

STUDY ON THE CULINARY HERITAGE AND TRADITIONS OF BULGARIA AND DIFFERENTIATION OF CULINARY DEVELOPMENTS - A PREREQUISITE FOR THE DEVELOPMENT OF THE REGIONS AND THE PRESERVATION OF CULINARY TRADITIONS

Ivanka Lulcheva*, Krasimir Aleksandrov

Agricultural University – Plovdiv

*E-mail: ivanka.lulcheva@yahoo.com

Abstract

One of the main priorities of the EU is the development of the regions in all aspects of their diversity, including cooking. The need for a culinary exploration of the zoning and authentic Bulgarian cuisine is extremely pressing and linked to the need for the creation of a quality tourism product. The identification, evaluation, analysis and promotion of the culinary phenomenon are of extreme importance, typical of a specific region and its presentation to the general public.

In Bulgaria there are separate areas characterized by their typical dishes and quirks in eating habits which gives grounds to speak of regional cuisines in this country. Mention of the Rhodopi cuisine, Thracian cuisine, cuisine from *Dobroudzha*, etc., it is known that we have typical dishes, typical dishes in the *Pirin* region, in *Srednogorie*, etc. Regardless of the studies on the regional characteristics in culinary technology and several previous entries/mainly by the Institute of Nutrition, as well as various events to promote our national cuisine in catering establishments, the materials in this respect are extremely scarce. There are few publications with recipes from regional cuisines/typical of individual areas/and even fewer are the authentic recipes for dishes and desserts, collected in various parts of the country, directly from local people/culinary folklore.

The goal of this article is to show that the authentic old Bulgarian cuisine is influenced by the region in which it is produced and its preservation and promotion matters for its development; to make an exemplary model for culinary zoning, based on the developed methodology applied to the region of the *Rhodopes*; to select and systematize typical products and dishes of the region.

Based on elite gourmets and studies carried out on our part, we divided the country into 7 gourmet areas: 1. *Balkan mountains region*; 2. *Black Sea region*; 3. *Danube region including the area from Vidin to Silistra*; 4. *Culinary region of Thrace*; 5. *The Rhodopes region*; 6. *Western Bulgaria (Shopski)*; 7. *Macedonian culinary region*.

On the other hand, during the culinary regionalization we relied on local food resources; factors determining the national characteristics of eating; eating habits that have been formed over the centuries of national historical development based on local climatic conditions, soil fertility, religion and traditional culinary practices, passed down from generation to generation; eating ways and features in different regions of Bulgaria.

Keywords: Authentic country cooking, culinary regionalization, regional product.

INTRODUCTION

Food resources, forming one or the other national cuisine, generally are determined by natural and climatic features; the eating habits, representing the basis of various cookery; ways of cooking and eating, which are created for every nation for centuries (Terzieva, Lulcheva, 2015).

The kitchen of the Bulgarians is characterized by exceptional variety-both in the temporal aspect (each season is their food) and spatial (individual areas have a rich and specific culinary traditions). It is difficult to speak, however, only for a particular national cuisine. In Bulgaria, there are more regional cuisines influenced by climate, geography and traditional way of life and traditions. Of course, individual local culinary

traditions have common elements. Besides all this diversity of table is influenced by our history, as well as by the ethnic diversity of our nation, and also by the diversity of nature-an abundance of fruits, vegetables, fish, meat and spices and delineated four seasons (Lulcheva, 2015). Vegetables, fruits, and spices cover the different seasons and consumed fresh. Meat consumption also depends on the season-the lamb is used most often in the spring, light meats like chicken, beef and vegetarian food are preferred during the summer. Pork is prevalent in the winter. Fresh fish is consumed throughout the year.

According to experts from the industry, the future of the culinary tourism, however, is not only the preservation of the recipes but also for regional

products and varieties, which give it the unique taste of this Particular food. Must bet a strategy for the development of rural communities. Study of culinary heritage and traditions in Bulgaria and carve the culinary regions, a description of the routes of authentic Bulgarian regional rural cuisine would promote tourism in the regions through their ad as attractive culinary destinations. The connection of the authentic Bulgarian dishes with production in the regions concerned, which means to procure local product within a radius of 50 km, will stimulate domestic producers. First, you need to comply with specific technology for the region. Secondly, however, to take account of the requirements of the modern kitchen. Third, to rely on authentic products, to persist the Bulgarian varieties, which give the typical taste, not the same dish. Important and appropriate to develop the system for products protected by geographical indication around which to unite the producers from different sectors. Of key importance is the adoption of an integrated approach to the development of the regions. Particular attention must be paid to the possibilities for the production, certification, and marketing of high-quality local food, and imposing a local trademark of traditional agricultural products of a given region (terroir).

