

COMENIUS SCHOOL PARTNERSHIPS YOU ARE WHAT YOU EAT



**SOME HEALTHY RECEPETS
FROM BULGARIA AND SATOVCHA**

Tarator Soup



Ingredients:

1 large cucumber, grated, 1 ½ cups yoghurt, 1 tablespoon olive or sunflower oil,, 3 cloves garlic, grated, 1 small onion, sliced very thinly, 2 tablespoons fresh dill, chopped, ¼ - ½ cup water, 2 tablespoons finely chopped walnuts.

Preparation: Mix cucumber and onion in a serving bowl. In a jar, shake /mix together the yogurt, water (to desired thickness), oil, dill, and garlic. Pour over cucumbers and onions. Garnish with chopped walnuts and serve. Makes 2-3 servings.

Filled peppers with minced meat and rice.



Ingredients: 500gr. forcemeat, 1 onion, carrots, parsley cut finely, 1 cup rice, tomato paste, 1 spoon red pepper, black pepper

Preparation:

Mix products in a frying pan with oil. Frying them about 5 min. The peppers are cleaned from stems and fill them with the mixture. The filled peppers are put in a large tin. Add water the peppers stay under the water. The dish is boiled about 30min.

White cheese with green peppers



Ingredients:

2 kg. sheep's yoghurt, 250 gr. sheep's cheese, 100 gr. butter, 4 cloves garlic, Salt

Preparation:

Strain the yoghurt in cheese-cloth for 10 hours. Grate the cheese and stir well together with the butter. Add the strained yoghurt, salt and the pressed garlic. Stir well to make it homogenous. Serve chilled shaped like

balls with about 5 cm diameter.

Mashed potatoes



Ingredients:

5 potatoes; 100 ml milk 50 gr. butter; salt;

Preparation:

Boil potatoes, peel them and mash with butter. Add milk and salt. It must obtain a homogeneous mixture. Serve with meat or fish.

Rice with Vegetables Recipe



Ingredients : 2 cups long grain rice, 2 tablespoons cooking oil, 2 tablespoons butter, 2 medium onions, finely sliced, 2 clove garlic, chopped finely, 4 cups hot water, 2 carrots, cut into matchstick pieces, 12 green beans, sliced thinly, 1/2 cup diced red or green pepper, 1 small potato, peeled and cubed, 1/2 cup fresh green peas, Salt.

Preparation:

Heat a saucepan with the ghee and cooking oil and cook the onion over low heat for 10 minutes until soft and golden brown. Add garlic and cook for another 2 minutes. Add rice, raise the heat to moderate and fry for 2 minutes more. Add hot water, salt. Bring to the boil over high heat and when bubbling, turn heat to very low. Cover the pan with a tight lid and cook for 10 minutes. Add vegetables and sprinkle with extra teaspoon of salt if required. Replace the lid and cook for a further 10-15 minutes until the vegetables are tender but not overcooked. Leave pan uncovered for a few minutes then fluff up with a fork, mixing the vegetables through the rice. Use a slotted metal spoon to pile rice on serving dish.

Roasted Vegetables



Ingredients: 1 small butternut squash, cubed, 2 red bell peppers, seeded and diced, 1 sweet potato, peeled and cubed, 3 Yukon Gold potatoes, cubed, 1 red onion, quartered, 1 tablespoon chopped fresh thyme, 2 tablespoons chopped fresh rosemary, 1/4 cup olive oil, 2 tablespoons balsamic vinegar, salt and freshly ground black pepper,

Preparation: Preheat oven to 475 degrees F (245 degrees C). In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Trahana



Ingredients: Butter, a tablespoon olive oil, Cheese, 1/2 tea cup of Trahana, 4 cups water

Preparation: Bring the water and olive oil to boil. Add the trahana and stir constantly for approximately 10 - 15 minutes. Add a little tomato paste and salt to taste. Serve with grated romano cheese and a little bit of butter in each bowl.

Baked Carp



Ingredients: 1 green pepper, chopped, 1/4 cup diced celery, 1 carrot, diced, 1 onion, sliced, 2 tomatoes, chopped, 1/2 cup cooking oil, 1-2 pounds carp, Salt and pepper, Flour, Paprika

Preparation: Combine vegetables and place in baking dish with oil. Use carp, whole or sliced; season with salt and pepper, roll in flour, place on vegetables and sprinkle with paprika. Bake uncovered in moderately hot oven (375°-400° F.) 40 minutes or until browned, basting frequently with liquid in pan.

