

# TOUR NET

## Albania - Bulgaria - Romania



Project Presentation, Varna 30<sup>th</sup> May 2003

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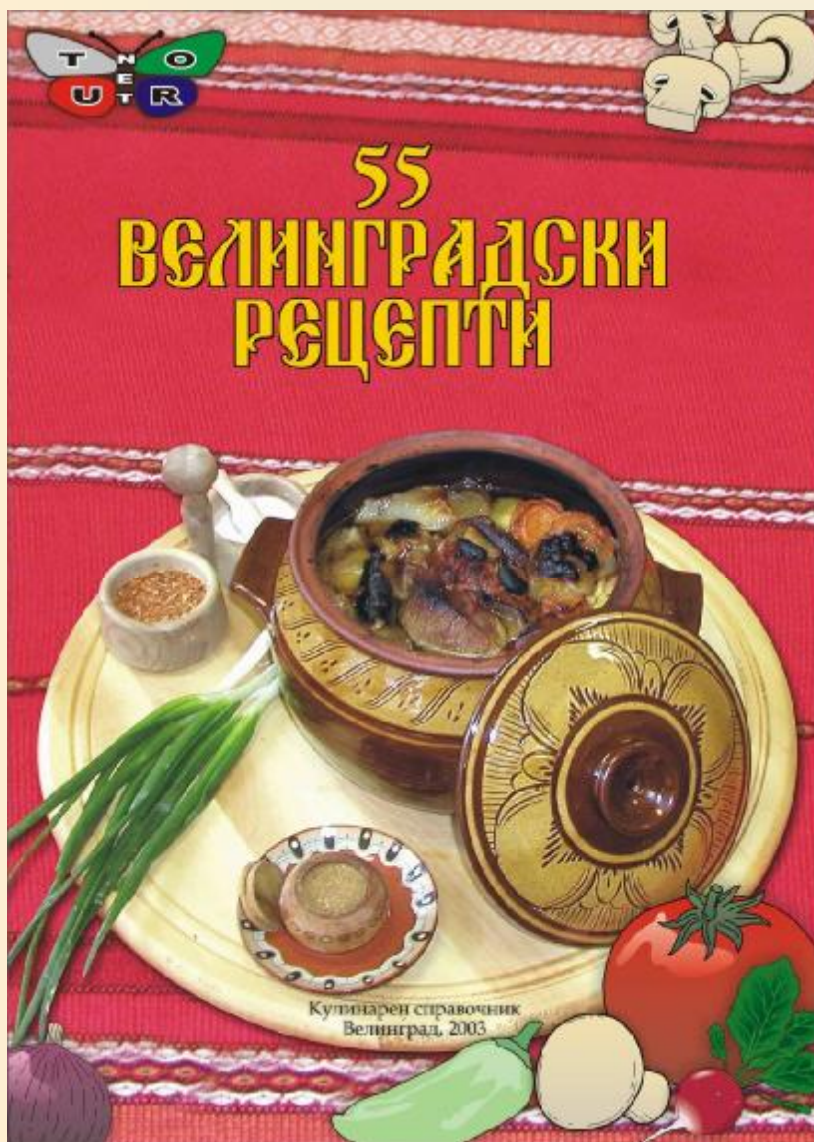
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## 55 RECIPES FROM VELINGRAD



High School  
of Economy & Tourism  
"Aleko Konstantinov"  
VELINGRAD





## THE GOALS OF THE PROJECT

- Improve the authority of the Bulgarian national cuisine.
- Enrich the traditions of making typical Bulgarian dishes.
- Supplement to the priceless culinary treasure, which was created during the centuries with various and original recipes.
- New ideas for using of products, which are typical for our national taste for the region and the market.





