

TRADITIONAL BULGARIAN CUISINE

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multimedia





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KEBAPCHES

Kebapches find a place on the table of each Bulgarian family.
They often turn into a favorite dish of many guests of the country, along with Tarator and Shopska Salad.

Kebapche is a dish made of minced meat with spices, with oblong shape, which is baked on a barbeque. Besides being present in Bulgarian cuisine, kebapche is also a popular dish in the Serbian cuisine. In Bulgaria kebapche is prepared by mixed pork and veal minced meat with various spices - pepper, cumin, salt, etc. In the various parts of the country the recipes for preparing kebapche include various spices.

After kneading, the minced meat must be left for a few hours, in order to take up the fragrance of the spices. Then oblong pieces are shaped, about 15 cm long, and not more than 3 cm in diameter.





NEEDED PRODUCTS

The most important component in kebapches is the fresh minced meat, mixture of veal and pork meat (about 500 g). You will also need: sunflower oil or olive oil, pepper, cumin and salt according to your preferences.









RECIPE

1.Prepare the minced meat and the spices.

2.Salt the meat according to your preferences.

3. Add 1 teaspoon of cumin.



Finally season with pepper.



Knead the minced meat with hand, until the spices spread evenly.

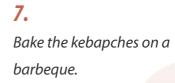


Form the ready mixture in oblonged sticks, about 15 cm long.











8.Turn them over in regular intervals, until they bake evenly.



9.Serve the ready kebapches, garnished with a stick of parsley.





Kebapches combine very well with Shopska Salad, as well as with other dishes of the traditional Bulgarian cuisine. They can also be eaten individually.













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