

CCI Number 2007CB16IPO007



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 elearning, capacity building and promotion.

The project was successfully implemented in December 2014.





= - 😹 IPA Cross-Border Programme

CCI Number 2007CB16IPO007



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





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





The Programme is co-financed by the European Union



🚃 - 🎇 IPA Cross-Border Programme

CCI Number 2007CB16IPO007



Catalogue of local and traditional cuisine

македония

МАКЕДОНИЈА





MACEDONIA CULINARY COLLECTION



- XX

Colinary traditions: The number of pained eggs on Faster depends on the number of family members, while in some willages, it depends on the number of the hens. Tadition asys that paining should be made on Thursday morning before Easter and it is pointy of the oblest woman in the family, while young girls and brides make the egg decoration. In the past, the first red egg was carried in the church (to protect from hall). The main dye was red, symbolizing the Resurrection, but other colors and combinations were also used. In older times, eggs were painted with the help of boiled berks, with natural bright and pure colors: red (with oregano), orange-red (with scikes of sumac), green (nettles), yellow (with nuts and pape berk). Poople used for dyes also Polish dieberker; red onion, greater called Tpanisht' frainted with drawings, genericit salays, with peaks decise, was etc. Such eggs are called Tpanisht' frainted with drawings, genericit salays, with peaks decise, was etc. Such eggs are called Tpanisht' frainted Con Thursday hoffere Easter, the sametough bhould be renewed and with it are prepared. For the apdapters, for the parents of the young bride and for breaking were complointy prepared: for the gadparents, for the parents of the young bride and for breaking were complointy prepared: for the gadparents, for the parents of bread to the godparents and parents of the bride in Sunday morning, i.e. on the first day of Easter. On Easter, people knead were thread, called in Bulgaria 'kozunak'. The story of 'kozunak' begins from more than generatives. In the beginning of XVII century. A Front Mark Kneaded the original of today's Easter, people knead were the is a tradition to be made "hosundak'" on this holiday. In Bulgaria 'kozunak' spin sperior is a tradition to be made "hosunak'" on this holiday. In Bulgaria 'kozunak' spin sperior is a tradition to be made "hosunak'" on this holiday. In Bulgaria 'kheare mercene the hosing on yoils (it, chi) hosune were produed for these in the parat, when the









ИЗДАТЕЛИ: СДРУЖЕНИЕ БИКЦ - САНДАНСКИ ЦЕНТЪР "ПРОМО ИДЕЯ" - СТРУМИЦА

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

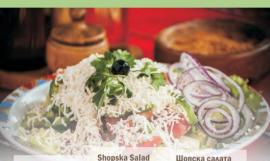
TEKCT: ТЕРОТ: АТАНАС АТАНАСОВ - ЮЗИА ЕООД, ТЕКСТ БЪЛГАРСКА ЧАСТ КАТЕРИНА ВАСИЛЕВА - ТЕКСТ МАКЕДОНСКА ЧАСТ

ФОТОГРАФИИ: АТАНАС АТАНАСОВ, ВЕСНА РОР, ЖАН ЈОВАНОВ

ДИЗАЙН И ПЕЧАТ СМИЛКОВ ЕООД, БЛАГОЕВГРАД, БЪЛГАРИЯ ТИРАЖ: 1000 БР. СЕПТЕМВРИ 2014



САЛАТИ SALADS САЛАТИ



Шопска салата

энната, вкусна и «бинация от няк ка комбинация от няколк а зеленчуци, поръсени с гъргано сирене придава калния вкус на шопската гга, която често присъств кедонската трапеза като вър, придружена с чаша пна ракия.

Необходими продукти Necessary products 1 green pepper; 1 onion bulb; 2 tomatoes; 2 cucumbers; 200 g white sheep cheese; edible oil; salt і зелена чушка; і глава кромид; 2 домати; 2 краставици; 200 г бяло овче сирене; олио; сол

Начин на приготвяне

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 aste. Or

Cooking directions

nce the ingredien add grated white

216

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

Традиционалната вкусна и лесна комбинација на неко вида зеленчук покриени со ренданото сирење го дава незаменливиот вкус на шопската салата, често присутна на секоја македонска трпеза како мезе во придружба на чаша домашна ракија.

Потребни продукти

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

Начин на приготвување

Краставиците се лупат и со доматите се сечат на коцки. перката на кругови. Си ленчук се става во подла 1 и му се додава масто ikyc. Or





🚃 - 💥 IPA Cross-Border Programme

CCI Number 2007CB16IPO007



Interactive CD-ROM Traditional Meals and Cuisine



Android application

