

# サマルカンドの伝統的パン文化の保護 無形文化遺産の情報の提供方法の研究

Conservation of traditional bread culture in Samarkand  
Information provision of intangible heritage

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## 1. Introduction

### (1) Background

Uzbekistan has a rich culture, abundant tangible and intangible heritage. However, most of the information related to cultural heritage is mainly focused on tangible heritage. No information platform provides information about local intangible cultural heritage (ICH): the meaning of the elements and places where those elements can be seen or experienced. Information about cultural heritage in Uzbekistan, especially ICH is limited to both local people and international visitors.

### (2) Statement of the problem

The problems to be addressed through this study are the lack of information related to ICH in information sources such as guidebooks and the lack of research about traditional breadmaking culture Samarkand.

### (3) Research methodology

The research methods are literature review, comparative study of collected information from guidebooks and interviews, interviews with local bakers, observation.

## 2. Bread as Intangible Cultural Heritage

### (1) Food as Cultural Heritage

Food, cuisine, and culinary traditions are considered basic elements of the culture, but compared to other heritage examples, the elements are both tangible and intangible. There are 23 elements in the “Representative List of the Intangible Cultural Heritage of Humanity” related to “food”, “food customs”, “food preparations”, “food processing”. Three of them relate to breadmaking.

### (2) Bread culture as Intangible Culture Heritage

Intangible meanings of three bread culture examples were identified by the literature review. In Armenia, intangible aspects (IA) of lavash are skills of making and baking lavash, the process itself where Armenian people share traditions, songs, and rituals. There are a lot of rituals and traditions in Armenia associated with traditional bread-lavash. IA of bread in Azerbaijan, Iran, Kazakhstan, Kyrgyzstan, Turkey are traditions and

beliefs related to bread, the set of traditional knowledge views, skills, and rituals related to preparation, baking, storing, using, and sharing. Besides that, flatbread and bakeries are considered sacred by local communities in those countries. IE of bread culture in Malta are knowledge and skills of baking Il-Ftira, its social function to bring people together, and symbolic meaning of sustenance.

### (3) Bread culture in Uzbekistan

In Uzbekistan, there are also traditions, rituals, beliefs associated with traditional bread. It is also considered sacred and has the symbolic meaning of consent, generosity, and hospitality. However, research and information about intangible meanings of Uzbek traditional bread are limited.

## 3. Analysis of information from guidebooks related to traditional Uzbek bread

### (1) Introduction

Information related to traditional Uzbek bread and bread culture was collected from five guidebooks. All collected information was divided into 2 groups: images and text. In total, 26 images and 77 sentences were collected.

### (2) Analysis of images from guidebooks related to traditional bread

From analyzing collected images they were divided into 4 categories: “Outward appearance”, “Scenery”, “Location”, and “Instrument”. Most of the images (82.8%) belong to “Outward appearance” (41.4%) and “Scenery” (41.4%). Less information was found about “Location” – 6.9% and “Instrument” – 10.3%.

### (3) Analysis of text from guidebooks related to traditional bread

The collected text was divided into 16 categories. Most information collected from five guidebooks belongs to categories: "Outward appearance", "Significance of bread for local communities", "Way of eating". Information about "Way of preparing", "Location", "Taste", "Scenery", "Instruments", "Smell" and "Legends" is limited. No

information was found about traditions, rituals, beliefs associated with bread, and information about traditional bakeries.

#### 4. Traditional breadmaking in Samarkand

##### (1) General information about traditional bread

General information was collected from literature review and interviews with local bakers in Samarkand. Information about bakers and traditional bakeries is also mentioned in Chapter 4 because nowadays traditional bakeries play a significant role in maintaining the bread baking tradition and for safeguarding bread culture.

##### (2) Traditional bread in social and cultural context

In Chapter 4, the role of traditional bread in social and cultural contexts is discussed. Uzbek people use flatbread in their daily life not only for nutritional but also for social and cultural purposes, sharing the values of the bread within their communities. Many people share it on special days, occasions, both cultural and social. There are a lot of traditions, beliefs, and superstitions related to bread in the Uzbek community which are explained in Chapter 4.

##### (3) Process of baking traditional bread and related skills

The skills of flatbread making, baking, storing, sharing are transmitted from generation to generation. Process of baking traditional bread was observed, photos and videos of the baking process were collected. Moreover, each step of the process is explained in Chapter 4.

##### (3) Instruments

Information and photos of the instruments used for traditional bread making were collected and explained in 4.4. of Chapter 4.

#### 5. Cultural mapping as a tool of providing information about ICH

##### (1) Introduction to cultural mapping

Cultural mapping is mainly used for cultural planning to identify cultural assets of the community, manage those assets, and integrate them into local planning. In Chapter 5, the possibility of using cultural mapping for

providing information about ICH and its general design are discussed.

##### (2) Comparison of information related to Uzbek traditional breadmaking collected from guidebooks and interviews

Information from guidebooks and interviews are compared to understand all existing categories of information related to bread culture. For each category type(s) of information was chosen. For example, for “Outward appearance” – text, images, videos, for “Taste” or “Smell” – text, visitor’s commentaries.

##### (3) The general design of cultural map as a tool for information provision

The author discusses three layers of the digital cultural map to provide interactive information about ICH. The first layer will consist of images and short videos of the element to attract attention to the element. The second layer will consist of a map of the places where the element can be seen or experienced with detailed information about each place. The third layer will consist of all possible digital types of information to provide detailed information about the element.

#### 6. Conclusion and Outcome

Intangible aspects of bread culture are skills, process of baking, traditions, beliefs associated with bread, and its meaning in cultural and social contexts for local communities. However, information sources such as guidebooks provide limited information about ICH. Cultural mapping can be used as a tool for providing information about ICH and help to safeguard the ICH elements by raising awareness about the elements. Three layers of the digital cultural map will provide full information and involve people to experience the ICH elements and share their thoughts and opinions.

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#### Abstract:

The paper analyses the possibility of using the cultural map as a tool for providing information about intangible cultural heritage to safeguard traditional bread culture in Samarkand. Moreover, information related to the Uzbek bread culture provided in five guidebooks is analyzed and compared with information from interviews with local bakers in Samarkand. Results show that information of intangible heritage is limited in guidebooks, and a new way of providing the information is needed. The author discusses how a cultural map can be used as a tool for providing information, the general design of its three layers.