Bulgaria is one of the few European countries where the missing culinary zoning (URHoremag.bg). Back to European development trends in the country, there are conditions for the depopulation of the Bulgarian villages – the places where are the roots of the national culinary traditions while West in the preservation of the authenticity of one village to invest money at home work for unifying them. The same is true for cooking. The primary purpose of the culinary geography is to allow local producers first to begin to produce them with the emblem of the region and second, going into a big production; they can retain their authenticity.

Bulgarian cuisine differs and in geographic regions and abounds with delicious specialties and exotic dishes: Banska kapama (meat and vegetables stewed in a pot), Rhodopi barbecue (grilled lamb prepared on a spit over a fire), Thracian stuffed pancakes (a special kind of pancakes) and Dobrudjanska Banitsa, Danube fish soup and mussels in the city.

Landscapes determine not only the economy but also bits of the population in Bulgaria. One of the key elements of folk culture is nutrition, which is part of the regional outlook. The system of feeding displays as the ethnographic specificity of the various parts of the country and the features of Bulgarian kitchen. She keeps a long traditional model but is gradually being updated, including new

products and technologies. The preparation of various dishes is not just a daily concern. It is also linked to the festive and ritual system. Has its rules, related to different beliefs, omens, incantations, hopes for health and fertility. (Stamov, Nikovska, 2005). The main food products until the middle of the XX century the population in Bulgaria acquired its holdings. In the lowland parts is developing agriculture, and in mountain villages leading industry is livestock farming.

The goal of this article is to show that the authentic old Bulgarian cuisine is influenced by the region in which it is produced and its preservation and promotion matters for development; to make an exemplary model for culinary zoning, based on the developed methodology applied to the region of Rodopi; To be selected and systematize typical products and dishes of the region.

MATERIALS AND METHODS

The study was carried out by questionnaires, interviews, collected recipes, photos and exhibitions/tastings of authentic dishes prepared by women and men over the age of 60 years, knowledgeable recipes from their mothers and grandmothers.

The study was conducted through surveys with 235 respondents for three months (11.06-11.09.2016). The results of the study on basic food resources (products) and authentic dishes in the Rhodope region are systematized. To systemize the information collected, we are based on a selection of specific, grown in a region's agricultural products (at least 3), food resources, as the concentrate on culinary products manufactured by them, are more specific and spices 5-6 authentic local dishes. Based on the information collected and processed information can be created printed publication – authentic Bulgarian cuisine, which includes basic recipes, the most characteristic of the field authentic dishes, pictures. Based on elite gourmets and the studies made by our side, we divide the country on 7 gourmet area:

- 1. Along the Balkan mountains;**
- 2. Black Sea region;**
- 3. Danube region includes the area from Vidin to Silistra;**
- 4. Culinary region of Thrace;**
- 5. The Rhodope region;**
- 6. Western Bulgaria (Shopski) culinary region;**
- 7. Macedonian culinary region.**

On the other hand, at the time of culinary regionalization we also relied on regional food resources and the factors determining national characteristics in nutrition; eating habits that are formed over the centuries of national historical

development based on local climatic conditions, soil fertility, religion and traditional culinary practices, passed down from generation to generation; ways and features in nutrition of different regions in Bulgaria.

RESULTS AND DISCUSSION

Our suggested culinary map will provide information about local culinary products and authentic local cuisine, typical for each of the regions. This would make our country in a culinary destination, so foreigners who come to our country, to try typical Bulgarian cuisine, as well as existing in the area culinary vocabulary.

The Bulgarian cuisine is extremely diverse and delicious in her present many salads, pasta, stews, as well as specific dishes that you can taste only in certain regions of the country. Many of the meals are prepared according to old recipes, passed down from generation to generation for centuries.

The exceptional variety of Bulgarian cuisine and it can't be summed up and recreated in a few lines. The huge variety of meat and fish specialties combined with our high-quality wines.

Another characteristic of our drink is brandy it is made from grapes or other fruits-plum, apricot, figs, pears, etc. To explore the culinary specialties of our country, we need to circle the whole, since each district kept its traditions and offered various culinary dishes.

Many traditional foods and products are in danger of extinction as a result of globalization and industrialization of agriculture. It is, therefore, appropriate to raise funds for the promotion and coordination of projects in agro-biodiversity protection at the regional and State level.