## FINDING AND SYSTEMATIZING:

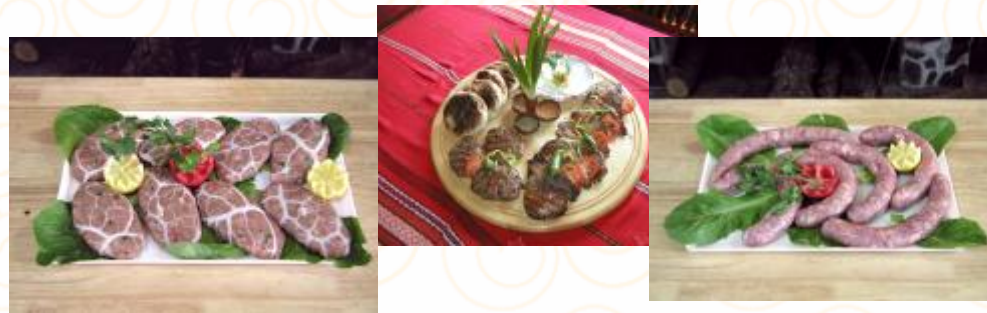
- ∅ 55 selected recipes of dishes and desserts from the valley of Chepino.
- ∅ 7 national specialties of leading chefs from Velingrad, who are former trainers at the School of Economy and Tourism.
- ∅ Ways of combining, designing and serving the dishes.





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Velingsgrads dishes are a culinary mosaic, made of original dishes, hot as a fire peppery stews and appetizers, which combine the traditions of Bulgarians, Macedonians, Mohammedans and Wallachians.



All of them refer to the sentence from *A Thousand and One Nights*: " So, the one, who wants to live a long life, must have breakfast early and have dinner not too late".





“The appetite comes with the eating”



**CONTENT**

**Gagalki ( Sauerkraut- roulades )  
Cake**

**Beet Salad**

**Fried Trout**

**Wallachian leek pasty**

**Rhodope Baklava**

**Soup with Cheese and Pepp**

**Kurban Soup**

**Kokozi ( red blueberry )**

**Tam of “Zunichki”(forest strawberries) ( bread )**

**Shepherd’s Flat**

**Salad Djudjole**

**Pasty with cabbage**

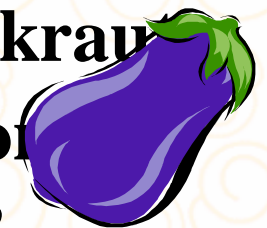
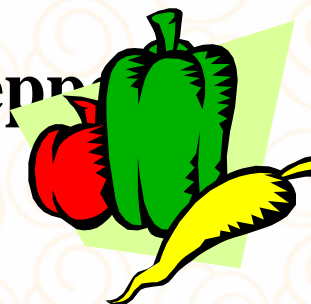
**Pork with Sauerkraut**