Shopska Salad

**Ingredients:**

1 onion, 500 gr tomatoes, 150-200 gr ripened cow or sheep cheese in slices, 1/2 dl oil, 1 small hot pepper, 1 cucumber, salt

Preparation:

Peel onion and chop finely. Wash tomatoes, peel, cut into round slices, mix onion and tomatoes, pour over with oil, salt and add peeled cucumber cut into cubes. Mix all slowly, sprinkle with grates or crumbled cheese with small pepper cut into rounds. This delicious salad is a frequent accompaniment to maize flour dishes (cornbread, green vegetables pie), to baked or cooked potatoes. French toast, tchevapchitchi (grilled cork-shaped ground meat) and the like.

Mixed salad

**Ingredients:**

1 onion, 500 gr tomatoes, 150-200 gr cheese in slices, 1 small hot pepper, red peppers, 1 cucumber, salt, 1/2 dl oil, eggs

Preparation: Chop the lettuce, tomato, the onion and the tuna. Peel and grate the carrots. Cook the eggs. Place all this on a salad dish, and decorate with asparagus, the egg and the olives on top of it. Dress to taste.

Vegetable soup



Ingredients: 1 ½ cups tomato juice, ¼ teaspoon black pepper, ½ teaspoon basil, ½ teaspoon paprika, 2 tablespoons margarine or butter, 3 stalks celery /chopped/ or 2-3 tablespoons dried celery leaves, 8 cups water or chicken broth, 2 ½ cups finely chopped cabbage, 1 small onion, sliced, 1 cup carrots, sliced.

Preparation: Heat tomato juice, carrots, onion, celery and pepper in a soup pot. Bring to a boil, then reduce heat to low. Sprinkle with salt and paprika. Meanwhile, heat margarine in a skillet over medium heat. Heat all together until boiling, and reduce heat to low. Cover and simmer for 30 min.

Chicken Soup



Ingredients: 6 peppercorns, 1 bay leaf, 2 whole cloves, ½ cup carrots, sliced, 3-4 cloves garlic, peeled and halved, 1 whole chicken, washed well, 1 tablespoon salt, 1 medium onion, halved, 8 cups water, 2 tablespoons dried celery or parsley leaves.

Preparation:

Make a spice bag by tying spicebag ingredients into a piece of cheesecloth. In a large uncovered pot, cook chicken, onion, salt and spicebag together in water over low heat until chicken is done [about 1 ½ to 2 hours]. Remove chicken from bones and return meat to soup. Discard spicebag and onion. Add celery or parsley leaves and carrots. Simmer until carrots are tender. If desired, 1 cup rice or noodles.

Rice with chicken



Ingredients: Chicken, 1 tomato, Paprika, Artichokes, Peas, 300 gr of rice

Preparation: Cut the chicken in chunks and fry. Add the grated tomato and let it cook. Next, add a teaspoon of paprika and water (about 1 ¼ lt). Cook for 20 minutes, 10 if using a pressure cooker. Add rice, the artichokes cut in fours and the peas. Cook for 20 minutes, 10 if using a pressure cooker. Serve watery

Lentil soup



Ingredients: 2 cups cleaned and sorted lentils, 2 chopped garlic cloves, ½ teaspoon black or red pepper, 1 ½ cups sliced carrots, 3 quarts /12 cups/ water or chicken broth, 1 large onion, sliced, 1 teaspoon oregano, 1 bay leaf, ¼ cup chopped celery, 1 or 2 cups chopped peeled tomatoes with juice.

Preparation: You may soak the cleaned and sorted lentils in the water overnight if you want to, but it is not absolutely necessary. In the large soup pot, combine all ingredients except carrots and celery. Simmer, covered on lowest setting for 3-4 hours, stirring occasionally. You may add 1 or 2 cups chopped peeled tomatoes with juice and reduce water by an equal amount. Uncover and add carrots and celery during the last hour. Simmer until soup is as thick as you like it. Add 1 tablespoon of vinegar just before serving.

