



## DŪĠ

---

**DŪĠ**, beverage made of yogurt and plain or carbonated water and often served chilled as a refreshing summer drink or with meals, especially with kebabs or *čelow-kabāb*. The term occurred in Persian as early as the 11th century, when it apparently meant skim milk to which yogurt was sometimes added (Dehḡodā, s.v.). Traditionally *dūġ* was made by shaking a sheepskin (see **CHURNS AND CHURNING**) filled with milk and yogurt until the fat separated and could be removed. Today it is more often made simply by beating the yogurt with a spoon or in a blender, then adding still or carbonated water, salt, and dried mint, celery leaves, or other herbs. Carbonated *dūġ* is also made commercially and sold in bottles.

Sometimes grated or chopped cucumbers, onions, and bread or dried flat bread are added to *dūġ* and served as a light dish known as *ābdūġ-ḡtār*.

According to the Safavid cook Moḡammad-‘Alī Bāvarčī (p. 77), *dūġ* was used as a substitute for yogurt in yogurt soup (*māstbā*), prepared with lamb, rice, and green herbs. The Qajar chef Mīrzā ‘Alī-Akbar Āšpaz-bāšī recommended using it to bleach cooked rice (p. 8) and also as an ingredient in various kinds of *āš* (pp. 33, 50, 68, 75, 80).

See also **CHEESE**.



## BIBLIOGRAPHY

---

(For cited works not found in this bibliography, see “Short References.”)

Mīrzā ‘Alī-Akbar Khan Āšpaz-bāšī, *Sofra-ye aṭ‘ema*, Tehran, 1353 Š./1974.

N. Batmanglij, *Food of Life*, Washington, D.C., 1984, p. 230.

Ḥājī Moḥammad-‘Alī Bāvarčī Baġdādī, *Kār-nāma dar bāb-e ṭabbākī wa šan‘at-e ān*, in Ī. Afšār, ed., *Āšpazī-e dawra-ye šafawī. Matn-e do resāla az ān dawra*, Tehran, 1360 Š./1981.

M. R. Ghanoonparvar, *Persian Cuisine I. Traditional Foods*, Lexington, Ky., 1982, p. 210.

N. Ramazani, *Persian Cooking. A Table of Exotic Delights*, Charlottesville, Va., 1982, p. 78.