

Look - Cook - Book

eTwinning project

The Cookbook

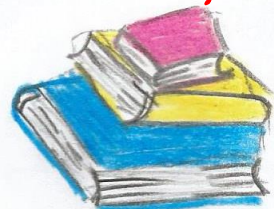


СУ • ВАСИЛ ЛЕВСКИ • ТРОЯН

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2017



Look - Cook - Book

eTwinning project

Dear Friends,

We are 3rd grade pupils from Vasil Levski Comprehensive School, Troyan, Bulgaria.

Our town Troyan is situated 160 km northeast of Sofia and 22 km from the Troyan pass in the Balkan Mountains. The town spreads along the terraced banks of the Beli Osum River. Troyan is named after the ancient Roman Road Via Trayana crossing the Balkan Mountain through today's Troyan Pass. During the Russian-Turkish War of Liberation in 1877 our town was devastated by the Turkish army and then rebuilt out of the ashes.

Troyan is famous with its magnificent craftsman masterpieces. During the 19th century various crafts flourished here - woodwork and pottery making taking a peak. There is also the famous School of Ceramics and a Museum of Traditional Crafts and Applied Arts situated. In them there are the best models of crafts and arts, such as fabrics, woodwork, pottery and metalwork crafts. A spectacular attraction is the Troyan Monastery. It was built in the 17th century and is among the most distinguished Christian monuments in Bulgaria.

Our school- Vasil Levski Comprehensive School, is with a hundred-year-old history. 845 children attend here from the 1st through the 12th grades. We think that school is a little bit boring and because of that we use each chance we get to have fun. :-)

Our class enjoys playing in the school yard, where we do different sports like football and basketball. Tag is a cool game! What are your favourite games? Do you think video games are cool? Do you have a favourite video game? In school, we are not allowed to use our smartphones to play games, but sometimes we "steal" time to have fun.

We love cooking and it's great to be part of this project. We hope that you will enjoy our cookbook.

Have a nice holiday! Merry Christmas!
Kind regards from Bulgaria!



Introduction to Bulgarian Cuisine

Adapted from "The Food and Cooking of Eastern Europe" by Lesley Chamberlain, Penguin Books, London, 1989

The Bulgarian cuisine is one of the world's simplest, healthiest and most naturally elegant styles of cooking, akin to the cuisines of Turkey and Lebanon. The seasoning is light and the accent on preserving natural flavours.

Among the many features of the modern Bulgarian table likely to appeal to Western tastes are the appetizers or "meze". These include white beans and preserved vegetables in olive oil, peppers, olives, tomatoes, spicy sausage "pasterma", hot pastry and deep-fried savouries in batter, green onions, cucumber, yoghurt, pickled cucumbers and a white, very salty, fresh cheese like the Greek feta. Herbs – thyme, tarragon, basil, savory, mint, dill – are widely used, both fresh and dried, to flavour salads and in curing or preserving cheese and meat. Flat and leavened bread, white and brown, accompany meze.

The sausage, salami, cheese, yoghurt, vegetables and fruit that characterize this very natural table first appear at breakfast, along with yellow cheese and many other excellent fermented-mild products that confirm Bulgaria as a worthy home of the supposedly life-enhancing bacillus bulgaricus. Meat, often lamb, is simply prepared, by grilling on charcoal or spit-roasting. Out of minced meat the Bulgarians make spiced meatballs and rissoles which are baked or grilled, and cubed meat (kebab) is cooked in the same way or baked with vegetables.

Chicken and game are relished, and a festive specialty is stuffed white fish with nuts and raisins. Probably the best-known dish outside the country, and one promoted as national, is "gyuvech", a sealed casserole of up to twelve different vegetables, with or without the addition of meat or fish, and sometimes with a garnish of grapes.

A special preparation is "banitsa", consisting of wafer-thin layers of buttery pastry enclosing a filling of spinach and cheese or ground meat and cheese with herbs. Savoury, it is like a pastry version of lasagna; sweet versions come with nuts and cheese or jam and cheese, or pumpkin. "Moussaka" is another well-known composite dish of baked meat and vegetables and herbs, sometimes topped with a savoury custard or yoghurt. For padding they enjoy pilaf (rice) in both sweet and savoury forms, with raisins and with poultry stock and onions.

Bulgaria has one of the lowest per capita meat consumption figures in Europe. A pig is slaughtered for Christmas eating, along with venison, and through the year pork, veal, beef and lamb are eaten in moderation. It is not uncommon for meat to be cooked with fruit, for example veal with quinces. One of the most surprising aspects of traditional meat cookery and Bulgarian cuisine in general is the absence of sauces.

Introduction to Bulgarian Cuisine

Thus, when the venison is cooked for Christmas it is only marinated and roasted and then served dry with cooked vegetables.

The Bulgarians have a passion for stuffed fresh or fermented cabbage leaves, and they also stuff every other kind of vegetable and fruit from quinces to peppers, tomatoes to aubergines. Traditional all-year Bulgarian soups are made with predominantly southern ingredients like spinach, lamb, olives, rice and lemons. The most famous is tarator, made with cucumber and yoghurt, thickened with ground walnuts and served.

Few Bulgarian meals

Salad of Beans

You need of 1 tea cup boil beans, 5 tablespoons tomato puree, 1 onion, salt, 3 tablespoons oil, 3 tablespoons vinegar or lemon juice, pepper

The preparation: Well cooked, but not dissolved beans, drain from the water. Add slice onion, mixed with the salt, tomato puree. It is well to flavour with oil and vinegar or lemon juice and black piper. You can to add bits of olive.

Traditional recipe from the Troyan region, named "Sarma" (leaves with meat and sauerkraut).

