



Gastronomy of Stara planina

Cook book

This project is co-financed by the European Union through the Interreg-IPA Program cross - border cooperation Bulgaria - Serbia.

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Introduction

In order to preserve the tradition and local gastronomy of Stara planina, we wanted to learn about food preparation in the area and, to this end, collect recipes originating from this region. The idea is to preserve the traditions and customs, which are closely linked to the gastronomy of a region. The first step to getting to know a place, its inhabitants and their lifestyle is local cuisine. The way food is prepared is something that determines the identity and culture of the native population, and it is a good way to get to know a place by visitors.

The gastronomy of Stara planina is characterized primarily by the use of a small number of simple ingredients, as well as delicious food that will amaze you. The simplicity of food preparation and its ingredients talk about modest way of life in the Stara planina region in ancient times, when people lived in poverty and scarcity. However, inspired by the idea of a delicious meal, locals created a number of simple yet delicious recipes.

In order to realize this idea and based on the initial recipe list provided (25 recipes from Serbia and 25 recipes from Bulgaria), we have developed a detailed description for each of the 50 recipes. We visited places where recipes originate from and from local producers, caterers and locals, we have learned how each meal is prepared locally. The purpose of visiting the places of origin of the selected recipes is to precisely determine the proper procedure and correctness of the ingredients used.

The recipes are, therefore, collected locally, adapted, systematized into a list of recipes with appropriate content; Presentation of conclusions to the project team was carried and adaptation of the recipe list based on the comments of the project team; We worked with both Member States (Serbia and Bulgaria) and ensured understanding in Serbian and Bulgarian.

The details of each recipe consist of the following sections:

- The name of the recipe,
- Ingredients with quantity data,
- Portion number indicator,
- Step by step preparation instruction,
- Cooking time,

- Type of meal (eg appetizer, main course, dessert, salad),
- The complexity of meal preparation,
- Suggestion with which drink or something else to serve meal,
- Way to serve meal,
- Short description of recipe.

List of recipes

Name	1. Baba									
Ingredients and their amounts	Intestines of a lamb: white liver bowels tripe lamb skim 2 onions 100 gr rice 4 eggs ½ l milk optionally water salt pepper parsley wild mint									
Number of servings	6									
Preparation step by step	<ol style="list-style-type: none"> 1. Put lamb intestines into a pot. 2. Pour with water and cook it for 20 minutes. 3. Finely chop the onion. 4. Cooked intestines cut into small pieces. 5. Add into fried onion and continue to cook. 6. Add cooked rice and wild mint. 7. Whisk four eggs. 8. Add them into the mixture. 9. Put the lamb skim in a casserole dish. 10. Put the stuffing on it. 11. Pour milk into the casserole dish. 12. Bake it in the oven for 30 minutes on 250 degrees and for another 30 minutes on 200 degrees. 13. Cut into slices and serve cold. 									
Preparation time	120 min.									
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert			
Level of difficulty	<table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="656 1581 837 1686">Easy</td> <td data-bbox="837 1581 1099 1686">Medium x</td> <td data-bbox="1099 1581 1362 1686">Difficult</td> </tr> </table>							Easy	Medium x	Difficult
Easy	Medium x	Difficult								
How to serve it	Serve it as an appetizer, with strained soured milk.									
Short description of a recipe	Baba is a dish of lamb intestines traditionally prepared in this area. Chopped intestines should be wrapped in a lamb skim, baked and served cold.									

Name	2. Belmuz						
Ingredients and their amounts	1 kg cow cheese or sheep cheese 150-200 gr corn flour						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Cut the cheese into pieces and place them in a pot on low heat. 2. Stir with a wooden spoon until cheese is completely melted. 3. Add the flour and stir until you get a compact, completely smooth mixture. 4. Serve warm with a side dish of your choice. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve with soured milk or yogurt in a clay pot.						
Short description of a recipe	Belmuz is a typical dish in the area of Stara planina and the recipe comes from here. A specific method of preparation is what makes the dish unique.						

Name	3. Cedjeno kiselo mleko (Strained soured milk)						
Ingredients and their amounts	1 l milk ½ cup soured milk						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Combine soured milk and milk in a pot. 2. Put the pot in the oven preheated to 50 degrees and leave it for 20 minutes. 3. Leave the pot with the mixture overnight in the oven turned off. The next day you will get soured milk. 4. Put the cheesecloth previously soaked and drained in a large and tall pot so that the ends of the cheesecloth stick out of the pot. 5. Pour the soured milk into the cheesecloth and then tie the diagonal ends one by one and hang it on a handle of wooden spoon to hang over the pot. 6. Let it strain for 2-3 hours. 						
Preparation time	24 hours						
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium		Difficult x		
How to serve it	Serve with pie, kacamak, cheese pie or greens soup.						
Short description of a recipe	Strained sour milk is specific because after the usual method of preparation there is further process which involves straining. The result is a delicious and refreshing appetizer.						

Name	4. Corba sa zeljem (Greens soup)									
Ingredients and their amounts	1,5 l water 500 gr greens 4 potatoes 3 carrots 2 spoons of flour 1 onion 100 ml oil Optionally cayenne pepper dry seasoning mix salt dill									
Number of servings	4									
Preparation step by step	1. Finely chop the onions, cut carrots into circles, potatoes into cubes. 2. Fry the onions with a little oil, add the potatoes, carrots, greens, a bit of cayenne pepper, salt and a mixture of dry seasoning. 3. After short frying, add vegetables into the boiling water. 4. Heat the oil into the frying pan and add flour. Add the roux to the cooked vegetables and cook for another 3-4 minutes. 5. Sprinkle with dill and serve hot.									
Preparation time	60 min.									
Type of dish	Bread	Salad	Appetizer	Pies	Soup x	Main dish	Dessert			
Level of difficulty	<table border="1" data-bbox="657 1346 1369 1430"> <tr> <td data-bbox="657 1346 837 1430">Easy</td> <td data-bbox="837 1346 1097 1430">Medium x</td> <td data-bbox="1097 1346 1369 1430">Difficult</td> </tr> </table>							Easy	Medium x	Difficult
Easy	Medium x	Difficult								
How to serve it	Serve with strained soured milk.									
Short description of a recipe	Greens soup is very easy to prepare with only few ingredients. It is nutritive and very tasty.									

