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**Around Cultural Heritage
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**NAIDEN GEROV
BASIC SCHOOL
BURGAS, BULGARIA**



BULGARIAN TRADITIONAL MEALS



SALADS

SHOPSKA SALATA/ SALAD IN SHOPSKY STYLE

Ingredients

- 4 tomatoes (chopped)
- 1 large cucumber (unpeeled and chopped)
- 4 green or red peppers (roasted or raw, chopped)
- 1 large yellow onion (chopped, or 6 green onions, sliced)
- 2 tablespoons fresh parsley (chopped)
- 1/2 cup sunflower oil
- 1/4 cup red wine vinegar
- Salt (to taste)
- Freshly ground black pepper (to taste)
- 1/2 cup Bulgarian white cheese (crumbled)



Steps to Make It

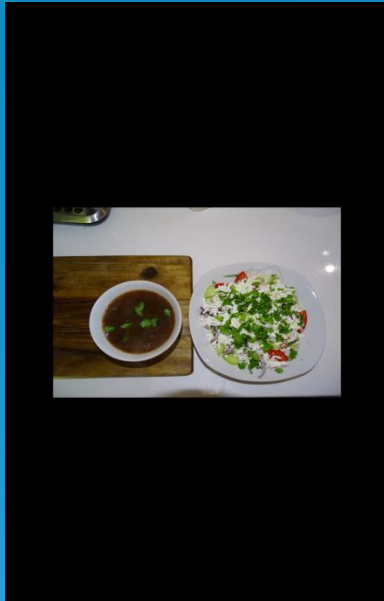
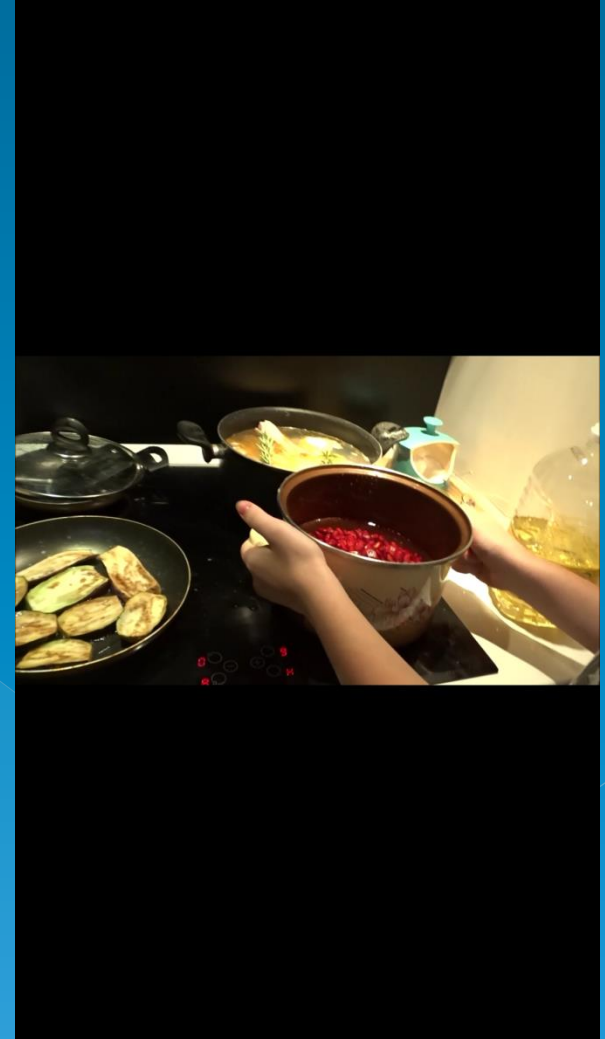
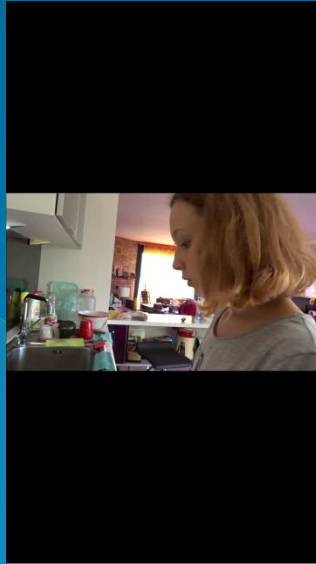
In a large bowl, place tomatoes, cucumber, peppers, onion and parsley, and toss.

