



BRITISH-UZBEK SOCIETY NEWSLETTER

March 1, 2022



Welcome to the first British Uzbek Society newsletter of 2022. This newsletter will be sent to the BUS mailing list one a month, and in it you will find out what the society has been doing and has planned, as well as other relevant news about Uzbekistan.

UPCOMING EVENTS

The first Tashkent International Investment Forum (TIIF) will take place from 24-26 March 2022. It's an opportunity for BUS members and others with an interest in Uzbekistan to learn about the country's investment potential. Find out more and register for the forum at <https://iift.uz>.

RECENT EVENTS

Artist and film maker Saodat Ismailova delivered a webinar to the BUS on 21 January, 2022. Saodat comes from a documentary and narrative cinema background and now works in audio-visual art forms, often referring to anthropology and mythology of Central Asia.

Saodat's talk was accompanied by extracts from her works, such as Her Five Lives, Stains of Oxus and Qyrg Qyz (Forty Girls), and was followed by a Q&A.



MEMBERS' NEWS

The BUS welcomes [Denise Waddingham](#) as the new Country Director of the British Council in Uzbekistan. You can follow Denise on Twitter: [@DeniseWBC](#).

[Uzbekistan Airways](#) is recovering quickly from the COVID-19 pandemic and has already reinstated many of its pre-pandemic flight routes. Restoring the London-Tashkent service was a priority, and passengers are now able to book direct flights on Tuesdays and Fridays throughout the summer season. Economy class fares can be booked with and without hold baggage for maximum flexibility. Uzbekistan has removed its self-isolation requirement for passengers arriving from the UK, so all you need to enter the country is a negative PCR test result.

RECENT ARTICLES ABOUT UZBEKISTAN

[Megan Eaves](#), BUS member and the editor of [Visit Uzbekistan](#) magazine, has written a comprehensive travel guide to Uzbekistan for *The Times*. The article is not behind a paywall and you can read it online [here](#).

British travel blogger [Charlie's Wanderings](#) visited Uzbekistan this winter and has published articles about [Bukhara](#), [Khiva](#), and [Samarkand](#), accompanied by excellent photos.

[Nikkei Asia](#) reviewed [Red Sands](#), an award-winning travelogue by British travel and food writer Caroline Eden. Recipes from Uzbekistan feature prominently in Caroline's book, which explores Central Asia through its food culture and recipes.



EVENTS IN UZBEKISTAN

On 21 March Uzbekistan will celebrate **Navruz**, the traditional New Year festival which coincides with the spring equinox. Navruz has been celebrated for more than 3,000 years, and though it has Zoroastrian origins, it is now a secular event enjoyed by all of Uzbekistan's communities. Typically the occasion will be marked with concerts, fireworks, and games of **kupkari**, and people also enjoy spending time with their families. It is traditional to eat sumalak at Navruz, as it is a symbol of goodness which brings people together. You can try making it at home using the recipe below.

SUMALAK RECIPE

Ingredients:

- 0.5 kg of wheat grains
- 2 kg of flour (wheat)
- 10-20 walnuts
- 1 l of cotton oil

Method:

Pour the oil into a hot pot. Bring it almost to the boil, then cool it slightly.

Pour the flour into the oil, stir it well, and gradually pour in the first handful of wheat grains. Stir it all the time to make sure there are no lumps. When the liquid has thickened, add the second portion of grains, stirring well. Repeat until all the grains are in the mixture. To prevent the dish from sticking, you can add walnuts or put small, clean pebbles on the bottom of the pan.

If the mixture tastes bitter, add some water and continue cooking it. The finished sumalak should be caramel coloured, sweet and thick. Take the dish off the fire and let it sit for a while with the lid on. Once it is cool, serve the dish to the table.

Thank you to the British School in Tashkent for sharing their [sumalak recipe](#).



ABOUT THE BRITISH UZBEK SOCIETY

The British Uzbek Society (BUS) is an independent, non-political organisation. It was formally established in July 2002 with the aim of supporting and helping to facilitate cultural, educational and people-to-people links between the United Kingdom and Uzbekistan. The Society organises a monthly programme of events including lectures, forums, and cultural activities. BUS membership is open to all and the cost for an individual member is £50 per year. Students benefit from a specific discount and pay just £25. Find out more about the BUS and apply for membership [here](#). We look forward to seeing you at our next event.

[BUS website](#)



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