Name	5. Gulas (Goulash)						
Ingredients and their amounts	1 kg pork neck 1 kg pork shoulder/pork knuckle ½ kg smoked bacon 1 kg mushrooms 1 kg onion 200 gr garlic 300 ml tomato sauce ½ kg carrots ½ kg sweet pepper 10 pieces bay leaf 300 gr fat 400 ml white wine Optionally salt dry seasoning mix cayenne pepper parsley pepper						
Number of servings	8						
Preparation step by step	<ol style="list-style-type: none"> 1. Chop the onions, sweet peppers and carrots. 2. Heat the fat into the pot, add chopped onions, sweet pepper, carrots, pepper, bay leaf and fry. After frying, add some salt and dry seasoning mix. 3. Add the chopped meat and bacon to the prepared mixture and stir. 4. Add 2 dl of wine and tomato sauce. 5. After 30 minutes, add chopped mushrooms and 2 dl of wine more. 6. Add water during cooking. 7. After an hour of cooking add chopped garlic, parsley and other spices and cook for another hour and a half. 8. Serve warm with chopped fresh parsley. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium		Difficult x		
How to serve it	Serve warm.						
Short description of a recipe	Goulash is a dish characteristic for hunters, which means that the venison should be used, but not necessary. The preparation of the meal is demanding because a lot of ingredients should be used and the dish should be cooked for a long time, but the taste is worth the time spent on preparing it.						

Name	6. Jagnjeca corba (Lamb soup)						
Ingredients and their amounts	300 g lamb meat 2 onions 5 cloves of garlic 1 carrot 2 dl oil 1 l water 2 dl milk 1 tbsp flour optionally parsley salt pepper						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Finely chopped meat pour over with water and cook it in a large pot. 2. In another pot fry all the vegetables, then add a tablespoon of flour and fry for about 5 minutes. Add milk and spices too. 3. Put the meat into the pot with vegetables and cook it for another 10 minutes. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup x	Main dish	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve the soup sprinkled with chopped parsley and with soured milk.						
Short description of a recipe	The lamb soup is made from a lamb meat with the addition of vegetables that give special taste. Typical dish for the area of Stara planina.						

Name	7. Kacamak						
Ingredients and their amounts	500 gr white corn flour 1.5 l water Optionally salt						
Number of servings	2						
Preparation step by step	<ol style="list-style-type: none"> Put 1.5 l of water and a little bit of salt in a larger pot and then let the water boil. When water boils, add flour to the surface of the water without stirring, make a hole in the center and let it boil for 20-30 minutes. The flour will gradually decrease during cooking. When the flour is completely gone, start stirring. When it is done put kacamak on a trencher, cut it into pieces with a thread or with a wooden knife and serve it on the trencher. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Cut into pieces with wooden knife or with a thread and serve it on a trencher.						
Short description of a recipe	Kacamak is a dish that has been prepared in the area of Stara Planina since ancient times and the recipe comes from this area. With a small number of ingredients and simple way of preparation, you get a delicious meal that has been a must-have on the table almost every day in ancient times.						

Name	8. Lenjivka						
Ingredients and their amounts	600 gr flour 300 ml water 100 gr fine white cheese 1 egg 1 bag dry yeast Optionally water salt oil a pinch of sugar						
Number of servings	7						
Preparation step by step	<ol style="list-style-type: none"> 1. In a dish combine yeast, sugar, some water and some flour. 2. Put the rest of the flour and a little bit of salt in another dish and then combine it with previously prepared mixture and some lukewarm water and than knead the dough. 3. Let it about half an hour on room temperature. 4. Combine cheese and eggs. 5. Divide the dough into 7 pieces, spread and put egg and cheese stuffing in the middle in each part (in each noodle). 6. Gather the dough on top of each noodle and place in a baking dish. Some more stuffing can be added from above. 7. Let it on room temperature for a while. 8. Put some oil in a baking tray and fill it with prepared noodles. 9. Bake in preheated oven on 200 degrees for about 20 minutes. 						
Preparation time	45 min.						
Type of dish	Bread	Salad	Appetizer	Pies x	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve it hot with yogurt or soured milk.						
Short description of a recipe	Lenjivka is ideal dish for housewives who do not have much time to make homemade pie crust. It is just as delicious as the one with homemade pie crust and not so difficult to prepare.						

Name	9. Ljutenica						
Ingredients and their amounts	1 kg tomato 30 ml oil 20 gr sugar 20 ml vinegar 200 gr chilli peppers 2 cloves garlic optionally parsley salt						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Wash the tomatoes, place them on a baking tray and bake in the oven. Peel and place them into a pot. 2. Add oil, sugar, vinegar and salt. 3. Bake chilli peppers in the oven, peel them and then chop finely. 4. Chop the garlic finely. 5. After about 15 minutes of cooking, add chilli peppers, garlic and parsley. 6. When it is boiled and when has desired density, remove from heat and pour into jars. 7. Serve with main course as a salad or as a spread. 						
Preparation time	90 min.						
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x	Difficult			
How to serve it	Serve it with oil, sprinkled with finely chopped garlic and parsley.						
Short description of a recipe	Besides appetizer called ajvar, ljutenica is one of favorite winter stores. It is refreshing and it is served as an appetizer or as a spread.						

Name	10. Ocat						
Ingredients and their amounts	2 large cucumbers ½ clover garlic 50 ml vinegar ½ l cold water optionally salt pinch of sugar a little bit of oil						
Number of servings	2						
Preparation step by step	1. Cut the cucumber into cubes. 2. Finely chop the garlic. 3. Mix salt, sugar, oil, vinegar and water into a bowl. 4. Add cucumber and garlic. 5. Stir everything. 6. Let it in the fridge for a while.						
Preparation time	15 min.						
Type of dish	Bread	Salad x	Appetizer	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve it cold in a bowl.						
Short description of a recipe	Ocat is a salad perfect for summer. It is very refreshing and it has been prepared for mowers in ancient times, so it is also called mower salad.						

Name	11. Ovčetina na pari (Steamed mutton)						
Ingredients and their amounts	1 larger piece mutton with bone 2 onions 1 clove garlic 2 tbsp fat 500 ml milk optionally salt pepper thyme						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Align a thicker layer of tree twigs or wooden slats to prevent pasting. 2. Put the meat previously salted well over them. 3. Pour milk. 4. Add the chopped onion and garlic, fat and thyme. 5. Put the lid and cook for about two and a half hours. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve it warm with potatoes.						
Short description of a recipe	Steamed mutton is unusual dish which is not often prepared because its preparation is pretty demanding, but the flavor of a dish is unique.						

Name	12. Paprike sa sirom (Sweet peppers with fresh cheese)						
Ingredients and their amounts	10 dried sweet peppers 300 gr fresh cheese 200 gr old sheep cheese 2 eggs a little bit of oil optionally water						
Number of servings	5						
Preparation step by step	<ol style="list-style-type: none"> 1. Wash dried sweet peppers and put them in a deep pot with water and cook for a few minutes until they soften. 2. Heat the oil into the frying pan and add both types of cheese. Fry for a few minutes. 3. Add the eggs and spices and stir to make the mixture compact. 4. Fill the dried sweet peppers with the mixture and put them into a casserole dish. Bake for 15 minutes at 180 degrees. 						
Preparation time	45 min.						
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	You can serve this dish both warm and cold, sprinkled with parsley.						
Short description of a recipe	Sweet peppers with fresh cheese are served as an appetizer, they are tasty and nutritious. Sweet dried peppers are filled with a mixture of two types of fresh cheese and spices. After short baking you get tasty appetizer.						

