BULGARIA

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# TRADITIONAL BULGARIAN CUISINE

*multimedia*



recipe

# SHOPSKA SALAD

**Operative Program "Regional Development 2007-2013**
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**The project is financed by the European Regional Development Fund and the state budget of Republic of Bulgaria**

OPRD

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## SHOPSKA SALAD

*Shopska Salad is the most popular Bulgarian starter. Despite the fact that the recipe originates from the region of the capital - Sofia, this salad is prepared in the entire country.*

*Shopska Salad is exceptionally popular among foreign guests of the country. This is due to the fresh tomatoes and the flavorful vegetables, as well as the renowned white cheese, by which it is garnished.*

*This salad is served as a starter or as a garnish to barbeque or baked meat. It is prepared from fresh vegetables, and in some regions baked peppers are also added.*

*The preparation of Shopska Salad is exceptionally easy and fast, if you have all the required products.*

# TRADITIONAL BULGARIAN CUISINE

## RECIPE SHOPSKA SALAD



### NEEDED PRODUCTS

*Compulsory components of the Shopska Salad are tomatoes (400 g) and cucumbers (250 g). Besides them, you also need 1 green pepper, 1 onion or 3 sticks of spring onion, 100 g white cheese, parsley, vinegar, olive oil (or sunflower oil) and salt according to your preferences.*

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## RECIPE



*1.*

*Chop the tomatoes in large pieces.*



*2.*

*Peel the cucumbers and chop them in rings or semi-circles.*



*3.*

*Cut the pepper in stripes or other shape of your choice.*

# RECIPE SHOPSKA SALAD

**4.**

*Fine chop the parsley.*



**5.**

*Fine chop the onion.*



**6.**

*Pour all products in the plate,*
*in which they will be served.*





**7.**

*Add salt.*



**8.**

*Add sunflower oil or olive oil according to your preferences and stir.*



**9.**

*Finally grate cheese on the salad.*

# TRADITIONAL BULGARIAN CUISINE

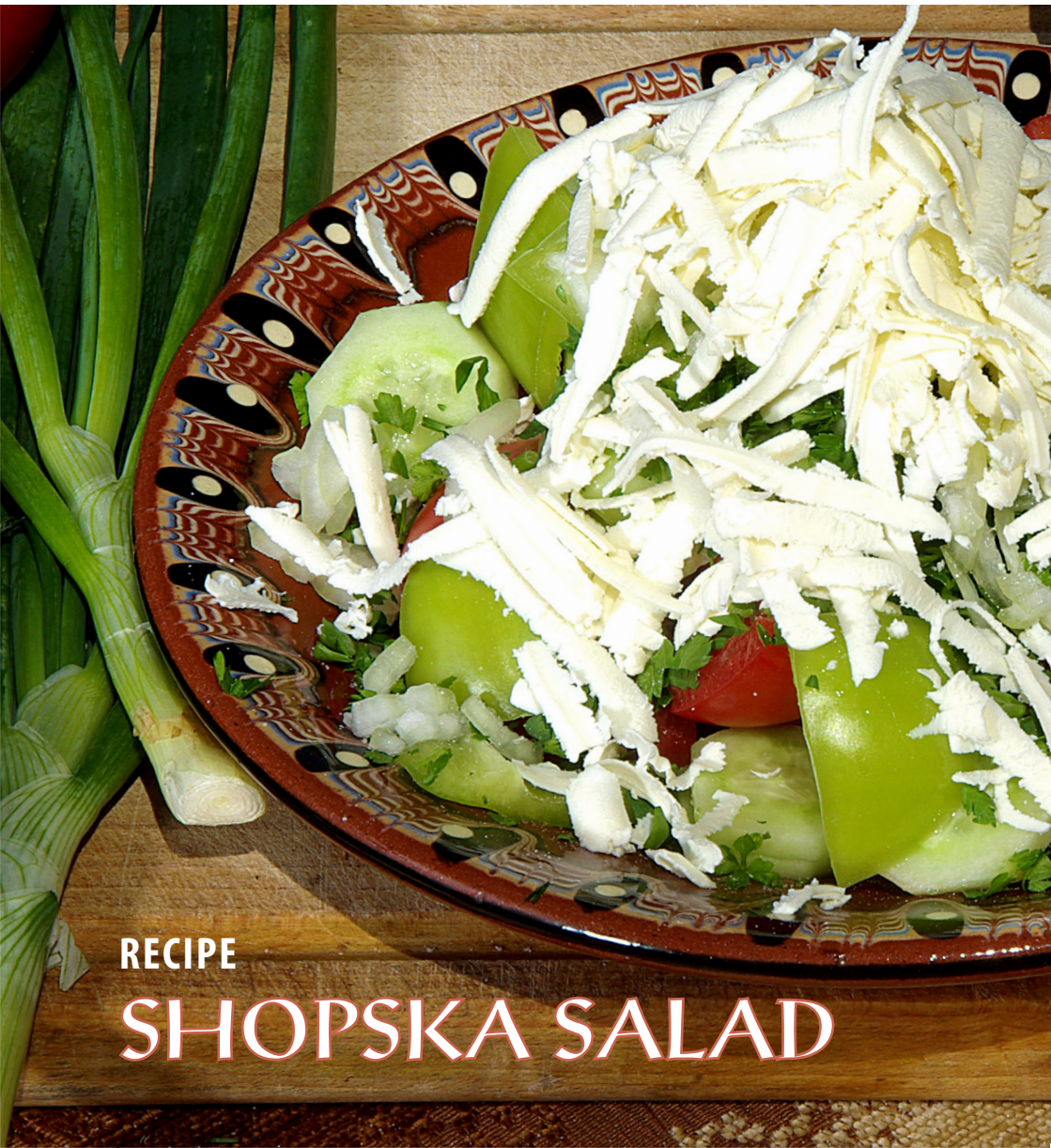
## RECIPE SHOPSKA SALAD



*You can taste Shopska Salad all over the country, but there are differences in recipes - in some regions peppers are added, and in others - vinegar is added to the dressing.*

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RECIPE

# SHOPSKA SALAD

# TRADITIONAL BULGARIAN CUISINE

## RECIPE SHOPSKA SALAD



We wish you
bon appetite
and good times
in the company
of the traditional
Bulgarian cuisine!

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