

# ***Bulgaria***

## **Menu**

**Appetizer:**  
**Shopska Salad**

**Main dish:**  
**Sarmi with vine leaves**

**Dessert:**  
**Yoghurt with straw-  
berry jam and honey**

**Healthy Drink:**  
**Tutti Frutti juice**

**TV-Snack**  
**Hominy with cheese**

# Healthy Recipes



## Appetizer: **Shopska Salad**



### *How healthy it is?*

Proteins	2,55
Fat	7,72
Carbohydrates	3,54
Calories	98

### *Products:*

Red tomatoes	40 g
Cucumbers	30 g
Peppers	35 g
Onion	10 g
Cheese	10 g
Vegetable oil	5 g
Lemon	5 g
Parsley	2 g
Salt	0.5 g

### **Preparation:**

#### *Way of cooking:*

Wash the vegetables, peel the cucumbers, clean the pepperes from seed and handle, if the peppers are roasted, peel them. Then cut them on big pieces and mix them with the small chopped parsley.. Salt the mix and water them with the vegetable oil and lemon and sprinkle with cheese.



Main dish:

# Sarmi with vine leaves



## Ingredients:

- Vine leaves 140 g
- Butter 25 g
- Yoghurt 51 g
- Rice 40 g
- Eggs 1/3
- Red tomatoes 60 g
- Parsley 5 g
- Flour 3 g
- Salt 2 g



## How healthy it is?

Proteins	7,37
Fat	29,78
Carbohydrates	24,72
Cal	410

## Preparation:

Vine leaves are washed and scalded in boiling water. In heated oil put rice and smashed tomatoes. Pour a little hot water and stew on low heat to a swelling of the rice. Add some chopped parsley. From the mixture are formed sarmi in the leaves. Set them in a saucepan, the bottom of which is covered with the leaves, pressed with a flat plate, pour hot water and cook on low heat. Serve with yoghurt or sauce, made with eggs, flour, yoghurt.

Bon Appétit





## Healthy Recipes

### Appetizer: **Yoghurt with strawberry jam**

#### **Products:**

Yoghurt,  
Wild strawberry jam/ Honey and walnuts



#### **How healthy it is?**

Proteins	3,3
Fat	0,1
Carbohydrates	4,7
Calories	33

#### **Preparation:**

##### Version 1:

Place the yoghurt in small dessert bowls. Decorate with the strawberry jam on top of the yoghurt and serve.

##### Version 2:

Place the yoghurt in small dessert bowls and put some honey on the top. After that sprinkle with crushed walnuts and serve

Bon Appétit





## Drink: **Tutti Frutti**

### Ingredients:

- 1 liter of water and alcohol 16 % /rakia/
- seasonal fruits
- 1 cup sugar of 1 cup each fruit



### Preparation:

Take a large empty bottle, pour water and alcohol inside and start with the first fruit of the season (eg, 1 cup strawberries washed well) and add 1 cup sugar, then fruit raspberries, blackberries, cherries, melon, grapes and so on each fruit cup - cup sugar.







## Healthy Recipes

### Snack: **Hominy with cheese**

#### *Products:*

Corn flour- 60g  
Fresh butter- 20g  
Water- 200g



#### *How healthy it is?*

Proteins	13,92
Fat	30,84
Carbohydrates	44,49
Calories	526

### **Preparation:**

In salted boiling water the sieved flour is spilled under uninterrupted stirring. It's boiled on low heat for 20- 30 minutes. After it's ready, it is poured in a pan, irrigated with some melted butter and sprinkled with crumbled cheese.





## BULGARIAN CUISINE

Bulgarian cuisine is exceptionally diverse and delicious, consisting of various salads, breadstuffs, stews, and other local dishes. Many of the dishes are prepared according to traditional recipes handed down from generation to generation over the centuries.

The most products for which Bulgaria is internationally known are **yogurt** and white brine (feta) **cheese**. These are almost always present on Bulgarian tables in one form or another. People in rural areas grow vegetables that are exceptionally tasty, which is why salads occupy a central place in our culinary tradition. The most popular Bulgarian salad is the **Shopska Salad**, but there are also other salads worth trying - Shepherd's Salad, Harvest Salad, Snezhanka, Monk's Salad, Dobrudzha Salad, Roasted Peppers Salad, and many others.

One of the most popular appetizers is **Tarator** (cold Cucumber Soup). It is prepared with yogurt, cucumbers, dill, crushed walnuts and spices. Soups and broths are also popular in the countryside.



Some of the most popular Bulgarian dishes are **grilled** - meat balls, kebapches, grilled meat pieces, grilled sausages, and others.

Another favorite Bulgarian dish is prepared with stuffed cabbage or vine leaves - the leaves used may be either small or broad.

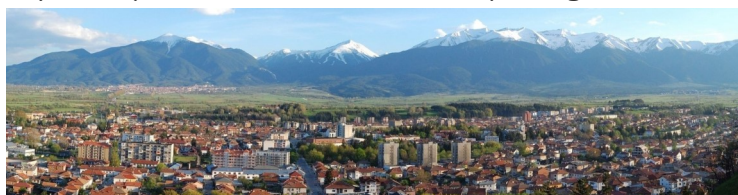
One of the trademarks of the Bulgarian cuisine is **Cheverme** - an entire lamb roasted on a spit. Potatoes are a main ingredient in many Bulgarian recipes.

Bulgaria's cuisine also consists of various cold cuts and other meat delicacies. Flat sausage is the most famous of these. Another popular delicacy is the Razlog Starets (the "Razlog Old Man"). As the name suggests, it is served in Razlog.

Such delicacies are usually accompanied with a **Bulgarian wine**, since Bulgaria is justly famous for its wines. Thanks to the country's unique climate and soils, a variety of grapes thrive here - Gamza, the Wide Melnik Vine, Dimyat, Mavrud Red Misket.

Another very popular Bulgarian spirit is **Rakia**. It is made of grapes or other fruits - plums, apricots, figs, pears, and others. A rose rakia is distilled in the Valley of Roses (in the region of Karlovo and Kazanlak), since this is the home of **Bulgaria's oil-yielding roses**.

This brief introduction only touches on the diverse Bulgarian dishes and drinks. To fully know the culinary magic of the country, it is necessary to visit all of the regions where the traditional recipes are proudly maintained and culinary delights are constantly on offer.



*We wish you bon appetite and good times in the company of the traditional Bulgarian cuisine!*