



## METHOD OF PREPARING NOVVOT FROM NATIONAL CONFECTIONERY PRODUCTS IN UZBEKISTAN

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**Аннотация:**- это многокомпонентные пищевые продукты, готовые к употреблению, имеющие определенную заданную форму, полученные в результате технологической обработки основных видов сырья - наввата. Проблема безопасности пищевых продуктов включает себя политические, социальные, экономические и медицинские аспекты.

Особое место в питании населения Узбекистана из национальных кондитерских изделий «Навват». Навват — это традиционная сладость, распространённая в странах Средней Азии (Узбекистане) и Иране. Представляет собой кристаллизованный сахарный сироп. Имеет множество названий, характерных для разных регионов — нават, кинва-шакари, набат и навот, или просто узбекский сахар.

**Ключевые слова:** Продукты питания, кондитерские изделия, сахарный сироп.

**Abstract:** - these are multi-component food products, ready-to-eat, having a certain specified shape, obtained as a result of technological processing of the main types of raw materials - navvta. The issue of food safety includes political, social, economic and health aspects.

National confectionery products “Navvat” have a special place in the diet of the population of Uzbekistan. Navvat is a traditional sweet common in Central Asia (Uzbekistan) and Iran. It is crystallized sugar syrup. It has many names characteristic of different regions - navat, kinva-shakari, nabat and navot, or simply Uzbek sugar.

**Key words:** Food, confectionery, sugar syrup..

Relevance of the topic. The issue of food safety is multidisciplinary as it includes political, social, economic and health aspects. For Uzbekistan, it is of particular relevance and importance in connection with the changes taking place in the last 10-15 years in all spheres of human life and the country's transition to new political and economic (market) relations.

Currently, in Uzbekistan, as in developed countries, the main share of morbidity and premature mortality is made up of non-communicable diseases. In 2018, non-communicable diseases were the cause of death in 94.8% of cases, external causes (accidents, poisonings, injuries) amounted to 3.6%, infectious diseases – 1.6%. The group of non-communicable diseases included:



cardiovascular diseases (63.9%), neoplasms (8.9%), respiratory diseases (5.5%), digestive diseases (5.5%), others (11.3% ) [37].

Noncommunicable diseases are caused mainly by unhealthy diets associated with food production high in salt, sugar, trans fatty acids, harmful additives and behavioral risk factors that accompany economic transition, rapid urbanization and 21st century lifestyles.

Purpose of the study:

The final goal of the work was to assess the risk factors for contamination of Navvat confectionery products and their reduction through the development and implementation of a modern critical point monitoring system.

Object and methods of research:

Navvot, grape juice, sugar syrup and spices. At the enterprises for the preparation of raw materials and finished products of new products, laboratory testing, hygienic and bacteriological methods were used.

Research results: Navvat is prepared from grape juice with sugar syrup and sometimes with spices. As a result of boiling, sugar crystallizes on threads or sticks. In scientific terms, this product is recrystallized sucrose formed from saturated syrup.

The shade of navvat may vary: from white to rich brown. This variety of shades is achieved due to different cooking times or the addition of saffron and honey.

In Uzbekistan and Iran, local residents rarely boil and make navvat on their own. But in almost every village there is a master who passes on his art from generation to generation and sells his products on the local market.

Traditional recipe for making sweets:

1 kg of white sugar and 400 ml of freshly squeezed grape juice are mixed in a cauldron. The mass is boiled to obtain sugar syrup with a moisture content of 16–18% (by weight, this is almost half the original weight). Strain through a sieve with fine mesh. Pour the syrup into a special container with stretched threads. Here, while maintaining a constant temperature, the crystallization process will occur, which will take at least 3 days.

The crystals are removed and dried in the open air. The threads are cut.

According to traditional technology, only two auxiliary ingredients are added to navvat:



Saffron - gives the crystals a rich golden color and a spicy, slightly bitter taste. Natural honey. Rarely used. Gives an enveloping softness in taste, slightly tinting.

The calorie content of navat is 390 kcal per 100 g of product. For comparison, the energy content of other types of sugar:

ype of sugar Kcal per 100 g

White or beetroot 360

Reed 380

Maple 260

Fruity (fructose) 399

Kandis (English candy sugar, similar to alarm) 394

Although the Uzbek sweet is sugar, it is healthier than the white or cane sugar that Russians are used to.

Reference. Navwat is made up of the monosaccharides fructose (40%) and glucose (60%), while white beet sugar is made up of the single disaccharide sucrose. Natural fructose is an irreplaceable natural source of energy that does not require insulin for absorption.

Summary:

1. The indigenous people of Uzbekistan are confident that navvat is one of the sources of their traditional longevity.

2. In addition, local residents claim that regular consumption of this sweet helps to: eliminate digestive problems; treatment of inflammatory processes in the body (especially “female” problems); improving lactation and increasing the amount of milk in the mother.

3. Uzbek navvat is valuable for diabetics. After all, almost half consists of fructose, which does not require insulin for absorption.



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