Christmas in Bulgaria

We celebrate Christmas on December 25. On Christmas Eve even our teenage brothers and sisters remain at home, celebrating with all the family.

 We have a very special tradition in Bulgaria, which comes from ancient times /before Christ/. It’s connected to the Winter solstice and the belief that people should fight the evil forces of Nature /darkness, cold, frost, blizzards, drafts, infertility and all of the kind/. This ritual, called SURVAKANE is very important for the good health and overall prosperity of people and agriculture.

Normally we have cooked beans, a meal from rise and spices wrapped in cabbage, or vines leaves, different kinds of salads, cheese, and most important the Christmas “pita”, or banitza with a coin for luck in it. We often put more luck items in the banitza, so that most of the people can get their chance.

We write little notes with good wishes which, wrapped in aluminium foil we put in the pita, or banitza before baking.

We have special compote from boiled dried fruits /plumps, apples, pears and apricots with lemon and spices. And lots of nuts, pop corn and fresh fruit. We also drink airan – a drink from the real Bulgarian yoghurt mixed with water and a bit of salt. Adults drink red wine.

For a dessert we have fruits and a kind of pastry soaked in very sweet syrup.





