

Traditional recipes of Haskovo region



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INTRODUCTION

The present field survey „Traditional recipes of Haskovo region“ is developed during the period June – September 2017 on the project № CB005.1.23.017 „Virtual Maritza - Merich Cuisine“ implemented by Regional Municipalities Association „Maritza“, Subsidy contract: ПД-02-29-61/20.03.2017. The survey is conducted and funded by Interreg-IPA CBC Bulgaria-Turkey Programme 2014 - 2020.

The project "Virtual Maritza - Merich Cuisine" contributes to strengthening the capacity for cross-border cooperation between Bulgaria and Turkey in the field of sustainable tourism. The project offers opportunities for cooperation and networking between the regions of Haskovo and Merich for creating common products in the field of traditional cuisine and the organization of cross-border initiatives with promotional character.

The specific objectives on the project are: planning & implementation of field survey in Haskovo & Merich regions for collection traditional recipes of both regions & local food establishments for traditional cuisine; developing ICT tool & smart app for presentation & promotion of traditional cuisine of Haskovo & Merich regions & for networking between project partners, regional actors in tourism; enhancing promotion and cultivation of CB traditional cuisine as part of cultural heritage of Haskovo and Merich. The present field survey is planned and conducted in connection with the implementation of specific objective 1 and it is focused on the traditional recipes from Haskovo region.

The aim of the survey is to collect information and other relevant data on traditional regional culinary culture and traditional cuisine for all 11 municipalities in Haskovo Region. The information collected should be related to the traditional Bulgarian cuisine in Haskovo Region and to be associated with the history, customs and traditions. The culinary heritage is an integral part of the local cultural heritage, which is why it is considered to be one of the tools to promote the territory and to unite the local community for common development purposes.

Experts from all spheres participated in the survey process. Representatives of Regional Municipalities Association "Maritza", municipal administrations in the region, non-governmental sector, Community Centers and especially the local community were involved. A team was formed of high qualified experts. The activities related to planning and conducting the survey followed five main stages:

- ❖ *First stage: Design of the survey.* Developing a survey program, including defining the topic, purpose and tasks of the survey. This stage also includes the defining of methodology and criteria, development of survey methodologies, relevant to the purposes and the tasks. The first stage includes the development of a research toolbox and organizational plan of the study.
- ❖ *Second stage:* Collection of sociological facts and registering the necessary information, and data collection from other relevant sources.
- ❖ *Third stage:* Mathematical and statistical processing of the information into appropriate data base.
- ❖ *Fourth stage:* Evaluation of the results of the survey, key findings and preparation of the final product as required.

The survey uses data from strategic documents, thematic studies, reports, information from libraries, information from the public, etc.

1. SURVEY DESIGN

1. Survey topic

The topic selection and its correct formulation largely determine the quality of the survey. The main strands on which the survey topic is defined are that it is sufficiently specific and clear to enable a comprehensive and qualitative survey.

The topic of the survey is the collection of information and other relevant data on the traditional regional culinary culture and traditional cuisine for all 11 municipalities in the Haskovo region and registration of the collected information forming a database of typical recipes in the settlements on the territory of Haskovo region. The collected information is related to the traditional Bulgarian cuisine in Haskovo region and is associated with history, customs and traditions.

2. Purpose and tasks of the survey

The main purposes of the survey are:

- ❖ studying the traditional regional culinary culture and traditional cuisine for all 11 municipalities in Haskovo region
- ❖ Raising the interest and attracting public attention to traditional cuisine in Haskovo region
- ❖ Creation of prerequisites for the development of culinary tourism on the territory of the municipalities in Haskovo region.

The main tasks of the survey are:

- ❖ Collection of information and other relevant data on traditional regional culinary culture and traditional cuisine for all 11 municipalities in Haskovo region
- ❖ Collection of information that is related to traditional Bulgarian cuisine in Haskovo region and is associated with the history, customs and traditions.
- ❖ Presentation of information about the regional culinary culture and typical recipes for Haskovo region
- ❖ Collection of at least 20 recipes typical of Haskovo region

3. Scope of the survey

The territorial scope of the survey is on the territory of Haskovo region - 11 municipalities: Haskovo, Dimitrovgrad, Harmanli, Simeonovgrad, Svilengrad, Madzharovo, Ivaylovgrad, Lyubimets, Mineralni bani, Stambolovo and Topolovgrad.

