



COMPARISON OF WORDS RELATED BREAD MAKING PROCESS IN ENGLISH AND UZBEK LANGUAGES

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ABSTRACT

Nowadays the comparison of two languages is very essential and a lot of work has been done in this sphere. However, the terms related to bread making technology in English and Uzbek languages have not been studied well. For that reason, in this article it is intended to analyze some linguistic features of words concerning bread making technologies in above mentioned languages.

KEY WORDS: *bread making, comparison, origin, pieces, technologies, taste, dough, yeast, types of bread, flat bread, Uzbek non.*

DISCUSSION

There are various words in English and Uzbek languages in the process of bread making. Therefore, if the two languages are observed, it can be seen cultural and linguistic similarities and at the same time some distinctive features.

According to Harper, the old English word for bread was hlaf, which appears to be the oldest Teutonic name. Diakonov, I. M. (1999) states that old high German hleib and modern German Laib derive from this Proto-Germanic word, which was borrowed into Slavic (Polish chleb, Russian khleb) and Finnic (Finnish leipä, Estonian leib) languages as well. In the book called "The Etymology of the Word 'Bread'" it is said that the Middle and Modern English word bread appears in Germanic languages, such as West Frisian brea, Dutch brood, German Brot, Swedish bröd, and Norwegian and Danish brød; it may be related to brew or perhaps to break, originally meaning "broken piece", "morsel".

Because of its history and modern significance, bread is important in many cultures besides food. Bread is also part of the Christian religion and the Eucharist.

Harper mentioned that words for bread, including "dough" and "bread" itself, are used in English-speaking countries as synonyms for money. According to Molella, a remarkable or revolutionary innovation may be called

the best thing since "sliced bread". In the dictionary called "The free dictionary" it is claimed that the expression "to break bread with someone" means "to share a meal with someone". Similarly, according to Merriam-Webster dictionary, the English word "lord" comes from the Anglo-Saxon hlāfweard, meaning "bread keeper."

Bread is sometimes referred to as "the staff of life", although this term can refer to other staple foods in different cultures: the Oxford English Dictionary and the Cambridge dictionary define it as "bread (or similar staple food)". This is occasionally believed to be a biblical reference, but the nearest wording is in Leviticus 26 "when I have broken the staff of your bread" (Bible Study Tools). The term has been adopted in the names of bakery firms (Staff of Life Bakery).

According to the author Paul Bourcier and Art & Architecture Thesaurus by The Getty Research Institute, a bread trough, dough trough or kneading trough, sometimes referred to as artesa, is a four-sided receptacle with a low basin, and a customary kneading tool used for the making of dough. The woody procedure has been used in European countries for centuries in bread making. A kneading trough (Hebrew: mishereth) is a term for the vessel in which dough, after being mixed and leavened was left to swell or ferment. The dough in the vessels at the time of The Exodus was still



unleavened, because the people were obliged to withdraw in speed.

The first quotation of kneading-trough in the Oxford English Dictionary is Chaucer, *The Miller's Tale*, 1386. Flour was not kept, possibly for anxiety of insect invasion, but kneaded into dough and baked into the bread immediately. Kneading-troughs in the *Miller's Tale* is big enough for people to sleep in and may be used as floating bundles.

Mechanization in bakeries and new technologies in bread ovens have mostly demoted the artesa to either reprocessing or as a garden box, excepting for weekends or more customary or countryside areas. Some small bakeries continue to use them.

Culturally, bread is highly valued by Uzbek people. Children in Uzbekistan are taught to respect bread from early childhood. In Uzbekistan there are a lot of resources and ceremonies connected with traditional Uzbek breads (locals call it non, patir or lepushka in Russian). For instance, a person setting off on a long travel must eat a small piece of bread, while the rest of the loaf is kept until he returns. There is an engagement ceremonial of 'breaking of bread', which is completed to confirm an arrangement between parents upon a marriage between their children. The most serious promises are also spoken on bread, as for Uzbeks there is nothing as bad as in the world than to break such a promise.

Uzbek bread is baked in the form of round flat loaves with a thin decorated crispy centre and puffy edges. Non in Uzbekistan is often eaten for dinner or supper with ordinary fruit or sweet green tea.

There are several other types of bread, like simple bread, bread with crackling, bread with meat, bread from bran, puffy bread, flaky bread, bread fried in oil with onion and so on. In every city and town, at a market, you can see long rows of numerous kinds of bread attractively disposed on the stands.

Uzbek bread is prepared by simple or fat dough, sometimes with the adding of sour cream, eggs, milk and even herbs. In previous times the yeast was not used for fermentation, but the remains of dough from a previous bunch of bread.

