

Kebapche

Minced meat grilled sausage

Ingredients



2 lbs minced meat (60% pork, 40% beef)
1 tablespoon salt
1 tablespoon ground black pepper
1/2 teaspoon cumin
1 glove garlic, minced (we prefer it with garlic but it's not necessary)

Preparation

Mix all ingredients together, mix well. Leave in the fridge for at least 30 minutes. Take out and roll in sausage like pieces. Makes about 30 pieces.

Kyufte

Minced meat meatball

Ingredient



2 lbs minced meat (60% pork, 40% beef)
1 onion, chopped
1 tablespoon salt
1 tablespoon ground black pepper
1 teaspoon cumin
1 glove garlic, minced (we prefer it with garlic but it's not necessary)

Preparation

Mix all ingredients together, mix well. Leave in the fridge for at least 30 minutes. Take out and shape in balls then flatten in patty-like pieces.

Makes about 20 pieces. If you think this recipe is exactly like the one for [kebapche](#), look again - this one has onion in it and it makes all the difference

Shopska Salad

Traditional Bulgarian salad

Ingredients



4 ripe tomatoes

2 long cucumbers
1 onion
1 red or green pepper
1/3 bunch of parsley
2 tablespoons (olive) oil
3 tablespoons of red wine vinegar
1 cup (1/2 lb) Bulgarian cheese (or feta cheese)

Preparation

Chop all tomatoes (we recommend leaving the pieces bigger), cucumbers and the pepper and put in a bowl. Add the finely chopped onions and parsley. Sprinkle with the oil and vinegar and mix it all together. Grate the feta on top.

About Shopska Salad

Shopska salad is a traditional Bulgarian cold salad made from tomatoes, cucumbers, onion, raw or roasted peppers and sirene (Bulgarian cheese, feta cheese, white brine cheese). Shopska salad is a very distinctive Bulgarian dish. It is named after a group of very frugal people called *shopi* who live in the capital of Bulgaria, Sofia.

Snezhanka



Ingredients

1 lbs (4 cups) yoghurt
1/2 cucumber, peeled, chopped in cubes
1 garlic clove, finely chopped
a pinch of salt
1 tbsp olive oil
a pinch of fresh dill, finely chopped

Preparation

Drain the cucumber as much as you can, add all the ingredients together, refrigerate for at least 1 hour before serving. For best results you can add some sour cream to thicken the mixture.

Cabbage Salad

This is such a simple recipe, the result are so good it is a legend in Bulgarian dishes.

Ingredients:

1/2 cabbage
1 medium carrot
sunflower oil
vinegar
salt

Preparation:

Slice the cabbage and grate the carrot. Put in a bowl and cover with oil and vinegar and mix well. Add some salt to taste. That's it!

Tarator

Traditional Bulgarian yogurt cold soup

Ingredients



1 long cucumber, chopped or grated (we prefer it peeled)
1 garlic clove, minced or smashed
4 cups yoghurt
1 cup water
1 teaspoon salt (we like it saltier)
1 tablespoon dill, finely chopped
4 big pecans, well crushed
3 teaspoons olive oil

Preparation

Put all those together and mix well. When ready garnish with olive oil (or other favorite oil). Best when chilled.

Hint: Try it with no dills and pecans - Bulgarian restaurants favorite.

About Tarator

Tarator is a cold summer soup made of yogurt and cucumbers. It is served chilled. Local variations may replace yogurt with water and vinegar, omit nuts or dill, or add bread. The cucumbers may on rare occasions be replaced with lettuce or carrots.

Mish-Mash (Eggs, Peppers, Cheese)



Literally translated mish-mash means hodge-podge. This is a very tasty meal which I grew up on as my parents were never home to prepare lunch and it takes 10 easy minutes to make.

Ingredients

3 tomatoes, chopped
3 red peppers, chopped
1 onion chopped,
2 tbsp oil,
1/2 lbs cheese, crumbled (feta),
3 eggs,
chopped parsley,
salt and pepper to taste

Preparation

Heat the oil in a frying pan, add the onions and the peppers and cook until onions are golden. Add the tomatoes and cook for additional 3 minutes. Add the cheese and eggs and cook for another 2-3 minutes. Sprinkle with parsley and serve. Delicious with toast.

Zelevi Sarmi (Stuffed Cabbage Leaves)

Ingredients



1 cabbage, pickled
3 onions, chopped
1 carrot
1 root celery
2 cups white rice
1 teaspoons salt
1 teaspoon black pepper
bunch of Italian parsley, chopped
2 tablespoons tomato juice or puree

Preparation

De-leaf the cabbage. Combine the onion, carrot, celery and cook in the oil until onion turns golden. Add the rice, parsley, salt and the pepper.

Use the mixture to fill the leaves, shaping as small bundles. The best way to do it is to put some mixture on a big leaf, put a small leaf on top and wrap the big leaf around the small one. Put in a pot, cover with water and boil. You can bake them in the oven in a casserole pan full of water instead.

Stuffed Peppers

Stuffed peppers with cheese

Ingredients



6 green or red peppers
1/2 lb minced meat
1 cup white rice
2 tablespoons oil
1 tomato, peeled and minced
1 carrot, minced
1 onion, minced
1 teaspoon paprika
1 clove of garlic, minced
1 tablespoon of Italian parsley, minced
pinch of oregano, cumin, savory, black pepper

Preparation

Fry the onion until golden in the oil, add the garlic, carrot, red pepper, oregano, cumin, savory, black pepper and the meat.

In a separate pan, cook the rice in some oil for about 5 minutes, then add a cup of water and let it simmer until the rice absorbs it all. When ready add everything together.

