

*Traditional country dishes : Italy,
Spain, Romania, Bulgaria and
Croatia*

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Italian traditional dishes- Pizza, Pasta and Tiramisu



The history of pizza begins in antiquity, when various ancient cultures produced basic flatbreads with several toppings.

A precursor of pizza was probably the focaccia, a flat bread known to the Romans as "panis focacius", to which toppings were then added. Modern pizza evolved from similar flatbread dishes in Naples, Italy, in the 18th or early 19th century

Pasta and Tiramisu



Italian pasta is an Italian type of food typically made from an unleavened dough of wheat flour mixed with water or eggs, and formed into sheets or other shapes, then cooked by boiling or baking. Rice flour, or legumes such as beans or lentils, are sometimes used in place of wheat flour to yield a different taste and texture, or as a gluten-free alternative.



Tiramisu is a coffee-flavoured Italian dessert. It is made of ladyfingers dipped in coffee, layered with a whipped mixture of eggs, sugar and mascarpone cheese, flavored with cocoa. The recipe has been adapted into many varieties of cakes and other desserts. Its origins are often disputed among Italian regions Veneto and Friuli Venezia Giulia.

Spanish traditional dishes- Churros, Paella and Gazpacho

- A churro is Spanish pronunciation, Portuguese pronunciation is a fried-dough pastry—predominantly choux—based snack. Churros are traditional in Spain and Portugal, where they originated, as well as in the Philippines and Ibero-America. They are also consumed in the Southwestern United States, France, and other areas that have received immigration from Spanish and Portuguese-speaking countries. In Spain, churros can either be thin or long and thick, where they are known as porras in some regions. They are normally eaten for breakfast dipped in champurrado, hot chocolate, dulce de leche or café con leche. Sugar is often sprinkled on top.



Paella and gazpacho

- Paella is one of the best-known dishes in the Spanish cuisine. Paella Valenciana is the traditional paella of the Valencia region, believed to be the original recipe and consists of round grain rice, bajoqueta and tavella (varieties of green beans), rabbit, chicken, sometimes duck, garrofó (a variety of lima or butter bean), and optionally snails.



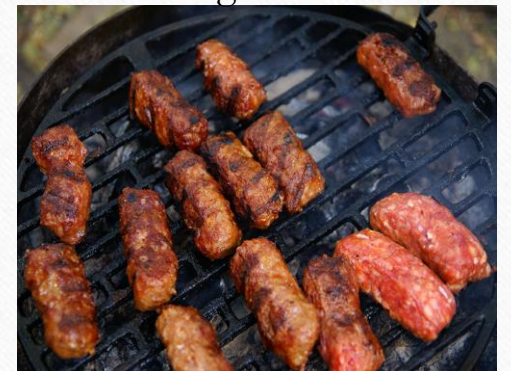
Gazpacho or Andalusian gazpacho is a cold soup made of raw, blended vegetables. A classic of Spanish cuisine, it originated in the southern region of Andalusia. Gazpacho is widely eaten in Spain and Portugal, particularly during hot summers, as it is refreshing and cool.

Romanian traditional dishes- Mammalia , Mititei and Papanasi with sour cream and jam

Mamaliga is a porridge made out of yellow maize flour, traditional in Romania, Moldova, Chechnya, Ossetia, Georgia and in Eastern Galicia. Preparing the traditional dish is also continued by Poles from L'viv whose families were resettled in the Recovered Territories after World War II. In Italy, Switzerland, Slovenia, and Croatia, this dish is known as polenta



Mititei or Mici is a dish from Romanian cuisine, consisting of grilled ground meat rolls in cylindrical shape made from a mixture of beef, lamb and pork with spices, such as garlic, black pepper, thyme, coriander, anise, savory, and sometimes a touch of paprika. Sodium bicarbonate and broth or water are also added to the mixture. It is similar to ćevapi and other ground meat based dishes throughout the Balkans and Middle East



Papanasi with sour cream and jam

A traditional dessert originating from the northern part of the country but popular among all Romanians. Papanasi are a kind of fried cheese doughnuts best served hot, with sweet and sour cream, and preferably, blueberry jam. Maybe it doesn't sound too appetizing but the taste and the gummy texture combined with the blueberries' sourness is absolutely divine!



Bulgarian traditional dishes- Banitsa , Meatballs and Tarator

- Banitsa is prepared by layering a mixture of whisked eggs, natural yogurt and pieces of feta cheese between filo pastry and then baking it in an oven.



A meatball is ground meat rolled into a small ball, sometimes along with other ingredients, such as bread crumbs, minced onion, eggs, butter, and seasoning.[1] Meatballs are cooked by frying, baking, steaming, or braising in sauce. There are many types of meatballs using different types of meats and spices. The term is sometimes extended to meatless versions based on vegetables or fish; the latter are commonly known as fishballs.

Tarator

- Tarator is found in many Balkan countries. It is often prepared as a cold soup, popular in the summer. It is made of yogurt, cucumber, garlic, walnut, dill, vegetable oil, and water, and is served chilled or even with ice. Local variations may replace yogurt with water and vinegar, omit nuts or dill, or add bread. The cucumbers may on rare occasions be replaced with lettuce or carrots.



Croatian tradition dishes – Bleak Risotto, Strukli and Fritaja

- Every seafood restaurant in Croatia has a crni rizot (black risotto) on its menu. Crni rizot is basically a squid risotto. Squid ink colors the rice black. Besides squids, this risotto often contains other seafood, particularly mussels, clams, and other shellfish. Crni rizot is simply a must-try Croatian food



This delicious pastry- Strukli, filled with cottage cheese and sour cream, originated in Slovenia. However, today it's a popular Zagreb food, as well as in Hrvatsko Zagorje region

Fritaja

- Scrambled eggs or fritaja is simple, yet super tasty dish particularly popular in Istria. The most common fritaja that you will find in Istria is fritaja with wild asparagus, wild mushrooms, homemade sausages, prosciutto or truffles.

