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Religious holidays and having meal In Bulgaria



Sirni Zagovezni



Sirni Zagovezni is one of the most revered holidays in the holiday calendar of the Bulgarian Orthodox Christian. This day is the last day before the longest fasting of the year - the fasting before Easter. On this day, the family gathers, the younger ones visit the older ones and ask for forgiveness, then who gets older also takes forgiveness.

Fish, halva, boiled eggs, cheeses, boiled cereals, dried fruits and roasted pumpkin are served at the festive table.



Banitsa

The banitsa with cheese and eggs is one of the most typical dishes for the Bulgarian table. There is no holiday where the cheese and egg pie is not your primary choice.



Baked mackerel in salt

The recipe for roasted mackerel in the salt is one of the easiest recipes for making mackerel. The same recipe can be found for the preparation of other types of fish, for example, trout, chickpeas or bayfish. The fish prepared according to this recipe is especially dietary and very tasty.



Stuffed eggs



The stuffed boiled eggs with cream cheese and spices fit you perfectly in the Cheesy Curve menu. Very suitable for an appetizer, full eggs are prepared quickly and easily, very tasty and in tune with tradition.

Boiled wheat



Baked pumpkin



Customs on Sirni zagovezni

Red thread, boiled egg and white halva - this is a must have for the funniest moment of the Cheese Plate. This is known to us and the children, because they love „gorge" is still performed today. Certainly, halvah is a recent phenomenon and entered the ritual foods much later. Once on a table, on one of the ceiling beams, a red thread or martenitsa was hung (twisted white and red thread). A boiled egg or a piece of cheese were firmly attached to its free end. Then the thread was swinging, and he began to pass around everyone sitting at the table. Whoever manages to catch it by mouth will be healthy and happy all year long. The custom ends with the ignition of the thread - if it burns well, the harvest will be rich ...



Christmas eve

December 24th, we celebrate
one of the brightest
Christian holidays -
Christmas Eve. At midnight,
according to the Orthodox
Church, Jesus Christ was
born in a cave around
Bethlehem.



According to tradition, the dinner tonight should be solemn, as it is the last day of the forty-day Christmas fasts that began on November 15th. Dishes must be lean and odd - 7 (as many days per week), 9 (as women's pregnancy) or 11 and vegetarian.



Bread with silver coin



The oldest person in the family breaks the bread.

The first piece is for Virgin Merry.

The second one is for the home.

And others share between the members of the family according their age.

Boiled wheat



Boiled dry bean



The dishes on the table have to be foods which swell – wheat, dry bean, rice.

Stuffed pepper



Sarmi



Pie with leek



Pumpkin pie



According to tradition, all family members eat on the floor on a cross of cereal. The table mustn't clean all night because it is believed that the Virgin comes to feed



Thanks for the
attention!