

BULGARIAN NATIONAL AND REGIONAL CUISINE

THIRD MEETING IN ALTAMURA, ITALY

2nd-8th October 2016



Erasmus+

Project “PLAY, BE FREE!”



Easter

At Easter we celebrate the Resurrection of Christ! Traditional food for Easter is Easter cake, eggs, lamb, milk salad and potato salad.



Christmas

Christmas is one of the biggest Christian holidays! The traditional dishes are salad with potatoes and beans, roasted peppers and Banitsa with lucks.



Banitsa

Banitsa is traditional Bulgarian dough dish. In Bulgarian cuisine Banitsa is prepared and served at Christmas and other holidays. People add lucky charms, coin or simply little paper pieces with written wishes. The coin symbolizes a very successful year.

The culinary show in our school

We cooked everything with homemade organic products and won first place in the competition.



National salad

SHOFSKA SALAD

Ingredients:

- Tomatoes
- Cucumber
- Cheese
- Onion
- Pepper

- Wash the all the vegetables and chop them. Put them in a bowl.
- Grate the cheese over the vegetables in the bowl.
- If you want you can put olives.

Shopska salad is most prominent colors are white (the cheese), green (the cucumbers) and red (the tomatoes and the peppers), which matches to the colors of the Bulgarian national flag



Regional soup

BEAN SOUP

Ingredients:

- Beans
- Carrots
- Peppers
- Onion
- Water
- Salt

- Beans soak in cold water for 1 night.
- Put the beans in the saucepan and bay with water.
- Boil for two hours.
- Chop the vegetables on cubes.
- Then add carrots, peppers and onion.



Regional dish

STUFFED PEPPERS

Ingredients:

-Peppers

-Cheese

-Eggs

-Flour

-Salt

- Remove the seeds from the peppers and wash them.
- Beat the eggs and mix them with crumbled cheese .
- Fill the peppers with the mixture and dip your opening them in a dish with flour.
- Arrange them in a crouch pan.
- Bake them for thirty minutes.



Regional desert

• SUTLIASH

Ingredients:

-Milk

-Rise

-Sugar

- Clean and wash the rise.
- Put it to boil, along with water and milk.
- Serve with cinnamon or jam of your choice.



Bulgarian yoghurt

Bulgarian yoghurt is an authentic Bulgarian product and is one of the most popular in the world.

Bulgarian yoghurt is believed to have been known for at least 4000 years. It contains live bacteria – *Lactobacillus Bulgaricus* and *Streptococcus thermophilus*.

It is healthy food for each age- young and adults.

Bulgarians use yoghurt to make many different dishes. One of the most popular is cold soup- **Tarator**. It contains cucumber, yoghurt, walnuts and oil.

The end

Thank you for watching. We are happy to be a part of this project!

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