For our lands are typical dishes with bulgur, chickpeas, mushrooms are rich tribute meat specialties.

Besides the traditional crops such as wheat, rye, barley, grown more beans, lentils. Important for the menu were the beet, cabbage, turnips, leeks, onions, garlic, and later, the potatoes, tomatoes, carrots, peppers and even sugar cane, which planted corn.

One of the most important tasks of the household was the growing of pig lard, assure cooking meat to the traditional delicacies for the holiday menu and everyday cooking.

The tradition of Bulgaria represents a colorful palette of cultures which inhabited these lands and built her culinary heritage. So, in harmony with the landscapes, we find a kitchen garden products, another-the winter and pastoral

dishes and third-Black Sea. To all this must be added and the wonderful desserts, some heritage of Arab culture, and last but not least, the rich tradition associated with pork, lamb, goat, poultry. Sausage, hams were stolen, the fillets are typical for our kitchen. In the villages the families still make homemade sausages, pastourmas, trots, etc., everything runs on old traditions and recipes, and with very good result.

Bulgarian national cuisine there are three very special dishes: **white brined cheese**, made from sheep, cow or buffalo milk, which is used as a separate dish, and as part of other ones, such as Shopska salad or pie. **Yogurt** -made from sheep, cow or buffalo milk with the help of the bacterium *Lactobacterium Bulgaricum*. **Savory** -grow on the territory of the whole country and wonderfully complements the taste of salt.

According to us all along **the Balkan Mountains** range, which bisects the country, is known for its forest products (mushrooms) and wild berries (wild blueberries, raspberries, strawberries). Here you can try the most delicious wild fruit jam.

In lowland areas develop agriculture, seed, sweet potato as there Chump (beet), turnips, cabbage, pepper (peppers), squash, onions and garlic, spices, and in the mountain villages around Troyan, Teteven, and Jablanica is a leading livestock industry. Here are bred pigs, sheep, goats, cows.

The region is leading in Bulgaria for the production of meat and meat products from these places is the most famous Bulgarian specialty, which is recognized as the culinary heritage of Europe - Gornooriahovski Sudzhuk.

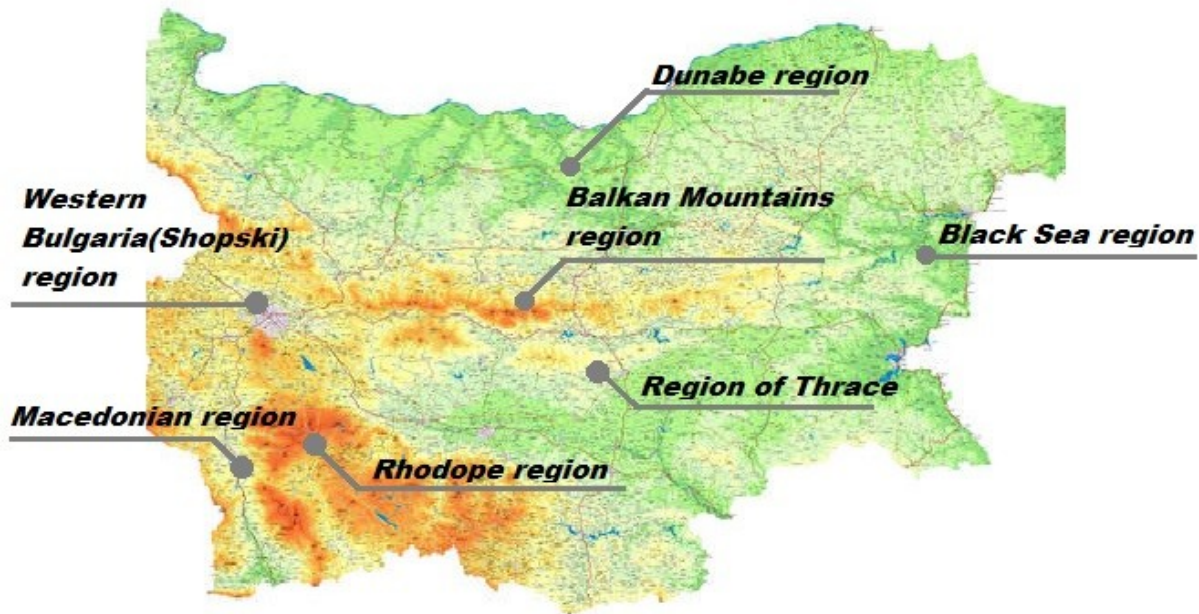
The region is rich in wild game, and wild game meat is present at the table of indigenous peoples from ancient times.

