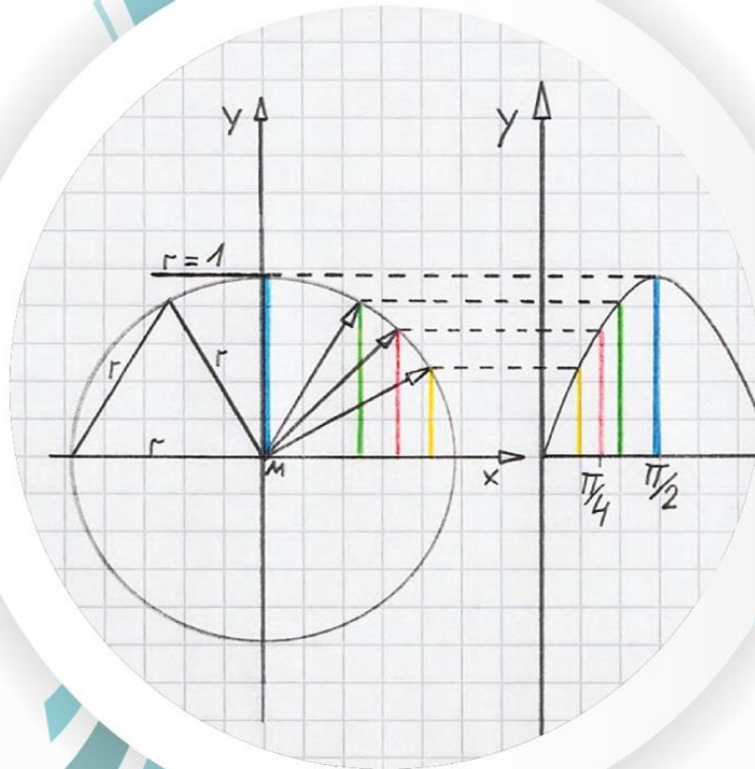


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## ETIQUETTE RULES OF CATERING ORGANIZATION IN GASTRONOMIC TOURISM

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**Abstract:** the article presents some dining etiquette rules for guests, local and foreign tourists in catering establishments and at home in the context of gastronomic tourism.

**Keywords:** gastronomic tourism, catering enterprises, rules of food etiquette, table serving, home atmosphere, dining etiquette in Islam.

Nowadays, the demand for food is on the rise. This is because restaurants are at every turn. That's why quality food and service take the main place among catering enterprises. This increases the competition between enterprises. Also, when organizing gastronomic tourism, food in catering establishments is of great importance.

For this reason, at present, catering enterprises in our country are given great importance to operate according to the requirements of the time. Local and foreign tourists always visit exactly catering establishments. This leads to the development of gastronomic tourism in our country. Therefore, respectful greeting of any guest and placing them in the allotted place has a great impact on the level of the restaurant.

In addition, the rules of food etiquette in gastronomic tourism are also mandatory, and there are a number of requirements for the rules of food of guests visiting a catering establishment. Based on this, in our work we will give some recommendations for observing the rules of food etiquette in catering establishments and at home.

**Etiquette of eating at the table in gastronomic tourism.** Those who think that we can not observe the etiquette of eating when we sit at the family table, are deeply



mistaken. At the very least, we should not forget that little ones take an example from our every action.

Before sitting down at the table, the first sign of etiquette is to put away all tech devices, especially phones.

Don't forget that your loved ones are sitting in front of you and the love will flow when you see them. Social media awaits.

The head of the family is the first to start the meal. If you need to take something from the common share, it will be nice if you offer it to the people sitting next to you first.

If they cannot reach a bowl that is far away, it is better to ask them to pass it to you instead of trying to reach it.

It all starts with proper sitting. You should always sit on the chair correctly. Your palm should match the distance between your body and the table. The chair can only be pushed back between meals and after the food has been served, and only then can you engage in mutual conversation.

An ashtray may not be brought to the table, even if you smoke and are comfortable smoking.

A napkin should be placed on your lap so that your shirt does not get dirty.

After eating, you should first wipe your lips with a napkin, then your fingers.

Liquid foods can be served in a deep bowl or special broth dishes.

You should wait for the food to cool down without blowing on it.

To finish the soup, you can tilt the plate with your left hand.

The first meal served in soup plates is taken with a dessert spoon, and soup plates are held with the left hand.

When eating, the knife should be held in the right hand and the fork in the left hand.

It is not allowed to cut meat into several pieces at once, because the meat will become cold and unpalatable.



It is not allowed to take salt from a knife to cut meat or to take food from a shared plate onto the utensils you used.

If you need a drink while eating, put your knife and fork back where they belong.

The knife should be placed on the right and the fork on the left.

After eating, the knife and fork are placed on the plate.

If you are asked to bring something, the knife, fork or spoon should be held in the middle (neutral position) with the gripping side facing forward.

It is uncivilized to eat fruit whole.

First peel the fruit pods and divide them into several pieces, remove the seeds from the middle, and then chop them.

Do not be impatient and ask for food first.

If you want a drink, hold the glass on the thumb, middle finger and index finger of your right hand. No spilled wine or water should be left in the glass.

It is not proper to fold a napkin while standing. It is not proper to get up immediately after eating, at least one should sit for half an hour before leaving.

Eating etiquette in Islam. Allah Almighty warns His servants in the Holy Quran, "Eat freely what Allah has endowed you with. And if you worship Him, be thankful for His blessings" (Surah Nahl, Ayat 114).

Our girls should also learn the etiquette of eating. If food is eaten with the intention of gaining knowledge, putting it into practice and doing good deeds, it becomes a substitute for prayer.

Peaceful birds such as pigeons, sparrows, quail, ducks, geese, chickens, ostriches and nightingales are considered halal, as well as peaceful wild animals such as deer, ibex, deer and rabbits. it is also halal to eat.

In the Islamic religion, there are the following rules of food etiquette:

Before eating, it is Sunnah to wash both hands three times up to the knuckles.

Food is eaten modestly, sitting, not standing, lying down, leaning on something or walking.



"Bismillahir Rahmanir Rahim" is recited before eating. It is pronounced a little louder so that others will remember it. If one forgets to mention the name of Allah before eating, it is said, "Bismillahi abwalahu wa akhirah".

It is Sunnah to eat on an empty stomach. If a person reaches for food when he is hungry and stops eating before he is full, he will never get sick.

Food is also respected. Poorly cooked food does not spoil.

When eating, do not talk to anyone and take your time chewing your food. No idle talk is allowed while eating.

Eating at the table is mustahab. He is knowledgeable, pious, older and does not eat before his teachers. Those sitting at the table are asked to eat and then eat.

If food is eaten from a common bowl, everyone eats in front of him.

Food is not eaten hot. Do not blow on hot food, wait for it to cool. If a bite is taken, it is cleaned and then eaten.

After the meal, the dishes on the table are collected and eaten, and one cannot leave without praising God and praying for the food eaten.

After the meal, the dishes are washed and put away.

After eating, it is Sunnah to wash both hands three times up to the knuckles and rinse the mouth.

Always observing the above rules of food etiquette is a sign of a person's culture, knowledge and well-being.

So, in conclusion, it should be noted that if we observe the above rules of food etiquette when organizing meals for gastronomic tourism both at home and in catering establishments, it will be an example for tourists coming to our country and the future generation.

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