

# *Bulgarian foods*





- ▶ **Bulgarian cuisine** (**Bulgarian**: българска кухня, *bulgarska kuhnya*) is a representative of the cuisine of **Southeastern Europe**. Essentially South Slavic, it shares characteristics with other **Balkans** cuisines. Owing to the relatively warm climate and diverse geography affording excellent growth conditions for a variety of vegetables, herbs and fruits, Bulgarian cuisine is diverse.

- ▶ Famous for its rich salads required at every meal, Bulgarian cuisine is also noted for the diversity and quality of **dairy products** and the variety of **Bulgarian wines** and local alcoholic drinks such as **rakia**, **mastika** and **menta**. Bulgarian cuisine features also a variety of hot and cold soups, an example of a cold soup being **tarator**. There are many different Bulgarian pastries as well such as **banitsa**.



- ▶ Most Bulgarian dishes are oven baked, steamed, or in the form of stew. Pork meat is the most common meat in the Bulgarian cuisine. Oriental dishes do exist in Bulgarian cuisine with most common being moussaka, gyuvetch, and baklava. A very popular ingredient in Bulgarian cuisine is the Bulgarian white brine cheese called "sirene" (сирене). It is the main ingredient in many salads, as well as in a variety of pastries. Fish and chicken are widely eaten, veal is a natural byproduct and it is found in many popular recipes.





- ▶ Traditionally Bulgarians have consumed a notable quantity of yoghurt per head and is noted historically for the production of high quality **yoghurt**, including using a unique variety of micro-organism called *Lactobacillus bulgaricus* in the manufacturing process. Bulgaria has been part of a region that has cultivated and consumed yoghurt from as far back as 3000 BC.
- ▶ Certain entries, salads, soups and dishes go well with alcoholic beverages and the alcohol of choice for some is **Bulgarian wine**



- ▶ On Christmas Eve, it is a tradition to have vegetarian stuffed peppers and vegetarian stuffed grape leaves. On New Year's Eve, there are dishes made with cabbage. On Nikulden (Nicholay's Day; December 6), people usually cook fish, while on Gergyovden (George's Day; May 6), it is a tradition to eat roast lamb.

*The end*

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▶ Sources:

*ro.wikipedia.org*

*en.wikipedia.org/wiki/Fast\_food*