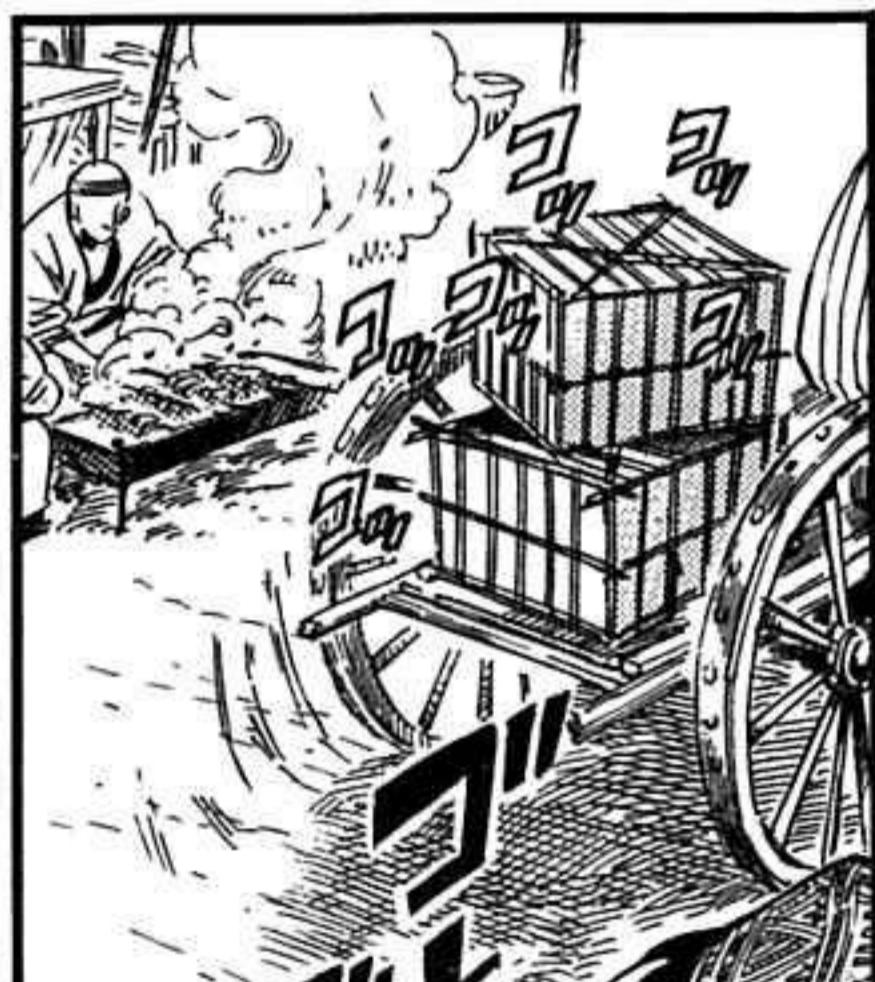


Otoyomegatari

► FIRST YOU LOOK AT CHICKEN, THEN YOU STARE AT KEBABS, AND YOUR STOMACH SUDDENLY GOES "GRUMBLE".



I'M HUNGRY.

ME TOO.

The life on the Silk Road: Food culture and hustle and bustle of the nomads and townsfolk.