Add the tomato and stir well until well mixed. Take off the heat and use the mixture to stuff the peppers. Put the stuffed peppers in a casserole or a pot, fill with water just below the top of the peppers and bake/cook for about 30 minutes on 400 F

Kavarma

Pork kavarma kebab, roast stew

Ingredients



2 lbs pork meat, cut into cubes
1/2 cup oil
2 big leeks
1 tablespoon tomato sauce or puree
1 tablespoon paprika
a pinch of crushed black pepper
1 cup red or white wine
1 onion, chopped
2 carrots
2 bay leaves
a pinch of parsley
1 hot pepper

Preparation

Combine wine, tomato sauce, paprika and black pepper to make the marinade. Add the cut in discs carrots to the pork and cook in very hot oil until meat starts to brown. Take out and soak in the marinade for about 30 minutes.

Use the same hot oil to cook the cut in discs leeks, add 1/2 cup water to it and cook while soft (about 5 minutes). Add meat and remaining marinade to the leeks, reduce the heat and simmer until most of the water is gone. Add the bay leaves, chopped onion, and the hot pepper and cook for about 5 more minutes. Sprinkle with parsley and serve. Goes well with French fries or white rice.

Moussaka

Traditional Bulgarian dish with potatoes and minced meat

Ingredients



2 lb potatoes, cut in small cubes
1 lb ground meat
1 onion chopped
4 eggs
2 cups milk
2 tablespoons paprika
1 tablespoon salt
1 teaspoon crushed black pepper
1/2 cup oil

Preparation

Cook the onion in 1/4 cup oil in a pan until golden brown. Add the meat, half of the salt, the pepper and the paprika. Fry until meat gets brown. Remove the pan from the heat. Add the potatoes, add the other 1/4 cup of salt and mix well. In casserole pan put the rest of the oil and add the mixture. Cook about 40 minutes on 425 F. Mix the eggs and the milk separately and pour on top. Cook for another 10 minutes or until the top turns brownish.

About Moussaka

Moussaka is rather famous on the Balkans and in the Middle East. Its recipe is different depending on the region, but in general it's based either on potatoes (Bulgaria) or eggplant (Greece) and the top layer is often a custard. Grated cheese or bread crumbs are also often sprinkled on top.

Banitsa

Bulgarian cheese pastry, cheese pie

Ingredients



1 pack of filo dough
3 eggs
1 lb Bulgarian cheese (or feta cheese)
3 tablespoons butter
1 cup of milk or yoghurt

Preparation

Mix the crumbled cheese, milk and eggs together. Don't over mix - cheese should be lumpy. Melt the butter in a cup. Butter the bottom of a casserole pan. Lay 5-6 sheets of filo dough, one after another (not together) as you spread some butter in between - use a brush for this. Spread some of the cheese mixture on top, lay another 3-4 sheets, spreading butter in between. Repeat until all mixture is used. Lay the last 3-4 sheets on the top with no butter in between. Spread the rest of the butter on top. Cut in portion sized squares and bake in the oven until golden (about 30 minutes on 400 F).

Spinach Banitsa



Ingredients

2lbs flour,
3 cups water
2lbs spinach, finely chopped
1lbs white cheese (feta),
3/2 cups of yoghurt (or milk),
4 tbsp butter,
1 tbsp oil,
1 tsp vinegar,
a pinch of salt.

Preparation

Cook the spinach in 1 tbsp butter for 5 mins. Let it cool and add in the crumbled cheese and yoghurt. Separately, combine the flour, oil, vinegar, salt and water and knead until you get hard dough. Separate into 10 and roll into thin sheets. You can also use filo dough sheets from the store instead. Line a baking dish with butter, place 1 sheet on the bottom and top with the spinach filling. Repeat until all sheets are done. Bake for about 35 mins in

375 F oven.

Try the same recipe with leeks instead of spinach!

About Banitsa

Banitsa (banica and banitza) is a traditional Bulgarian pastry prepared by layering a mixture of whisked eggs and pieces of sirene (the Bulgarian cheese) between filo pastry and then baking it in an oven.

Traditionally, some kismets (lucky charms) are put into the pastry on some of the national holidays or other occasions - Christmas Eve, the first day of Christmas, New Year's Eve, etc. They are usually small pieces of a dogwood branch with a bud - this symbolizes health and longevity. Other wishes include happiness, health, and success throughout the new year.

Banitsa is served for breakfast with [plain yogurt](#), [ayran](#), or [boza](#). Served hot or cold, it always is a very tasty meal. There are several varieties which include banitsa with spinach, banitsa with milk, banitsa with pumpkin (tikvenik), etc.

Baklava

We don't claim Baklava is a Bulgarian dish. It is claimed by almost every Balkan state as its own invention. In the US, it is known as a Greek pastry, although truth be told, it's Turkish.



Ingredients

- 1 pack of filo dough
- 1 lb walnuts, chopped medium fine
- 1 tsp vanilla (or use vanilla sugar)
- 4 tablespoons of butter, melted
- 4 1/4 cups sugar
- 2 cups water
- 1 tsp lemon juice

Preparation

Make the syrup first. Boil the water and sugar for 15 minutes. Add lemon juice, boil 10 more minutes, set aside to cool. Then make the filling - mix the walnuts, 1/4 cup of sugar and vanilla. Take out a sheet of dough and place it in the pan. Brush the dough with melted butter. Repeat 10-12 times. Spread the walnut filling across the tray. Do the rest of the dough sheets in the same way as the first 10-12. Cut the surface into squares or diamonds. Bake on 325 degrees for about 60 minutes or until golden brown. Let it cool a bit and add the syrup. Let cool down before serving. Best served cold.

Almost All recipes are from - <http://www.findbgfood.com/>