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# TRADITIONAL BULGARIAN CUISINE

*multimedia*



## BULGARIAN YOGURT



Operative Program "Regional Development 2007-2013  
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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.



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# TRADITIONAL BULGARIAN CUISINE

## BULGARIAN YOGURT

### **BULGARIAN YOGURT**

*Bulgarian yogurt is known all over the world for the qualities of its taste. For the people around the world it is a delicacy and for Bulgarian people it is part of their daily menu, which is always present on the table. Bulgarian people use yogurt to make many dishes. The yogurt is included into the composition of recipes for soups, salads, desserts, garnishes, etc. Yogurt can be made at home as long as you follow certain basic rules.*

*But what makes Bulgaria different from other countries and what causes the fact that only here, this small country on the Balkan Peninsula offers the most delicious yogurt in the world?*

*The reason lies in a small bacterium known by different names, but it is most often called *Lactobacillus bulgaricus*. It causes the fermentation of milk and its superb taste. Its discoverer is the remarkable Bulgarian bacteriologist Dr. Stamen Grigorov.*



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## **STAMEN GRIGOROV (1878 – 1945)**



*Stamen Grigorov was born in the village of Studen Izvor in Tran area in 1878. The homeland of Grigorov – the region of Tran, is famous throughout the country for its delicious yogurt. Ever since he was a child, Grigorov was strongly attracted to nature and science, and the teachers at school were impressed by the ease with which he absorbed the material. His*

*curiosity and his ambitions took him to the Male High School in Sofia - the most prestigious school at those times in Bulgaria, and immediately thereafter, to Montpellier, France, where he studied natural sciences. After graduating, Grigorov continued his studies in the sphere of medicine in Geneva, where he met the famous bacteriologist Professor Masol.*



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*The professor was impressed by the young Bulgarian and tolerated him, and he even appointed him as his assistant. This was a great opportunity for Grigorov because it gave him access to the professor's laboratory, which was one of the best equipped laboratories of its time. And there he made his greatest discovery!*

*At that time - about the beginning of the twentieth century, the purpose of Stamen Grigorov was to understand which microorganism caused the fermentation of milk. At the same time, by the initiative of Pasteur's Institute in Paris, whose director was the emigrant bacteriologist from Russia, Ilya Ilyich Mechnikov, a survey was carried out around the world about the number of centenarians and their share of the population of each country. Surprisingly, it appeared that most centenarians lived in Bulgaria. By the way of logic, Mechnikov concluded that the cause for their longevity lied in the daily consumption of Bulgarian yogurt. This raised the question - how to make yogurt in other countries.*

*Just then Mechnikov received a letter from Geneva, by his colleague Prof. Massol, from which he learned that the young Bulgarian Assistant*



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*of Massol had solved the mystery and had isolated a rod-shaped bacterium that causes the milk to turn sour and develop a specific taste. Mechnikov invited the young scientist to Paris, where he offered him to present his discovery to the most influential scientific community. Grigorov delivered his report and induced the applause of the scientists. Soon his name appeared in numerous scientific journals and was added to the name of the bacterium - "Lactobacillus delbureckii subsp. bulgaricus Grigoroff 1905 ".*

*Later, after completing his doctorate, Grigorov returned to Bulgaria and diverted a number of proposals. One of them was to take over the leadership of the Pasteur Institute in Sao Paulo, Brazil. The young doctor returned to his native county and became a physician and head of the hospital in the town of Tran. Later, he worked on a number of studies on the treatment of tuberculosis and lung diseases. He died in Bulgaria in 1945.*

*Nowadays, owing to Dr. Stamen Grigorov, the centuries-old secret of yogurt is solved. Its undeniable taste and dietetic qualities are the reason it is known all over the world and is one of the symbols of Bulgaria.*



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## REVUE MÉDICALE DE LA SUISSE ROMANDE

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GENÈVE

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*Nowadays in the home village of Stamen Grigorov there is a museum dedicated to yogurt. The museum is situated in a recently restored old house. The first floor exhibits an interesting ethnographic collection of female costumes from the area of Tran, as well as various containers and equipment for dairy products production and storage. There is a “lump” for butter*



*churning and other ceramic cookware for yogurt making.*

*The exhibition on the second floor is dedicated to industrial production of yogurt and to the discoverer of the sour milk bacteria.*



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*The technological process of sour milk making is shown here with attractive models.*

*More about the life of Stamen Grigorov, his discovery and other research activities you can learn from the comprehensive information boards and from the guided tours in the museum.*



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### RECIPE



*In order to make yogurt at home, you will need milk and some yogurt for ferment (1 tablespoon yogurt will be enough for a liter of milk). Boil the milk in advance and let it cool to a temperature of about 42-45° C. If you don't have a thermometer, you can dip your little finger in the milk. It is suitable for souring if it is not hot and has a pleasant warm temperature.*



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**1.**

*Pour the boiled milk in a pot, leaving about 50 grams aside.*



**2.**

*Prepare the ferment in another small bowl. Mix the yogurt with the rest of the milk and stir.*



**3.**

*Add the ferment to the warm milk and stir.*



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4.

*Cover the container with a cloth to keep the heat and leave for 3-4 hours, check it from time to time.*



5.

*Remove the towel and leave the milk to cool after you make sure that the milk has fermented.*



*Milk should not be allowed to ferment longer, as it will become too sour and won't have a pleasant taste. The ready yogurt can be consumed directly or can be included in other meals - tarator (cucumber soup), salad, buttermilk, desserts, etc. The milk has best taste qualities when it is cold.*



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

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