



# *My first cook book*





## Snezhanka salad

A great starter or a side dish

### Ingredients for 2-3:

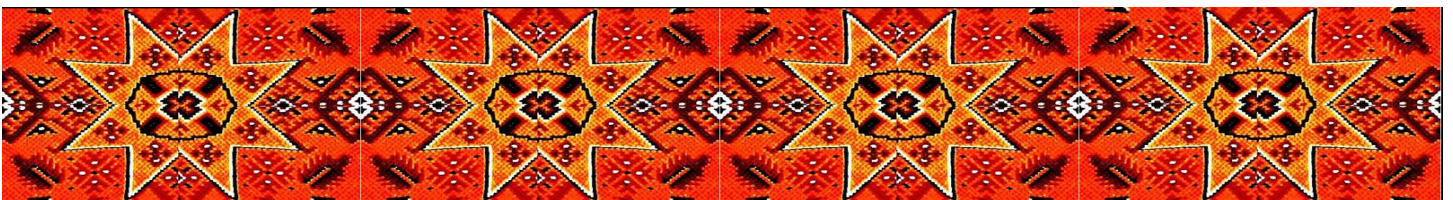
500 gr. yoghurt,

1 half a cucumber,  
finely chopped garlic clove,  
salt, 1 tbs. of olive oil,  
fresh dill - finely chopped



### Preparation:

Peel the skin of the cucumber using a potato peeler, chop in small pieces, and squeeze between your hands to drain most of the water, season with salt, add the chopped garlic, olive oil and dill, and leave for 10 minutes. Then add the yoghurt and chill for at least 1 hour before serving.





## **Courgettes in a yoghurt sauce**

**a great starter or a side dish**

### **Ingredients for 2-3:**

2 courgettes (cut in thin slices),  
frying oil, 50-80 gr. of plain white flour,  
500 gr. natural live or Greek style yoghurt,  
2 garlic cloves (crushed),  
chopped fresh dill.



**Preparation:** This dish is best prepared at least few hours in advance. After cutting the courgettes into slices season with salt and leave aside for 10 minutes, then dip each slice into the flour and fry in a pan. You can also use a deep-fat fryer but the courgettes may become a bit oily. Leave to cool. Mix the crushed garlic and chopped dill with the yoghurt. In a dish arrange a layer yoghurt followed by a layer of fried courgettes. Cool in a fridge for few hours or just serve.





## Aubergines in a Tomato Sauce

a great starter or a side dish

### Ingredients for 4:

2 medium aubergines (cut in thin slices),  
frying oil, 50-80 gr. of plain white flour,  
1 can of chopped tomatoes,  
2 garlic cloves (crushed),  
chopped parsley.



### Preparation:

This dish is best prepared at least few hours in advance. After cutting the aubergines into slices season with salt and leave aside for 10 minutes and drain any water. According to the original recipe, dip each slice into the flour and fry in a pan. You can also use a deep-fat fryer. Or you can just grill them for 5-10 minutes each side after brushing them with little oil. Leave to cool.

For the tomato sauce, heat little oil in a pan, add half of the crushed garlic and stir, add the can of tomatoes and simmer until the sauce has thickened, add the rest of the garlic and season with salt and pepper. Take off the hob and add the chopped parsley.

In a dish arrange a layer sauce followed by a layer of aubergines. Cool in a fridge for few hours or just serve.





## Tarator - cold soup

### Ingredients for 2-3:

500 gr. yoghurt,  
half a cucumber,  
1 finely chopped garlic clove,  
salt , 1 tbs. of olive oil,  
fresh dill - finely chopped



### Preparation:

Peel the skin of the cucumber using a potato peeler, chop in small pieces, season with salt, add the chopped garlic, olive oil and dill, and leave for 10 minutes. Then add the yoghurt. Dilute the yoghurt with 1 cup of cold water, stir well and mix with the seasoned cucumber. It's perfect for a hot summer's lunch.





## Spinach Soup

### Ingredients:

1/2 kg spinach,  
60 g butter,  
2 tbsp plain flour,  
500 ml milk,  
pepper,  
salt



### Preparation:

Boil the chopped spinach in salted water for about 15-20 minutes, drain, leave to cool for 10-15 minutes, then puree. Heat a pan, melt the butter, add the flour, stir well, fry for 1-2 minutes, then add the pureed spinach. Add the milk and 200 ml of the water in which the spinach was cooked. Simmer for 5-10 minutes and season with pepper.