ウイグル語り

CHAPTER 16: SHOPPING AT THE MARKET

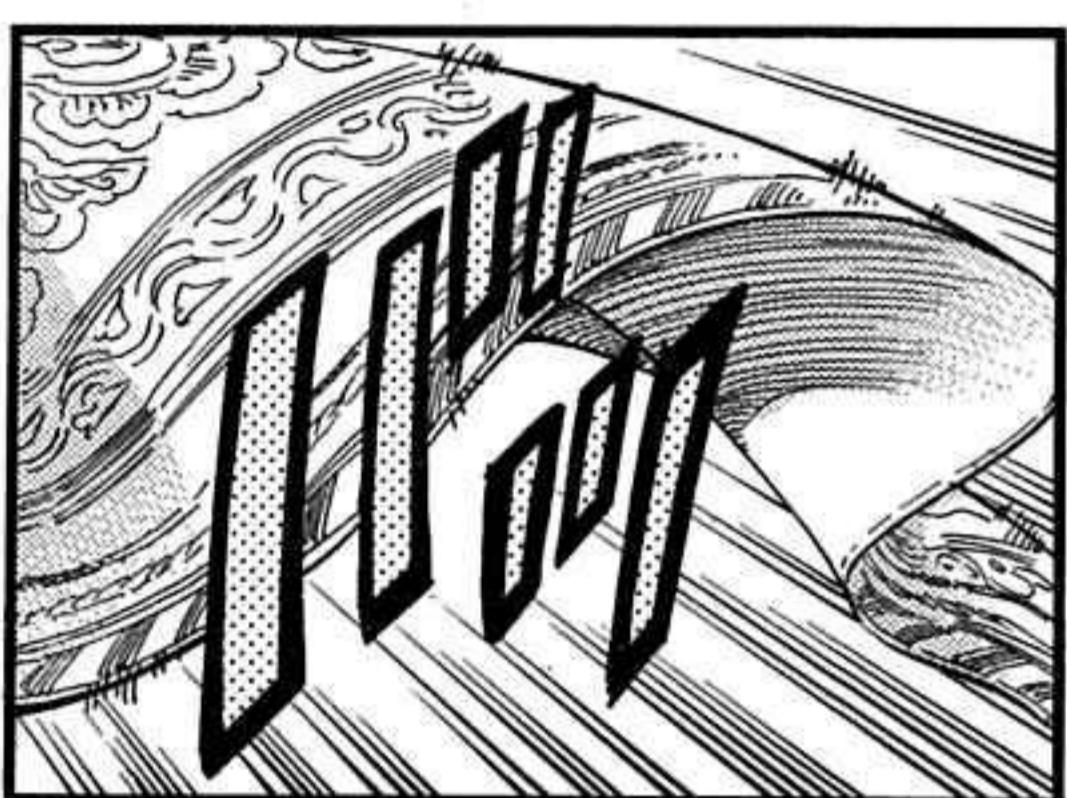
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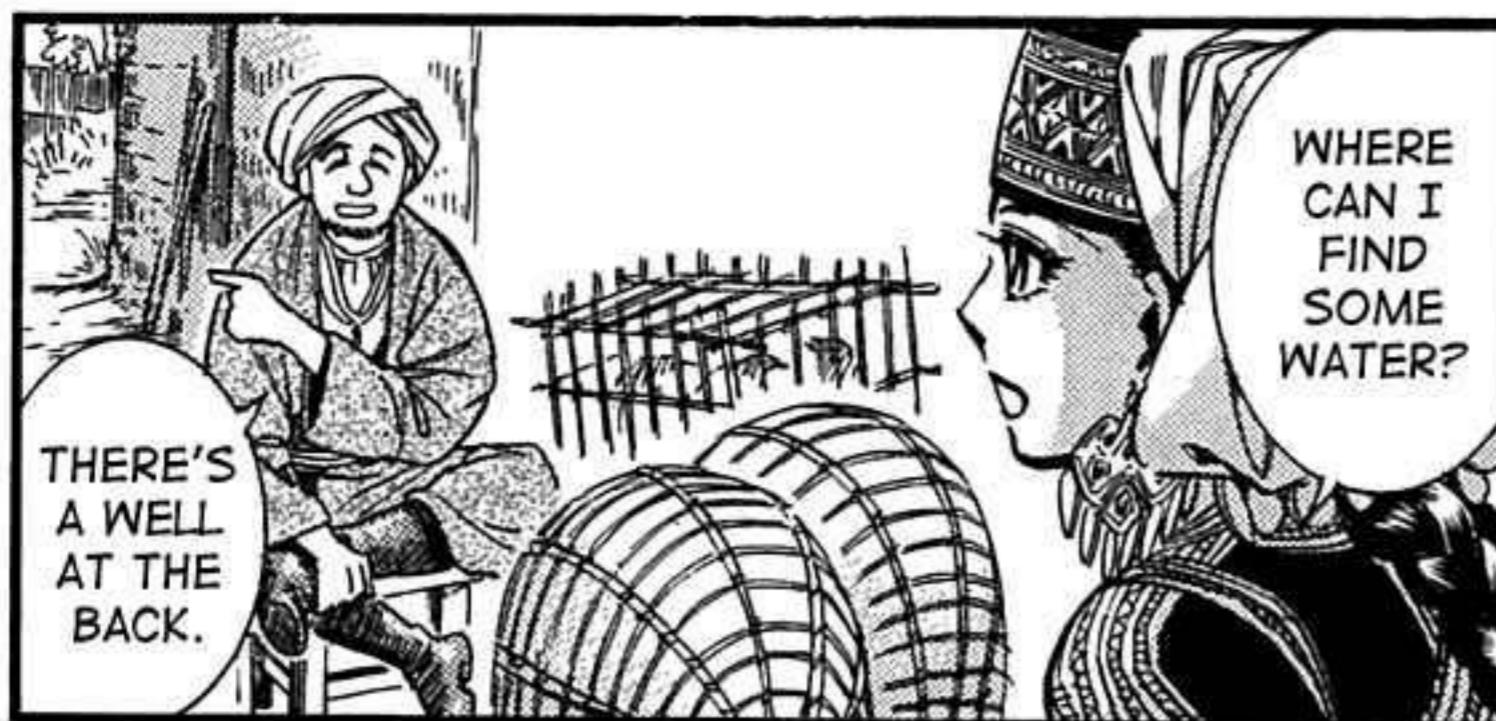






