

Eastern European Dishes

Shopska Salad:

- 4 ripe tomatoes
- 2 cucumbers
- 1 onion
- 1 red or green pepper
- 1/3 bunch of parsley
- 2 tablespoons (olive) oil
- 2 tablespoons of vinegar
- 1/2 cup Bulgarian cheese (or feta cheese)

Directions:

Chop all tomatoes (peeling tomatoes is an optional step), cucumbers and the pepper and put in a bowl. Add finely chopped onions and parsley. Sprinkle with the oil and vinegar and mix it all together. Grate the feta on top. Enjoy!

Stuffed Red Peppers:

- 8-10 dried red cubanelle peppers (or 8 red bell peppers)
- 1 large onion (or 2 smaller), finely chopped
- 2-3 garlic cloves, crushed
- 1 carrot, finely chopped
- 1 cup white rice, uncooked
- 200 grams ground pork
- 300 grams ground beef
- 1 tbsp paprika
- 1/2 tsp black pepper
- 1 tbsp dried savory
- 3 tablespoons raisins
- salt, to taste
- 1 1/2 cup water

In a large frying pan, heat the oil over medium heat. Add the finely chopped onion and the garlic and fry for about 2 minutes. Add the finely chopped carrot and the uncooked rice to the frying pan stirring, get it well coated by the oil and fry for about 1 min. Add the ground meat to the frying pan and brown well, stirring constantly so to mix well the pork and beef meat together.

Finally, once the meat is cooked, sprinkle all the spices: Bulgarian paprika, freshly ground black pepper, dried savory (or the same quantity of fresh savory if you prefer), a pinch of salt to taste, raisins and 1 1/2 cup of water. Cook over low-medium heat until water is absorbed into rice. Proceed to stuff the red peppers with the meat mixture with a small spoon. In a large baking dish, place the peppers snugly against each other so that the stuffing doesn't fall out. Pour in the cup of warm water to soak the peppers, adjusting the quantity more or less according to the size of your dish: it should be full to the 1/2 with water. Heat the oven to 400° and bake the stuffed peppers for about 1 hour and 15 min.