

## TERMS OF FOOD, BAKING AND SWEETS IN TRANSLATION. CHALLENGES AND STRATEGIES

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**Annatotion.** When translating terms related to food, baking, and sweets, one enters a complex interplay of language, culture, and sensory experience. Food is not just sustenance — it's an expression of cultural heritage, local flavors, and personal memories. Translating these elements involves more than finding direct equivalents; it requires an understanding of both the culinary traditions of the source culture and the expectations of the target audience.

This introduction sets the stage for exploring how food, baking, and sweets terminology can be translated with care, bridging the gap between diverse culinary worlds.

**Key words:** Cultural translation, Creative adaptation, Ingredient localization, Culinary adaptation, Food terminology, Recipe translation, Baking techniques, Measurement conversion, Culinary traditions , Regional variations, Sweets and desserts, Dish authenticity, Transliteration , Flavor profiles, Ingredient substitution,

### Introduction

Translating food, baking, and sweets terminology involves navigating a complex intersection of language, culture, and sensory perception. Food is more than mere nourishment; it reflects cultural traditions, local tastes, and cherished memories. This process goes beyond simply finding word-for-word translations; it requires a deep understanding of both the culinary practices of the source culture and the preferences of the target audience.

In this context, translators face a number of challenges: from converting ingredients and cooking techniques to making cultural adaptations that ensure dishes and desserts retain their original essence. Whether translating a recipe, a food blog, or a restaurant menu, the goal is to preserve the authenticity of the dish while making it accessible and enticing to a new audience. This process often calls for creativity and adaptation, as many food-related terms do not have direct linguistic equivalents, especially in regions with different food customs or ingredients.

## Methodology of terms of food, baking, and sweets in translation

The methodology for translating food, baking, and sweets involves a careful approach that balances linguistic accuracy, cultural context, and sensory experience. Here are key steps and techniques used in this type of translation:

### ***Cultural Adaptation:***

**Understand Cultural Significance:** Translators need to grasp the cultural context behind a dish, ingredient, or cooking method. Food often carries cultural symbolism, so understanding the role of a dish within its original culture is essential to convey its meaning accurately.

•**Example:** Cheeseburger (English) → Pishloqli burger (Uzbek)

➤ **Explanation:** While burgers are not originally from Uzbek cuisine, the concept is familiar. The term is adapted to make sense in the Uzbek language, preserving the essence of the food.

### ***Transliteration and Loanwords:***

**Use of Original Terms:** For food items or desserts unique to a culture (e.g., “sushi”, “baklava”), transliteration is often the best approach. This maintains the cultural identity of the dish while allowing readers to learn the original name.

•**Example:** Sushi (English) → Sushi (Uzbek)

➤ **Explanation:** Since “sushi” is a globally recognized Japanese dish with no equivalent in Uzbek, the term is transliterated, preserving its original name.

### ***Descriptive Translation:***

**Sensory Descriptions:** For dishes or desserts that don’t have a direct translation, descriptive translation helps evoke the taste, texture, and visual appearance of the food. This approach helps readers imagine the experience of eating the dish.

•**Example:** Pumpkin pie (English) → Qovoqli pirog (Uzbek)

➤ **Explanation:** “Pumpkin pie” is not common in Uzbekistan, so it is translated

descriptively, where “qovoq” means pumpkin and “pirog” means pie, giving readers an understanding of the ingredients and type of dessert.

### ***Adaptation of Measurements and Ingredients:***

**Converting Measurement Systems:** Translators need to convert ingredients between metric and imperial systems, depending on the target audience (e.g., grams to ounces, liters to cups).

**Substituting Ingredients:** If an ingredient is not widely available in the target culture, translators can suggest local alternatives that are more familiar to the audience.

•**Example:** 1 cup of flour (English) → 1 stakan un (Uzbek)

➤ **Explanation:** In Uzbek, “stakan” is commonly used for measuring ingredients

like flour, converting the measurement from cups to a unit familiar to Uzbek cooks.

### ***Technique Translation:***

*Clarifying Cooking Techniques:* Baking and cooking techniques can differ significantly between cultures. Translating terms like “proof” or “fold” may require additional explanation if the technique is unfamiliar in the target language or culture.