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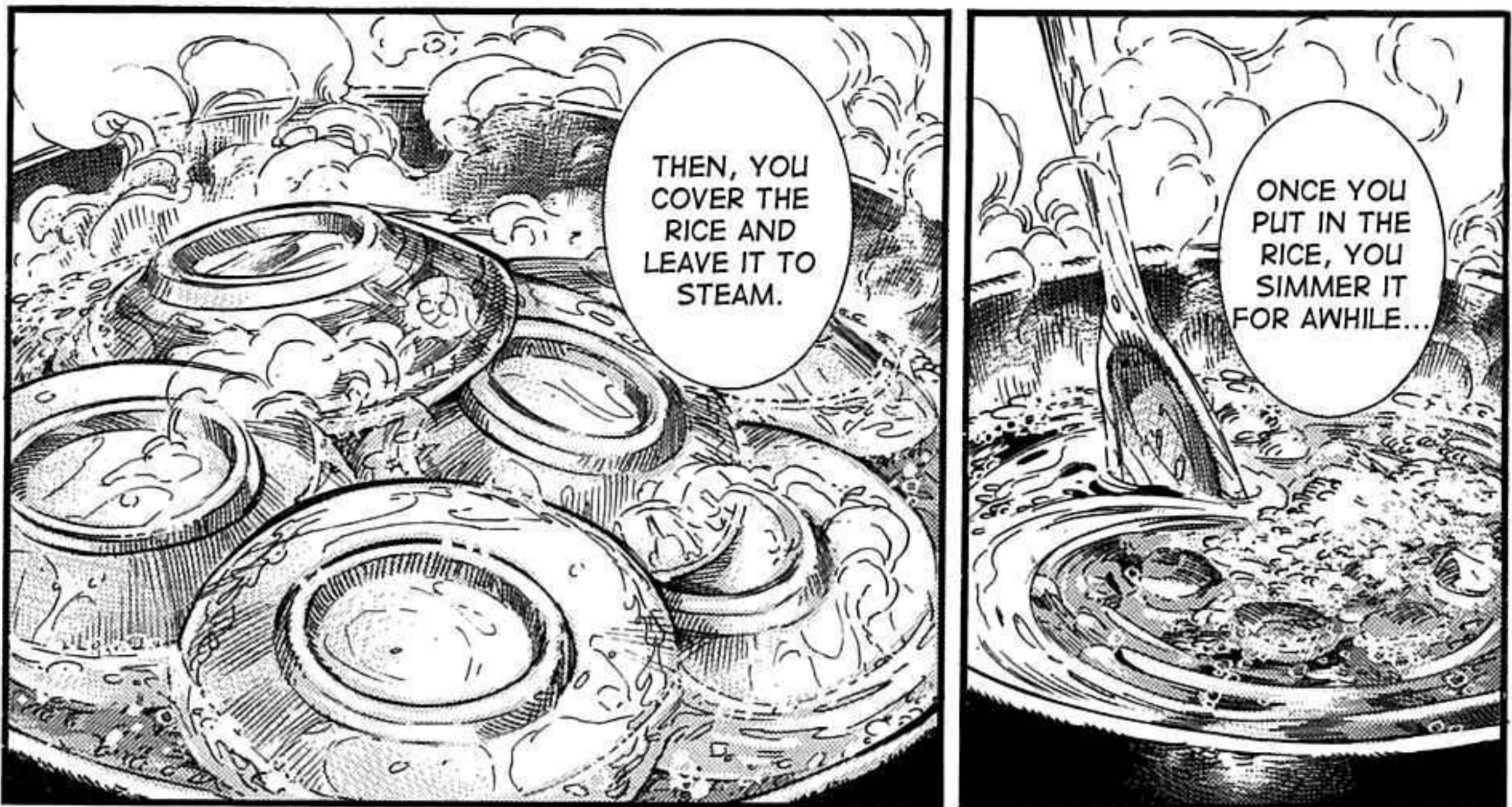