The scope of the survey is related to the use of primary data, data from editions, documents, materials, other documents related to the topic in this survey. The timeframe of the survey is within the period June – September. The preparation of the survey includes collecting the necessary information, including contact information, sending inquiries, communicating with the Contracting Authority, collecting a database of documents and materials related to the topic.

4. Theoretical model of the survey

The system of terms to be used in the survey, as well as the regular connections between phenomena and processes, represent the theoretical model of the survey.

4.1. Concept

To use terms first of all a general idea of the subject that is associated with the use of a term must be created. Given that the survey will collect information and explore traditional recipes from Haskovo region, attention will be focused on those activities where traditional cuisine exists and manifests itself.

4.2. Terms

- ❖ **Traditional cuisine** – It represents a conditional term, which implies the traditional dishes of a nation. This is the main set of dishes and ingredients that are present in the life of a nation.
- ❖ **Alternative tourism** - Alternative forms of tourism combine tourist packages or individual tourist services, which are defined as an alternative to the mass tourism product in a way of offering, running and committed human resources. The economic and social benefits of alternative tourism are related to: promoting cultural diversity; preserving the national heritage and assessing the lifestyle and traditions of the local population; creating a better resource base; improvement of regional infrastructure; supporting the development of tourism-related industries; additional revenue for the local population; increasing the socio-economic status of the region; minimizing negative impacts of tourism trips on the environment and others.;
- ❖ **Culinary tourism** – it is a type of alternative tourism. The term culinary tourism was used for the first time in 1998 by Lucy Long, an assistant in popular culture and folklore at Green State University, Ohio. Culinary tourism focuses primarily on the benefits to the customer and deals mainly with prepared meals rather than with raw products. The culinary experience can take place in both rural and urban environments. Examples include restaurants, wineries, breweries / pubs, cafes and pastry shops, etc..
- ❖ **Tourism related to traditional cuisine.** This type of tourism is a type of alternative tourism falling within the category of "thematic" alternative tourism. One of the characteristics of this type of tourism is the demand for authentic contact with the visited region, with its population, culture, history, economy, and the opportunity for the tourists to perform themselves.
- ❖ **Wine tourism.** Wine tourism is one of the fastest growing forms of specialized tourism, which has seen significant growth in the national tourist product in recent years. It is a specific product structure that combines a wine-tasting and wine-drinking trip with culture, history, beautiful scenery and good cuisine. Bulgaria has the necessary conditions and resources to become an attractive destination for wine tourism. The traditions in the wine-making and wine culture on the Bulgarian lands are far away in the past long before the establishment of the Bulgarian state itself. The

wine was part of the Thracian culture. The "Sacral Drink of the Ancient Thracians," as Professor Ivan Marazov called it, was drunk in ritual situations that required inclusion in the deity.

- ❖ **Cultural and historical heritage.** Cultural heritage encompasses immaterial and material immovable and movable heritage as a collection of cultural values that bear a historical memory, a national identity and have a scientific or cultural value.¹ It is a constituent of the term "culture". Culture in general includes cultural heritage and modern culture.
- ❖ **Intangible cultural heritage.** According to the UNESCO Convention on Intangible Cultural Heritage, "intangible cultural heritage" is manifested in particular in the following areas: oral traditions and forms of expression, including language as the bearer of the intangible cultural heritage; artistic and performing arts; social customs, rituals and celebrations; knowledge and customs relating to nature and the universe; knowledge and skills related to traditional crafts.
- ❖ **Conservation of cultural heritage.** "Conservation" means the implementation of measures to ensure the viability of the intangible cultural heritage, including its identification, documentation, research, preservation, development, exploitation, promotion and transmission, primarily through formal and non-formal education, as well as the revival of the various aspects of this heritage.

5. Research toolbox. Methodology for data registration.

This methodology is developed with the aim to support the process of collection analyzes and evaluation of data, circumstances and facts needed for the survey. The methodology was developed during the first stage of the study "Traditional recipes of Haskovo region".

5.1. Study of documents

The information about the traditional cuisine in Haskovo region and its characteristics is fixed in a number of documents and sources - public, local and regional reports related to culture and customs in the region, local publications, scientific reports and developments related to the traditions, customs and customs of the territory of Haskovo region. They are all a valuable source of information. In this regard, a research approach has been chosen, including the collection of data from documents and various documentary sources with information about the traditional cuisine and customs in Haskovo region.