**Stew with Mutton**

**Salad “ Siusma”**

**Chomleck**

**Easter kozunak**

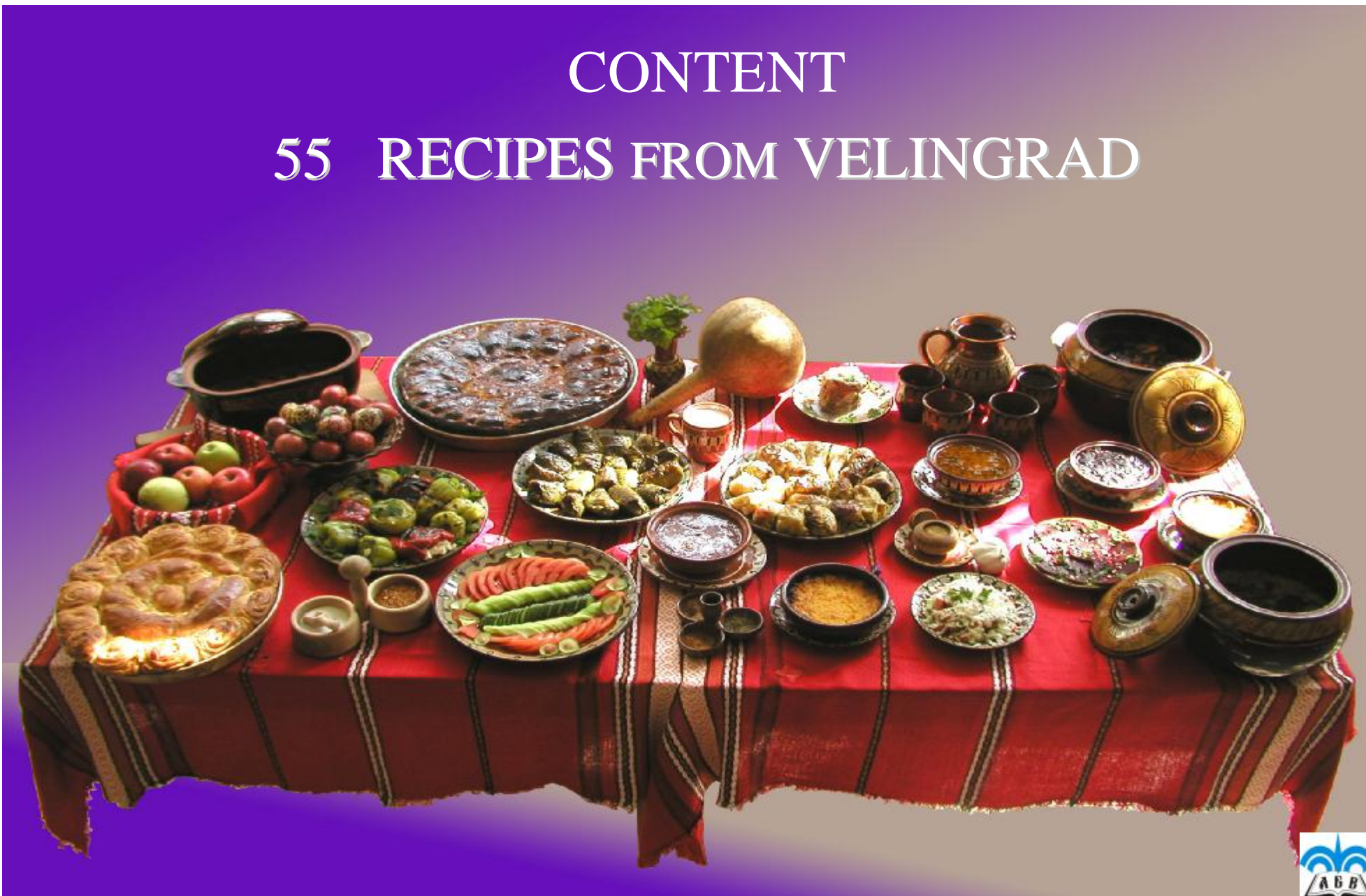




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## CONTENT

55 RECIPES FROM VELINGRAD





## Foods with a flavour of wild thyme and longing

### Seasons – vegetable and animal products and specific spices

**Spring , Summer** – fruits and vegetables

**Autumn , Winter** – home-made tinned food.

#### Spices:

n marjoran

n ram's salt

n wild thyme

n forest cumin







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**“A full stomach, a happy heart”**

- n A blending of spices, fat and the main product
- n Combining differing meats with vegetables, spices and technology.
- n Preserving meat products by salting and draying.
- n Ideas for preserving dishes in clay and wooden pots





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Taste the 55 dishes and desserts from the Chepino valley to have a great pleasure, humour and long life!



- n Mutton stew
- n Stuffing lamb
- n Kapama
- n Kamenski chufki
- n Chomleck
- n Beans with pastarma
- n Sudjuk starets
- n Rhodope Baklava





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## Delicious things from VELINGRAD

Vicious  
meatballs

garnished with humor  
ragged cheese pasty

Hesitated  
beans with  
pastarma

spiced with  
passion pork  
with  
sauerkraut

strong-  
minded  
kapama

diligent  
baklava,  
neat and  
tidy as a  
school girls

Sophenca  
in love

perfect drawing  
eggs ornamented  
with wax.





## **Acknowledgement**

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