Ogreten



Ingredients:

1/2 cup non-fat milk (use any milk)	Grind fine in spice grinder.)
1 cup grated cheddarella cheese (a mix of cheddar and mozzarella)	2-3 cloves garlic, grated
1 Tbsp butter	2 Tbsp parsley, chopped
1 1/2 tsps ground fennel seed (roast ataste Tbsp of	1/2 onion, chopped
	Salt, chilli powder, pepper powder to

fennel seed in the microwave for ten seconds.

Preparation: Cook potatoes in just enough water to cover them. As soon as they are soft, drain them. Return pot to stove, add milk and let potatoes absorb the milk on low heat. In a skillet fry onions on medium heat. When brown add butter and then grated garlic. Fry for 1 minute. Add chilli powder, pepper powder, fennel seed powder. Fry for another two minutes. Add potatoes, parsley and salt to taste and mix well, mashing just a little. Potatoes should still be lumpy not like mashed potato. (Don't over do the salt as the cheese is salty too). Fry for three minutes. Put in an oven proof dish, sprinkle grated cheese on top and broil for 2-3 minutes watching carefully.

Moussaka



Ingredients:

3/4 lb lean ground chuck
1/2 lb lean ground pork butt
4 cups 1/2-inch cut peeled potato cubes
4 large eggs (beaten)
1/2 cup feta cheese
1 large onion fine chop

1 Tsp fresh chopped oregano
3 Tsp flour
4 Tsp cooking oil
1/2 cup chopped green onion
Salt and pepper to taste chop
1/3 cup crushed garlic
3 large fresh tomato fine
1 1/2 cup plain yogurt,
1/2 cup fresh chopped parsley

Preparation: In a deep skillet, brown ground meat together in oil. Add onion, garlic, oregano, salt and pepper, cook for 5 more minutes. While this is cooking, mix eggs, yogurt, feta, and flour, well. Mix ground meat, potato, tomato, parsley together. Place in baking dish, and pour egg mixture over top. Sprinkle green onion on top. Bake for 1-hr covered at 350 deg. Then 1/2-hr uncovered. Let rest for 10 minutes before serving.

Sarmi

Ingredients:

500g minced veal
300g minced pork
1 bunch of spring onions
one cupful yoghurt
parsley, mint



paprika
pepper
30-40 vine or cabbage leaves
100g butter or half a cupful of sunflower oil
salt.

Preparation: Fry the finely chopped onions in some of the oil and some water, stir the paprika and take off the stove. Add the meat, rice, pepper, mint and finely chopped parsley. Pour over warm salted water and simmer until the water has been absorbed by the rice. Scaled the vine or cabbage leaves with salted hot water and put 1 tsp of the mixture on each leaf. Roll together and arrange in a saucepan, pour over 3/2 cupful of warm water and 1 tsp fat, close with a lid and simmer on a low fire. When ready, pour over the beaten yoghurt and melted butter with stirred in paprika. Serve with vegetables. The same recipe may be used for stuffed peppers, eggplants and zucchini.



Gyuvech

Ingredients: 600gr meat, oil, 1 onion, 3 medium fresh tomatoes, salt, red peppers, 500 ml warm water or soup from cube, 50 gr mushrooms, 150 gr paprikas, 10 black olives, 100 gr rice, 1/2 bunch of parsley, 2 sliced hot peppers, savory

Preparation: Wash meat, wipe and cut into big pieces. Fry it quickly in heated oil, add finely chopped onion, cook gently until slightly soft, add half of the tomatoes (100 gr) peeled and cut into small pieces, add salt and pepper, pour in warm water or soup from cube (or bone stock), then simmer. When half tender turn into a fireproof or earthenware dish, add mushrooms trimmed, washed, and cut into thin slices and paprikas cut into strips. When mushrooms and paprikas are tender, add olives and rice picked over and halfcooked. Add more salt and pepper if necessary, pour in wine and some warm water as needed. Bake in the oven preheated to 175-200 degrees centigrade. After 10-15 minutes add the rest of the tomatoes cut into rounds and bake until brown. When done, sprinkle "gyuvech" with chopped parsley and pepper.

