

No. 107

June 24, 2025

## Taste Kyrgyzstan! Kurut

On June 27, 2025 the Ministry of Digital Development and Innovative Technologies of the Kyrgyz Republic puts into circulation a 2024 Kyrgyz Express Post postage stamp: "Taste Kyrgyzstan! Kurut".

Kurut is a traditional Kyrgyz dish made from dried fermented dairy – something between salty dried cottage cheese and hard cheese, shaped into balls of various sizes. The word "kurut" comes from the Turkic adjective "kuru", meaning "dry". This name accurately reflects the essence of this product, which is a dried fermented milk mass.

Kurut has a rich, centuries-old history. The recipe has been passed down from generation to generation for thousands of years by the nomadic peoples of Central Asia, including the Kyrgyz.

Kurut is a very nutritious and high-calorie product with a long shelf life. It served as an excellent source of protein and energy for nomads during their long journeys and migrations. In modern Kyrgyzstan, kurut continues to be very popular. It is served as a standalone snack or used to prepare various dishes and sauces. Kurut is also a popular snack among beer lovers.

The new KEP stamp features kurut in its traditional form. The coupons on the miniature sheet depict the drying of kurut on jailoo – the high mountain summer pastures of Chong-Alai. The margins of the miniature sheet show both traditional and modern varieties of kurut, found in contemporary Kyrgyz cuisine. The FDC shows how kurut is sold in markets across Kyrgyzstan.

Kurut is more than just a culinary product – it is a cultural symbol that reflects the rich heritage of the Kyrgyz people. Try this unique delicacy and immerse yourself in the world of Kyrgyz cuisine, which is an integral part of the history, culture, and traditions of Kyrgyzstan.

For this stamp, KEP also issues a postcard, which is used to realize a maximum card. The postcard depicts a plate of kurut on a traditional shyrdak rug.

### Stamp description

No. 242. 150 KGS. Kurut

No. 242



### Technical specifications

**Paper:** coated, gummed, 105 g/m<sup>2</sup>.

**Printing method:** full-color offset lithography.

**Stamp perforation:** comb 13 syncopated.

**Stamp size:** 34 × 34 mm.

Stamp is issued in minisheets of 4 stamps with two labels.

**Minisheet size:** 100 × 134 mm.

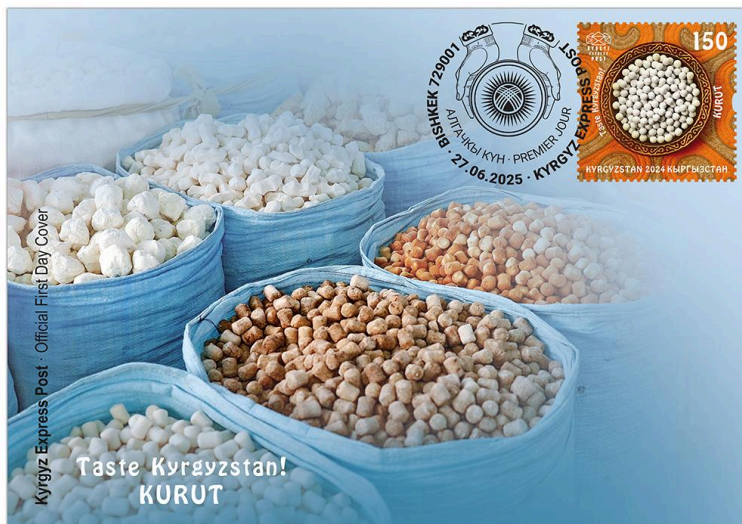
**Quantity issued:** 6 000 stamps.

**Photographer:** Vladislav Ushakov.

**Designer:** Daria Maier.

**Printer House:** "Nova Imprim" (Chişinău, Moldova).

A special cancellation on FDC will be carried out at the Bishkek KEP Office (729001) on the stamp issuing day.



The first day cover, postcard and special postmark are designed by Daria Maier. The FDC shows how kurut is sold in markets across Kyrgyzstan.

**Cover size:** C6 (162 × 114 mm).

**Quantity of covers and postcards issued:** 300 pieces each.

**Endorsing ink color:** black.