5.2. Studying opinions

5.2.1. Inquiry

In this survey on the project No CB005.1.23.017 "Virtual Maritza - Meric Cuisine", financed under Interreg - IPA Cross-Border Cooperation Bulgaria - Turkey 2014-2020, an inquiry method will be used for the survey of traditional regional culinary culture and traditional cuisine in Haskovo region. **Annex 1** and **Annex 2** present the contents of the

¹ Art. 2. (1), Cultural Heritage Act (effective from 10.04.2009)

inquiry cards, which provide the survey data. Two methods are used to collect information through inquiry:

- ❖ Online inquiry – 1. Sending online inquiries (**Annex 2**) to all community centers in Haskovo region, registered in the Public register of community centers (<https://chitalishta.com>) with active e-mails; 2. Online inquiry for physical respondents, uploaded on the Internet site of RMA „Maritza“ www.martiza.info;
- ❖ Inquiry by interviewer - (**Annex 1**) Survey of people living on the territory of Haskovo region

6. Sampling methodology

As the population surveyed in Haskovo region is more than 200,000 people, a sample survey will be used in the present study, which will be conducted with a limited number of units of the population. The sampling survey used is representative, with only the units of the sample being surveyed and the results obtained will be aggregated for the whole population.

General conditions:

- ❖ physical persons respondents are the units in the sample selected by random selection;
- ❖ In addition to residents of Haskovo, a target group is defined - representatives of community centers, which will be consulted through online survey. It is selected because the community centers have libraries of regional and local cultural heritage, they organized traditional culinary festivals, re-enactments of customs and other relevant experience that should be studied in the survey;
- ❖ The main methods of registration of the necessary information in the present survey are: study of opinions - inquiry and survey of documents.

7. Organization plan of the survey.

Within the organizational plan of the survey was initially clarified the nature of the topic and the objectives and tasks. The plan identifies the consistent execution of activities necessary for the realization of the survey, as well as the collection of data through an inquiry, incl. places to visit, liaison with institutions and data-gathering organizations, and time to collect information within 40 working days. The records and information gathered is found in libraries, community centers, archives, municipal administrations, web editions, and others. When conducting the visits, the interviewer has a questionnaire including prepared questions according to the subject of this study.

Community centers in settlements represent institutions, preserving traditions, customs and intangible cultural heritage of regions. In this regard, the team conducting the survey decided in the process of collecting the information about traditional regional culinary and traditional recipes from the area to include as a target group representatives of community centers. In **Annex 3** there is a database of the community centers on the territory of all 11 municipalities in the region, including information about the name of the community centers, the settlement where they are located and e-mail addresses for the purposes of the online inquiry. On the basis of the collected contact information bank, messages were sent to the

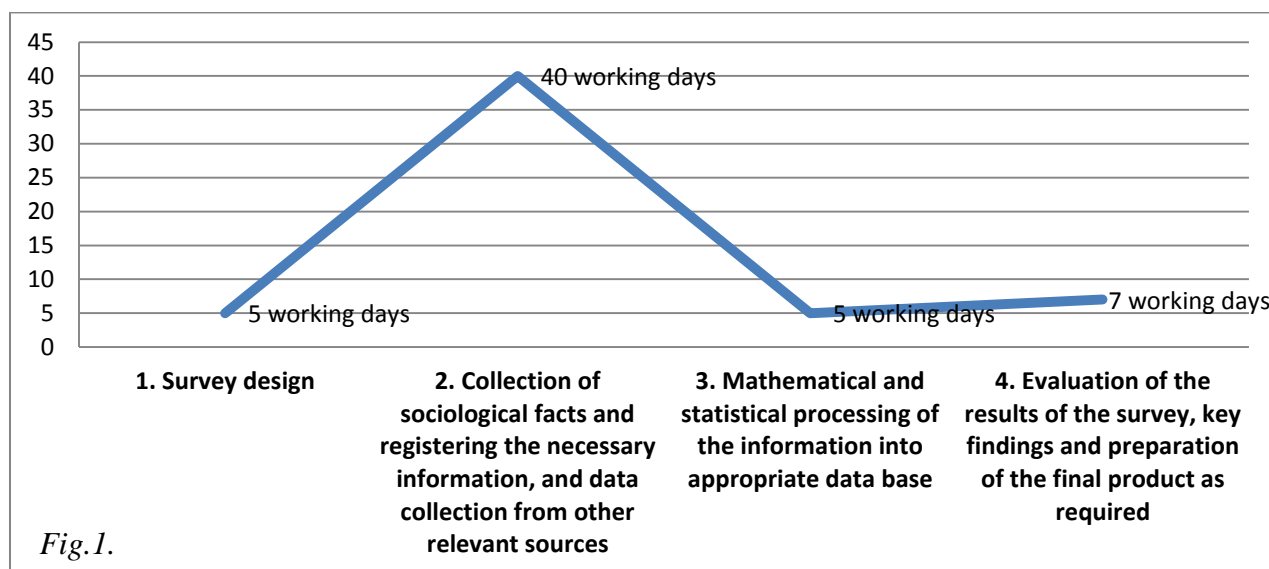
community centers in the region, including information for the purposes of the survey and an online link with the inquiry.