Cream Caramel

Ingredients: 1 liter milk, 1/2 tablespoon vanilla, 1/2 cup sugar, 4 eggs, 1/4 cup sugar

Preparation: Mix eggs and milk. Add sugar. Cook 1/2 cup sugar in heavy saucepan over low heat until melted and golden brown. Pour immediately into custard cups; cool. In a medium bowl, combine 2 cups milk, 4 eggs, 1/4 cup sugar, and 1/2 teaspoon vanilla. Stir until the sugar dissolves. Pour into custard cups. Place the cups in a baking pan and fill the pan with 1" of hot water. Bake in 350 degree F. oven for 50 minutes, or until the custard is soft set in the center. chill. To serve, run a knife around the edge of the custard cups and unmold onto serving plates



Potato stew



Ingredients: 3-4 potatoes, 2-3 tomatoes, 1-2 carrots, 1-2 onions, 1/2 a celery, 200g small onions, half a cupful olives, 2 cupfuls fresh mushrooms, 1/4 cupful rice, half a cupful white wine, parsley, pepper, half a cupful sunflower oil, salt.

Preparation: Cook the finely chopped onions, carrots and celery in the oil and some water. Add the small onions, olives, mushrooms and pepper. Pour over the wine and 1 cupful of water, salt and simmer until tender. Add the diced potatoes and rice, followed by tomato pieces after 15 minutes. Pour the dish into a baking dish or earthenware pot, sprinkle with parsley and bake.

Nettle and spinach soups



Ingredients: 1/2 kg nettle or spinach /finely chopped/, 60 gr. butter, onion, 1 tablespoon flour, 1/4 tea cup rise, 1/2 liter milk, black pepper, lemon juice, salt

Preparation: Boil the nettle or spinach in salt water. Drain it / nettle or spinach/ but save water. Mix it /nettle or spinach/ well until smooth (or close to smooth). Brown the butter and flour, then add the nettle or spinach puree. Dilute with milk and nettle or spinach water. Boil for another 5-10 min and season with pepper. Serve with bread cubes fried in butter.

Meatball soup



Ingredients: Beef, pork, mutton, lamb, mince, sunflower butter lard, margarine, butter, onion, carrots, tomatoes, rice, flour, egg, yogurt, vinegar, salt, pepper, parsley

Preparation: Mix the meat, boiled rice, pepper, an egg and 1/3 of cut onion. Form meatballs. Stew the carrots and onion. Pour water. After boil add meatballs and cut tomatoes. Serve fin ly cut parsley.

Roasted Chicken with boiled potatoes



Ingredients: Chicken, 1 kg. potatoes, 5 garlic cloves, 1 lemon quartered, salt, freshly ground black pepper virgin olive oil, water

Preparation: Wash chicken under cold running water. Pat dry. Place lemon, rosemary or bay leaf and 3 whole unpeeled garlic cloves in cavity along with salt and pepper. Close chicken cavity. Peel 2 garlic cloves. Slice in half. Lift skin off breast and slip garlic under skin. Season the surface of the chicken with salt and pepper. Place in roasting pan along with 3-4 tablespoons of water. Preheat oven to 450 deg. F. Boiled potatoes: Scrub potatoes well and peel if desired. Quarter the potatoes and place in a

saucepan. Cover with water and ½ teaspoon salt. Boil for 15 min or until a fork easily pierces the center of a potato. Drain well. Serve with butter and salt and pepper, raw onions, butter, and parsley, dried yogurt, or sour cream, or cool and use for potato salad.

Fish with boiled or baked potatoes



Ingredients: 4 large potatoes, peeled and cut, 1 cup all-purpose flour, 1 teaspoon baking powder, 1 teaspoon salt, 1 teaspoon ground black pepper, 1 cup milk, 1 egg, 1 quart vegetable oil for frying, 1 1/2 pounds cod fillets

Preparation:

1. Boiled potatoes: Scrub potatoes well and peel if desired. Quarter the potatoes and place in a saucepan. Cover with water and ½ teaspoon salt. Boil for 15 min or until a fork easily pierces the center of a potato. Drain well. Serve with butter and salt and pepper, raw onions, butter, and parsley, dried yogurt, or sour cream, or cool and use for potato salad.
2. Baked potatoes: Pre heat oven to 200°C. Wrap potatoes in foil if you can find it, otherwise, plan on peeling them. Bake for 45 min, or until you can squish the center with your hands. Serve with butter or dried yogurt or potato toping or with fish.

Mekitsi



We usually have these at least once a week!

