

Prospects Of Pumpkin Processing in Khorezm

Shakirov A.

Doctor of Agricultural Sciences

Scientific-research institute of vegetables, pulses and potatoes,

Kalantarov S.K.

Director of Khorezm Experimental Station, Scientific-Research Institute of Vegetables, Rice Crops and Potatoes

Matyakubov M.

Research Institute of Vegetables, Rice Crops and Potatoes, Doctoral Student

Yakshamuratov N.

Teacher of Urganch State University

Abstract: This article deals with the production of pumpkin substitute products that retain their consumer properties using pumpkin.

Key words: Pumpkin, pickling, drying, carotene, oven, cooking.

Introduction.

Pumpkin is native to Central, South America. Archeological evidence shows that *Cucurbita moschata* was widespread in the Americas, Mexico and Peru, the main centers of origin.

Pumpkin belongs to the family *Cucurbita L.*, which includes 4 subfamilies and more than 100 species. Pumpkins grown in Uzbekistan belong to 3 types with morphological and economic-biological characteristics:

1. Hard-skinned or ordinary pumpkin - *Cucurbita Pepo L.* 2. Large-fruited pumpkin - *Cucurbita maxima Duch.* 3. Nutmeg pumpkins

More than 140 varieties of pumpkins can be found on farms and private plots of our republic, of which 40-45% are nutmeg pumpkins, 30-35% are large-fruited pumpkins, and 25-30% are hard-skinned pumpkins.

Energy value and composition

First, pumpkin is a source of vitamins. It contains A, C, E, K, T, PP, as well as vitamins B1, B2, B5 and B6, which improve digestion and strengthen immunity.

Pumpkin contains a large amount of valuable fibers, carotene and pectin substances, as well as minerals such as potassium, calcium, magnesium, zinc, copper, iron and phosphorus, which ensure the health of various organs and systems. Therefore, there is no need to doubt the benefits of pumpkin for the body. In addition, pumpkin is a caloric product, 100 grams of which contains approximately 25 kcal, 1 g of protein, 0.1 g of fat, 4.4 g of carbohydrates and water. As with many types of seasonal vegetables, there are simple rules for preparing the product, which will allow you to overcome the quick and easy preparation and get valuable raw materials for preparing delicious dishes.

Drying. The drying process should be carried out in fresh air, in a special dryer or oven. Drying in the oven is carried out at a temperature of 56-65 degrees, in a dryer - according to the instructions. It is very easy to dry. A fresh pumpkin or a small pumpkin should be chosen. If you plan to dry large, overripe pumpkins, you must first remove the seeds and pulp from them. Fruits should be washed and cleaned. Then the pumpkin should be chopped into pieces no larger than 2 cm. After that, the resulting product should be cooled in cold water and drained. Then the pumpkin is placed on a drying sheet and placed in the oven for 6-7 hours at a temperature not higher than 55 C0. Then the pumpkin is taken out of the oven and should stand in the open air for an hour. If the moisture is not completely evaporated and the pumpkin has a dried appearance, they should be dried for another 2 hours.



1. Fig

Stages of drying pumpkin

1. Choose pumpkins: It is important that these pumpkins are ripe and that their stems are at least three centimeters long. The latter is very important, because pumpkin removes moisture from there. Another thing to keep in mind is that the larger the pieces of pumpkin, the longer it will take to dry completely.

2. Wash the pumpkins: After picking the pumpkins, they should be washed thoroughly to remove any soil and mud residue that may be present in them. This task should be done with warm water. You can clean these vegetables without fear of damage, because their peel is very resistant and hard.

3. Drying pumpkins: When it comes to drying these vegetables, we need to find a place indoors with good air circulation and, if possible, sunlight. Although it is true that pumpkins can be dried in the open air, they can be damaged by insects there. Once a week, we need to turn the dried pumpkin slices so that the pumpkin dries completely.

4. Alternative ways to dry pumpkins: Another way to dry pumpkins is to hang them on hangers that have a strong enough structure. This method is much more convenient, because they dry evenly, so there is no need to turn them.

Another way to process pumpkin is to make pumpkin powder. In this case, the following method should be used:

- wash the pumpkin, peel;
- cut into pieces and remove the seeds;
- Cook for 10-20 minutes;
- pass through a fine sieve;
- dry at +135 C0 for a few minutes only.
- The resulting dry mass is finely ground



2-rasm.

Conclusion

Khorezm region is located in the northern part of our Republic, and the soil and climate conditions are different from the central and southern regions, besides, cultivation of rice crops without irrigation in resource-efficient agro-technologies is sharply different from the central and southern regions. Based on the above, starting from 2022, we have started scientific research work on the selection of pumpkin varieties for cultivation in the conditions of Khorezm region, determining optimal planting schemes and periods. Nowadays, pumpkin processing is developing a lot. The reason for this is the abundance of the harvest and the simple and affordable processing of the products. For this reason, processing of pumpkin varieties obtained as a result of the experiment was carried out at the experimental station of the Scientific Research Institute of Vegetables, Potato Crops and Potatoes of the Khorezm Region. It was determined that the Zimnaya slodkaya variety was suitable for processing.

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