This is a delicacy with a unique taste that contains valuable and useful substances. It is rich in proteins and minerals. Contains a low percentage of connective tissue and fat.

Wild game dishes are divided into three groups: dishes of wild feathered game meat/pheasant, Partridge, Quail, Snipes, dishes from the small game/rabbits/dishes, from big game/deer, deer, wild boars, etc./wild birds, and animals, due to their particular way of eating and living, have a solid and tough meat.

Here you can try the best pot roast with wild game. Dishes of wild boar, pheasant, deer, a typical for mountainous areas kitchen, where hunting is the main means of livelihood and tradition.

Culinary map of Bulgaria



Source: Authoring

Fig. 1. Culinary map of Bulgaria

The Black Sea region Besides, logically is known for its fish soup, seafood salads, fish dishes here could try typical Danube fish soup and mussels in the city.

The Danube region includes a rainbow of Vidin to Silistra. Here is the granary of Bulgaria-Dobroudzha here, it is logical to try the best bread. Fame and with your best pies prepare the most delicious typical plakii our dish with stew vegetables with more sauce.

For **Thrace** are typical Chutneys and Aubergine. The area is the vegetable garden, we can meet a variety of salads, and always in these places make the best pickles. Southern Thrace is also known for dishes with rice stews, cabbage leaves (sarmi), stuffed peppers. Here you can try Thracian stuffed pancakes (a special kind of pancakes).

As a dedicated culinary region, **Western Bulgaria (Shopski)** the most popular are spicy kebabs.

Macedonian – for this region are typical kapama 5 kinds of meat, chumlek, banski starets, votive rituals. Makes an impression, when looking at swimsuits recipes, often making them long-on 4, 5, 6 p.m. at first glance one would think that these are difficult and very expensive recipes, but then it becomes clear that this is a great decision. The Hostess prepares the main dish, leave it in the oven covers it in the embers of the hearth or slightly the oldest woman in the House. After 4-5 hours of work, it returns, and gozbata is ready. So prepare different kinds of beans, soup, kapama, chumlek, casseroles, etc. Quick meals, usually prepared for breakfast, have a strong energy, protein and satisfying. Here mention your scrambled eggs with Bacon slices, fried sauerkraut with egg, fried toast. Sliced bread, brushed with oil and salt/salt/Calico. Of course, eating meals is definitely seasonal. Culinary masterpieces here are filled with minced chicken, walnuts and spices, cooked chicken sit on steam with beer and aromatic herbs, the celebrated

"swag", such with meat, vegetables and bacon cheese and many others.

Rhodope region

Based on the study and the methodology chosen in the article look at the authentic rustic regional cuisine in Rodopi as systemize the information collected this way: selecting and pointing out basic food resources (agricultural products) for this region, separate from the local natural-climatic conditions and soil fertility, concentrating on culinary products derived from them, and offer a few number of basic, characteristic of the region's most authentic dishes prepared with products typical of these, separate from the national characteristics in nutrition; eating habits that are formed over the centuries of national historical development, religion, and traditional culinary practices passed down from generation to generation.

In the past, the Rhodopes were not related to the Interior of the country with comfortable paths, which inevitably has a problem finding food supplies. As they were forced to prepare meals for your family with only produced from their garden. Beans, potatoes, and corn are only the most typical and emblematic foods. The hostess diversification dishes combine the potatoes with beans, cabbage with rice, kohlrabi with potatoes, beans and lentils with potatoes and others. Cooked sarmi cabbage (pilci) of sour cabbage with rice and sadarma. Adding to dishes pastarma, cooked bouquet of spices in ancient times people probably have eaten and with other local foods, which unfortunately today do not dominate them in the kitchen. The area has seen the corn crop, which spelled the Thracians are used on a daily basis. Limec thrives in poor soil and high altitude (up to 1500 m). From times past Rhodopi people associated good cattlemen over, so nowadays predominant sector of agriculture in the region's animal husbandry, it is conditioned by the presence of mountainous terrain, many meadows, and pastures. Dominated by herds of goats, sheep, cattle. This region has traditions in the preparation of milk products and dishes from them. During the summer period prevails cheese production, because upon the acidity of the milk is higher, and the string requires more mature milk. From the beginning of May to the end of August from sheep milk is done traditionally local cheese - "bito" (sheep's milk and cottage cheese). In the past have kept him in the bellows and so is passed from one season to the other, and all dairy products here are a great staple food. Is the specific production of carpets, blankets, fleecy rugs, etc. Soil resources are limited, poorly fertile soils are poor in humus. But they are used and are

favourable to the cultivation of tobacco, potatoes, raspberries, hops, flax and others.

