



www.bulgariatravel.org

TRADITIONAL BULGARIAN CUISINE

multimedia



recipe

KAPAMA



Operative Program "Regional Development 2007-2013
www.bgregio.eu

We invest in your future!

The project is financed by the European Regional Development Fund
and the state budget of Republic of Bulgaria



Grant Scheme BG161PO001/3.3-01/2008 "Support for Effective National Marketing of Tourist Product and Improvement of Information Service", Contract No BG161PO001/3.3-01/2008 /001-5 "Multimedia Catalogue of the Tourist Sites and Electronic Marketing of Destination Bulgaria"

This multimedia brochure is created within the framework of the project "Multimedia Catalogue of the Tourist Sites and Electronic Marketing of Destination Bulgaria", Contract No BG161PO001/3.3-01/2008/001-5, which is performed with the financial support of Operative Program "Regional Development" 2007 – 2013, co-financed by the European Union through the European Regional Development Fund. The entire responsibility for the contents of this multimedia brochure is brought by the beneficiary – The Ministry of Economy, Energy and Tourism, and under no circumstances it can be considered that this multimedia brochure presents the official position of the European Union and the Managing Body.



www.bulgariatravel.org

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.



TRADITIONAL BULGARIAN CUISINE

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.



www.bulgariatravel.org

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.





TRADITIONAL BULGARIAN CUISINE

RECIPE KAPAMA

4.

Then arrange the pork meat.



5.

*Add one more layer of
sauerkraut.*



6.

Again season with spices.





www.bulgariatravel.org



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.



TRADITIONAL BULGARIAN CUISINE

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.*





www.bulgariatravel.org



RECIPE

KAPAMA



TRADITIONAL BULGARIAN CUISINE

RECIPE KAPAMA



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

www.bulgariatravel.org



Operative Program "Regional Development 2007-2013
www.bgregio.eu

We invest in your future!

**The project is financed by the European Regional Development Fund
and the state budget of Republic of Bulgaria**



Grant Scheme BG161PO001/3.3-01/2008 "Support for Effective National Marketing of Tourist Product and Improvement of Information Service", Contract No BG161PO001/3.3-01/2008 /001-5 "Multimedia Catalogue of the Tourist Sites and Electronic Marketing of Destination Bulgaria"

This multimedia brochure is created within the framework of the project "Multimedia Catalogue of the Tourist Sites and Electronic Marketing of Destination Bulgaria", Contract No BG161PO001/3.3-01/2008/001-5, which is performed with the financial support of Operative Program "Regional Development" 2007 – 2013, co-financed by the European Union through the European Regional Development Fund. The entire responsibility for the contents of this multimedia brochure is brought by the beneficiary – The Ministry of Economy, Energy and Tourism, and under no circumstances it can be considered that this multimedia brochure presents the official position of the European Union and the Managing Body.