

RESEARCH ARTICLE

Translation of Gastronomers From English Into Uzbek

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Abstract

This article examines the theoretical and practical aspects of translating gastronomic vocabulary from English into Uzbek. Gastronomy is analyzed as a specific subsystem of language that reflects the cultural, historical, and ethnolinguistic characteristics of a people. Particular attention is paid to lexical, semantic, and pragmatic difficulties that arise when translating the names of dishes, products, and culinary processes. Modern translation strategies such as adaptation, borrowing, descriptive translation, and functional substitution are discussed. The importance of the translator's cultural competence and the need to take into account national traditions when working with culinary texts are emphasized.

KEY WORDS

Translation, gastronomy, English language, Uzbek language, culinary vocabulary, borrowings, adaptation, cultural equivalence.

INTRODUCTION

Language is the mirror of culture, and gastronomy — the art and science of food — is one of the most vivid reflections of national identity. Each country's culinary vocabulary expresses not only local products and methods of cooking, but also traditions, geography, and lifestyle. As gastronomy increasingly becomes a global phenomenon through tourism, international trade, and media, the translation of gastronomic terms plays a crucial role in intercultural communication.

The translation of gastronomic elements from English into Uzbek represents a complex linguistic and cultural process. English, being rich in both traditional and globalized culinary terms (such as bacon, pudding, muffin, sandwich), carries cultural connotations that often lack direct equivalents in the Uzbek language. Therefore, translators face the challenge of maintaining both linguistic accuracy and cultural relevance.

This paper aims to analyze the main features of gastronomic translation, explore typical difficulties encountered when

translating from English into Uzbek, and suggest practical principles for achieving adequate and culturally sensitive translations.

Theoretical Foundations of Gastronomic Translation

Gastronomic terminology occupies an interdisciplinary position at the border of linguistics, culture studies, and ethnography. According to modern translation theory, culturally marked lexical items — including food names — belong to the category of realia, words that denote objects and phenomena specific to a particular culture.

In Uzbek linguistics, the adaptation of realia presents difficulties since it often requires the use of explanatory phrases or descriptive translation. For instance, the English term pudding does not correspond directly to its Uzbek counterpart: in British cuisine, "pudding" may refer to either a dessert (sweet pudding) or a savory dish (Yorkshire pudding). Translating it literally would cause misunderstanding unless

contextual information is provided.

V. N. Komissarov and L. S. Barkhudarov note that equivalent translation is impossible without accounting for the cultural component of meaning. Therefore, the translator must perform not only linguistic decoding but also cultural mediation.

Linguistic Features of English Gastronomic Terms

English gastronomic vocabulary is characterized by its mixed origin. A significant number of culinary terms entered the English language through borrowings from French (soufflé, brioche, omelet), Italian (pizza, pasta, espresso), and Arabic or Indian languages (coffee, curry). Such hybridization reflects historical culinary exchange and the multicultural nature of English-speaking societies.

These features complicate translation into Uzbek. Some borrowed words have become internationalisms (pizza, burger, kebab), widely understood by Uzbek speakers without translation. Others, however, remain culturally specific. For example:

- Crème brûlée → "karamel bilan kuydirilgan qaymoqli desert" (descriptive translation)
- Toad in the hole → "kolbasa bilan pishirilgan xamirli taom" (contextual rendering)
- Shepherd's pie → "go'shtli kartoshkali zapekanka" (functional equivalent)

In contrast, Uzbek cuisine has its own unique set of gastronomic realia: palov, somsa, shashlik, lag'mon, mastava, which often resist adequate translation into English and are usually transcribed or transliterated (plov, samsa, lagman).

Challenges in Translating Gastronomic Terms

The main translation difficulties can be grouped as follows:

Lexical Non-Equivalence: Many English dishes, products, or cooking methods have no Uzbek counterparts (e.g., roast beef, gravy, marmalade). Translators must provide contextual explanation. **Different Cooking Traditions:** English cuisine uses ingredients rarely found in Uzbek culture (e.g., mint sauce, blue cheese). The translator should either substitute with an approximate Uzbek culinary term or use descriptive translation. **Measurement Systems:** Recipes in English often include imperial units (ounces, pints, Fahrenheit degrees). These require conversion into metric equivalents for Uzbek

readers. **Polysemy and Context Dependence:** A single English word may have multiple culinary meanings. For example, cream can mean qaymoq, krem, or surtiladigan massa, depending on context. **Culture-Specific Associations:** Some names reflect national identity (e.g., Christmas pudding, Full English breakfast), demanding cultural commentary in translation.

Translation Strategies and Techniques

Translating gastronomic terms effectively requires a balanced application of linguistic and cultural strategies. The most common are:

- Transliteration (burger, pizza, sandwich – preserved as internationalisms).
- Loan Translation (Calque): rendering meaning literally, e.g., apple pie → olma pirogi.
- Descriptive Translation: explaining the term semantically, e.g., hummus → no'xatdan tayyorlangan pastasimon taom.
- Functional Substitution: replacing a foreign dish with a culturally similar Uzbek one when used metaphorically (e.g., a piece of cake → bolalar o'yini).
- Commentary and Annotation: adding translator's footnotes when needed for cultural context, especially in gastronomic guides or literary texts.

Choice among these methods depends on text type (menu, recipe, academic description, literature), audience, and communicative purpose.

Cultural and Pragmatic Aspects

Gastronomy embodies not just food but identity, emotion, and tradition. Therefore, translation should preserve emotional undertones and associative meanings. For example, comfort food refers not just to "food that comforts," but to nostalgic dishes linked with childhood or home life. Uzbek equivalents might include ona taomi or uy taomi, which capture similar emotional connotation.

In the age of globalization, hybrid dishes and English culinary terminology increasingly penetrate Uzbek discourse through restaurants, Internet recipes, and food delivery apps. Translators, journalists, and marketers must balance between preserving international flavor and ensuring understandable meaning for local readers.

Digitalization and Modern Culinary Translation

Modern technology and digitalization have transformed gastronomic translation. Online recipe exchanges, culinary blogs, and translation software often generate automatic or hybrid Uzbek equivalents that lack semantic precision. Therefore, competent human translation remains essential, especially for professional gastronomic publications, tourism materials, and food industry documentation.

Moreover, digital gastronomy — including food photography, online cooking shows, and international virtual master classes — contributes to the formation of a new multilingual culinary discourse. Translators must not only transfer meaning but also maintain stylistic flavor, humor, and intercultural nuance, which automated systems are unable to capture fully.

CONCLUSION

The translation of gastronomic terminology from English into Uzbek is both a linguistic and cultural process. It requires deep knowledge of both culinary traditions, sensitivity to cultural realia, and mastery of translation strategies.

An adequate translation should not only convey the denotative meaning of a dish or product but also reproduce its connotative and cultural content. As culinary globalization accelerates, translators play a vital role in mediating between cuisines and cultures — helping Uzbek readers and chefs access the global gastronomic heritage while preserving their own culinary identity.

Continued research in gastronomic translation can support the creation of bilingual culinary dictionaries, improve translator training, and foster intercultural understanding through food — one of humanity's most universal languages.

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