Name	13. Peglana kobasica (Bohemian horseshoe)						
Ingredients and their amounts	2 kg minced beef, sheep or goat meat (or a mixture of these meats) 20 gr salt 40 gr hot and mild cayenne pepper 20 gr minced garlic 2-3 m sausage hose						
Number of servings	10						
Preparation step by step	<ol style="list-style-type: none"> 1. Add the spices to the minced meat and stir in the pot until the ingredients are combined. 2. Fill the hoses with the mixture completely, leaving space for binding. 3. Set outside to dry on the wind for 5-7 days (preferably on cold weather). 4. After this cycle, the sausages supposed to be removed and "ironed" - with a glass bottle on daily basis for the next seven days. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve it sliced, with dried plums and cheese.						
Short description of a recipe	Bohemian horseshoe is made according to an old recipe that comes from Pirot and it is delicacy of Pirot. This dish is tasty and unique and also became symbol of this city.						

Name	14. Pihtije od boba (Broad bean galantine)						
Ingredients and their amounts	1 kg broad beans 2 cloves garlic optionally water salt cayenne pepper oil						
Number of servings	8						
Preparation step by step	<ol style="list-style-type: none"> 1. Soak the broad beans in water and let them to swell (best left them to stay in the water overnight). 2. Peel the broad beans, then pour with water and cook. 3. Mash boiled broad beans, add some oil, salt, garlic, cayenne pepper and mash once again all together. Pour the mixture into a casserole dish or in plates. 4. Let it cool completely. 5. Make a roux of oil and cayenne pepper and pour over the cooled mixture. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x	Difficult			
How to serve it	Serve it with an aperitive-						
Short description of a recipe	Broad bean galantine is indispensable part of a meal during fasting period. This meal is prepared with only few ingredients, it is nutritious and very tasty.						

Name	15. Pita sa zeljem (greens pie)						
Ingredients and their amounts	500 gr filo (thin pie crusts) 300 gr white sheep cheese 200 gr greens 3 eggs 200 ml yogurt 150 ml oil 200 ml water + 100 ml oil and 100 ml water for spread optionally salt						
Number of servings	6						
Preparation step by step	<ol style="list-style-type: none"> 1. Soak the greens in boiling water and let them stay for some time. 2. Whisk eggs, salt, yogurt, water, oil and stir until completely combined. 3. Take out greens from water and chop with a knife. 4. Add white sheep cheese and greens to the egg mixture and stir until combined. 5. Smear the bottom of the baking tray with oil and then align 5 filo. Pour one third of the mixture over the pie crust. 6. Tear apart several filo and put them over the mixture. After that, add the next third of the mixture, again put a few torn filo over it, then add the rest of the mixture. 7. Put the rest of the filo over. 8. Mix oil and water put the mixture over the filo. 9. Bake in preheated oven for 30-40 minutes. 10. Serve cold, with yogurt or soured milk. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies x	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve it cold with yogurt and strained soured milk.						
Short description of a recipe	Greens pie is made from greens, white cheese and eggs. Pie crusts can be homemade or not, but in both cases this pie is very tasty.						

Name	16. Podvarak						
Ingredients and their amounts	2 kg soured cabbage 500 gr dried meat 4 tbsp fat 1 onion optionally water cayenne pepper black pepper						
Number of servings	5						
Preparation step by step	<ol style="list-style-type: none"> 1. Finely chop the onion and fry it in a large pot on fat (1 tablespoon of fat). Add meat previously cut into pieces, pour water to the half (do not soak the meat completely) and cook for 20 minutes. 2. Cut soured cabbage into small pieces. 3. Melt a tablespoon of fat in a large pot and put inside the pickled cabbage. With constant stir fry the pickled cabbage for about 5 minutes. 4. Add some cayenne pepper and fry for another 5 minutes. 5. Put the previously prepared meat into a pot with pickled cabbage and add 2 tablespoons of fat and black pepper. 6. Put in the oven on 170 degrees and let it brew for half an hour. Then stir, add some more water (to the half) and return it to brew for 2 hours more. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium		Difficult x		
How to serve it	Serve into a serving bowl, so that the pickled cabbage goes first and the meat above it.						
Short description of a recipe	Podvarak is made from pickled cabbage or chopped sour cabbage and dried meat. It should brew for a long time and that gives the dish special flavor.						

Name	17. Preprzolj						
Ingredients and their amounts	600 gr minced pork or beef 2 onions optionally pepper salt cayenne pepper oil 1 bread						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> Put the spices and finely chopped onion into the minced meat and combine the ingredients. Make 4 burgers. Bake them in a frying pan on medium heat. Cut the bread into slices, put some oil and cayenne pepper on each slice of bread and bake it for a couple of minutes. Place a burger between two slices of bread. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve warm with cold beer.						
Short description of a recipe	Preprzolj is a dish that is not so difficult to prepare and it is very tasty. You cut the bread into slices, put some oil on it and also cayenne pepper, than bake it for a while. Between two slices of bread you put a burger and some side dish.						

Name	18. Presna pogaca						
Ingredients and their amounts	500 gr soft flour 2.5 dl lukewarm water optionally salt ½ tbsp baking soda a little bit of oil						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Dissolve baking soda in some cold water and add it to the flour you previously salted. 2. Add lukewarm water and knead dough. 3. Knead for about 5 minutes, then divide the dough into 5 pieces and put them on an oiled pan. 4. Leave for 10-15 minutes. 5. Place them in preheated oven and bake on 250 degrees for 30 minutes. 						
Preparation time	60 min.						
Type of dish	Bread x	Salad	Appetizer	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve warm or cold.						
Short description of a recipe	Presna pogaca is type of bread that is made pretty simple and in ancient times it has been prepared almost every day.						

Name	19. Proja sa cvarcima (Cracklings pie)						
Ingredients and their amounts	3 eggs 200 gr corn flour 100 gr wheat flour 200 gr cracklings 200 gr sparkling water 1 baking powder a little bit of oil, salt						
Number of servings	4						
Preparation step by step	1. Whisk eggs, add corn and wheat flour, oil, salt, baking powder and sparkling water. 2. Stir well and add cracklings. 3. Put it to a greased casserole dish and bake for about 30 minutes on 180 degrees. 4. Cut into cubes and serve it on a plate.						
Preparation time	60 min.						
Type of dish	Bread	Salad	Appetizer	Pies x	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve warm with cheese or yogurt.						
Short description of a recipe	Cracklings pie is very easy to prepare and it is usually served with white cheese or yogurt. Cracklings are added into the mixture and it is baked altogether.						

