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About Meat Products

Atajanova Maftuna Zafarovna
Rajapov Otabek Hajiboyevich

4th year students of the Faculty of Chemical Technologies of Urgench State University of Urgench City of Khorezm region

Annotation: The article presents the advantages of rabbit meat in contrast to cattle, sheep, goats, horses, camels, Meats, based on the analysis of the work necessary to be carried out on the sustainable development of the meat production sector, increase production volumes, strengthen the feed base.

Keywords: Food safety, cattle meat, mutton, goat meat, horse meat, camel meat, rabbit meat.

The meat product of the main consumption of the population of our country is cattle and mutton.

Beef is one of the first types of meat introduced into the diet of babies with the onset of complementary foods. Beef broth is the best remedy after a serious illness. This type of meat has a lot of useful properties. Beef is an excellent type of meat that contains few calories and many nutrients. For athletes and anyone who follows a diet or has problems with immunity, it is recommended to include it in your diet. Beef is also distinguished by the breed of animals. So, marble beef is appreciated all over the world-this is a real delicacy that looks like a marble stone. This effect is created by thin layers of fat, which, when cooked, make the meat surprisingly juicy and tender. Obtaining marble beef, three bulls are fed according to special technologies: animals are intensively fed, and before slaughter, only grain remains in their diet.

Mutton is primary moist, secondary hot. The best mutton is a one-year-old sheepdog. It helps to cleanse the blood if it is well digested. Such meat is more suitable for hot or cold customers, people in countries who are actively involved in sports, or in the cold seasons of the year. It is also useful for those who suffer from black hilt. Mutton reinforces mind and memory. But about the meat of old animals can not be called that. The best mutton is ram meat of dark color, as it will be lighter, tastier and more useful than mutton. Minced ram meat is even better and more useful. The red flesh of a fat sheep is lighter and more saturated. The best areas of meat are the right side of the meat that covers the bone, or the front part. The prophet, for example, well liked the front of the sheep, the near the head, but not the head.

Goat meat-cold and dry. It is difficult to digest, not very nutritious. It is especially susceptible to goat meat, which is very dry, it is difficult to digest, and black hyenas appear. When doctors say that goat meat is harmful, they mean people with a weak diet and people who are not used to eating this meat at all. The meat of a young goat is softer, more quickly digested and lighter than camel meat, contains micro elements, as well as new B groups: B1, B12, B6, B2 and PP. It combines the correct proportions of phosphorus, meat, magnesium and other elements in its composition, the consequences and, if very effective, it is necessary to help remove heavy metals from the body.



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Also, fried meat strengthens bone tissue and body temperature of protein and fat.

Horse meat for nomadic peoples and their heirs is a common thing. This meat is consumed almost every day, as in Central Asia we eat beef. It is ideal for a nomadic lifestyle - it is absorbed very quickly, in three hours, and beef-in 24 hours. In addition, horse meat has a thermal effect. Horse meat has the most protein content, up to 25%, in addition, this protein is ideally balanced in terms of amino acid composition. Horse meat reduces cholesterol levels, regulates metabolism and neutralizes the effects of radiation. It contains a large amount of vitamins and trace elements that are so necessary for our body: potassium, sodium, phosphorus, iron, copper, magnesium, amino acids, thiamine, riboflavin, vitamins of Group B, A, PP, E, horse meat can be used well in hypoallergenic and baby food.

Camel meat is common in Arabic (more precisely Muslim) cuisine: Arabs prohibit eating donkey meat, but allow camel meat. In terms of nutritional value and taste, camel meat is not inferior to beef. For cooking, camel meat is placed in hot water and kept on low heat for three to four hours. For coarse frying, it is best to use a soft and thin edge of young animals. To fry in small pieces (goulash, beef stroganoff), the meat must first be marinated in vinegar for two to three hours: it will become soft and the taste will improve even more. Camel meat is a dietary product, since it does not contain any internal fat deposits. The fat layer is in its pure form in the fat of the hump: it is reheated and used in cooking (and not only), and in countries where camels are common, this fat is valued higher than Lamb and beef.

The excellent taste and nutritional properties of rabbit meat have long been known. Archaeologists have found evidence that rabbits were raised in ancient Rome. Rabbit meat is a valuable source of protein with a low fat content and an ideal ratio of omega-6 and omega-3 fatty acids.

Rabbits breed and grow so quickly that healthy females can produce more than 300 kg of meat each year. In addition, these animals use feed so effectively that only 2 kg of feed is needed to produce half a kilogram of meat. To assess the level of their productivity, we note that in order to grow the same amount of meat, a cow must eat 3.5 kg of feed. On top of that, the rabbit eats nutrient plants that humans don't use. Thus, it not only saves human Earth from useless plants, but also turns them into meat. Rabbits are quite unpretentious, keeping them does not take incredible effort, so breeding rabbits are considered incredibly useful and economical.

The share of meat on the market belongs to the meat of rabbits grown on farms, since their meat, unlike the meat of wild rabbits, has a softer and more specific taste.

Rabbit meat, what are the benefits or harms? understanding the question " What is the difference?", we try to find an objective assessment and correlate all the pros and cons. We list the beneficial properties of rabbit meat:

Diet rabbit meat, the benefits of which have been proven by medicine, is distributed mainly among young mothers, supporters of healthy eating, athletes who want to lose weight, and people with chronic diseases. In it, everyone will find their advantages. For athletes, this is a valuable protein, the best complementary food for children for young mothers, those who lose weight appreciate the low calorie content, and for some patients this is the only type of meat diet that can be consumed.



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When an animal is fed up to seven months old, its body does not absorb particles of heavy metals, strontium, pesticides and herbicides. Even if ingested with food, the elements are not deposited in the carcass.

This property is especially useful for rehabilitation after cancer and radiation exposure.

The product reduces the level of radiation obtained. It is close in composition to human cells. Thanks to this, the product is absorbed by 96% (beef 60%). This useful property is actively used by athletes to build muscle mass. They get protein from food that is almost completely digested. Compared to beef and mutton, rabbit meat has the most protein content -21% and the least fat - 15%.

A small amount of sodium salts allows you to get the benefits of rabbit meat in the diet. In continued use, the low calorie content of the product normalizes fat and protein metabolism.

The minimum cholesterol content of lecithin makes the product indispensable for the Prevention of atherosclerosis. Helps regulate blood glucose.

Therefore, for the good of our people, we are in favor of the abundance of meat on our table, which groans from the most necessary products in food.

Among them, there are a number of opportunities that are not being used in terms of further development of the industry, increasing the income of farmers, ensuring food security, and sustainable use of Natural Resources. The decree of the head of state of January 16, 2018 "on measures to further ensure the country's food security" and the strategy for the development of Agriculture of Uzbekistan under development for 2020-2030 are relevant in this context.

Suggestions and conclusions. Consequently, as a result of our research, we would like to propose the following to ensure food safety in Uzbekistan:

introduction of innovative technologies in the field of production, storage and sale of food products, including environmentally friendly products;

sustainable development of the supply sector of meat products, increasing production volumes of products, strengthening the feed base;

sustainable development of domestic production of meat products and raw materials of the main types;

it consists in increasing the level of ensuring the demand of the broadest layers of the population for meat products by internal production in terms of types, volumes and quality of products.

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