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TRADITIONAL BULGARIAN CUISINE

multimedia



recipe
TARATOR
(CUCUMBER SOUP)



Operative Program "Regional Development 2007-2013
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TARATOR (CUCUMBER SOUP)

Tarator (Cucumber Soup) is one of the traditional Bulgarian dishes. It is prepared mainly in the summer months, because it has a cooling effect, but many people prepare it all year long.

There is almost no Bulgarian, who will tell you that they do not like eating tarator. Regardless of the season, you can taste tarator in every Bulgarian restaurant. In the various parts of the country you can taste various recipes for making tarator.

In its essence, tarator is a cold soup, prepared by yogurt, cucumbers, walnuts, salt, vegetable oil and spices.

If you are far from Bulgaria and you want to taste again one of the traditional soups, favorite to all Bulgarians, you can make it on your own, just for a few minutes.



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RECIPE TARATOR



NEEDED PRODUCTS

The most important condition for making a delicious tarator is the Bulgarian yogurt (100 g). If you can not supply yourself with it, you can use similar products, which are offered on the market. You will also need: 1 cucumber, 5 ml sunflower oil, 5 - 6 cloves of garlic, 25 g walnuts, dill and salt according to your preferences.



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RECIPE



1.

Wash the cucumber and the dill and peel the garlic.



2.

Slice the cucumber into cubs according to your preferences. You can also grate it.



3.

Chop the garlic into fine cubes. You can also grate it or press it.



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RECIPE TARATOR

4.

Fine chop the dill.



5.

Put the sliced cucumber in a vessel. Add the garlic and the dill.



6.

Add salt.





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7.

Add the yogurt.



8.

Stir well until all products mix.



9.

Dilute the obtained mix with water until you receive a dense substance.



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RECIPE TARATOR

10.

*Add some olive oil or sunflower
oil and stir.*



11.

Fine crush the walnuts.



12.

*Add the walnuts to the mixture
and stir.*





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RECIPE

TARATOR

(CUCUMBER SOUP)



TRADITIONAL BULGARIAN CUISINE

RECIPE TARATOR



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



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