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TRADITIONAL EASTERN SWEETS AND NATIONAL CONFECTIONERY

Soliyeva Zilola¹, Xaydarov Sanat², Qamarova Parvina².

¹Professional school No. 5 of the city of Andijan, ²Samarkand Tourism and Cultural Heritage Technical School



The eastern sweets have a long history, each of which has its own unique taste and preparation method, as well as a long history. Traditional confectionery products from eastern countries are known around the world for being made with natural ingredients and are based on special techniques, which allow them to become very popular. There are many different kinds of sweets that are deeply rooted in the cultural and culinary heritage of various nations, and they reflect the traditions and lifestyles of those nations. The delicacies of this region have evolved through the centuries while maintaining their authenticity, thereby becoming one of the most popular delicacies around the world.

In Eastern countries, sweets have been made for thousands of years and there is a long tradition of making them. The development of the confectionery industry has been greatly influenced by ancient civilizations such as the Persian, Ottoman, and Arab empires. In the past, honey, nuts, dried fruits, and aromatic spices were among the ingredients that were commonly used in the preparation of sweets. Throughout history, different regions have adapted their recipes so as to create diverse and distinctive desserts that have stood the test of time over the centuries. Made from sugar, honey, nuts, pistachios, almonds, various spices, and aromatic herbs, these sweets are an integral part of the rich Eastern culinary tradition.

Main Types of Eastern Sweets

1. **Halva** – A sweet made from honey or sugar, combined with nuts and flour.
2. **Baklava** – A layered pastry filled with nuts and soaked in sugar syrup.
3. **Navvot** – A traditional rock sugar candy.
4. **Chak-chak** – Fried dough pieces covered in honey syrup.
5. **Lokum (Turkish Delight)** – A chewy, gelatin-based sweet made with sugar and starch.
6. **Paxlava** – A multi-layered sweet infused with butter and honey.
7. **Shakarob** – A syrup-based dessert made from fruits.

National Confectionery Products

It should also be noted that Uzbek confectionery has its own unique sweets that make it stand out from other confectioneries. In terms of popularity, there are a number of options available, including:

Kokand Halva – A soft sweet made from flour, sugar, and butter.

Shakar Pare – A simple dough-based confection soaked in syrup.

Parvarda – A hard sugar-based sweet.

- **Zefir and Marmalade** – Soft confectionery made from fruit juices.

Table1

The main types of Eastern sweets

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Halva	
Baklava	
Navvot	
Chak-chak	
Lokum	
Paxlava	
Shakarob	

When consumed in moderation, some Eastern sweets are made with natural ingredients, offering some health benefits that can be obtained when consumed in

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moderation. There are many healthy fats, vitamins, and minerals that are found in nuts, honey, and dried fruits, which contribute to the essential nutrition of our body. Spices like cardamom, saffron, and cinnamon are commonly used in sweets and are known for their digestive and antioxidant properties. Although many of these confections have a high sugar content, it is advisable to eat them in a balanced proportion due to their high sugar content. Moreover, some sweets are also infused with plant extracts and herbs that are expected to aid digestion and boost one's overall well-being.

It is well known that traditional Eastern sweets and national confectionery products have transcended generations, preserving their significance in celebrations of cultural and festive occasions. In spite of the fact that these sweets are based on a tradition that is centuries old, their essence remains deeply rooted in history and tradition. Their enduring popularity around the world is a testament to their rich flavors, artisanal craftsmanship, and cultural importance. As globalization continues, Eastern sweets continue to influence and inspire contemporary confectionery trends, preserving their legacy for future generations. Today, Eastern sweets continue to gain worldwide popularity, influencing modern confectionery production. Their combination of taste, tradition, and nutritional value makes them a cherished part of global culinary culture.

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