Ingredients: 500 g of minced meat, 1 cup of rice, 1-2 onions, 1 / 2 cup of vegetable oil, A sour cabbage, 1 tsp of paprika, black pepper, salt

Preparation: Slice the onion finely, add the minced meat and fry in oil. Add the clear and washed rice, stir, sprinkle with red and black pepper, pour 1 / 2 cup into hot water and add salt. After it soaks the water is taken off left to cool. Clean the cabbage leave's rough parts and put them in a bit of filling. Collapse the Sarma place it in a pot, then pour enough water to cover them, and boil over low heat until it's ready.

Luchnik

Ingredients: For the dough: 1 cup of lukewarm water, Cubes of yeast, 1 tsp of salt, 2 tablespoons of cooking oil, A few drops of vinegar, Flour as you take a soft dough

For the filling: 1 k.ch. of Rice, 3 potatoes, 1 onion, paprika, fresh herbs, mint, parsley, salt

Preparation: Knead soft dough with the listed products, divide it into two balls (a small and a big one) and leave them to rise. The rice is boiled in 4 coffee cups of salted water, which is pre-boiled with a few drops of lemon juice. The boiled rice is washed with cold water. Stew in order the onion, the potatoes (cut into tiny slices) and the rice into the heated oil. Add the paprika, the salt and the fresh spices. In an oiled pan place one of the kneaded barks, spew the filling and cover it with the second bark. Leave it to rise, and then smear it with stirred yolk and cook it until it gets orange.



Introduction to Bulgarian Cuisine

Nettle Soup

In highly preheated oil to suffocate chopped onions and about 200 g fresh young nettle leaves (cleaned and washed). Intermixture those to become soften. Then you have to add 2-3 tablespoons flour. When it becomes slightly golden -add 1 litter hot water. Allow soup to boil on medium heat for 15-20 minutes

Egg-based thickener: 1 egg, half a pot of yoghurt and crumbled cheese. Sprinkle it with chopped parsley.

Preparation: Stew a finely chopped onion and around 200g of young and fresh leaves of nettle (pre-cleaned and washed) in highly heated fat. Stir them until they soften, then add 2-3 tablespoons of flour. When the flour gets a bit crispy (golden) add 1l of hot water. The soup is then left to boil on a moderate fire for 15-20 minutes. For the liaison: 1 egg, half a cup of yogurt and crushed cheese. Sprinkle it with finely chopped parsley.

Stuffed peppers with pintos beans

Ingredients: 20 dried peppers, ½ kg. Pintos beans, 3-4 onions, 1-2 tomatoes, 1 tablespoon savoury, mint, salt

Preparation: The beans are pre-boiled. The onions are stewed, and then the tomatoes and the beans (drained from the water) are added. Stir the mix very good and add the spices. The peppers are filled with the mix and are placed in a pan, after that pour them with water and cook them in a moderate oven.

Tutmanik

Ingredients: For the dough: 1 cup flour, 1 cup yoghurt, 1 cup cheese and 1 tsp baking soda.

Preparation: Knead the dough into small balls, each ball is rolled in fat and placed in a pan. Leave it to rise for around an hour and cook it into a pre-heated oven.

“Wedding” wheat

Ingredients: 500 g corn (kibbled), 8 g of salt, 1 liter of milk, 100 ml of oil, 50 g flour, 2 ml of lemon extract, sugar for sprinkling

Preparation: The wheat is washed in several waters. Place it to the stove in a large pot - as 1 part corn and 5 parts water. Boil over low heat. The wheat is boiled faster (about two hours). Add salt and continue to boil. In another saucepan heat the oil and gently fry the flour. Move it away from the fire and while stirring add milk. Once the milk starts boiling add the sauce to the wheat. Add the lemon extract and the vanilla. The wheat is ready when it boils up again. It is served without sugar, because sugar spins out the dish. Everyone adds the sugar by one's own taste.



Introduction to Bulgarian Cuisine

Baklava

Ingredients: 1 bag of fine bark, 1 cup of sugar, 4 eggs, 1 cup of ground walnuts, 1 cup of flour, 1 packet of butter, rind of one lemon, 1 pack of baking powder

For the Syrup: 2 cups of water, 3 cups of sugar, the juice of half a lemon, 1 vanilla powder

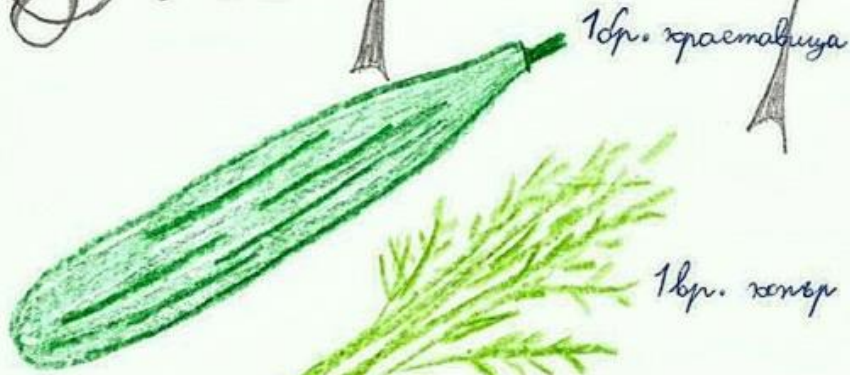
Preparation: In a greased baking dish arrange half of the pastry sheets, sprinkling each of them with hot butter. Pour the mixture prior to eggs, nuts, flour and baking powder. Arrange the rest pastry sheets, sprinkling the top of most of them with butter. The Baklava is cut into squares and small bits and poured with hot oil.

For the preparing of the syrup you have to boil the water and the sugar. When the syrup is ready, add grating lemon peel, lemon juice and vanilla. The hot syrup must be added to the cold baklava.