Serve with croutons (bread cubes fried in butter)





## Moussaka

### Ingredients:

1/2 kg of minced meat (best mix pork and beef but beef only will do too)  
1 kg of potatoes, peeled and finely chopped in cubes  
2 tomatoes, finely chopped  
parsley, 1/3 cupful, finely chopped  
one onion, finely chopped  
3 eggs, beaten  
1 cup yogurt  
2 tbs flour  
salt and pepper to taste  
oil for cooking  
2 tbsp chubritza



### Preparation:

Fry the onion and the minced meat in a little oil. The fattier is the meat, the less oil you need. In about 10 minutes take it off the hob and mix well with the potatoes, tomatoes, and parsley. Add salt and pepper to taste. Bake for about 45 minutes at 190C or until the potatoes are cooked. Stir the eggs, the yogurt and the flour together and pour it over the dish. Bake for 10 more minutes. It's delicious with cold yogurt on the side. Enjoy!





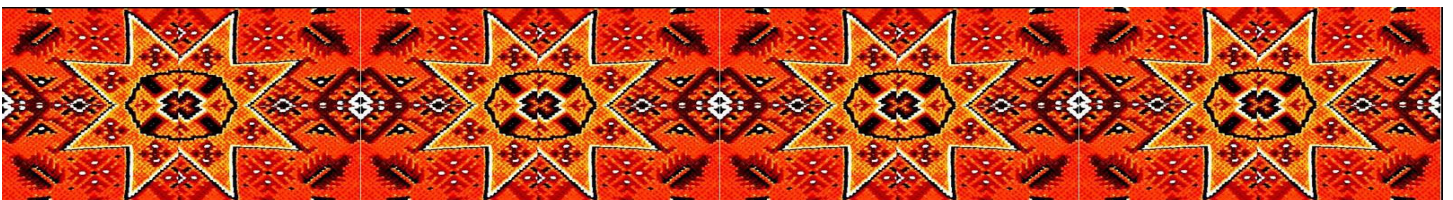
## Mince meat stuffed peppers

### Ingredients for 4:

8 mixed peppers (red, green, yellow),  
500 gr. minced meat (beef, pork or chicken),  
60 gr. rice,  
2 onions, chopped parsley,  
1 can of chopped tomatoes,  
3 tbs. oil, paprika,  
salt and pepper

### Preparation:

Take the seeds out of the peppers by cutting a hole on top, wash and dry. Chop finely the onions. Heat the oil in a pan, fry the onions for 2-3 minutes, add the minced meat and cook for about 5 minutes, add the rice and tomatoes (keep the tomato juice for later), season with salt, pepper and paprika, cook for another 2 minutes and take off the hob. Stuff each pepper with the mixture (about 3/4 full), arrange in an oven proof deep dish, add the tomato juice and top up with water to half fill the dish, cover with foil and cook for about 30 minutes in a preheated oven (190 C), uncover and cook for another 15-20 minutes until the peppers are cooked. You can serve them on their own or with Greek style yoghurt.







## Stuffed peppers

### Ingredients:

12-15 dried red peppers  
1 large onion  
1 carrot  
1 tea cup of rice  
3 tea cups of water  
½ tea cup of raisins  
salt  
black pepper  
paprika  
savory  
parsley  
oil



### **Preparation:**

Clean the red peppers from the seeds and put them in cold water to swell up for about 15 minutes. Fry the finely sliced onion, the grated carrot and the rice. Add the raisins with the salt, the black pepper, the savory, the parsley and the paprika. Add water and leave it to boil on a moderate fire until the rice swells up. Fill the peppers with this stuffing, put





## Sarmi

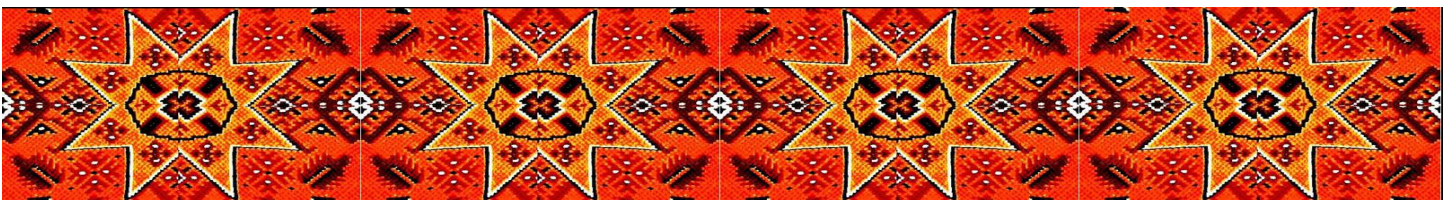
### **Ingredients:**

25 wine leaves  
1 tea cup of rice  
1 handful of raisins  
2 tablespoons of tomato purée  
½ tea cup of sunflower oil  
2 onions  
salt  
black pepper  
½ bunch of dill  
a pinch of cinnamon



