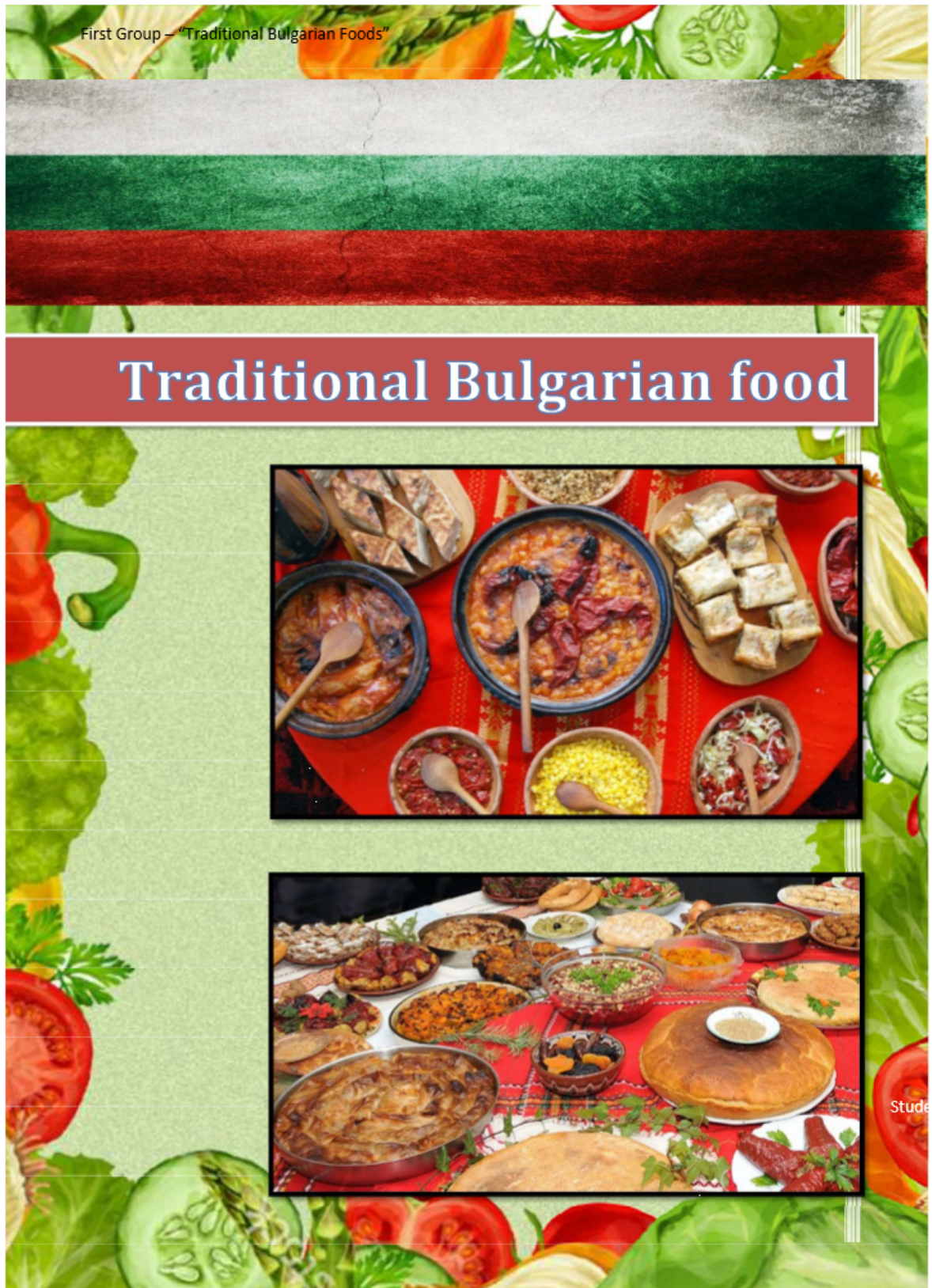


Group 1 - Traditional Bulgarian recipes

Tuesday, December 6, 2016 4:32 AM



Simona



First Group – "Traditional Bulgarian Foods"

TARATOR

Tarator (Cucumber Soup) is one of the traditional Bulgarian dishes. It is prepared mainly in the summer months, because it has a cooling effect, but many people prepare it all year long.



Ingredients:

- 500g yoghurt
- One large or two smaller cucumbers, peeled and finely chopped
- 1 garlic clove-chopped
- 1 cup of water (around 250 ml)
- 1 table spoon olive oil and salt
- Fresh chopped dill

COLD SOUP TARATOR



Method:

Mash the garlic with salt and then add to it grated or finely chopped cucumber. Add these to a large bowl and pour the yoghurt. Gradually add water. Add additional salt to taste. Add finely chopped walnuts and fresh dill as well as a couple of teaspoons of oil



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LESHTA

This lentil soup is one of my favorite Bulgarian dishes. The trick with really good Bulgarian cooking is to do it low and slow with a pinch of love of course. It's best served with hot crusty bread or a spicy pepper.



Ingredients:

- 2 cups brown lentils
- 1 onion, chopped
- 1 tablespoon flour (optional)
- 1 paprika
- 2-3 medium ripe tomatoes
- 1 teaspoon cumin
- 5-6 cloves garlic
- 2 medium carrots finely chopped



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Method:

Boil the lentils slightly salted water for about 20-25 minutes. Heat the oil in a pan, chopped the onions, carrots and celery for about 5 minutes and simmer for about 10 minutes. Add the cooked and drained lentils, the tomatoes and the garlic to the pan and simmer for another 10-15 minutes. Add the corn flour to thicken the dish, season with salt, pepper and chubritza.



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Created by Simona Georgieva



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Shembe-chorba



Ingredients:

- 1 T butter
- 3 ½ beef stock
- 1 ea onion—chopped fine
- 1 T salt
- 1 ea bell pepper-cut into thin —strips
- ½ t marjoram, dried
- 1 ea bay leaf
- 2 T flour
- 2 T parsley-chopped fine
- 1 can tomato paste (6oz(~180g))
- 1 ea garlic clove-crushed
- 1 ½ lb (675g) tripe, cooked



- 2/3 C Kashkaval cheese-grate

Procedure:

1. Combine onion, red pepper, butter in large saucepan.
2. Strinkle flour over onion mixture, then stir in the tomato paste.
3. Cut tripe into thin strips.
4. Add trip pieces, stock, salt, marjoram and bay leaf to onion mixture.



5. Partially cover the pot and simmer 30 minutes.
6. Remove and discard bay leaf.
7. Pour soup into a tureen or serve in individual bowls.
8. In a small bowl, combine parsley, garlic and cheese- strinkle over hot soup-serve immediately.



Created by Natalia - GROUP 1 - 10th Grade G class