Плантагон

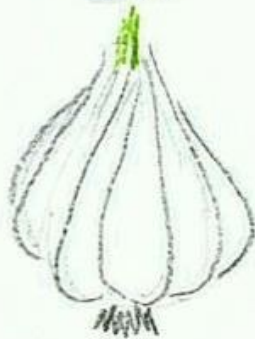
Необходимые продукты:



3 п. кисело мляко



чесък





Нарезнете ситно краставицата и копъра.
Разбийте с млякото млякото. Смесете.
Добавете олиото, сол и чесън на вкус.
Разбъркайте добре.



Сервирајте таратора студен.
Да, ви е сладко!

A Type of Bulgarian Soup

Tarator is a cold soup made of yoghurt, cucumbers, and garlic. It is best enjoyed in the summertime when the blazing sun scorches your head. You can eat it any other time too but you will appreciate its icy chill more when the temperatures around you increase.

The Bulgarian Tarator recipe:

Ingredients:

- 1 long cucumber, chopped or grated (we prefer it peeled)
- 1 garlic clove, minced or smashed
- 4 cups Bulgarian yoghurt
- 1 cup water/ not obligatory
- 1 teaspoon salt (we like it saltier)
- 1 tablespoon dill, finely chopped
- 3 teaspoons olive oil

Preparation:

Put all those together and mix well. When ready garnish with olive oil. Best when very cold.

Bon appetite (:



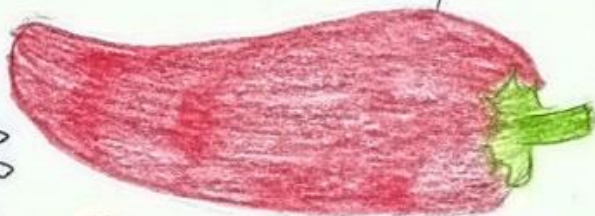
МУВАКА



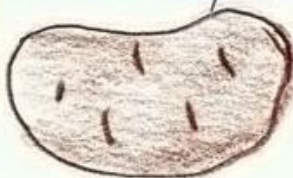
1 глава лук



1 морков



1 червена чушка
1 кг. картофи



1/2 кг. кайма



За заливката:

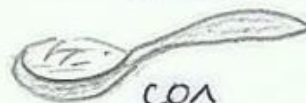
4 яйца



2 ч.ч. мляко

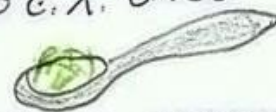


брашно



сол

5-6 с.л. олио



1 с.л. подправки

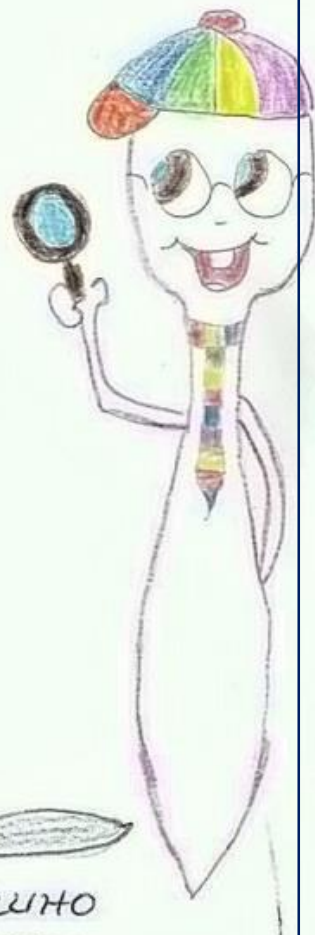


2 с.л. червен пипер



черен пипер

сол



Необходими продукти:



