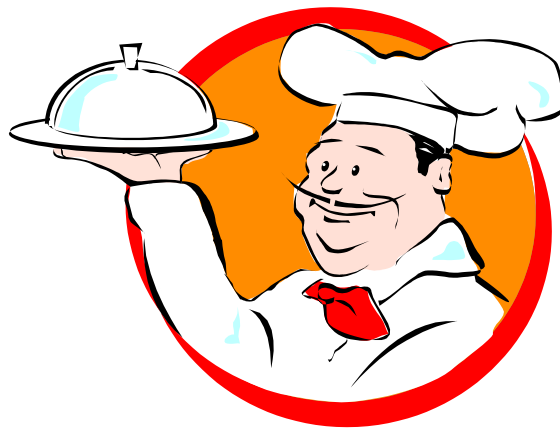




A Cookery Book



‘Food is our common ground, a universal experience.’

James Beard



Shopska salad (shopska salata)



As soon as the winter months have faded and we start to enjoy the warmer months of summer, one can't help thinking of this fabulous Bulgarian salad.

Ingredients:

4 spring onions;
4 medium size tomatoes;
half a cucumber;
2 green peppers;
100g of bulgarian 'cirene' white cheese (or feta);
chopped fresh parsley;
olive oil;
salt;
optional: olives

Instructions:

Grill the peppers until the skin starts to darken and crisp. Let them cool, covered, for a few minutes. Then remove the skins and the pips. Cut them into small cubes, along with the onions, tomatoes and cucumbers. Place the prepared ingredients into a large salad bowl. Flavor the salad with chopped parsley, olive oil and mix well. Cover in grated white cheese and enjoy!
If it takes your fancy, add a few black olives.





Panagurishte poached eggs (yaica po panagyurski)

This dish is named after Panagurishte
(pronounced pan-a-gyor-ish-te) town.

Ingredients:

8 eggs;
4 soup spoons of butter;
600 g of natural yoghurt (Bulgarian if possible!);
5 or 6 cloves of garlic;
5 soup spoons of vinegar;
2 teaspoons of paprika;
One third of a teaspoon of chili powder;
Freshly chopped dill;
Salt



Instructions:

Crush the garlic and mix it with the yoghurt and half a coffee cup of salt.

Boil a full pan of water (with salt and the vinegar). Break the eggs one by one into a bowl, and then poach them in the simmering water.

After three minutes of cooking, remove the eggs. In a serving plate, place the yoghurt and then the eggs on top.

Heat the butter; add paprika and the chili powder. Mix together for a few seconds and remove from the heat. Drizzle over the poached eggs.



Sprinkle with freshly chopped dill and serve with fresh crusty bread for a delicious and quick meal.



All skillful housewives are convinced - bake it to be loved ☺



Ingredients:

1kg-flour,
2-eggs,
1 tea cup - yogurt,
1 pack. -yeast,
6soup spoons- olive,
1 soup spoon- vinegar,
250-300gr. – white cheese /feta/
1 tea cup – warm water or milk

Instructions:

Knead dough from the ingredients. Keep it in a warm place to rise for the 1st time. Knead it once again and divide it in 6-7 or 8-9 parts formed as balls. Roll out sheets in a middle size; grease them with margarine, spread in a large baking dish and sprinkle with the cheese. Roll the sheets and cut the rolls on several parts. Put the cutted parts in the baking dish each with the wide side upwards. Keep it in a warm place to rise for the 2nd time. Grease it with a beaten up egg and bake it in hot oven 40-45 minutes on medium heat.

