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TRADITIONAL BULGARIAN CUISINE

multimedia



recipe

TRADITIONAL BREAD



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TRADITIONAL BREAD

Bread bears strong symbolics in Bulgarian folklore and the culinary tradition. It is present in various rituals and customs, and it is a symbol of hospitality, family and home.

Bread is baked for every holiday in Bulgaria. It is decorated in various ways, depending on the established traditions. The most popular form of bread, which is present on the table of Bulgarian family every day, is the standard small flat loaf of bread.

It is prepared by flour, water, salt, butter or other fat, and yeast.

Ritual breads are also made according to this recipe; however they have various shapes and decorations, depending on the season, the celebrated holiday or the imagination of the hostess.



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RECIPE TRADITIONAL BREAD



NEEDED PRODUCTS

To make the small flat loaf of bread delicious and fluffy, you need fine white flour (500 g). You also need: 160 - 180 ml warm water, yeast, 3 eggs, 100 g fat of your choice, a pinch of sugar, salt according to your preferences.



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RECIPE



1.

Flour must be sifted out through a sieve.



2.

Make a small hole in the middle with your fingers.



3.

Dissolve the yeast in a small quantity of warm water.



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4.

Add a pinch of sugar to the yeast and leaved it in a hot place to rise.



5.

Pour the eggs in the small well.



6.

Add salt.





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7.

Add the dissolved yeast.



8.

Add the melted butter or the vegetable oil.



9.

Start stirring the dough, by adding as much water as needed.



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10.

Knead with your hands until you make moderately soft and elastic dough.



11.

Cover the dough with a towel and leave it to rise.



12.

The dough is ready when it doubles in volume.





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13.

Knead the dough one more time.



14.

Put the dough in the vessel, in which it will be baked, and cover the top with a yolk.



15.

Bake in the oven until a golden crust forms.



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After baking, the loaf of bread shall be left to cool down. It can be served with cheese, savory, honey or other spices of your choice.



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RECIPE

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

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