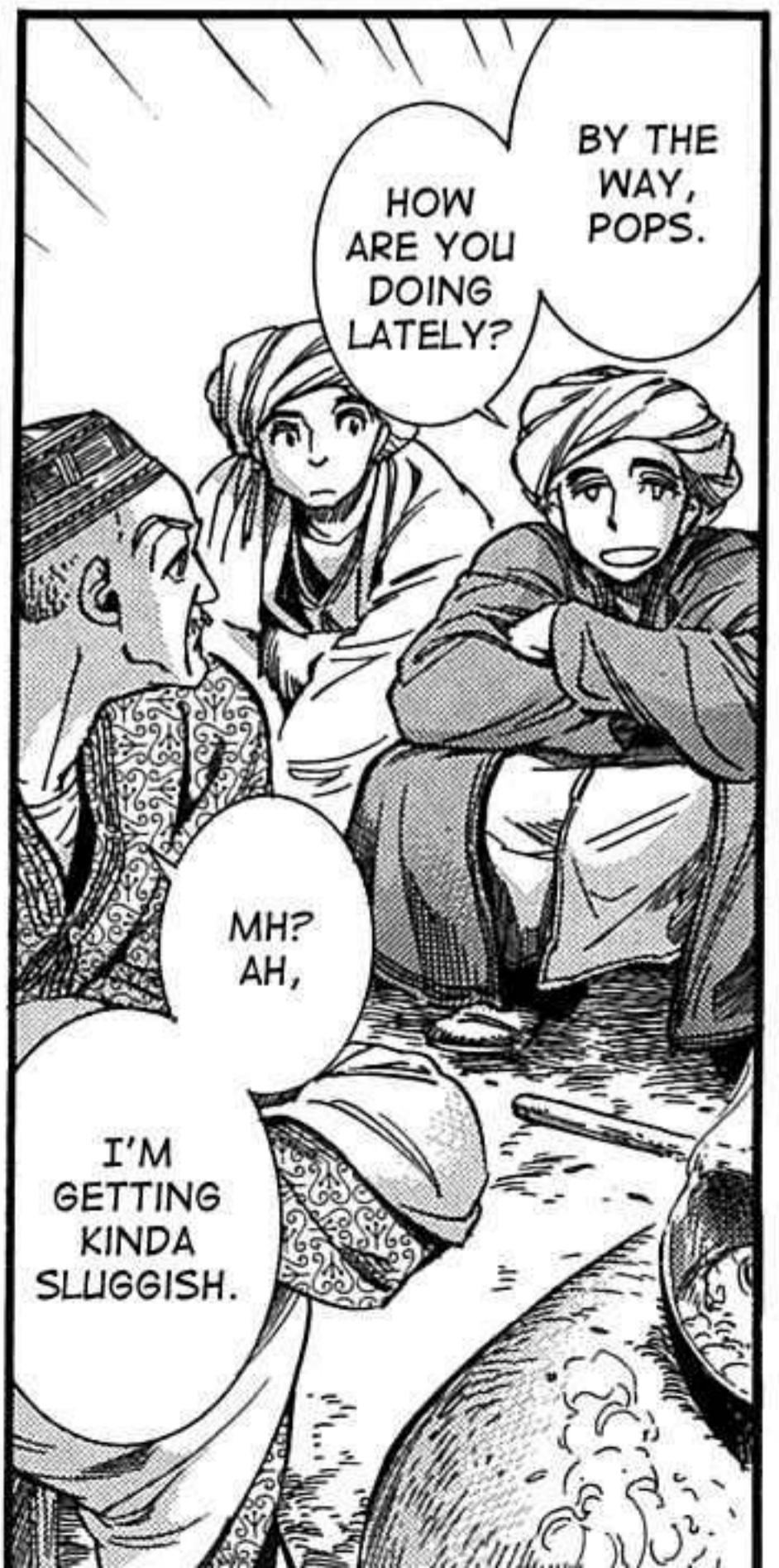


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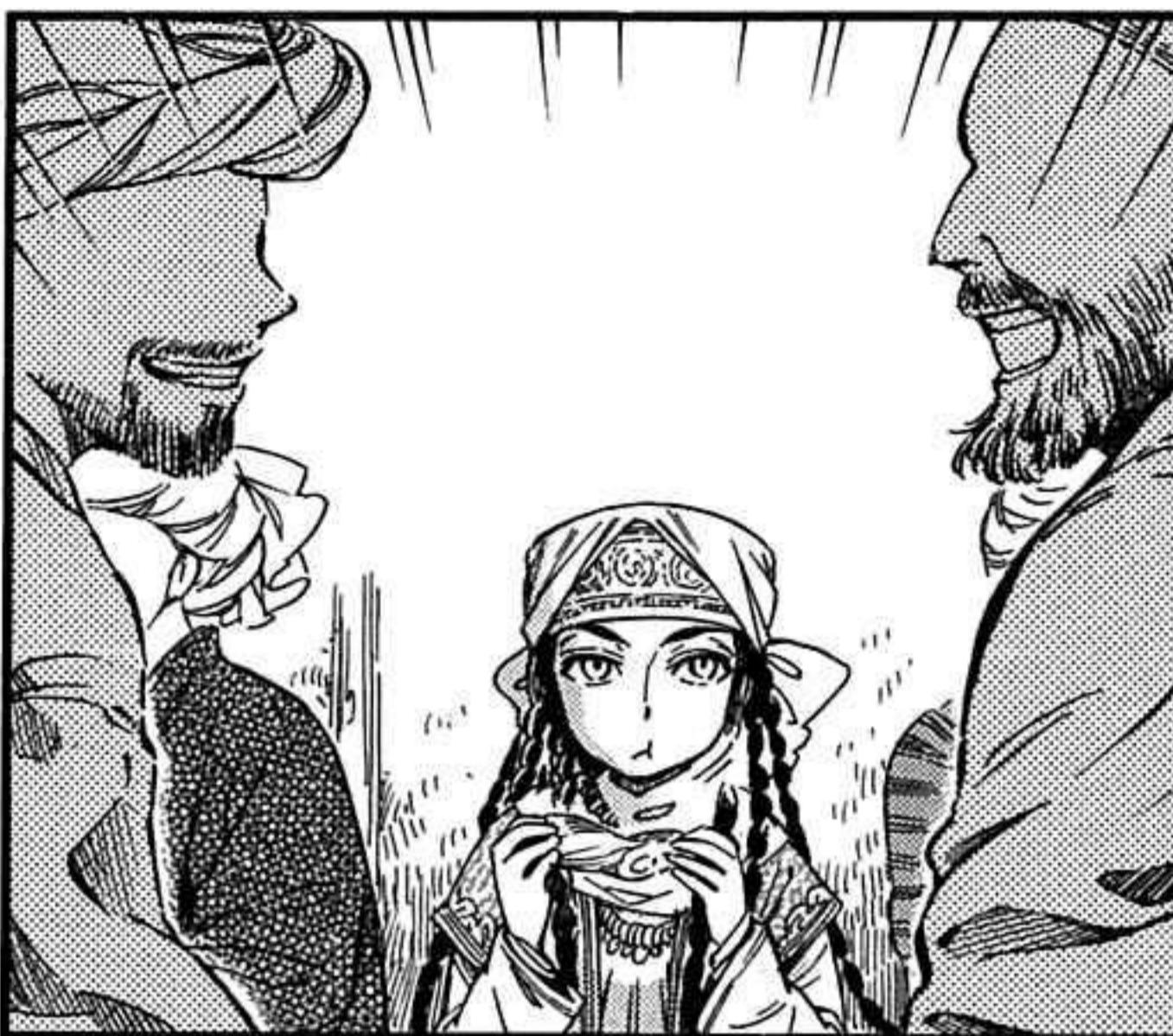


