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# TRADITIONAL BULGARIAN CUISINE

*multimedia*



*recipe*

## KAPAMA



Operative Program "Regional Development 2007-2013  
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## **KAPAMA**

*Kapama is a traditional Bulgarian dish, which is prepared in the region of Bansko and Razlog. It is one of the attractions for tourists in the authentic taverns in the resort of Bansko.*

*It is prepared by many products - a few types of meat - pork, chicken, veal, rabbit meat, and sauerkraut; you can even use preliminarily prepared stuffed cabbage leaves; sausage or black-sausage and rice can also be added to this unusual mixture.*

*In order to achieve the unique flavor and taste of the Kapama, there are three important conditions. The first one are spices - pepper, paprika, bay-leaves; the second one is the arrangement of the products in layers; and the third one is to bake the dish for a long period of time - at least 4-5 hours in low-temperature oven, and in a clay pot sealed with dough.*



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## RECIPE KAPAMA



### NEEDED PRODUCTS

*It is prepared with at least 3 types of meat – pork (500 g), veal (500 g) and chicken (500 g); 1 piece of sauerkraut, 1 glass of rice, 400 g sausage, pepper, paprika and salt according to your preferences; dough for smearing. For additional fragrance you can add a small glass of red wine.*

## RECIPE



### 1.

*Put a layer of sauerkraut (preliminarily fine cut) in a clay vessel and season it with pepper.*



### 2.

*Add some more pepper or another spice of your choice.*



### 3.

*Put a layer of rice.*



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## RECIPE KAPAMA

4.

*Then arrange the pork meat.*



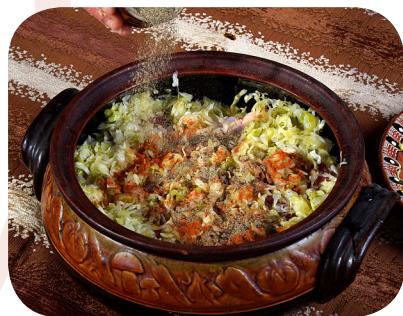
5.

*Add one more layer of  
sauerkraut.*



6.

*Again season with spices.*





7.

*Add a layer of rice.*



8.

*On top of it put a layer of other meat, for example chicken.*



9.

*Continue in the same way, until you fill up the vessel.*



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## RECIPE KAPAMA

**10.**

*Finally end up with a sausage.*



**11.**

*Seal the lid of the pot with  
dough.*



**12.**

*Put the dish in the oven and  
bake it in low temperature for  
at least 4 hours.*





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RECIPE

# KAPAMA



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## RECIPE KAPAMA



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



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