilib, gastronomic ifodalarni shakllantirishdagi madaniy kontekstning o'ziga xos jihatlariga e'tibor qaratiladi. Tadqiqot palov va somsa kabi o'zbek taomlarini pie va pudding kabi ingliz taomlari bilan qiyoslaydi hamda lingvistik va madaniy farqlarni ko'rsatadi. Shuningdek, globallashuvning ikki til orasidagi oshxona atamalarining almashinuvida qanday rol o'ynashi o'rganiladi. Topilmalar madaniyatlararo muloqotni tushunishga va oziq – ovqatning o'zaro hurmatni rivojlantirishdagi ahamiyatni ochib beradi.

Kalit so'zlar: *Gastronomic terminologiya, Gastro-tourizm, oshpazlik leksikasi, Taqqoslash tahlili, Ingliz va O'zbek gastronomiyasi, oziq-ovqat madaniyati, oshpazlik merosi, gastronomic tarjima, madaniyatlararo muloqot, oshpazlik lingvistikasi, terminologik taqqoslash, oshpazlik, O'zbek oshpazlik an'analari, Ingliz tilidagi oziq-ovqat bilan bog'liq atamalar, gastronomiyaning etnolingvistikasi.*

ИССЛЕДОВАНИЕ ГАСТРОНОМИЧЕСКИХ ТЕРМИНОВ НА АНГЛИЙСКОМ И УЗБЕКСКОМ ЯЗЫКАХ

Гулямова Фарагат Эркиновна

Термезский университет экономика и сервиса

Факультет «Иностранных языков и литературы»

магистр 2-курса

АННОТАЦИЯ

Данное исследование изучает лингвистические и культурные особенности гастрономической терминологии в английском и узбекском языках. Исследуется, как еда отражает традиции, ценности и образ жизни, с акцентом на то, как уникальные культурные контексты формируют гастрономические выражения. Работа сравнивает традиционные узбекские

блюда, такие как плов и сомса, с английскими блюдами, такими как *pie* и *pudding*, подчеркивая языковые и культурные различия. Кроме того, рассматривается влияние глобализации на обмен кулинарными терминами между двумя языками. Результаты исследования способствуют пониманию межкультурной коммуникации и роли еды в укреплении взаимного уважения.

Ключевые слова: Гастрономическая терминология, Гастротуризм, кулинарная лексика, сравнительный анализ, Английская и Узбекская гастрономия, культура еды, кулинарное наследие, гастрономический перевод, межкультурная коммуникация, кулинарная лингвистика, терминологическое сравнение, Узбекские кулинарные традиции, термины, связанные с едой, на английском языке, Этнолингвистика гастрономии.

STUDY OF GASTRONOMIC TERMS IN ENGLISH AND UZBEK LANGUAGES

Gulyamova Farogat Erkinovna

Termez economy and service university

Foreign language and literature of Faculty

Master's department 2nd year of student

[*gulyamovafarogat11@gmail.com*](mailto:gulyamovafarogat11@gmail.com)

ABSTRACT

This research investigates the linguistic and cultural features of gastronomic terminology in English and Uzbek. It explores the ways food reflects traditions, values, and lifestyles, emphasizing how unique cultural contexts shape gastronomic expressions. The study compares traditional Uzbek dishes like palov and somsa with English dishes such as pie and pudding, highlighting linguistic and cultural differences. Additionally, the work examines the impact of globalization on the exchange of culinary terms between the two languages. The findings contribute to the understanding of cross-cultural communication and the role of food in fostering mutual respect.

Key words: *Gastronomic terminology, Gastro-tourism, culinary lexicon, comparative analysis, English and Uzbek gastronomy, food culture, culinary heritage, gastronomic translation, cross-cultural communication, culinary linguistics, Terminological comparison, Uzbek culinary traditions, food related terms in English, Ethnolinguistics of gastronomy.*

INTRODUCTION

Gastronomy, beyond being the art and science of cooking, is a fundamental aspect of cultural identity. It is a mirror reflecting the values, traditions, and history of a society. The terms used to describe food, ingredients, and culinary practices often carry deep cultural significance. Food, as an essential part of everyday life, transcends geographical and linguistic boundaries, becoming a universal language that connects people worldwide. However, the way gastronomy is perceived and discussed can vary widely across different languages, shaped by each culture's unique experiences and environment.

English and Uzbek languages, while both are rich in gastronomic history, offer different perspectives on the world of food. English, as a global lingua franca, has absorbed influences from numerous cultures, leading to a diverse range of culinary terms. In contrast, Uzbek, deeply rooted in Central Asian traditions, offers a distinct vocabulary that reflects the historical, social, and geographical nuances of the region. This study aims to explore the gastronomic terms in both languages and their cultural contexts, providing insights into how language shapes our understanding of food and its place in society.

DISCUSSION

The primary objective of this research is to explore and compare gastronomic terms and cultural practices related to food in English and Uzbek. The specific aims are:

- To identify key gastronomic terminology in both languages, focusing on ingredients, cooking methods, and common dishes.
- To examine the cultural significance of these terms and how they reflect the respective societies.
- To explore how language influences perceptions of food and cooking in both English-speaking and Uzbek-speaking cultures.

RESULTS

English, as a global language with extensive historical influences, has a wide range of culinary terminology. It draws from Latin, French, Italian, and other languages, often incorporating specialized terms for cooking methods, food ingredients and utensils.

- *Ingredients*: Many food-related terms in English come from various languages . For example:

“*Basil*” (from Greek *basilikos*) - a herb commonly used in cooking.

“*Saffron*” (from Arabic *zafaran*) - a spice with rich cultural history.