Basic agricultural products (food resources) in the old rhodopean cuisine

Beans - famous Smilyan bean. After local people are starting to grow it (the best conditions are in upper reaches of the river Arda), Specific soil conditions, high humidity, temperature limits and water quality, typical of the area of the village of Smilyan, are suitable for growing beans. The method of cultivation traditionally has kept up with for generations. Plantation is processed manually, Tori with natural manure, it is also grown in upper reaches of the river Arda, Mogilitsa village, Arda and the emblematic Smilyan. Smilyan bean is one of the few Bulgarian food, protected by patent for the word mark; it became the emblem of the local cuisine. Every year is celebrated the feast of beans and elected King and Queen. Here are the popular Bean Salad, delicious bean dishes in a large variety such as beans in minced meat sausages, stewed beans in pumpkin.

Potatoes are one of the main foods of the Rhodope population called potatoes. As a crop in the Rhodope Mountains into use in the middle of the XVIII century. Of them are dishes, but to reach ready culinary kind is necessary to fire. Preparation is cooked, baked, with salt are replaced even bread. Rhodopi people gather and much wild fruit – plums, cherries, pears, rosehips, all the same, wild apples/that dried and used in the winter, as cooked by them "oshaf".

Manage to keep them fresh and bury them in straw as foods of plant origin, donated by nature; the population picked and used: sorrel, dock, nettle, strawberries, blackberries, raspberries, blueberries.

Suitable climate, soil conditions and the rich vegetation in the Rhodope are a prerequisite for a wide variety of different kinds of mushrooms. Only here in the Rhodopes - Chepelare, Shiroka Laka, Smolyan, etc. cities grow all kinds of mushrooms that can be used for food.

The most *typical spices* used in the Rhodope cuisine are: parsley, savory, mint, paprika, and Allspice, black pepper and bay leaves were little known. Used in large quantities walnuts and garlic.

The Rhodope cuisine is closer to the modern. Dietetic cuisine, because the heat treatment shall be carried out by boiling, roasting and stewing and rarely through frying. All products are used in the natural state - not typical grinding, canning, blanching, etc. The products are preserved by drying, salting and burrowing in the ground (potatoes, carrots, beets, cob, etc.).

Milk - consumed as fresh, yoghurt, mix /bito/.

Fresh milk handled less. It's called "**presnik**." In most cases of it are preparing different types of desserts, creams, seasonings. Most often makes yogurt.

Yogurt when milk is cooked, put in a clean bucket and cool, add leaven, mix with a spoon. The Court with leavened milk shall be covered with a cloth and allow to stand for two or three hours, to thicken is cooled for 24 hours in the refrigerator, from which is derived the yogurt. When the yogurt is put in "burilka" /high wooden cylindrical container/and stir with a wooden plunger gets jumble/buttermilk/, while on the surface is given a fresh oil.

Cottage cheese - is the next tasty dish made from cow's milk, which is on the first or second day after calving the cow. The milk is boiled until it crosses, drain and cottage cheese. From her prepared pies, meatballs from cottage cheese or potatoes. Can be served as soup or as a main dish by adding a liter of fresh milk.

Cheese "Tulum" or "brunza" - is skimmed cheese made from sheep's milk, boiled well, pouring in bottles, season with salt and thickens to permeates the air. Store in cool, dark place.

