



2007CB16IPO007-2012-3-028

Project title

E-learning and ICT in Support of Human Resource Development in the Cross-border Region

Axis

Axis 1: Economic Development and Social Cohesion

Area of intervention

1.2 Social Cohesion

Lead Partner

Association Business Information and Consulting Center - Sandanski

Partner 2

Center for development and promotion "Promo Idea" - Strumica

Duration

12 months

Total budget

97 242.64 EUR

Project description

Strategic goal of the project is to promote social cohesion in the cross-border regions of Bulgaria and Macedonia through the establishment and implementation of a set of joint measures, activities and mechanisms in support of human resource development in the field of tourism. The project provide support to the local SME's, private entrepreneurs, business support organizations, vocational training providers and educational institutions directly or indirectly related to the tourism industry in the targeted region in order to meet the new conditions and challenges of the regional economic environment through the utilization of innovative ICT based tools and approaches for e-learning, capacity building and promotion.

The project was successfully implemented in December 2014.





Seminar "Traditional meals and cuisine from Southwestern Bulgaria and eastern Macedonia."



Strategy for development of Human Resources in tourism and catering sector in the cross-border region Strumica – Sandanski 2015-2020





Catalogue of local and traditional cuisine

ТРАДИЦИОННИ ЯСТΙΑ И КУХНЯ ОТ ЮГОЗАПАДНА БЪЛГАРИЯ И ЮГОИЗТОЧНА МАКЕДОНИЈА
КУЛИНАРЕН КАТАЛОГ

ТРАДИЦИОНАЛНА ХРАНА И КУЈНА ОД ЈУГОЗАПАДНА БУГАРИЈА И ЈУГОИСТОЧНА МАКЕДОНИЈА
КУЛИНАРЕН КАТАЛОГ

TRADITIONAL MEALS AND CUISINE OF SOUTHWEST BULGARIA AND SOUTHEAST MACEDONIA
CULINARY COLLECTION

Този каталог е изработен со финансировање помош од Европскиот савез
Овој каталог се реализира со финансиска помош од Европскиот савез

IPA CROSS-BORDER PROGRAMME CCI Number 2007CB16IPO007

E-SUPPORT

Сдружение БИКЦ - САНДАНСКИ
Влада партиџер

PROMOIDEA
Центар за развој и промоција
"Промо Идеа"

ИЗДАТЕЛИ:
СДРУЖЕНИЕ БИКЦ - САНДАНСКИ
ЦЕНТЪР „ПРОМО ИДЕЈ“ - СТРУМИЦА

ЕКИП:
ЖИВКО ИВАНОВ - РЪКОВОДИТЕЛ ПРОЕКТ
ПЛАМЕН ТОДОРОВ - КООРДИНАТОР ПРОЕКТ
ДЖОКО РИСТОВСКИ - ТЕХНИЧЕСКИ КООРДИНАТОР
ХАРИ ШУТОВСКИ - АСИСТЕНТ

ТЕКСТ:
АТАНАС АТАНАСОВ - ЈУЗНА БООД, ТЕКСТ БЪЛГАРСКА ЧАСТ
КАТЕРИНА ВАСИЛЕВА - ТЕКСТ МАКЕДОНСКА ЧАСТ

ФОТОГРАФИИ:
АТАНАС АТАНАСОВ, ВЕСНА РОП, ЖАН ЈОВАНОВ

ДИЗАЈН И ПЕЧАТ
СМИЛКОВ БООД, БЛАГОЕВГРАД, БЪЛГАРИЈА
ТИРАЖ 1000 БР.