Name	20. Przeno						
Ingredients and their amounts	6 fresh sweet peppers 1 onion 3 tomatoes 4 eggs 200 gr white cheese Optionally salt oil						
Number of servings	5						
Preparation step by step	<ol style="list-style-type: none"> 1. Chop sweet peppers and onion and fry in oil, on low heat with occasional stirring. 2. When the vegetables soften, add the peeled and finely chopped tomato and fry for a few more minutes. 3. Add salt, eggs, stir and remove from heat. 4. Put cheese on the top of the dish. 						
Preparation time	60 min.						
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x	Difficult			
How to serve it	Serve with kacamak.						
Short description of a recipe	Przeno is a dish made from sweet peppers, eggs and white cheese. It can be served as an appetizer, but also as a tasty breakfast.						

Name	21. Punjene paprike sa orasima (Stuffed sweet peppers with walnuts)						
Ingredients and their amounts	10 dried sweet peppers 200 gr grinded walnuts 100 gr rice 1 onion 2 tbsp flour 500 ml water Optionally salt pepper dry seasoning mix cayenne pepper						
Number of servings	5						
Preparation step by step	<ol style="list-style-type: none"> 1. Soak dried sweet peppers in hot water and let them soften. 2. Stew the onion into a pan and then add rice, walnuts, salt, pepper and cayenne pepper. 3. Fill soften sweet peppers with the mixture and put them in a casserole dish. 4. Dissolve 2 tablespoons of flour into 500 ml of water, add some cayenne pepper and pour over dried sweet peppers. 5. Bake in the oven on 200 degrees for about 20 minutes. 6. Serve hot or cold. 						
Preparation time	90 min.						
Type of dish	Bread	Salad	Appetizer x	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy		Medium x	Difficult			
How to serve it	Serve sprinkled with parsley.						
Short description of a recipe	Stuffed sweet peppers with walnuts are very famous dish in fasting period. It is served as an appetizer.						

Name	22. Salcici						
Ingredients and their amounts	½ kg lard 750 gr flour 4 eggs 250 ml white wine 1 bag dry yeast optionally salt 200 gr jam						
Number of servings	6						
Preparation step by step	<ol style="list-style-type: none"> 1. Combine ½ kg of lard with 250 gr of flour and divide into 3 parts. 2. Knead dough of ½ kg of flour, dry yeast, one tablespoon of salt, 4 egg yolks and 250 ml of white wine. 3. Make a filo from the dough and smear 1/3 of the lard over the crust. Fold the crust on all four sides and let it stay for 15 minutes in the refrigerator. 4. Then make a crust again and smear with 1/3 of the lard, fold on all four sides and let it stay for a while. Repeat this process once more. 5. After 15 minutes, spread the crust with a rolling pin, cut into triangles, put jam and roll like buns. 6. Bake for 20 minutes in oven preheated on 200 degrees. 7. Sprinkle with vanilla sugar. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish	Dessert x
Level of difficulty	Easy		Medium		Difficult x		
How to serve it	Serve sprinkled with vanilla sugar.						
Short description of a recipe	Salcici is a favorite desert of people from Stara planina, and also of those who come by. Preparation is not that simple, but unique flavor of this desert completely justifies spent time.						

Name	23. Sarmice u lipovom listu						
Ingredients and their amounts	2 linden leaves per piece (about 40 leaves for this amount of stuffing) 400 gr minced beef 100 gr minced pork 1 onion 200 gr rice 1 egg 2 tbsp flour optionally salt pepper cayenne pepper oil						
Number of servings	6						
Preparation step by step	<ol style="list-style-type: none"> 1. Fry finely chopped onions in a pan. 2. Add the meat and prepare it as a stuffing. 3. Add pepper, salt, egg and cooked rice. Stir ingredients. 4. Shortly boil linden leaf and allow it to cool. 5. Assemble 2 leafs and put the stuffing inside them, then roll up. 6. Arrange the rolled pieces in a pot, pour with water and cook for about 3 hours. 7. Make a roux in a pan – put two tablespoons of flour on a preheated olive oil, add some cayenne pepper and leave it on the fire briefly. 8. Pour the roux into the pot and cook for half an hour. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve with strained soured milk.						
Short description of a recipe	Sarmice u lipovom listu is a dish from Pirot district, where this dish is being prepared very often. It is unusual and tasty.						

Name	24. Tikvenik (Pumpkin pie)						
Ingredients and their amounts	800 gr pumpkin 600 gr thin pie crusts 200 g sugar 2 packets vanilla sugar 1 packet baking powder a little bit of oil a little bit of water						
Number of servings	6						
Preparation step by step	<ol style="list-style-type: none"> 1. Clean, cut and grate the pumpkin. 2. Add sugar, vanilla sugar, some oil and fry in a pan. 3. Make a mixture of a little oil, water and the baking powder. 4. Spread three pie crusts on top of each other and sprinkle them in between with the previously prepared mixture. 5. Add the pumpkin stuffing, then roll it up and put it into a pan. 6. Bake for 20-30 minutes in an oven preheated to 250 degrees. 7. Serve cold and sprinkled with vanilla sugar. 						
Preparation time							
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish	Dessert x
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve as a cold dessert.						
Short description of a recipe	Pumpkin pie is a desert traditionally prepared in the area of Stara planina. It is easy to prepare and with just a few ingredients you get tasty treat.						

Name	25. Trkanica						
Ingredients and their amounts	1 leek 5 dried sweet peppers optionally oil salt						
Number of servings	4						
Preparation step by step	<ol style="list-style-type: none"> 1. Chop the leek finely. 2. Roast dried sweet peppers on a cooker or on fire. 3. Cut the sweet peppers. 4. Stir leek and dried sweet pepper in a large bowl. 5. Stir all together and add oil and salt. 						
Preparation time	15 minutes						
Type of dish	Bread	Salad x	Appetizer	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy x		Medium		Difficult		
How to serve it	Serve in a clay pot.						
Short description of a recipe	Trkanica is a salad made from dried sweet peppers and leek. It is easy to prepare and very tasty.						

Name of the dish	26. Bobnik /Green beans in dough						
Ingredients and their amounts	<p>For the dough: flour some salt some sugar oil egg white, the yolk should be separated and left for spreading some cool water yeast</p> <p>For the stuffing: finely chopped red onion green beans, pre-cooked a small amount of cooked rice to absorb the stuffing fat some salt cayenne pepper savory /chubritsa/</p>						
Number of servings	8						
Preparation step by step	<ol style="list-style-type: none"> 1. Knead dough out of flour, some salt and sugar, oil, egg white, some cool water and yeast. 2. Fry all the ingredients for the stuffing. 3. Roll out the larger piece of dough and put it in a pre-oiled baking tray so that it goes out of the baking tray. Press the dough with a fork several times, add the stuffing and then fold sides of the dough. 4. Now roll out smaller piece of dough, press it with fork and place it on top of the stuffing. 5. Bake in a preheated oven until ready. 						
Preparation time	60 min for preparation and 45 min for baking						
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium		Hard x		
How to serve it	It should be served cut in pieces while still warm.						
Short description of a recipe	This is an old recipe and is often cooked during the green bean season. Delicious and nutritious. Bean lovers will especially enjoy this dish.						