*Simplifying Complex Methods:* Some methods in traditional recipes may be too complex for the target audience. Translators sometimes simplify the steps or offer more familiar equivalents without losing the essence of the original recipe.

- Example:* Whisk the eggs (English) → Tuxumni ko‘pirtiring (Uzbek)

- *Explanation:* The cooking technique of whisking is translated to ko‘pirtirish,

a familiar technique in Uzbek cooking. The concept remains the same, but terminology may vary depending on how familiar the audience is with baking techniques.

### ***Preserving Authenticity vs. Localization:***

*Balancing Authenticity:* Translators must decide whether to keep a recipe or dish in its most authentic form or adapt it to the local audience’s preferences and available resources. For instance, traditional spices might be swapped with more common local seasonings in certain contexts, while retaining the dish's overall character.

*Localization of Terms:* Some food terms are localized in a way that makes sense for the target audience.

- Example:* Brownies (English) → Shokoladli pirojnoe (Uzbek)

- *Explanation:* Brownies are not traditional in Uzbek cuisine, so they can be

translated descriptively as shokoladli pirojnoe (chocolate pastry), or the term “brownie” may be kept if the concept is more common in modern settings.

### ***Contextual Research and Expertise:***

*Research into Culinary Traditions:* Successful translation often requires research into the cuisine and culinary practices of both the source and target cultures. Understanding the history, preparation, and consumption of dishes helps in creating more accurate translations.

*Consulting Food Experts:* In cases where translators are not familiar with a specific type of cuisine, consulting chefs, food writers, or culinary experts can provide valuable insights and ensure accuracy.

- Example:* Clafoutis (English/French) → Mevali pirog (Uzbek)

- *Explanation:* Translating a lesser-known dish like clafoutis (a French dessert)

requires understanding the dish’s structure and adapting it. In Uzbek, mevali pirog (fruit pie) conveys the general concept while acknowledging the unfamiliarity.

### ***Visual and Sensory Translation:***

*Imagery and Taste References:* Describing the appearance, aroma, and texture of food can help evoke the sensory experience. This is especially important when translating for food blogs, menus, or recipe books where readers cannot taste the food firsthand.

*Creating Emotional Connections:* Since food often evokes memories or emotions, translating with an emphasis on emotional and sensory connections can help convey the same feelings across languages.

•*Example:* Buttery croissant (English) → Sariyog‘li kroissant (Uzbek)

➤ *Explanation:* Adding sensory details like “buttery” (sariyog‘li) helps evoke

the taste and texture of the croissant, making it more appealing to the Uzbek audience.

### ***Adapting for Different Audiences:***

*Target Audience Consideration:* The methodology may shift depending on whether the translation is for professional chefs, home cooks, or food enthusiasts. A technical cookbook for professionals would require precise terms, while a casual food blog could benefit from more creative or simplified language.

•*Example:* Vegan cake (English) → Go'shtsiz tort (Uzbek) or Vegan tort (Uzbek)

➤ *Explanation:* When translating for an audience that may not be familiar with the concept of veganism, “go’shtsiz tort” (cake without meat) may be used. However, for a more globally aware audience, the direct loanword “vegan tort” could be acceptable.

*Dietary Preferences and Restrictions:* When translating for a specific audience, consider dietary preferences (e.g., vegetarian, halal, kosher) or health restrictions, which may require additional notes or alternatives in the translation.

### ***.Conclusion***

Overall, translating terms of food, baking and sweets from Uzbek into English poses a number of challenges due to the differences in grammar, syntax, and cultural connotations between the two languages. The lack of one-to-one correspondence between terms in the two languages can make it difficult to find exact equivalents, leading to potential misunderstandings or loss of the original meaning.

In conclusion, translating food, baking, and sweets between English and Uzbek requires a careful blend of cultural sensitivity, linguistic precision, and creativity. The methodology involves various approaches, from transliteration and descriptive translation to cultural adaptation and ingredient substitution. By balancing authenticity

with localization, translators can preserve the essence of a dish while making it accessible and appealing to a new audience. Understanding culinary traditions in both languages, adapting techniques, and considering the target audience are essential for a successful translation. Ultimately, this process bridges culinary worlds, allowing food to connect people across cultures through language.

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