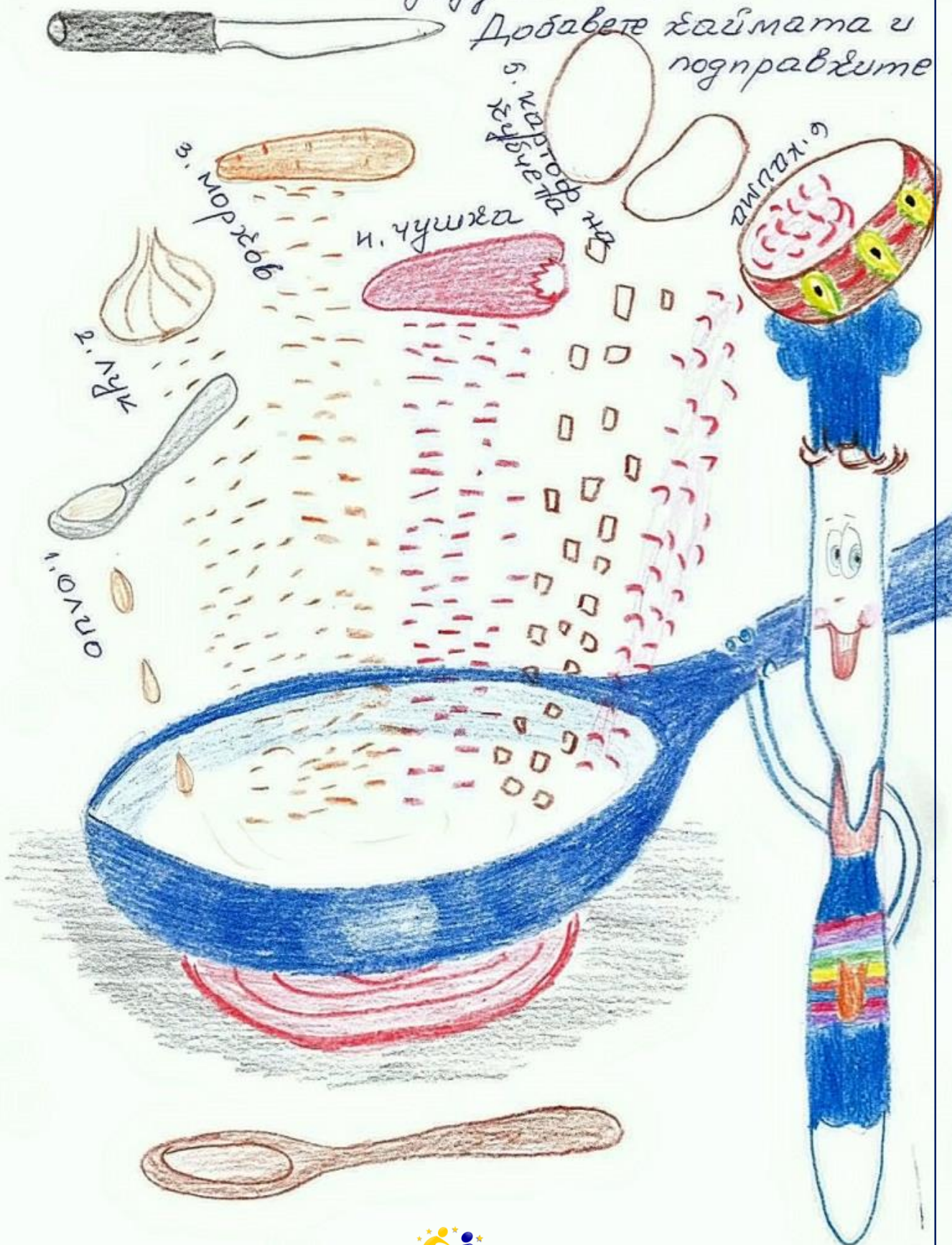
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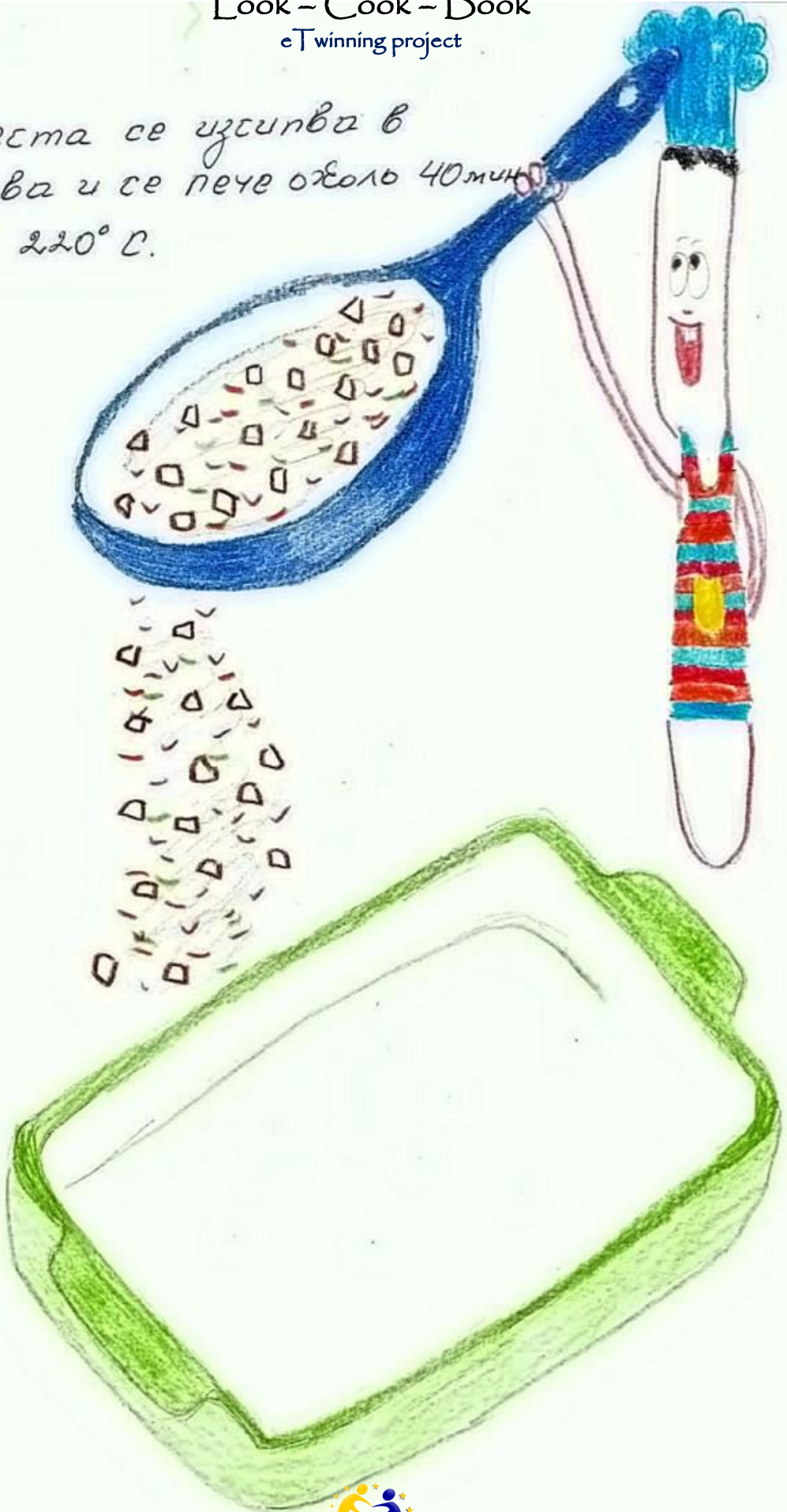
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Нарезете всички зеленчуци,
задушете ги в тиган.