Name of the dish	27. Polenta					
Ingredients and their amounts	400 g corn flour 200 g white cheese 60 g butter 2-3 tbsp oil 1 tsp salt					
Number of servings	10 persons					
Preparation step by step	<ol style="list-style-type: none"> 1. Boil 2 liters of water with oil and salt. 2. Dissolve corn flour in water and add it to boiled water. 3. Stir with a wooden spoon for 10 minutes. 4. Remove the polenta from fire and add butter and cheese. 5. Stir again and put it in the oven for 30 minutes. 					
Preparation time	30-40 min					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert x
Level of difficulty	Easy		Medium x	Hard		
How to serve it	Serve in plates.					
Short description of a recipe	A traditional dish that, in addition to being very tasty, has a positive effect on human health. It does not require many ingredients and is easy and quick to prepare.					

Name of the dish	28. Spinach pie /banitsa/						
Ingredients and their amounts	1 pack filo 200 g white cheese 6 eggs 200 g oil 400 g raw spinach 1 cup yogurt (400 g) 1 tsp soda						
Number of servings	8-10 persons						
Preparation step by step	<ol style="list-style-type: none"> 1. Make stuffing by mixing eggs, white cheese, oil, yogurt and baking soda. 2. Align 2 filo, add a few spoonfuls of stuffing, spinach leaves and again filo, stuffing, spinach. 3. Cover with the stuffing and bake for about 15-20 minutes in oven preheated on 200 degrees. 4. After baking put on top of a few jars until it gets cool. 						
Preparation time	35 minutes						
Type of dish	Bread	Salad	Appetizer	Pie	Soup	Main dish	Dessert x
Difficulty level	Easy		Medium x			Hard	
How to serve	Serve it cut in pieces.						
Short description / purpose / history of the dish	Spinach pie (banitsa) is a traditional Bulgarian dish! It is ideal for a first meal and is usually served with yoghurt.						

Name of the dish	29. Vegetarian stuffed peppers					
Ingredients and their amounts	20 pcs dry or fresh peppers 500 g rice 300 g onion 1 pcs leeks 400 g canned tomatoes 200 ml oil 1 pcs carrot optionally cayenne pepper, parsley, dill, salt, black pepper, savory					
Number of servings	10 persons					
Preparation step by step	<ol style="list-style-type: none"> 1. Peel the peppers, onions and leeks and stew them on fat. 2. After the onion is softened, add black pepper and cayenne pepper, washed rice and 100 g of canned tomatoes. 3. The rice should soften and absorb the oil. 4. Remove from heat, let it cool slightly, and add some dill and parsley. 5. Fill the peppers and align in a pan or in a saucepan, add the remaining tomatoes, pour with some oil, put water to cover them (optionally put instead of water, cabbage juice). 6. Bake or cook on low heat. 					
Preparation time	2 hours					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish x	Dessert
Level of difficulty	Easy	Medium x		Hard		
How to serve it	Serve warm, with fresh spices.					
Short description of a recipe	Vegetarian stuffed peppers are a typical dish with a long tradition and has often been made especially during fasting periods and even today it is often on the menu.					

Name of the dish	30. Kombus the Lipensky style					
Ingredients and their amounts	dried sweet peppers, 1 piece leek, 2-3 onions, 1 kg spinach, 1 cup sunflower oil					
Number of servings	4					
Preparation step by step	<ol style="list-style-type: none"> 1. Clean the dried peppers of seeds, wash them and cook for a while in order to peel them. 2. Wash and chop onion and leek. 3. Cook the spinach, drain away the water and mash it in a clay pot. 4. Fry onion and leek, and add the dried peppers. 5. Combine all the ingredients in a deep frying pan, add some water and leave it on low fire to boil until ready. 					
Preparation time	90 minutes					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Hard	
How to serve it	The dish is served in a frying pan and everyone dips small pieces of bread inside. Another option is to serve small portions in plates.					
Short description of a recipe	This dish is made usually in spring, when is the season of the spinach and people usually eat it before Easter in village Lipen, municipality Montana					

Name	31. Sarma					
Ingredients and their amounts	1 sour cabbage 1kg minced meat 1 cup rice 2 red onions 2 - 3 cloves garlic 2 tbsp oil 1 tbsp cayenne pepper 1 bunch parsley canned tomatoes salt 1 cup water					
Number of servings	6					
Preparation step by step	<ol style="list-style-type: none"> 1. Heat oil In a deep frying pan, fry chopped onions and add the tomatos in a few minutes. 2. After a while, add minced meat. Once the meat is fried, add rice, some water and spices. Allow to simmer until liquid disappears. 3. Meanwhile, divide leaves from the sour cabbage. 4. When the rice has soften, add garlic and chopped parsley to the mixture, taking the pan away from the fire. 5. Place several cabbage leaves on the bottom of the saucepan. 6. Put some of the stuffing into each cabbage leaf, roll well and arrange in a saucepan. 7. Finally, when all the "sarmi" is formed pour with water and put a plate upside down to cover them. 8. The dish should simmer on low heat until ready. 					
Preparation time						
Type of dish	Bread	Salad	Appetizer	Soup	Main dish x	Dessert
Level of difficulty	Easy	Medium x		Hard		
How to serve it	Serve it warm, with homemade bread.					
Short description of a recipe	Sarma is a dish whose recipe comes from area of Stara planina. It is usually prepared during the holidays and is one of favorite dishes.					

Name of the dish	32. Stuffed sweet peppers with sour cabbage						
Ingredients and their amounts	20-25 dry peppers 1 medium sized sour cabbage 1 tsp rice 5-6 stems leek 250 g oil 1 tsp black pepper 1 tsp cayenne pepper 2 tbsp savory /chubritsa/ optionally salt						
Number of servings	7-9						
Preparation step by step	<ol style="list-style-type: none"> 1. Cook the rice. 2. Cut into small pieces sour cabbage. 3. Fry the onions in oil, add the cabbage and a little bit of water. 4. Stir until the cabbage soften. 5. Add rice, spices, stir well and let it cool. 6. Stuff the dried sweet peppers, align them in a pan, sprinkle with oil and bake in a moderate oven for about 15-20 minutes. 						
Preparation time	60 min.						
Type of dish	Bread	Salad	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve on a plate.						
Short description of a recipe	Vegetarian dish. It used to be prepared in fasting period as well during winter time. Very pleasant and refreshing taste.						