Table 1. Authentic local Rhodope dishes and drinks

Vegetable dishes		Bakery and pasta dishes	Meat dishes Rhodope	Dishes of milk and milk products	Rhodopian drinks
Dishes with potatoesc	Dishes with beans, corn and greenleaf vegetable	1. Klin can be with different ingredients and combinations such as rice, milk, spinach, nettles or other	Cheverme (Barbecue) roasted skewered lamb meat Komitsko - in deeply dug in the ground pit, rustic - brick oven, home - in a domestic wood stove with oven.	1. Krokmach - Boil only in autumn, when the sheep's milk is very densely.	1. Luto - drink from all sorts of local dried fruit: kiselici, all the same, wild plums, rosehips, showered with them.
1. Patatnik - preparation is not at all complicated, while craft lies in baking. The main ingredients are grated potatoes, onions, salt, and mint.	1. Salad of boiled beans "vrachki"	2. Rogatnik – it is named after the four horns that rise up when you bake well. Prepare a roll of dough stuffed with potatoes, cheese, and onion folded like an envelope for a letter.	Beef with bulgur	2. Temelio – a small copper vessel pour strained milk, add a little yeast and stir a few minutes leavened. Serve sprinkled with powdered sugar.	2. The Mursalian tea Scardica//Sideritis - only occurs in the Rhodope Mountain and is one of the threatening with extinction plants
2. Pirole- of flour with salt and water, kneaded a firm dough, rolled out to a thick crust and cut into different shapes and added to potatoes	2. Trahana -- the dish is like a thick soup made of cream by boiling ingredients are corn groats and colorful local dry beans to which finally adds milk	3. Marudnici - are the pancakes are thick pancakes baked in the traditional rhodopean sach.	Trout – is made of tile, Roasted, fried in butter or smothered in nettle leaves, grilled or fried	3. Hot mess - finely chopped or ground onion, red pepper and hot pepper stew in butter until boiling.	3. Krushenica in Rhodope – prepare a wild pears, mustard seed, twigs of Juniper and water

3. Crushed potatoes	3. Turp (sort of beet) with beans	4. Tenurki - kneaded dough for pastry, which is spread on thin crust.	Sazdarma - it is made from mutton.	4. Oshmar - cheese fry in butter over low heat, then flood with water as the cheese has melted.	
4. Kashnik – is prepared from maize flour, boiled in salted water. The variations in his presentation are many, but the most popular garnish are with cheese, fried butter with paprika, or with greaves.	4. Golenik - for its preparation are needed: spinach, rice, egg, butter, and salt.	5. Kachamak - is prepared from maize flour, boiled in salted water.	Pastarma – is prepared in the fall of weaker and older sheep		
5. Cob with potatoes (cob - kohlrabi)	5. Rodopi cabbage leaves – prepare the stuffing wrapped in rice leaves (most of the onions, carrots and rice). You can meet them in options with cabbage or vine leaves, and the leaves from the dock or beets.	6. Mamuli - made from flour, water, salt to taste. Small baskets shape in the form of a shell, boil in salted water, drain and garnish with friedbutter.			

Source: Authoring

CONCLUSIONS

Search and store the Bulgarian culinary heritage will preserve for posterity the secret recipes of authentic Bulgarian dishes and exciting constant interest in the authentic gourmet product.

The future of the culinary tourism, however, is not only in the preservation of the recipes but also of products and varieties, which give it the unique taste of the dishes. That's why the State policy in this field should be more active and focused.

It is necessary for organizing and leading the events associated with authentic Bulgarian cuisine. Initiatives such as the Organization of culinary expeditions for the collection of authentic culinary folklore.

The preparation of typical Bulgarian dishes using authentic recipes, to understand what exactly the Bulgarian cuisine is, all made with locally grown products, which will help for the development of the regions. Definition of authentic Bulgarian cuisine, to explore and extract from each region at least five iconic and several supporting recipes, basic food

resources and products, to be able to offer regional cuisine. This will lead to the transformation of our country into a culinary destination.

An attempt was made to differentiate and define the number of culinary regions. Discussed is the region with the main regional food resources, typical products and dishes, beverages.

It is necessary to examine in detail and the other proposed culinary area, all information must be collected and systematized, so that the market appeared to a regional culinary encyclopedia of Bulgaria. Each resort and every village have iconic venues in which you have to offer, what are the most typical of the region.

ACKNOWLEDGMENTS

*The article is financially supported project 08-15 **Feasibility study for development of a demonstration center for rural tourism** to the Scientific research center in Agricultural University – Plovdiv.*

REFERENCES

1. *Lulcheva, I.*, 2015. Potencialat na kulinarnia turizam za razvitiето na selskite raioni, Sofia, sp. Infrastruktura i komunikacia“, IV, kn. 10, st. 246.
2. *Stamov, S., K. Nikovska*, 2011. Spezializirani vidove turizam, 2 chast, izd. Kota, St. Zagora, st. 337.
3. *Terzieva, V., I. Lulcheva*, 2015. Nationalni osobenosti v hraneneto, izd. P. Hilendarski, Plovdiv, st. 12.
4. Horemag.bg, Tradicionnite balgarski yastia I produkti shte predstavi Evro-Tok v Bruksel, br. 75, 07 oktombri, 2011.