

Recipe
from Maria and Zlatimira

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 them in a small dish, cover 2/3 of them with water and bake in a moderate oven.

Recipe
from Tanya, Marina, Aysun and Gulchin

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.

Recipe
from Milena, Gergana, Sezen and Dzhansu

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.

Recipe
from Hazeldzhan, Hristina, Theodora

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.