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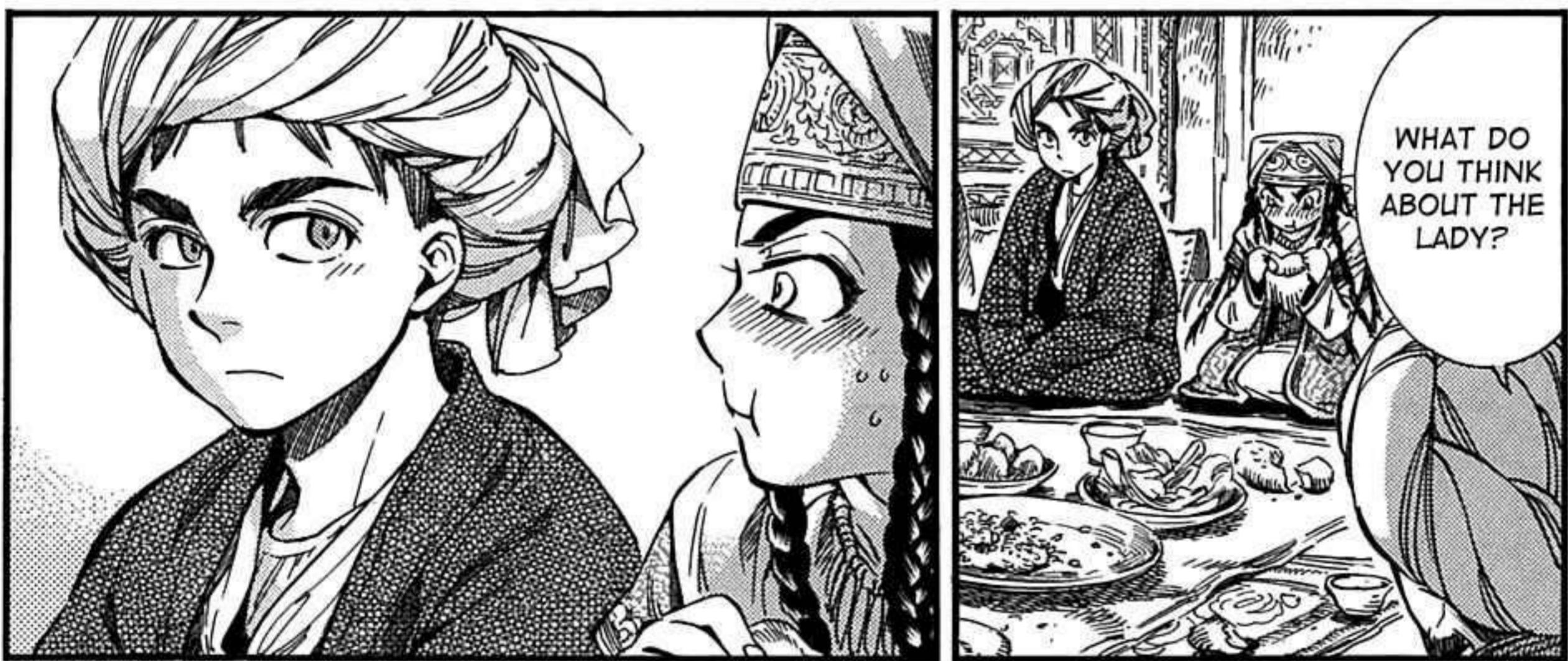
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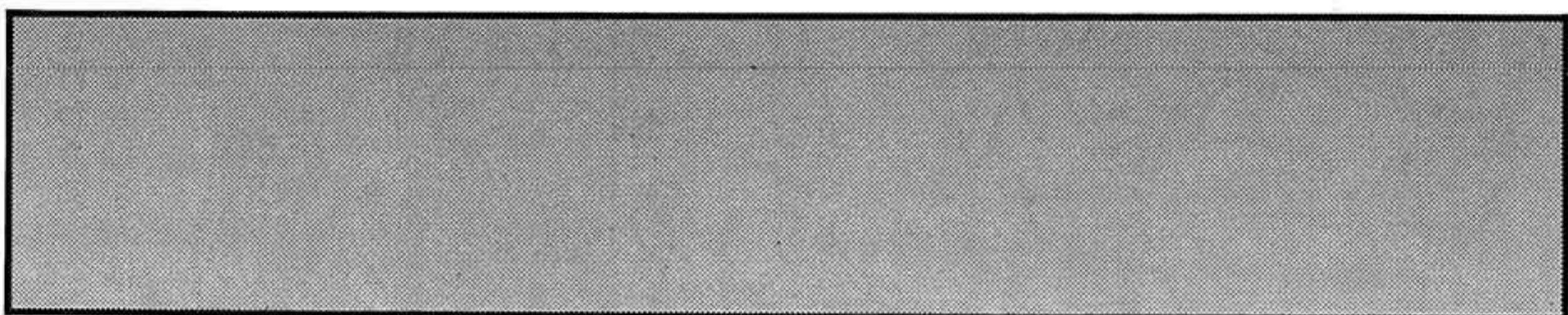