The two online inquiries - for representatives of community centers and for individuals living on the territory of Haskovo region are uploaded on the site of RMA "Maritza" in the framework of the survey. The goal is to reach a larger number of respondents.

Within the organizational plan of the survey, the tasks and engagements of the survey team, consisting of team leader, key expert studies and analysis, and key expert study are divided.

The survey is completed within 57 working days as follows:

The first stage of the survey was performed within 5 working days. The second stage has the longest execution time, as the actual collection of the necessary information is performed within it. For the third stage, 5 working days of the total timeframe were used to analyze the collected data which is processed by the experts. During the fourth stage of the survey, the results of the survey are evaluated, summaries and final outline of the survey are prepared, which is performed within 7 working days.



II. TRADITIONAL REGIONAL CULINARY CULTURE AND TRADITIONAL CUISINE IN THE HASKOVO REGION

1. Specifics of Bulgarian national cuisine

Before presenting the analysis and the collected information from the survey for regional culinary culture and traditional cuisine in Haskovo region, some basic concepts and characteristics of Bulgarian national cuisine and information related to its formation, specific characteristics that distinguish it from other common cuisine should be outlined.

The location of Bulgaria and its climate conditions determine the wide variety of products used in Bulgarian cuisine - plenty of fresh fruit and vegetables, different types of dairy products, meat, poultry, game and fish. Influenced on our national cuisine are the peoples and tribes passed through our lands, who have borrowed traditions and food from other peoples with whom they were in contact before they appeared on the Balkan Peninsula. People and tribes who passed through our lands in the past have influenced our national cuisine as they have borrowed traditions and food from other peoples with whom they were in contact before they appeared on the Balkan Peninsula.

Culinary zones are typically characterized by regional and cultural-historical designation of the traditions associated with nutrition and the products used, methods of preparation and serving. According to the so-called (regional principle): on a general scale - Bulgarian cuisine is part of the European cuisine. Differently defined regions are viewed in European cuisine, most often overlapping with the cultural similarities of countries in these regions. The Southern European zone is indicated as Mediterranean cuisine. It includes conditionally 3 subzones that differ substantially from each other. These include Pyrenean and French cuisine, Apennine and Balkan cuisine (including Bulgarian).

Mediterranean cuisine in the Eastern Mediterranean countries is often referred to as pre-oriental cuisine (Greek, Cypriot, Albanian, Turkish, and sometimes Bulgarian, or specifics of it are considered part of the pre-oriental cuisine).

Bulgarian cuisine is considered to be part of the Balkan South Slavic cuisine but has common features with all Slavic and Mediterranean cuisines, the closest ones being Turkish and Greek. It also has significant similarity with Italian and Spanish culinary practices and taste preferences.