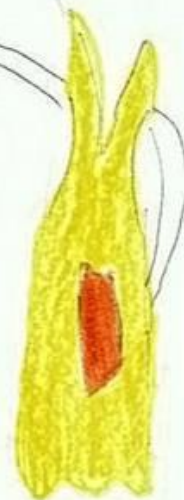
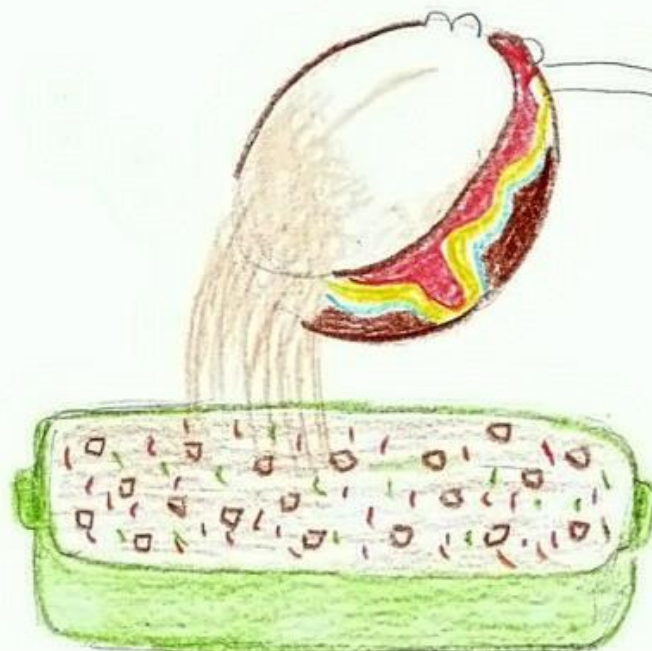
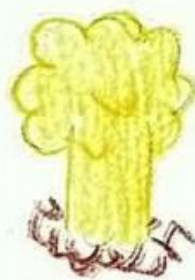
Добавете кашмата и
подредете



Сместа се изсипва в
тава и се пече около 40 мин
на 220° C.



Смесете яйцата,
млякото, малко
сол и брашно.
Разбъркайте добре.



Получената смес изсипете
в тавата. Запечете за 10 мин.



Да ви е гладно !!

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Moussaka is beloved Balkan and Middle East dish. Its preparation depends on the region. In Bulgaria Moussaka is based on potatoes and ground meat. The meal is served warm and Bulgarians eat it very often simply because it's super delicious and easy to cook.

Moussaka is the perfect dish if you are in Bulgaria and want to experience traditional recipes along with banitsa, shopska salad and tarator. The yogurt and eggs layer on top gives the dish a unique taste which you can't find anywhere else. The Greek Moussaka uses eggplant rather than potatoes.

Here's the Bulgarian Moussaka recipe:

Ingredients:

- 2 lb (~1 kg) potatoes, cut in small cubes
- 1 lb (1/2 kg) ground meat
- 1 onion, chopped
- 1 carrot, chopped
- 1 pepper, chopped
- 2 cups milk
- 4 eggs
- 5-6 tablespoons oil
- 2 tablespoons paprika
- 1 tablespoon salt
- 1 teaspoon crushed black pepper and spices

Preparation:

Start with cooking the onion, carrot and pepper in a pan with oil until golden brown. Then add the ground meat, the pepper, the paprika, and half the salt. Fry until meat gets golden brown and then remove the pan from the heat. Mix well with the potatoes and back the pan on the heat.

Add the mixture in a casserole pan with the rest of the oil. Bake in oven for about 40 minutes on 425 F (~220 C).

In the meantime, mix the milk, the eggs and small salt separately and pour on top of the meal for the last 10 minutes in the oven until it turns golden brownish.

Bon appetite :-)

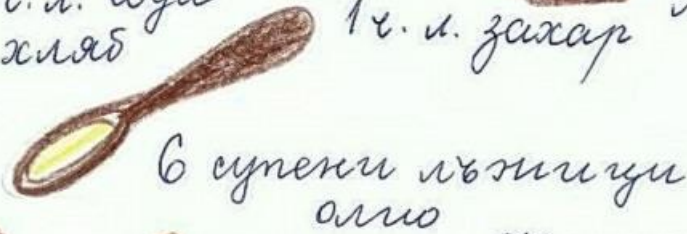
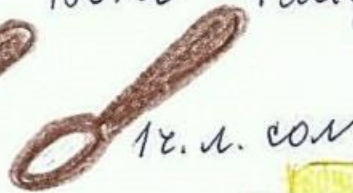
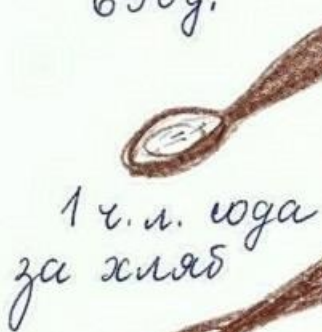


ПИТКА

Необходими продукти:



1 Бакпул-вер



Мачин на приготвяне:



сухи съставки

Киселото
мляко и
содата се
смесват



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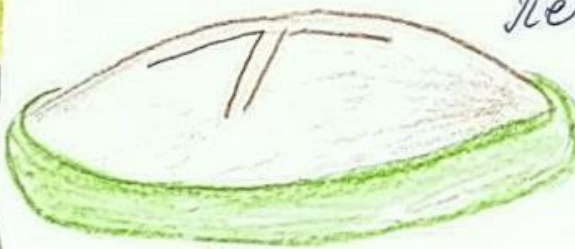
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Добавете сухи към
тежкия микс.
Разбъркайте добре.



Омесете и
оформете
месното.

Оставете да втаса
Печете 20-25 мин.
в предварително загоря-
та фурна.



Look - Cook - Book

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Bread bears strong symbolic in Bulgarian folklore and the culinary tradition. It is present in various rituals and customs, and it is a symbol of hospitality, family and home. Bread is baked for every holiday in Bulgaria. It is decorated in various ways, depending on the established traditions. The most popular form of bread, which is present on the table of Bulgarian family every day, is the standard small flat loaf of bread- "pitka". It is prepared by flour, water, salt, butter or other fat, and yeast. Ritual breads are also made according to this recipe; however, they have various shapes and decorations, depending on the season, the celebrated holiday or the imagination of the hostess.

