



BULGARIA – (country)

Dobrich – (city)

“First of June”17 – (name of the kindergarten)



The important Bulgarian herbal is Spicy salt.

Fenugreek is a basic herbal in our traditional spicy salt. It includes at least 5 spices, the obligatory ones are: salt, red pepper (usually spicy, called sweet), savory, fenugreek and thyme. In addition, corn flour and / or breadcrumbs, ground to a fine powder. All of these herbs mixed and the Spicy salt is ready.



How can we use it?

For flavouring: There is nothing accidental in the fact that when we welcome guests, it is with a bite of bread, melted in spicy salt. It is a breath of childhood, a tradition, a taste with which we have grown up for generations, many generations. We do not associate anything so strongly with Bulgaria in terms of cuisine, but not only that. Many Bulgarians abroad, putting a jar of spicy salt in the suitcase and put a piece of the past, the homeland, the family.

There is no home without colourful salt and each home has its own recipe for the unique combination of spices. Ratio, types, technology - everything is so specific to each homemade recipe. Unfortunately, the purchased one, compared to the home one, is neither so tasteful nor so colourful, but it is doubtful exactly what is put in it. That's why we suggest you learn about the classic ingredients and prepare your own spicy salt.