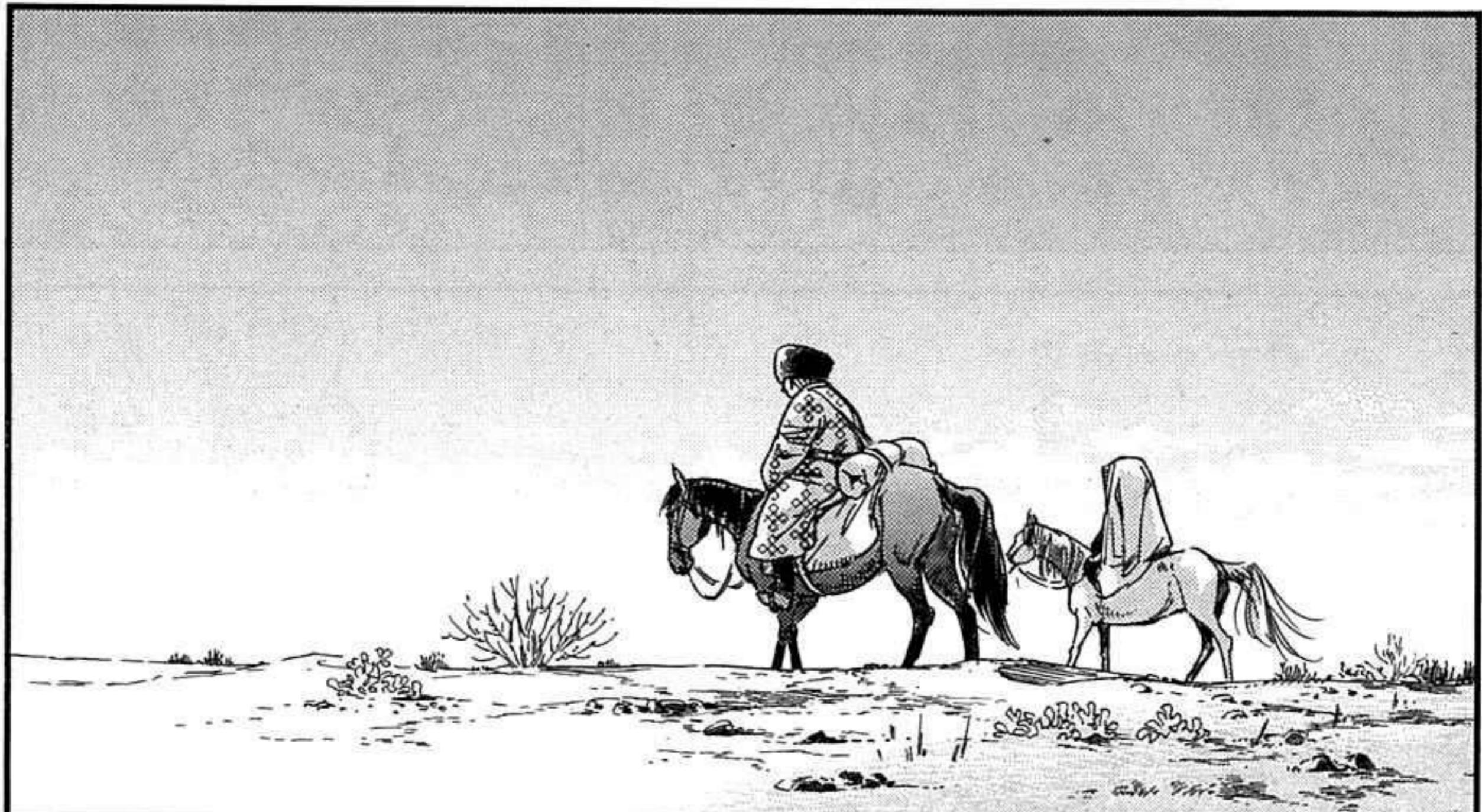
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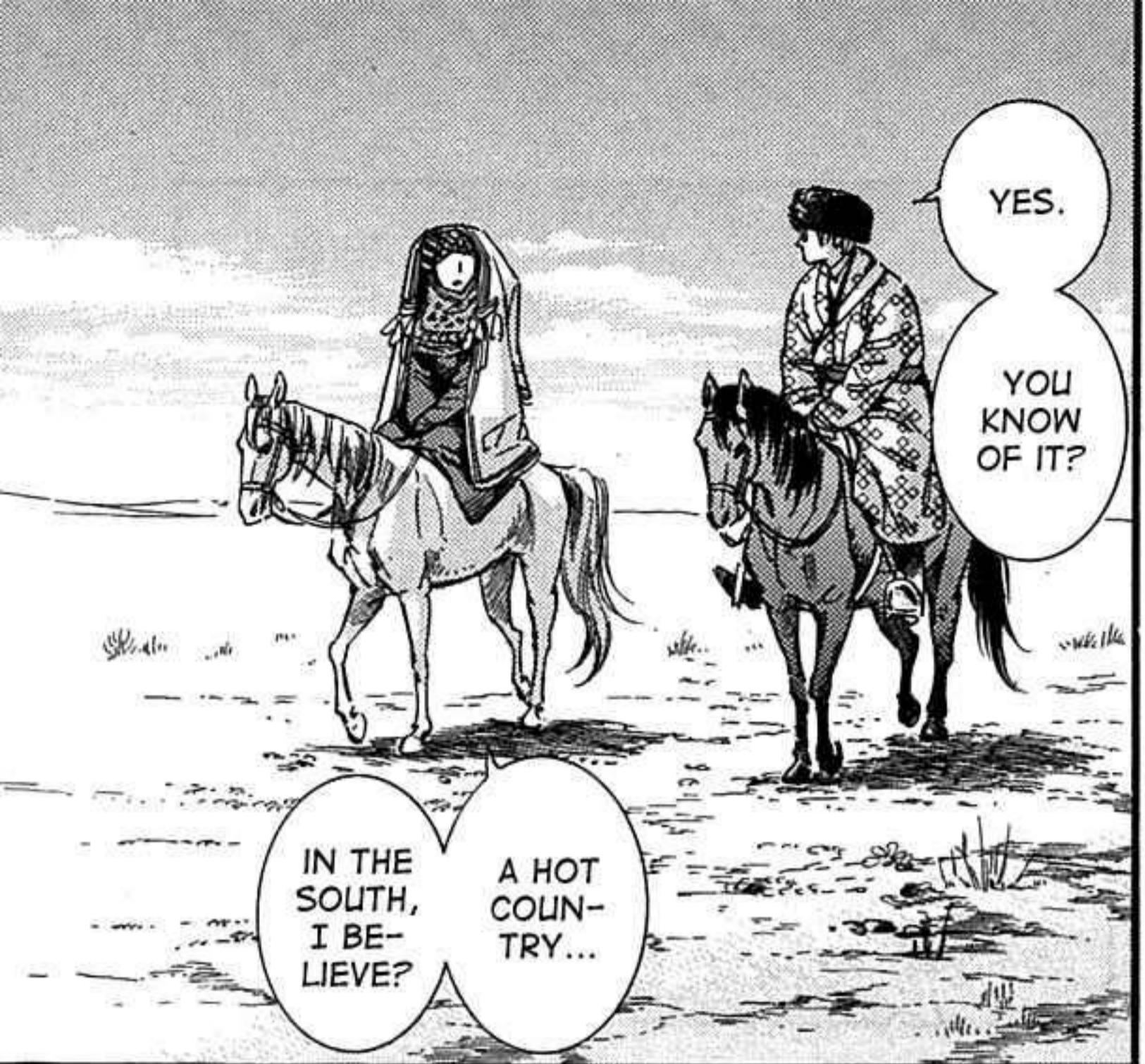