“*Olive*” (from Latin *oliva*) – a staple in Mediterranean cuisine.

- *Cooking Methods*: English culinary terminology includes a variety of cooking techniques, often borrowed from French cuisine:

“*Saute*”: Derived from French *sauter*, meaning “to jump” (referring to tossing food in a pan).

“*Braise*”: Also from French *braiser*, meaning to cook slowly in fat and a small amount of liquid.

“*Broil*”: Derived from the Old French *broiler*, meaning to grill or cook over direct heat.

- *Utensils and Equipment*: English culinary vocabulary often reflects specific tools used in cooking:

Whisk, spatula, tongs- simple, everyday tools with direct English names.

Mortar and pestle- used for grinding and mixing, whose names have a shared Latin origin.

- *Dishes*: Many common English dish names are borrowed from other languages, reflecting their place of origin:

“*Pizza*” (from Italian), “*Sushi*” (from Japanese), “*Curry*” (from the Tamil word *kari*).

These terms, especially those borrowed from French, Italian, and Latin, reflect the international nature of English-speaking culinary traditions. The language is rich in synonyms for similar food preparation processes, such as roast vs. grill, or stew vs. simmer, which emphasize different cultural techniques for preparing food.

Uzbek Gastronomic Terms

Uzbek culinary terms are deeply rooted in the history and geography of Central Asia, reflecting both the nomadic and settled agricultural cultures of the region. These terms often reflect the ingredients and cooking methods unique to Uzbekistan and its neighboring countries.

-Ingredients: Uzbek gastronomy includes numerous terms for local ingredients that are not only important for cooking but also hold cultural significance:

“*Non*”- a type of bread, a staple in Uzbek cuisine, baked in a tandoor. The word *non* is derived from Persian.

“*Qovurma*” – a term for fried or stir-fried meat, often used in the preparation of traditional dishes.

“*Sumalak*”- a traditional dish made from wheat germ, representing Uzbek folk traditions and often prepared during Nowruz (Persian New Year).

“*Tandir*”- a type of clay oven used for baking bread or cooking meats.

- **Cooking Methods:** Many Uzbek culinary terms describe techniques that are unique to the region, often tied to the use of specific tools and the traditional approach to food preparation:

“*Qovurmoq*”- to fry or sauté meat, a staple technique in Uzbek cooking.

“*Pishirmoq*”- to bake, particularly in the context of breads and meat dishes in a tandoor.

“*Stew*” or “*Shurva*”- a type of meat or vegetable soup, often with a rich broth, and prepared for special occasions.

- **Utensils and Equipment:** In Uzbek cuisine, traditional cooking methods are often associated with specific tools:

“*Kazan*”- a deep, wide pot used for cooking stews, pilaf (plov) and soups, often on an open flame.

“*Lagan*”- a large, shallow bowl used for serving pilaf (plov) and other communal dishes.

- **Dishes:** Traditional Uzbek dishes are often named after ingredients or cooking methods:

“*Plov*”- a rice dish cooked with meat and vegetables, often considered the national dish of Uzbekistan.

“*Somsa*”- a type of pastry filled with meat or vegetables and baked in a tandoor.

The Uzbek language’s gastronomic terms are deeply connected to the region’s agricultural and pastoral lifestyle. Many of the words reflect the use of local ingredients and cooking methods that have been passed down through generations. Unlike English, which borrows heavily from other cultures, Uzbek terms are more homogenous, reflecting the deep connection to the Central Asian and Islamic culinary heritage.

CONCLUSION AND RECOMMENDATIONS

The exploration of gastronomic terms and culture in English and Uzbek languages reveals how food serves as a profound medium for understanding cultural identity, linguistic diversity, and social values. The analysis shows that while English cuisine reflects a history of global interactions and modern innovation, Uzbek cuisine preserves its traditional roots and emphasizes communal values.

From a linguistic perspective, English culinary vocabulary is rich in loanwords and idiomatic expressions, reflecting the influence of trade, migration, and cultural exchange. On the other hand, Uzbek gastronomic terms remain deeply connected to

the region's history, geography, and spiritual beliefs, offering a glimpse into the Central Asian way of life.

Culturally, gastronomy in English-speaking countries often symbolizes individualism and adaptability, evident in the fusion of cuisines and evolving food trends. In contrast, Uzbek cuisine prioritizes hospitality, sacred rituals, and the communal aspect of dining, where food plays a central role in social gathering and celebrations.

This study highlights the importance of gastronomy as both a cultural artifact and a linguistic

phenomenon. By comparing these two distinct cultures, we gain insights into how language and food are intertwined, reflecting the unique identities and shared humanity of different societies.

REFERENCES

1. "Food Tourism Around the World: Development, Management, and Markets" by C. Michael Hall et al. year:2003. Publisher: Butterworth-Heinemann. Chapter 5 (Food and Identity in Tourism)
2. "The Language of Food: A Linguist Reads the Menu" by Dan Jurafsky. 2014. P. W.W. Norton and Company. Chapter 2 (Cross-Cultural Food Terminology)
3. "O'zbekiston oshxonasi: Milliy taomlar tarixi va madaniyati" (Uzbek Cuisine: History and Culture of National Dishes) by Rahmatulla Saidov. 2010. Tashkent Publishing House. Chapter 4
4. "Gastronomic Tourism in Uzbekistan" by Sherzodbek Karimov. 2018. Samarkand University Press. Chapter 6 (Modern Trends in Gastro-Tourism)
5. "O'zbekistonning madaniyati va mehmondo'stligi" (Culture and Hospitality of Uzbekistan) by Nodirbek Abdullaev. 2016. Bukhara Cultural Press. Chapter 2 (The Role of Food in Social Gatherings)