



Look-Cook-Book

**Taste the aroma of
Bulgarian Christmas Eve
Basic School "Ivan Hadzhiiski"
Troyan, Bulgaria 2017**

eTwinning project





Bulgarian cuisine is one of the tastiest in Europe, combining the rich influence of the Middle Eastern Cuisine, especially of the Ottoman Empire. The culinary exchange with the East started as early as the 7th century, when traders started bringing spices to the First Bulgarian Empire from India and Persia via the Roman and late Byzantine empires. In the region of southeast Europe you can find similar dishes like- **moussaka**¹, **gyuvetch**², **baklava**³, **kebabche**⁴.





The cooking style of Bulgarian cuisine is due to its spices and herbs like:

- Sharena salt¹ (a trinity of salt, dried savoury and sweet paprika).
- Spearmint² (called Dzhodzen)
- Savoury³ (called Chubritsa)
- Honey garlic (called Samaralda)
- Lovage⁴ (called Devesil)
- Cumin (calle Kimeon)
- Paprika (sweet or hot)
- Fenugreek⁵ (called Sminduh)



Christmas Eve or Badni vecher is just as important as Christmas Day. It's the last day of fasting for Advent and, like so many Slavic cultures; an odd number (5,7,9) of meatless dishes are served at a grand meal. A ceremonial log (pear tree) is brought into the home set alight in the fire place.

The dishes served on the table are:

- Bean soup** (symbol of fertility, abundance and wealth)
- Honey** so that the life will be sweet
- Stuffed peppers, grapes** (the crops and families will be fertile)
- Nuts**, especially walnuts, to tell fortunes for what the new year holds
- Fruits** (so the New Year will be fruitful)
- Boiled wheat** with walnuts and sugar symbolizes the association between Death and Life
- Oshav** - a dried compote (symbol of fertility and abundance)
- Corn, garlic, onions.**

Tradition holds that the more dishes on the table, the richer the next harvest will be.

Wheat with walnuts and honey



Ingredients:

300g wheat
1l water
100g raisins
100ml honey
100g walnuts

Preparation:

- Boil the wheat 3 times, changing the water each time
- Drain the wheat when it's ready
- Add the raisins, grounded walnuts and honey

Stuffed dried red peppers with beans



Ingredients:

- 15 dried red peppers
- 400g boiled beans
- 1 onion (cut into slices)
- 1 tsp salt
- 3-4 tsp sunflower oil
- 1 tsp of red paprika
- 1/2 tsp of spices
(spearmint, savoury and fenugreek)

Preparation:

- Mash the boiled beans
- Put all the spices into the beans
- Fry the onion with paprika and salt
- Put dried red peppers into a bowl with hot water. Wait some minutes to become bigger.
- Stuff the peppers with the mixture
- Put them into a pan to be baked. Pour some hot water over them.
- Bake for 20 minutes at 180°C.

Special bread for Christmas Eve



Ingredients:

- 800g flour
- 1 tsp salt
- 1 tsp sodium bicarbonate
- 1 tsp vinegar
- 3-4 tsp sunflower oil

Preparation:

- Pour the flour on the table
- Make a hole in it
- Add the salt, vinegar and the sodium bicarbonate
- Knead the dough
- Let it rest for 10 minutes
- Put the oil into the pan
- Make a round bread
- Bake it for 30 minutes at 180 °C

Banitsa

Banitsa - Bulgarian cheese pie with good luck charms added

It is commonly made on Christmas and New Year's Eve with good luck charms added. The charms may be small pieces of cornel branches with a certain number of buds, coins, or handwritten fortunes wrapped in foils. Our cooks- Radi, Lidia, Nickol, Ivan and Joan are ready to cook for you!

Prep. Time: 20 minutes
Cook time: 20-25 minutes



Banitsa

Ingredients:

- 1 package of filo sheets
- 200ml sunflower oil
- 125g butter (cut into dice)
- 300g Bulgarian feta cheese
- 4 eggs
- 400ml sparkling water
- A large deep pan



Banitsa

Preparation:

1. Take 2 sheets of filo sheets and brush with oil and dice of butter.
2. Add some cheese (and good luck charms)
3. Then roll the sheets like a long sausage. Roll lengthwise to get the roll as long as possible.
4. Repeat this process till the sheets finish.



Banitsa

Preparation:

5. Put melted butter on the sides of the pan
6. Begin by placing the first roll by sticking to the edge of the circle, then add the following forming a snail to the center
7. Beat the eggs and add fizzy water to the bowl



Banitsa

Preparation:

8. Pour the mixture over the banitsa
9. Add butter
10. Bake for 20-25 minutes at 180°C or until golden brown and crispy
11. Serve warm or at room temperature

Isn't it YUMMY?



Bulgarian Cuisine - Quiz

1. Which empire influenced Bulgarian cuisine the most?
 - a) British Empire
 - b) Ottoman Empire

2. Which of these dishes can you find in Turkish cuisine?
 - a) Moussaka, Gyuvetch
 - b) Baklava, Kebapche

3. Which ingredient can't be found in sharena salt?
 - a) Savoury
 - b) Cumin

4. What kind of food can you NOT eat on Christmas Eve?
 - a) Bean Soup
 - b) Moussaka
 - c) Oshav