Here's the Bulgarian Bread recipe:

Ingredients:

To make the small flat loaf of bread delicious and fluffy, you need fine white flour (650 g). You also need: 160 - 180 ml warm milk or cup yogurt, baking soda, baking powder, 1 egg, 6 tablespoons oil and 1 tablespoon butter, a pinch of sugar, salt according to your preferences.

Preparation:

In a small bowl mix dry ingredients: flour, baking powder, sugar, salt. In a bigger bowl mix the rest ingredients: yogurt + baking soda, egg, butter and 1/2 oil. The dry mixture add to the mixture into bigger bowl. Knead it well. If too dry, slowly add more water. If too sticky, add a little more flour. Knead until smooth and elastic. Grease a large bowl with oil and add dough. Cover and allow to rest at room temperature until doubled, about 1 hour.

Bake in preheated oven until golden and cooked through, 20-25 minutes. If starting to darken too much, cover with aluminium foil. Allow to cool slightly before serving.

Bon appetite :-)





2 др. помидоры



сыр

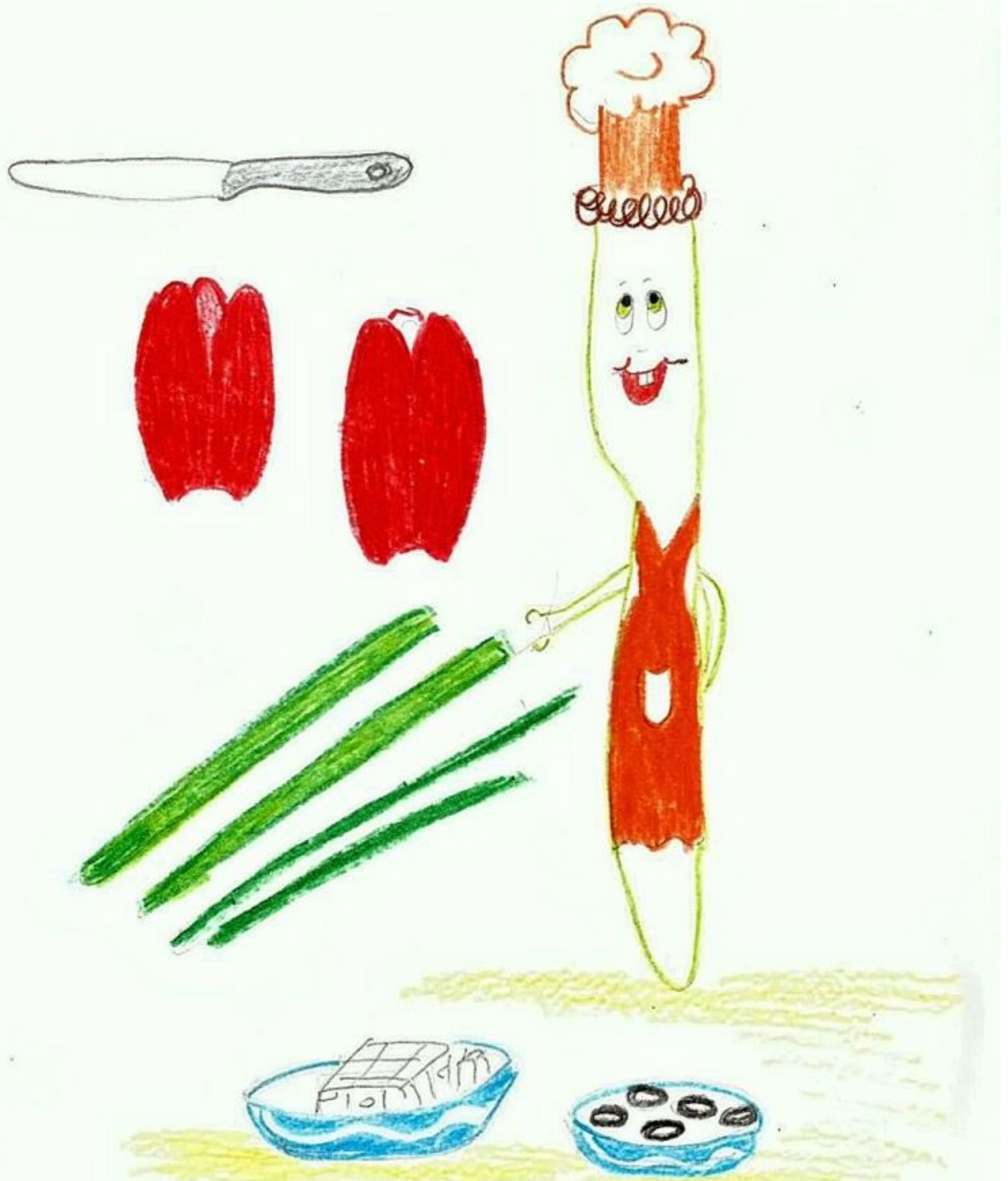


маслины



Салата „Лалема“⁶⁶





Нарезаваме краставиците на ленти,
Поричаваме галата от салата. Срезаме
големият парче на кръст.
Намазваме супата. Поричаваме
от салатата.



Добър
апетит!

Напълнете галатот със сирене,
Поставете красавицата за дръска,
а листата от лук за декорация,
Във всяко лале поставете молиха,
Да ви е сладко!

Tomato tulip salad

This is a very yummy and **EASY** salad. It's very good for the holidays. It will be very nice on table and it only takes about 15 minutes!

Here's the Tulip salad recipe:

Ingredients:

3-4 tomatoes

1 cucumber

2-3 green onion

7-8 olive oils

cheese

few pieces of garlic (according to your preferences)

Preparation:

Cut an X into each tomato, being careful not to cut through the bottom of the tomato. Gently pull the tomato apart with your fingers to make a flower. Mix cheese with garlic. Pipe the filling into the tomatoes. Arrange the filled tomatoes on a plate, place the cucumber bands like a stem and place the green onion tops next to the tomatoes to look like the flower leaves.