Name of the dish	33. Leek with nuts						
Ingredients and their amounts	500 g leek 500 g walnuts 50 g oil 1 tsp salt 1 tsp black pepper 1 tsp cayenne pepper 1 parsley						
Number of servings	4						
Preparation step by step	1. Chop the leek and put it in a bowl. 2. Add grinded nuts, chopped parsley, spices and the oil. 3. Stir everything.						
Preparation time	30-40 min						
Type of dish	Bread	Salad X	Appetizer	Pies	Soup	Main dish	Dessert
Level of difficulty	Easy X		Medium		Difficult		
How to serve it	It's served on a plate with 50ml of brandy.						
Short description of a recipe	Recipe with a long tradition. A very simple preparation of this dish that does not require many ingredients, and is a very nice addition to the main course.						

Name of the dish	34. Stuffered sweet peppers with beans					
Ingredients	500 g colorful beans 2-3 onion 1 leek 20 dried red peppers 1 tea cup grinded nuts 200-300 ml oil optionally savory, colorful salt, salt, parsley, dill, fenugreek, cayenne pepper					
Number of servings	5					
Preparation step by step	<ol style="list-style-type: none"> 1. Cook the colorful beans until ready (for about 1h and 30min.) 2. Drill the dried peppers and remove seeds. 3. Soak in lukewarm water to make them soft and suitable for filling. 4. Chop the onion, put it into a clay pot and squash it with wooden stick. 5. Strain the cooked beans and mix it with the onions, spices and nuts. Easily squash it. 6. Fill the peppers with the stuffing and place them in a pre-oiled pan. 7. Bake until ready. 					
Preparation time	3 hours					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish X	Dessert
Level of difficulty	Easy	Medium X	Difficult			
How to serve it	Serve 1-2 stuffed peppers, sprinkled with parsley. Garnish with cherry tomatoes.					
Short description of a recipe	This is a traditional dish in village Zamfirovo and in Northwest of Bulgaria. It is authentic and has been transferred from generation to generation.					

Name of the dish	35. Kombus /spring dish/						
Ingredients and their amounts	500 g spinach 250 g nettle 150 g sorrel 15-20 pcs dried red sweet peppers 4-5 pcs onion 250 g oil optionally salt						
Number of servings	4-5						
Preparation step by step	<ol style="list-style-type: none"> 1. Boil the spinach, nettle and sorrel for a few minutes. 2. Strain the water. 3. Boil the dried red peppers, peel and squash them in a clay pot. 4. Pour oil in a saucepan, fry the onions and then add the sweet peppers and greens - spinach, nettle, sorrel. 5. Fry for about 15-20 min 						
Preparation time	1 hour						
Type of dish	Bread	Salat	Appetizer	Pies	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x		Difficult		
How to serve it	Serve cold with cow cheese or goat cheese.						
Short description of a recipe	This is a spring dish. It is very healthy and it was popular in ancient times. It's great for those who are on a diet.						

Name	36. Mesnik					
Ingredients and their amounts	For the dough: 800 g flour 350 ml water or milk 1 cube yeast 1 tbsp salt 1 tbsp sugar 1 egg 3 tbsp yogurt 3 tbsp oil For the stuffing: 800 g pork 5-6 onion 150 ml oil optionally salt cayenne pepper savory /chubritsa/ 500 g homemade noodles					
Number of servings	6					
Preparation step by step	1. Knead medium-hard dough, divide into two pieces and let simmer. Put the meat to boil together with salt, oil until water boils out and add the onions to fry, finally put the red pepper and savory, and add the noodles. 2. From the ready dough we roll two sheets slightly larger than the baking tray. We grease one tray with oil, put the first sheet of dough and pour the stuffing. We turn the edges inwards and put the second crust of the dough on top. 3. Leave it for the second time to simmer. Bake at 180 degrees for 45 minutes.					
Preparation time	60 min for preparation and 45 for baking					
Type of dish	Bread	salaD	appetizer	Soup	Main dish	dessert
					X	
Level of difficulty	easy		Medium		hard	
			X			
How to serve it	It is served sliced in pieces , still warm					
Short description of a recipe	This recipe is family tradition given over from generations. It's very suitable for cooking for the Christmas or New Year holidays.					

Name of the dish	37. Lamb from Chiprovtsi/ Djurdjevsko jagnje po receptu iz Cirovaca					
Ingredients and their amounts	One whole lamb /with insides Leek - 1,500 kg. Thyme / Granny Oregano / - 0,150 g. Salt Red peper					
Number of servings	10-12					
Preparation of the dish step by step	<p>1. Prepare the meat. Boil the insides in salted water and, after they have cooled, cut them in larger pieces. Slice the leek and slightly stew it. Add the cooked and sliced entrails, the chopped thyme, red pepper and flavor with salt to taste.</p> <p>2. Fill lamb with this mixture, sew it with a needle and thread, smear it with salt, make several slits with a knife to allow the stuffing to reach the heat of the oven. The lamb thus prepared is placed in a pan on several pre-prepared wooden sticks or on vine leaves.</p> <p>3. Pour two fingers of water into the pan, cover with foil and put in the oven. Bake 300 degrees, and after two hours the temperature can be reduced to 250 degrees. Turning the lamb during baking is not compulsory.</p> <p>4. Bake it for at least 4 hours.</p>					
Preparation time	Preparation time-5 hours					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert
					X	
Level of difficulty	Easy		Medium		Hard	
			X			
How to serve it	It's served warm, partitioned					
Short description of a recipe	Only in the area of Chiprovtsi thet lamb is stuffed this way. The usage of thyme here is very popular and it given an unique aroma to the baked lamb.					

Name of the dish	38. Tourlac banitsa/Torlacka banica					
Ingredients and their amounts	Homemade pie crust - 10 pieces Cheese - 400 grams Eggs - 6 pieces Oil - 150 grams Yoghurt - 3 tbsp Pork - 500 grams					
Number of servings	6					
Preparation of the dish step by step	1. Stir the eggs, yogurt, cheese and butter into a homogeneous mixture. Smear the tray with oil. Moisture the pastry sheets with cool water and place them one by one in the pan, pouring a spoonful of mixture on each sheet and smearing all over it. 2. When all the pastry is arranged in this way, make few punctures with a fork for better baking. Then place the finely sliced pork in thin stripes on the top. 3. Put in the oven and bake at a moderate temperature of - 150-200 degrees. It is well baked in 45-50 minutes.					
Preparation time	25 min for preparation and 45-50min for baking					
Type of dish	Bread	Salad	Appetizer X	Soup	Main dish	Dessert
Level of difficulty	Easy X		Medium		Hard	
How to serve it	Serve the meal warm with yogurt					
Short description of a recipe	This is a traditional meal – banitsa with meat, which is usually made for Christmas. It's a very typical dish for the Torlac region and especially for Chiprovtsi.					