СЕПТЕМВРИ 2014

Culinary traditions:
The number of painted eggs on Easter depends on the number of family members, while in some villages, it depends on the number of the hens. Tradition says that painting should be made on Thursday morning before Easter and it is priority of the oldest woman in the family, while young girls and brides make the eggs decoration. In the past, the first red egg was carried in the church (to protect from hail).
The main dye was red, symbolizing the Resurrection, but other colors and combinations were also used. In oldest times, eggs were painted with the help of boiled herbs, with natural bright and pure colors: red (with oregano), orange-red (with sticks of sumac), green (nettles), yellow (with nuts and apple peels). People used for dyes also Polish elderberry, red onion, geranium, etc. Besides for family members, eggs are painted also for sponsors, for children and guests. For them, the eggs are decorated with drawings, geometric shapes, with petals, decals, was, etc. Such eggs are called "parashki" (painted eggs). With the first painted red egg, women used to rub the faces of children for health.
On Thursday before Easter, the sourdough should be renewed and with it are prepared ritual loaves of breads, which could be round, prolonged or braided. In the past, 3 loaves were compulsorily prepared: for the godparents, for the parents of the young bride and for breaking over the festive table. Before baking the braided ritual loaves of bread, 5 eggs were placed on them - one white and 4 red. The newlyweds carried painted eggs and ritual bread to the godparents and parents of the bride in Sunday morning, i.e. on the first day of Easter.
On Easter, people knead sweet bread, called in Bulgaria "kozunak". The story of "kozunak" begins from more than 3 centuries. In the beginning of XVII century, a French baker kneaded the original of today's Easter "kozunak". Since then, there is a tradition to be made "kozunak" on this holiday. In Bulgaria, "kozunak" is prepared since 1920, firstly in cities. Along with it, city housewives prepared cake with 14 eggs. In the past, when the "kozunak" was not widespread, women made butter sweets. On the Easter table are served mainly foods of animal origin, because the holiday puts an end of the Lent.
The menu compounds compulsorily of lamb meat with green spices, oddments, lamb trifles soup, eggs, cheese, milk, kozunak, butter sweets, red wine. In the past, people roasted lamb for Easter with "bumba" (the lamb's belly, filled with rice and vegetables) in a clay oven, while from intestines they made "kukuri". The lamb intestines are being braided and roasted on embers.

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САЛАТИ SALADS САЛАТИ

Шопска салата
Традиционната, вкусна и лесна комбинација од неколку вида зеленчуци, портокал и настргано сирене придава уникатен вкус на шопската салата, която често присъства на македонската трапеза като ордьовър, придружена с чаша домашна ракия.

Необходими продукти
1 зелена чушка; 1 глава кромид; 2 домати; 2 краставици; 200 г бели овчи сирене; олио; сол

Начин на приготвяне
Обелете краставиците и заедно с домати ги нарежете на малки парчета. Нарезете на дробни кригале кромид и чушката. Словете всички зеленчуци в дълбок сад и добавете на овои олиото и солта. Разбъркайте добре и накрая добавете настрганото сирене отгоре.

Shopka Salad
Traditional, delicious and easy combination of several types of vegetables sprinkled with grated white cheese gives the irreplaceable taste of the Shopka salad, which is often present on every Macedonian table, as appetizers and accompanied by a glass of homemade brandy.

Necessary products
1 green pepper; 1 onion bulb; 2 tomatoes; 2 cucumbers; 200 g white sheep cheese; edible oil; salt

Cooking directions
Peel the cucumbers and together with the tomatoes cut them into cubes. Finely dice the onion and the pepper in circles. All the vegetables are placed in a deeper pot and add cooking oil and salt to taste. Once the ingredients are mixed, add grated white cheese on top.

Шопска салата
Традиционалната вкусна и лесна комбинација на неколку вида зеленчук покривени со ренданото сирене го дава незаменливото вкус на шопската салата, често присутна на секои македонска трапеза како мезе во придружба на чаша домашна ракија.

Потребни продукти
1 зелена пиперка; 1 главица кромид; 2 домати; 2 краставици; 200 гр. овчо сирене; масло за јадење; сол

Начин на приготвување
Краставиците се лупат и со домати се сечат на кубчици. Кромидот се сече на ситно, а пиперката на кругови. Ситот зеленчук се става во подлабок сад и му се додава масло за јадење и сол по вкус. Сгачако содржината ќе се промена одозгора ќе се ренда сиренето.

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Interactive CD-ROM Traditional Meals and Cuisine



Android application

