

## Group 2 - Traditional Bulgarian menus for breakfast lunch and dinner

Tuesday, December 13, 2016 4:40 PM



Traditional  
Bulgarian

### Traditional Bulgarian Breakfast



### Ingredients

- 4 eggs
- pinch of baking soda
- 1/4 kg sirene (white cheese)

### Preparation

Take 12 pastry sheets (phyllo). Grease bottom of a pan with butter or oil. Brush 3 sheets with butter. Place sheets one atop the other. Spread 1/3 of filling. Top with 2 more sheets, each brushed with butter or oil. Spread second third of filling. Repeat one more time. Top last layer of filling with 3 oiled sheets. Bake in a moderate oven until wooden pick inserted in center comes out clean



## Popara

Widespread morning meal in Bulgaria is “Popara”. Bulgarian kids love it! It’s made with a glass



of warm milk (or tea), 2 chopped slices of bread, Bulgarian white cheese, some butter and sugar if you want it sweet. Put everything in a bowl and you are ready to eat. I assure you it is very delicious and super easy to prepare. It tastes better than it looks. I promise!

# Popara

Widespread morning meal in Bulgaria is “Popara”. Bulgarian kids love it! It’s made with a glass



of warm milk (or tea), 2 chopped slices of bread, Bulgarian white cheese, some butter and sugar if you want it sweet. Put everything in a bowl and you are ready to eat. I assure you it is very delicious and super easy to prepare. It tastes better than it looks. I promise!