Bon appetite :-)



Christmas

Traditional Christmas Greeting: "Chestita Koleda"

Location: Eastern Europe

Tree Type: Traditional

Traditions: The Christmas holidays start in Bulgaria on Ignajden (20th December) and finish on Stephen's Day (28th December). It is believed that on the 20th of December the birth pangs of Virgin Mary have started and Christ is born on the "Little Christmas" (Christmas Eve, 24th December).

The Ignajden celebration is connected to the custom "polazvane" (crawling in English). Depending on the first person to enter the house, it is guessed what the next year will be – good or bad. The celebration is named after St. Ignat Bogonossec, he is called Bogonossec (God carrier in English), because he always said that he carries god in his heart. The Yule Log and the table with the Christmas dishes play the most important role in the Christmas Eve. The Yule Log is made by oak or pear wood, with its help the fire is kept lit throughout the night. There are three kinds of ritual breads: true Christmas ones (called "kolak" or "pogacha", it's meant for the people), "economic" ones (for the animals in the home) and for the "Koledars".

The "Koleduvane" starts after midnight on the 24th of December. The "koledars" have chosen their leader on Ignajden and until Christmas Eve they've learnt songs. The participants in this custom are only young and non-married men. With their songs they wish luck, health and wellbeing to the owners. The owners gift them with belts, meat and fruits. It's a Bulgarian custom to build "survachki" – big wooden rods, decorated with strands made from popcorn, dried plums, garlic and colourful wool. With it the children pat the adults for health on the 1st of January.

Traditional Christmas food: The table for Christmas Eve – the dinner should start early on that day; during the dinner, nobody should get off the table; 7, 9 or 11 meatless dishes are served: beans, "sarmi" with wheat and rice, stuffed peppers, pumpkin-head, corn, walnuts, "oshav" (boiled dry fruits like compote), wine, honey and dried fruits. A coin is placed in the Christmas cake, whoever finds it will have the most luck next year.



Sourvaknitsa



Survakane (Bulgarian: **Сурвакане**) is a Bulgarian custom used to wish a prosperous new year. Survakane is a tradition performed with a decorated stick, known as a survaknitsa or survachka, on New Year's Day, as a measure for health during the year. Survakane dates back to ancient times, and has its roots in pagan Slavic rituals.

Survakane proper is a ritual in which a member of the family, typically the youngest, lightly pats the back of others with a survaknitsa during Christmas or on the morning of New Year's Day (known in Bulgarian as Vasilovden). While doing this, he or she recites a short verse wishing their relative well for the new year. The members of the family (usually children) who do the ritual are known as survakari or survakarcheta. Afterwards, these children are awarded snacks, candy, or small amounts of money.

The survaknitsa or survachka is a curled branch of a cornel tree (Bulgarian: **Дрян**), usually decorated with coins, popcorn, dried fruits, small bagels, ribbons, and threads, although different decorations are used in different regions of Bulgaria. Typically, northern Bulgarian survaknitsas will feature fruits, bread, and seeds strung on them, while coins are used in the south. The branches are usually bent so as to resemble the Cyrillic letter "Ф" (Ф). The selection process for a branch is usually held a few days before New Year's, in order to have time to decorate the stick as the family sees fit. The branch can be taken from any live fruit tree, although dogwood is preferred because of its long life and early blossoming, which are supposed to represent desirable qualities.

Troyan Pottery

Pottery is one of the oldest crafts in Bulgaria. Remnants have been found dating back 3000 years to the Thracians.

Our pottery comes from Troyan, a town with 25,000 inhabitants located at the foothills of the Stara Planina (Balkan) Mountain range 160 kilometres (100 miles) north east of Bulgaria's capital, Sofia. Troyan was founded in 1868 and quickly developed as regional crafts centre where pottery was a main source of income for local craftspeople.



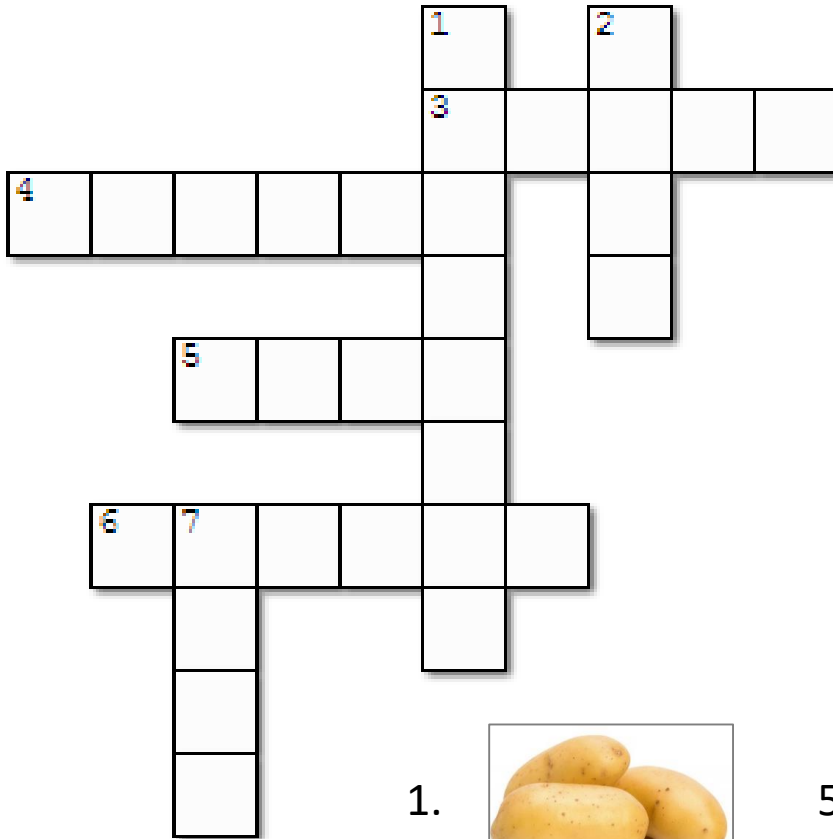
Troyan pottery is considered the true Bulgarian pottery. The Troyan style began to evolve in the 19th century based on Thracian and Slavic designs. It is unique due to the red colour of clay from the region and the design. Traditionally the pottery was painted by the village women, each woman having her signature design. They applied yellow, brown and green paint with a bull's horns and feathers to achieve a peacock or butterfly like design or smeared paint with their fingertips to achieve a raindrop like effect. All products were thrown, painted and glazed by hand.