According to tradition, men worked as baker in baking customary bread. To see how the bread is baked is very interesting. In order to make the process easier and more rapid, each person is engaged in a certain type of activity. Firstly, one baker makes balls of dough. Another baker forms loaves from these balls and provides them with twisted decoration on the sides and a pattern of holes in the centre with the help of a chakich which is a special utensil with sharp teeth. Raw flat bread are always sprinkled with the seeds of sesame, caraway, or poppy. While the third baker dives into the heated oven, sticks the bread to

the wall of the tandir and comes out for the next loaf. A number of methods are kept a secret to be passed down the line from the baker to his novice.

Traditionally, Uzbek flat bread are not cut with a knife, but broken with hands. Moreover, it is strictly forbidden to place the broken pieces of a flat bread "face" down according to Uzbek table decor: it is considered an irreverent attitude to bread.

Uzbek bread is named non or flat bread. It is baked in a tandir which is a special clay oven, in which it becomes reddish and crispy.

There are two main types of Uzbek flat bread - usual (obi-non) and festive (patir). However, there are a lot of other types of flat bread in appearance and taste. They vary in regions - Samarkand, Bukhara breads and others. At the same time, each district of Uzbekistan can claim of its own distinctive bread, produced only here. Each region uses a different preparing system for bread. The cooking technology is original.

Bread, which is cooked according to different recipes, are called differently. Especially popular types of bread are bread with meat, with roastings, onions and even pumpkin. Bread from cornmeal with pumpkin is considered as high nutritional things.

One of the famous type of Uzbek flat bread is a patir. The dough for this bread is kneaded on milk with yeast, on melted fat or butter. Then the dough is distributed into small parts, rolled several times. After the formation of a round bread, it is baked in the hot tandoor. Another type of a bread is shirmoy-non. To do this, soaked beforehand and crushed peas brew infusion of anise and knead the dough. After that, the flat bread is also baked in the tandir. Kashgar patir, which is baked from dough with onions, and is smeared with cream on top, is also famous. To cook traditional Uzbek obi-non, coal and wood are placed in a tandir and it is heated for a number of hours. The walls of the tandir are scattered with salt water so that the ready-made bread is easily separated, and bread dough is put on them. Hot walls are in abundance scattered with water to make the dough cooked for a couple. Uzbek tandir flat bread has specific aroma and taste due to the fact that they are prepared very quickly at high humidity and temperatures of 400-480 degrees.

In order to work fast, work in a bakery is like a conveyor system. One baker bowls balls of dough, the second forms bread from them and makes patterned punctures, and the other skillfully throws bread into the oven (tandir). The baker, like to the tiger's mouth, dives into the hot muzzle of the heater, clings a bread to the wall of the tandir and appears for the next one. It is difficult to work with a tandir, and there are some special secrets. Only experienced baker always know when the tandir is ready for



baking. In those days, the craft of a bread baker was considered the most honorable. Bakers delivered their secrets from generation to generation, showed to children the art from their childhood.

The word "yeast" in Uzbek gastronomy does not exist, the yeast is made in China that is available at every store nowadays. Preparing dough for Obi-Non, bakers use the special ferment bought ahead of time or make it with their own hands. Sliced onions and sour milk (this latter is made with its own special yeast) are added in thick meat broth with which dough is made. The dough is rested then watered down with warm water for 16 hours. Water is then added with some flour and the mass is allowed to ferment for another 40-minute period. It is only after this last fermentation period that bread as such are formed by hand. Some of the ferment is left for later use. (Hamir-Kutush or a piece of dough is often used for the purpose.) Uzbeks treat ferments with utmost respect. Ferments are stored in some secluded nook. People do not sit with their feet stretched out in bread's direction and never step over it.

In Uzbekistan, traditionally, bread is made by hand. Scientists tried a lot to find out technology to make it in plants, but the task proved a sheer impossibility. No alternatives to hand-making were found. Fortunately, the whole idea was dropped. So, there is no saying what a ban to make flat bread privately and sell them would have resulted in.

Gala-Osiyo-Non, bread from the settlement of Gala-Osiyo near Samarkand are famous far beyond the territory of their native region. Whoever comes to Samarkand always takes some bread with him or her. More than 15 kinds of this bread are known, each of them using a unique recipe and ferments that include cream or lactoserum with onion and sesame oil added. The Ferghana Valley in its turn is famous for its Katlama bread whose every layer is soaked in butter or sour cream. There are also Jizzali-Non or bread with cracklings, Zogora-Non (corn bread), Kuk Patir (herbal bread), and many others.

All in all, on the basis of the opinions mentioned above, it can be said that the terms related bakery and baking technology can be seen in both English and Uzbek languages with their distinctive and similar features.

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