Name of the dish	39. Milk pie					
Ingredients and their amounts	1 liter of milk 1 tea cup of sugar 4 tbsp corn flour 4 tbsp wheat flour 1 tbsp butter 4 eggs 1 vanilla sugar					
Number of servings	10					
Preparation of the dish step by step	1. Boil the milk and sugar together. During this time, stir well the eggs, adding a spoonful of both types of flour. 2. When the milk starts to boil, add this mixture and keep on stirring until it has thickened. Add vanilla sugar. Take a greased pan and pour the mixture in it. 3. Bake in a medium temperature until it gets a golden crust on top.					
Preparation time	45 min					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert X
Level of difficulty	Easy		Medium X		Hard	
How to serve it	Serve in dessert plates					
Short description of a recipe	Traditional local dessert. It's usually prepared during religious holidays. Veru tasteful and nice.					

Name of the dish	40. Pumpkin pie /tikvenik/						
Ingredients and their amounts	1 package pie crust 1 medium sized pumpkin 1 tea cup sugar 1/2 cup of oil 2 tsp cinnamon 1 tea cup of nuts						
Number of servings	6						
Preparation of the dish step by step	1. Peel the sliced pumpkin first. Then clean it from the seeds and cut it into cubes to cook for 30 minutes. During this time, crunch the nuts and grind them. 2. When the pumpkin is cooked, mash it well. Moisten slightly the pie crust and spread the pumpkin mixture on top of them, a spoon of sugar, oil, nuts and cinnamon and place in the oiled tray. 3. Bake at 200°C for 30 minutes.						
Preparation time	60 min						
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert X	
Level of difficulty	Easy X		Medium		Hard		
How to serve it	Cut it and serve into triangles with sugar powder on top of it and with a small piece of the cooked pumpkin						
Short description of a recipe	Traditional dish from old times. All products can be prepared at home. It's prepared mainly in autumn. Transferred from generation to generation.						

Name of the dish	41. Soda bread					
Ingredients and their amounts	700 g of flour 500g of yogurt 1 egg 1 tsp salt 1 tsp soda bicarbonate					
Number of servings	5-6					
Preparation of the dish step by step	1. Sieve the flour. Put it in a medium sized pan and sprinkle with salt. Make a hole in the middle. 2. Pour soda bicarbonate into the yogurt, stir gently and wait to enlarge. Then pour into the hole in the middle of the flour, add the egg and knead until obtaining soft dough. 3. Put it in a pan and bake in the oven for 30-40 minutes at 180 ° C.					
Preparation time	60 min					
Type of dish	Хлеб	Салата	Предястие	Супа	Основно ястие	Десерт
Level of difficulty	Лесно		Средно X		Трудно	
How to serve it	The bread is served warm with salt and pepper					
Short description of a recipe	Traditional bread under authentic recipe given from generation to generation. The bread is tasteful, it can be baked without waiting, which is a big advantage over other types of bread.					

Name of the dish	42. Clatita /cereal balls/Klatita						
Ingredients and their amounts	1kg flour; 1-2 eggs; 1 cube of yeast; ½ tsp salt; 1 tsp sugar; 1 liter of fresh milk (or water) 2 tea cups of frying oil						
Number of servings	10						
Preparation of the dish step by step	<p>1. Stir the eggs and the slightly warmed milk (water) together. Add the salt and sugar, pour in the flour and yeast and stir until semi liquid dough is achieved.</p> <p>2. Leave the dough in the fridge during the night and continue in the morning. Take blend with a table spoon and pour it the mixture in a deep frying pan with hot oil.</p> <p>3. The oil should be just enough to make the dough balls shake while frying (this is where the name of the dish comes from).</p> <p>4. The fried balls are drained from the fat on a napkin. They are arranged on a plate: a row of clatita, a row napkin and so on...</p>						
Preparation time	30 min.						
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert	
						X	
Level of difficulty	Easy		Medium		Hard		
	X						
How to serve it	Serve them with powder sugar, warm with cheese, honey or jam according to your preference						
Short description of a recipe	This is a typical dish, which is part of the festive table when the holiday of the house is celebrated. It is easy to make and not very expensive as well.						

Name of the dish	43. Banitsa with rice / Banica sa pirincem					
Ingredients and their amounts	For crusts 2 tea cups of flour 1 tea cup of water Pinch of salt For the stuffing 1 and half tea cups of rice 3 tea cups of water 1 or 2 tea cups of sugar 1 tea cup of dry grapes / raisins /					
Number of servings	8					
Preparation of the dish step by step	1. Mix dough from the flour, water and salt. Form 5 dough balls, which are lightly baked on both sides in a fat-free pan placed on the stove or in the oven. You can also use ready crusts. 2. After baking, place all the pastry well greased and sprinkled with pre-cooked mixture of rice, eggs, sugar and dried grapes. The last pastry sheet is greased with oil. 3. Bake at 180 degree. After that spray with some water and cover with a cloth.					
Preparation time	60-80 min					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert X
Level of difficulty	Easy X		Medium		Hard	
How to serve it	Serve it cold.					
Short description of a recipe	Typical for the region of Dolno Belotintsi. Very simple meal, with few ingredients and is a sweeter part of the meal.					

Name of the dish	44. Pokraklo					
Ingredients and their amounts	1,2 pieces of pork liver 1,2 pieces of pork lungs 1 piece of pork heart 1 or 2 pieces of pork intestine 1.2kg of bacon 2 pieces of onion /finely chopped/ 3-4 cloves of garlic Salt to taste 1 tbsp – red pepper 1 tbsp – black pepper water					
Number of servings	6					
Preparation of the dish step by step	Cut all the products and put them in a deep saucepan together with the spices. Pour over water two fingers above all the products. Boil until it gets dense and greasy.					
Preparation time	60-100 min					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert
					X	
Level of difficulty	Easy		Medium		Hard	
			X			
How to serve it	Serve cold.					
Short description of a recipe	A dish typical for the Northwest an Dolno Belotintsi village. Excellent meal for meat lovers.					

Name of the dish	45. Prazhitura /Fried dish/					
Ingredients and their amounts	1 egg 2 cups of white flour 1 cup of corn flour A pinch of salt A pinch of baking soda Water oil					
Number of servings	2					
Preparation of the dish step by step	1. Stir semi-fluid dough from the egg, flour, water, salt and the baking soda. 2. Heat some oil in a pan and pour some of the mixture until it covers the entire bottom with a thickness of about one cm. 3. After frying the bottom, flip it over with a griddle to fry on the top side as well.					
Preparation time	20 min					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert
					X	
Level of difficulty	Easy		Medium		Hard	
	X					
How to serve it	Serve it on a plate and add cheese to taste. It bounds well with a glass of wine Cabernet from Novo Selo.					
Short description of a recipe	The legend of the dish says that prazhitura (fry what you have) is served to the girls that took part in the ritual "Paparuda" – a ritual for rain. The products were donated by the hosts in which homes the children sang and then with those products the children go to a poor family of a widow with many children to prepare for them this dish.					