Place oil, vinegar, salt, and pepper to taste in a screw-top jar. Cover and shake until well blended.

Toss dressing with vegetables, turn into a serving bowl, and refrigerate until ready to serve.

Top with crumbled cheese and portion on chilled plates. Serve with hearty bread and a glass of rakia. 😊

OUR MASTER CHEF Leyla



STARTERS

SIRENE PO SHOPSKI/ WHITE CHEESE IN SHOPSKÝ STYLE

Ingredients

200 gr white cheese

2 eggs

2 chilies

2 tomatoes, sliced

2 roasted peppers, chopped

a pinch of oregano and parsley



Preparation

Take two small pottery (earth ware) pots and put in each a layer of cheese, then a layer of peppers and tomatoes, then more cheese. Close the pots with the lids and bake for 20 minutes in 375F oven until the cheese on top is melted. Break an egg on top of each dish and cook for 5 minutes or until the egg is the consistency you like it.

OUR MASTER CHEF GEORGE



SOUPS

BOB CHORBA/ WHITE BEANS SOUP

Ingredients

- 400 gr beans (white is possible - haricot, fava, etc.)
- 2 liter water
- 2 onions, chopped
- 2 tbsp oil
- 3 tbsp flour
- 1 tsp paprika
- 4 tomatoes (or a can of tomatoes)
- 1 tsp oregano (or dried mint)
- salt to taste



Preparation

Soak the beans in the water overnight. Next morning drain off the water, add same amount and bring to boil. If you don't want to wait one day to get this done, you can simply boil the beans for an hour, then discard the water, add water again and bring to a boil again. Simmer gently for about an hour or until the beans soften. In a separate pan fry the onions in the oil until golden brown, add the flour, stir and fry for less than a minute. Add the paprika, stir and add to the beans. Add the tomatoes and oregano as well. Leave the soup to simmer on a low heat for about 20 minutes.

MAIN MEALS

PALNENI CHUSHKI / STUFFED PEPPERS

Ingredients

- 6 green or red peppers
- 400 gr lb minced meat
- 1 cup white rice
- 2 tablespoons oil
- 1 tomato, peeled and minced
- 1 carrot, minced
- 1 onion, minced
- 1 teaspoon paprika
- 1 clove of garlic, minced
- 1 tablespoon of parsley, minced
- pinch of oregano, cumin, savory, black pepper



Preparation

Fry the onion until golden in the oil, add the garlic, carrot, red pepper, oregano, cumin, savory, black pepper and the meat. In a separate pan, cook the rice in some oil for about 5 minutes, then add a cup of water and let it simmer until the rice absorbs it all. When ready add everything together. Add the tomato and stir well until well mixed. Take off the heat and use the mixture to stuff the peppers. Put the stuffed peppers in a casserole or a pot, fill with water just below the top of the peppers and bake/cook for about 30 minutes on 200 C.

OUR MASTER CHEF NIKOLA



DESSERTS

TIKVENIK/ SWEET PUMPKIN CAKE

Ingredients

- 1 pie pumpkin, peeled and seeded, or 1 (1-pound) can pumpkin puree
- 4 ounces (1 stick) butter plus 1 cup (2 sticks) melted butter
- 1 cup sugar
- 1 cup chopped walnuts
- 1/2 teaspoon cinnamon
- 16 sheets filo dough, thawed



Steps to Make It

Grate pumpkin. Melt 4 ounces butter in large saucepan and add pumpkin and sugar, cooking until pumpkin is tender. Let cool and add walnuts and cinnamon.

If using canned pumpkin, transfer to a bowl and add sugar, walnuts, and cinnamon, mixing well.

Heat oven to 400 degrees. Fold one sheet filo dough in half so it measures 12 inches by 8 inches. Brush lightly with melted butter.

Portion out a 1/2-inch strip of filling along either the 12-inch edge if you want an "S"-shaped scroll, or along the 8-inch edge for a cigar-shaped roll and 1/4 inch away from the edges. Fold up bottom edge first, then sides and then roll away from yourself until you have a tight cylinder. Brush lightly with more melted butter.

Repeat with remaining 15 sheets of filo dough. Shape long cylinders into "S" shapes or leave short cylinders as is and place them on a parchment-lined pan. Bake for 20 minutes or until golden brown and crispy. Serve warm or at room temperature.

OUR MASTER CHEF ANITA



THANK YOU FOR
YOUR ATTENTION