Renaissance decorations express elements of the everyday life of the Troyan citizen, from his clothing and the nature surrounding him. These are the so-called "spuski", "polivki", "stecheni kapki", "hearts", "gaitani", "ohliovici", "stoborki", "limbi", "bairak", "wheatear", "peacock eye", "butterfly wings" and many other. Inspired by the craftsmanship of Zachary Zoraph the "Zachary flowers" are included in Troyan pottery as well as clothing and carts. Today craftsmen combine traditional designs with modern techniques and vibrant colours to produce fabulous pottery for everyday use or for home décor



Crossword

Guess which is the dish



1.



5.



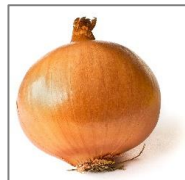
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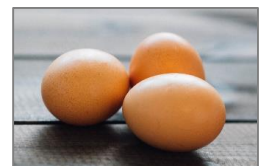
6.



3.



7.



The dish is.....

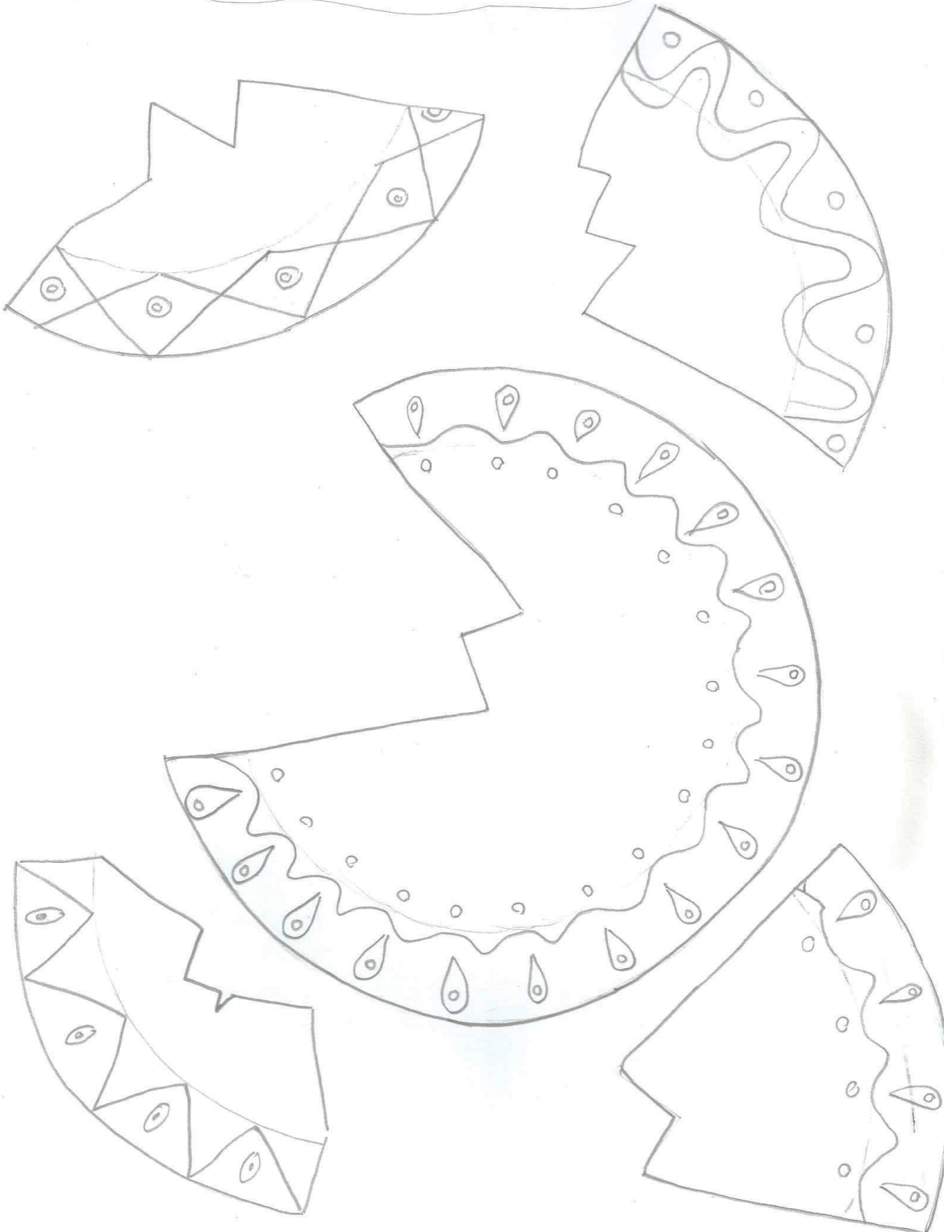
4.



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Find the missing part of the plate.





3rd grade, Vasil Levski Comprehensive School
Troayn, Bulgaria
eTwinning project "Look-Cook-Book"
2017

* there are materials from Internet in our book