Name of the dish	46. Sirenjachka - Bread with eggs and cheese/Sirinjavka					
Ingredients and their amounts	Products: For the dough: 1 kg of flour 1 cube of yeast (42 g) 4-5 tbsp oil or lard 1 tsp salt 1 tsp sugar 300 ml of warm milk 100 ml of water 200 g yogurt For the stuffing: 3 eggs, 250 g cheese, 1 tbsp spice /savory, wild onion, thyme / For spreading: 1 tbsp butter / lard /					
Number of servings	6 -8					
Preparation of the dish step by step	Put the yeast in warm milk, 1 tsp. sugar and 3-4 tbsp. flour and let it simmer for about 10 minutes. Sieve the flour into a bowl and make a hole. Add the yeast, milk and water, salt and knead the dough, which should be then left to simmer until the volume is doubled. Divide the dough into two, one part being larger than the other Stir the products for the stuffing in a bowl. Roll out the larger dough, which is a little larger than the baking tray, and then the rest of the dough, which will have to be the size of the baking tray. Oil the tray and put the bigger one Pour the stuffing Put the smaller dough on top and close Top with oil or grease Bake in a preheated oven at 180 ° After baking sparkle it with a little water and put a cloth on top of it.					
Preparation time	70 minutes					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish	Dessert
	X			X		
Level of difficulty	Easy	Medium	Hard			
	X					
How to serve it	Serve it warm					
Short description of a recipe	An old recipe for a delicious dish that's hard not to try. It is usually a breakfast meal and it goes well with a glass of yogurt.					

Name of the dish	47. Stuffed sweet peppers with colourful beans					
Ingredients and their amounts	1 kg colorful beans 15-20 psc dried peppers 3-4 psc onion or leek 500 ml oil optionally savory salt 1 cup grinded nuts					
Number of servings	8-10					
Preparation of the dish step by step	<ol style="list-style-type: none"> 1. Cook the beans and drain water. 2. Soak the dried peppers in warm water until they soften. 3. In 350-400 ml of oil fry the onions and add the beans. 4. Fry all together and add the savory, walnuts and salt to taste. 5. Leave the mixture to cool and fill the peppers with it. 6. Put the peppers in an oiled pan and sprinkle with oil. 7. Bake on moderate heat. 					
Preparation time	3 hours					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish x	Dessert
Level of difficulty	Easy		Medium x	Hard		
How to serve it	Serve two peppers in a plate.					
Short description of a recipe	This dish is usually prepared on Christmas Eve. It is prepared in fasting period. Very nutritious and makes consumers satiety.					

Name of the dish	48. Fish soup								
Ingredients and their amounts	1 kg salted dried fish 2l water 6-7 psc dried peppers, hot and sweet 10 gr corn flour 2 tbsp oil optionally salt, chopped garlic, parsley, dill								
Number of servings	10								
Preparation of the dish step by step	<ol style="list-style-type: none"> 1. Put the water to boil in a pot. 2. Meanwhile roast the dried fish and peppers on a cooker. This way you can get authentic taste. 3. When the water starts to boil add the dried peppers to soften and in 10-15 minutes add the fish. 4. In pre heated oil fry the corn flour and pour in the fish soup to inspissate. 5. Add salt, garlic, dill and parsley. 								
Preparation time	50 min								
Type of dish	Bread	Salad	Appetizer	Soup x	Main dish	Dessert			
Level of difficulty	<table border="1"> <tr> <td>Easy x</td> <td>Medium</td> <td>Hard</td> </tr> </table>			Easy x	Medium	Hard			
Easy x	Medium	Hard							
How to serve it	It can be served warm or cold, with polenta and with a cup of homemade red wine.								
Short description of a recipe	This soup is typical for the Wallach region along the Danube. It used to be main food of our ancestors.								

Name of the dish	49. Giuvecheta					
Ingredients and their amounts	1 kg potatoes 4 psc fresh or canned tomatoes 2 onions 4 sausages or 400 g pork 4 eggs optionally salt, red pepper, black pepper, savory, oil 100 gr cheese					
Number of servings	4					
Preparation of the dish step by step	<ol style="list-style-type: none"> 1. Cut the potatoes into cubes, onions in circles, sausages also in pieces - or if you use pork instead, the pork into small pieces). 2. Combine ingredients, add salt, cayenne pepper, black pepper and savory, oil and water, and put the mixture into 4 clay pots. 3. Put lids on the clay pots and cook on moderate heat. 4. Just before it is ready, grind the cheese and put a raw egg in each pot. 5. Bake for 10 more minutes. 					
Preparation time	40-50 min.					
Type of dish	Bread	Salad	Appetizer	Soup	Main dish x	Dessert
Level of difficulty	Easy	Medium x	Hard			
How to serve it	Serve warm, in the clay pots or in a plate.					
Short description of a recipe	Tasty dish with many ingredients that give fantastic taste. Great choice for lunch.					

Name of the dish	50. Luytenitsa with nettle and eggs / Ljutenica					
Ingredients and their amounts	500 g nettle 1 onion 2 eggs 1 psc dry pepper 1 small bunch parsley 100 ml heated oil					
Number of servings	5					
Preparation of the dish step by step	<ol style="list-style-type: none"> 1. Put 2 eggs to boil for 7 minutes. 2. Chop the onion in small pieces, add salt and mash it. 3. Add washed and finely chopped nettle to the pot with onion and mash all together. 4. Roast and crash the dried pepper. 5. Slice the eggs. 6. Combine all ingredients in a bowl. 7. Pour with heated oil. 8. Add the finely chopped parsley. 					
Preparation time	15-20 min					
Type of dish	Bread	Salad	Appetizer X	Soup	Main dish	Dessert
Level of difficulty	Easy X		Medium	Hard		
How to serve it	Serve in small clay plates.					
Short description of a recipe	This is a recipe given from generation to generation. Its preparation is quick and easy. It is convinient addition to main dish.					

Conclusion

The collection and description of recipes originating from this area is intended to show methods of their preparation, as well as to keep traditional specialties alive. It is necessary to maintain traditions and customs that are closely linked to the gastronomy of one area. The first step to getting to know a place, its inhabitants and their lifestyle is by trying their local cuisine. The way of food preparation is something that determines the identity and culture of the native population, and food can have a great impact on visitors impression about the area itself.

Everyone likes to taste and learn about the specialties of the particular area they visit, so preserving and promoting unique dishes in the area is very important and can be an additional motive for visiting.

Food is the social and cultural heritage of people. It is very important for the health and well-being of people, which makes it unique compared to other human products. The gastronomy of Stara planina is characterized by a small number of ingredients and a simple way of food preparation. It also indicates a more modest way of life in the area, but at the same time locals ability to create great dishes from simple ingredients, which have a long tradition.

We believe that this publication contributes to the preservation and development of gastronomic cultures of mountainous regions such as Stara planina.

This publication was produced with the assistance of the European Union through the Interreg-IPA CBC Bulgaria-Serbia Programme, CCI No 2014TC16I5CB007. The contents of this publication are the sole responsibility of the Manifesto Association and can in no way be taken to reflect the views of the European Union or the Managing Authority of the Programme.