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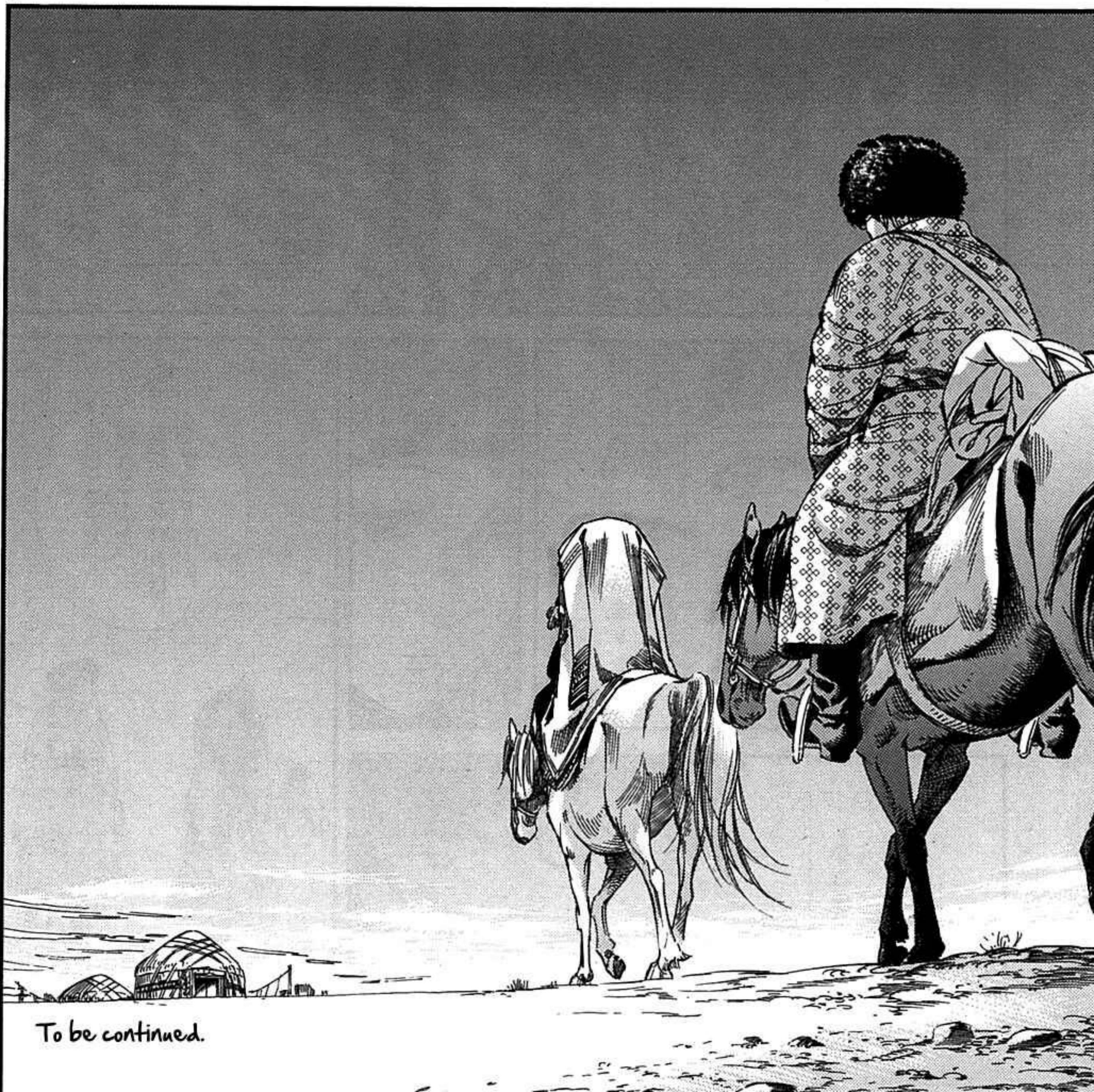


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To be continued.

