



Traditional Bulgarian Cooking

Atanas Slavov

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Bulgaria, which stretches out and east from the Danube, is a colourful patchwork of mountains, forests, waters, and some of the best vegetable-growing land in the world. Here is a real taste of authentic Bulgarian home cooking -- characterised by a blend of South Slav and strong Turkish influences, within the framework of the great Mediterranean culinary tradition. As the world's undisputed centre of yoghurt production, Bulgaria boasts many creative and tasty dishes with this ingredient. This collection of over 140 authentic Bulgarian recipes spans the range of home cooking: stews and hearty soups; lamb, poultry, grilled meats and game; vegetarian delights; cheese pastries; desserts; and even soft drinks.

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