### **Preparation:**

Slice finely the onion and stew it in the oil, add the rice and continue stewing. Add 1 tea cup of water, the raisins and the spices. Mix well and leave it to cool. After that scoop up the mixture with a tea spoon and put it in the wine leaf and make small sarmi. Put them in a pan and cover them with warm water in which you have added the tomato purée and a tea spoon of salt. Boil on a slow fire for about 45 minutes. Serve them lightly cool.





## Aubergine Dip

### Kyopolou

#### Ingredients:

2-3 aubergines/eggplants,  
4-5 peppers (red and green mixed)  
2-3 medium tomatoes.  
4 cloves garlic,  
fresh bunch parsley,  
red wine vinegar,  
sunflower oil  
salt



#### Preparation:

Bake/roast the aubergines, tomatoes and peppers on a hot plate or in the oven (220C), peel their skin and cut into small pieces. Add the crushed garlic. Mix well, add oil and vinegar, salt to taste, stir again. Arrange into a serving dish, top with finely chopped parsley. Serve with toasted bread or bread sticks.

Unbelievably tasty!





## Soda pita bread

### Ingredients:

1 kg of flour  
2 spoonfuls of sunflower oil  
1 tea spoonful of sugar  
1 tea spoonful of salt  
1 tea spoonful of baking soda  
1 packet of baking powder  
1 ½ cups of yoghurt



### Preparation:

Make soft dough from the products listed above. The baking soda is put in the yoghurt and the baking powder in the sifted flour. Make the dough in a form of pita bread and put it in a baking dish spread with oil. Bake it in a low-heated oven until it becomes a little red. Take the pita out of the oven and put it in a towel in order to soften it. Serve it with aroma spices – savory.





## Banitzza

### Baked Cheese Pastry

Banitzza is one of the most popular and typical Bulgarian dishes, more of a breakfast or snack thing than a main course. There are many shapes and varieties of banitzza - with cheese, spinach or butternut squash, but the cheese one is the most common and famous one.

#### Ingredients:

10-12 sheets Filo pastry (it is difficult to roll the sheets in the correct thickness, so I suggest you buy the ready made ones from your supermarket)

500 gr white cheese (you can use Feta although it is not quite the same as the Bulgarian White Brined Cheese - see below for info on how to purchase on the Internet)

1/2 pack butter (melted)

3-4 eggs

250 ml soda water

pinch of salt



#### Preparation:

Oil a medium size deep oven dish, cover bottom with a sheet of pastry, sprinkle melted butter, sprinkle crumbled white cheese, and continue layering pastry with butter and cheese. Finish with a layer of pastry and butter. In a separate dish beat the eggs, add salt, and soda water. Pour slowly over the dish with the banitzza and let it soak in. Cook in a preheated oven (180-200 C) for about 40 minutes or until the banitzza has risen slightly and has nicely browned on top. Leave to cool for about 30 minutes and serve.





## Pumpkin pastry

### Ingredients:

1 packet of fine sheets of pastry  
1 kg of pumpkin  
1 tea cup of sugar  
100 g of baked walnuts  
cinnamon  
1 tea cup of sunflower oil



### Preparation:

Grate the pumpkin and sprinkle it with the sugar, the ground walnuts and some pinches of cinnamon. Put 1 tbs of oil on every sheet and distribute evenly the filling. Roll the sheets. Put them in a large baking oiled dish and put on them some sunflower oil. Bake it in a moderate oven. Before serving sprinkle it with some castor sugar.





## Oshaf

### Ingredients:

2 handfuls of dried fruit – apples, pears, plums, apricots or cherries  
a pinch of cinnamon  
few grains of clove  
one leaf of geranium

### Preparation:

Wash well the fruit, pour them with 5-6 cups of water and boil them soft. Add the clove and geranium and boil few minutes more. Then take the ready oshaf out of the fire.