NOTES

PAGE 4

KEBAB (Persian: بابک)

A MEAT DISH ORIGINATING FROM PERSIA, IT HAS SINCE GAINED POPULARITY BOTH IN THE MIDDLE EAST, TURKEY, AND CENTRAL ASIA, WITH REGIONAL VARIANTS OF THE DISH. MEATS (TRADITIONALLY LAMB; BEEF CHICKEN AND OTHER VARIANTS) ARE MARINATED, THEN SKEWERED AND GRILLED ON A FIRE.

THE REGIONAL VARIANT WE SEE HERE IN OTYOYOMEGATARI IS KNOWN AS THE SHASHLIK.

LAGHMAN (Uyghur: نەھەن)

ANOTHER REGIONAL VARIANT, THESE ARE HANDMADE NOODLES (LIKE CHINESE LA MIAN OR JAPANESE RAMEN). THEY'RE THICKER NOODLES (ALSO KNOWN AS STOUT NOODLES) AND THEY'RE VERY POPULAR IN CENTRAL ASIA. IT'S EVEN CONSIDERED A NATIONAL DISH IN KYRGYZSTAN, (PART OF CENTRAL ASIA; WHERE THE SILK ROAD PASSED THROUGH). LAGHMAN IS USUALLY FRIED WITH MUTTON, TOMATOES AND ONIONS, OFTEN IN A SOUP BASE (ALSO KNOWN AS LAGHMAN). WE'RE SHOWN A DRY VARIANT IN OTYOYOMEGATARI.



PAGE 5

PILAF

THIS IS A RICE DISH COOKED IN A SEASONED BROTH. PREPARATION OF PILAF DIFFERS BY REGION, BUT THE VARIANT SHOWN HERE IS UZBEK PLOV (PILAF). IN THIS VARIANT, RICE IS NOT STEAMED, BUT INSTEAD SIMMERED IN A RICH STEW OF MEAT AND VEGETABLES CALLED ZIRVAK UNTIL ALL LIQUID IS ABSORBED INTO THE RICE, ALTHOUGH SOME LIMITED DEGREE OF STEAMING IS COMMONLY ACHIEVED BY COVERING THE POT.

KAZAN

THE COOKING IMPLEMENT USED HERE IS A KAZAN, THE EQUIVALENT OF A EUROPEAN CAULDRON. THEY COME IN A VARIETY OF SIZES AND ARE OFTEN MEASURED BY THEIR CAPACITY, SUCH AS "A 50-LITRE KAZAN".



PAGE 6

NAAN (Urdu: نان)

THIS IS A LEAVENED, OVEN BAKED FLATBREAD. THE DOUGH IS PLASTERED ON THE WALLS OF A TRADITIONAL TANDOOR (A CYLINDRICAL, CLAY OVEN, MUCH LIKE WHAT IS SHOWN HERE), AND LEFT TO BAKE. THE HOOK LIKE-IMPLEMENT IS USED TO REMOVE THE NAAN FROM THE OVEN.

ALL THE INSTANCES OF BAKING THAT YOU'VE SEEN IN OTYOYOMEGATARI ARE ACTUALLY NAAN BREADS.



PAGE 8

JALEBI (Urdu: جالبی)

AN ARABIAN SWEET THAT'S POPULAR IN THE INDIAN SUBCONTINENT. DUE TO GEOGRAPHICAL CLOSENESS, IT'S LITTLE WONDER THAT IT APPEARS IN CENTRAL ASIA. THIS IS DEEP-FRIED IN BATTER, OFTEN IN CIRCULAR OR PRETZEL SHAPES. THIS IS THEN DIPPED IN SYRUP AND SERVED EITHER COLD OR HOT. THEY HAVE A SOMEWHAT CHEWY TEXTURE WITH A CRYSTALLIZED SUGAR EXTERIOR COATING.



NOTES

PAGE 15

MANTI (Persian: مانتی)

THESE ARE DUMPLINGS THAT APPEAR IN TURKISH/CENTRAL ASIAN CUISINES. OFTEN STEAMED, THEY CONSIST OF A SPICED MEAT (GROUND LAMB OR BEEF) WRAPPED IN DOUGH. THERE ARE, OF COURSE, FRIED VARIANCES, AS SEEN HERE IN OTOYOMEATARI. FOR REGIONAL VARIANCES IN RECIPES, PLEASE CHECK OUT WIKIPEDIA.



PAGE 17

GLUTINOUS RICE DUMPLINGS (Chinese: 粽子)

ZONGZI IS A TRADITIONAL RICE DUMPLING, WRAPPED IN BAMBOO OR REED LEAVES AND STEAMED/BOILED. THEY ARE KNOWN IN JAPAN AS CHIMAKI (ORIGINAL TEXT). FILLINGS USED FOR ZONGZI WILL VARY, BUT REGARDLESS OF REGION, GLUTINOUS RICE IS ALWAYS USED.