Ingredients: 3 cups flour, 1 egg, 15g yeast, 0.2 l milk, 50 gr sugar, salt, oil for frying

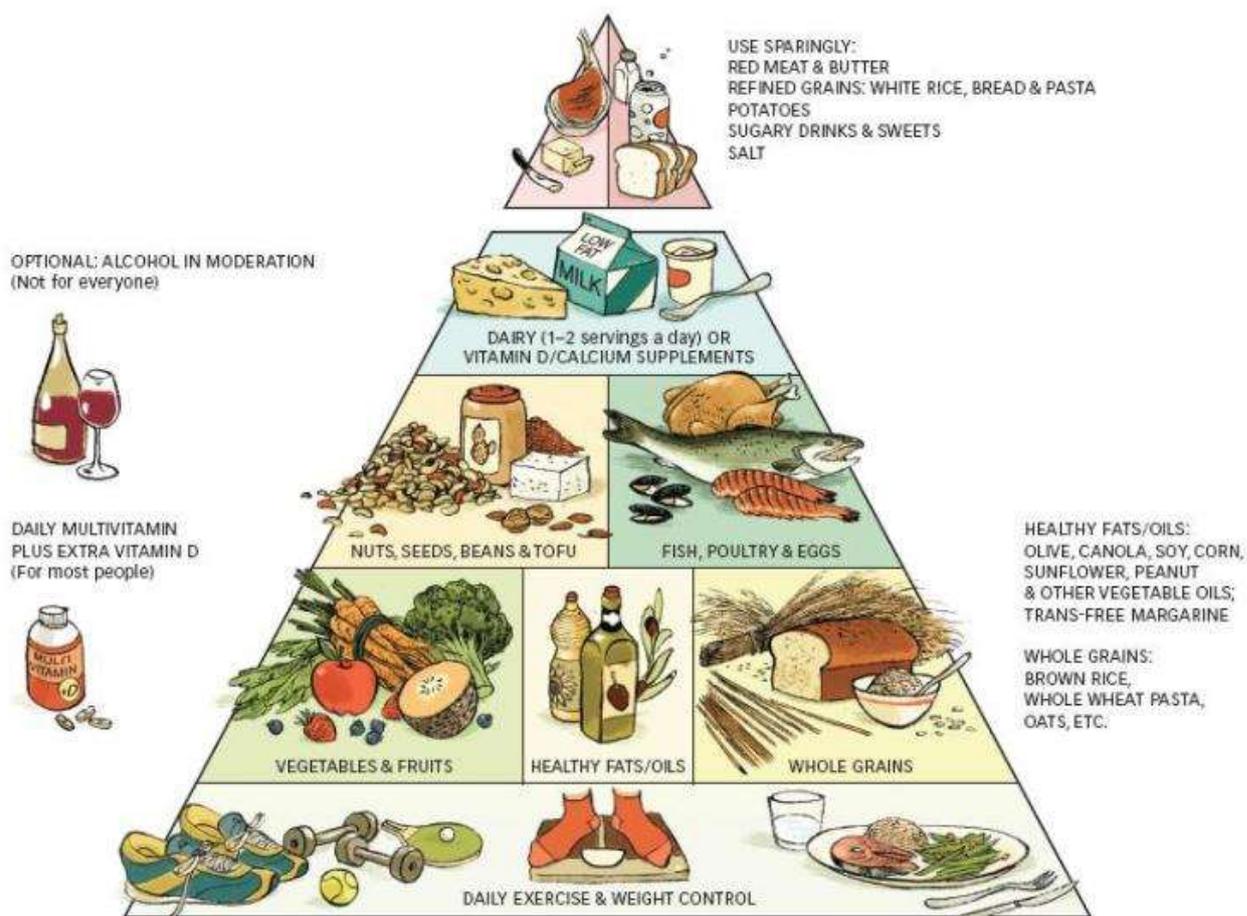
Preparation: You mix the yeast with a little bit of warm water, 1/4 flour and the sugar and leave the mixture for 10 minutes. After that you add the egg, the milk, the salt and the rest of the flour. Make a thin sheet from the dough and cut circles, semi-circles or just different shapes form it with a glass. After that you deeply fry your "mekitsi" in a pan. Serve sprinkled with sugar!

Fried Bread Slices



Ingredients: hard bread, 3 eggs, 1 cupful milk, 1.2 cupful sunflower oil.

Preparation: Slice the bread into thin slices. Dip first in milk, then in the beaten eggs. Fry in hot oil. Serve hot, sprinkled with sugar, honey, jam, cheese or whatever topping you prefer.



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