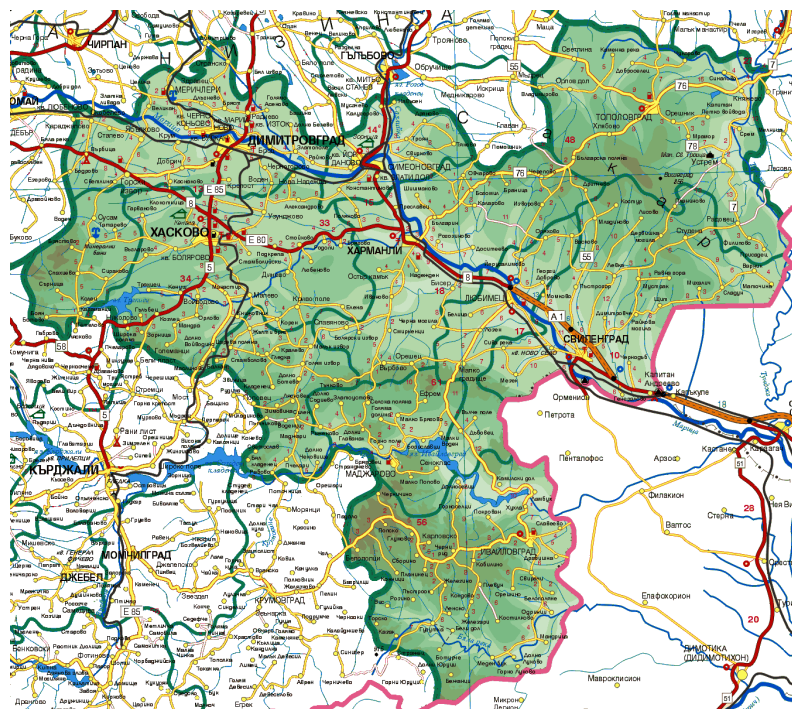
According to cultural and regional characteristics, West Mediterranean cuisine is considered to be the typical Mediterranean cuisine. The Central one is known not as Apennine, but as Italian, and the Eastern is considered as Balkan (South Slavic /including Bulgarian and Macedonian/, Romanian /incl. Moldavian/ and Hungarian) and pre-oriental cuisine (Turkish, Greek, Cypriot, Albanian and cuisine of Roma ethnicities).

Bulgarian cuisine has many similarities with the listed national cuisines included in the Balkan, Slavic and Mediterranean cuisine, but like all world cuisines it takes spices typical of pre-oriental and oriental cuisines (turmeric, allspice, black pepper, etc.).

Bulgarian national cuisine is colorful and varied. We have established centuries-old traditions and practices, and in some settlements recipes have been passed down from generation to generation to remain unchanged for hundreds of years. Characteristic of

Bulgarian cuisine is the simultaneous heat treatment of most products. Recipes include lots of vegetables and spices, including garlic, pepper, thyme, mint, savory, bay leaf and red pepper. Herbs have a strong presence in Bulgarian cuisine. A variety of medicinal plants are used as spices and added to traditional dishes. Some dishes are prepared on specific dates from the calendar of Bulgarian holidays - Christmas Eve, Easter, St. George and St. Nicholas Day.

2. Haskovo region – regional profile



Haskovo region covers an area of 5,541 sq. km. This area includes the valley of the Maritsa River, Haskovo hill area, parts of the Upper Thracian Plain, the Sakar Mountains and the Eastern Rhodopes. Situated in the south-eastern part of the South Central Region in terms of its administrative territorial structure, it includes 261 settlements, organized in 11 municipalities: Haskovo, Dimitrovgrad, Harmanli, Simeonovgrad, Svilengrad, Madzharovo, Ivailovgrad,

Lyubimets, Mineralni bani, Stambolovo and Topolovgrad. As of 31.12.2016 according to NSI data there are 233 415 people living on the territory of the region, which represents 3.3% of the population of the country. There are 168,526 people living in the ten cities of the region, or 72.2% of the population. The relief of the region is very diverse. The northern and central part is occupied by the Upper Thracian Lowland, characterized by the vast lowlands and high ground waters that favor the intensive use of agricultural land. The flat nature of relief and fertile soils positively influence the development of all branches and sub-sectors of agriculture, the construction of irrigation systems and transport arteries. To the south, a vast area of the region is occupied by the low branches of the Eastern Rhodopes and the slopes of the Sakar Mountains. The Eastern Rhodopes are a unique territory characterized by rich flora and fauna. The strong Mediterranean influence, the geological past of the mountain and the peculiarities of local life and culture have helped to form and preserve diverse habitats, and this has led to extremely high biodiversity.

The climate is mild, from a transitional to continental Mediterranean, with a strong Mediterranean influence in the most southeastern parts of the region. Three of the largest Bulgarian rivers - Maritsa, Arda and Tundzha - run through the territory. The roads connecting the Mediterranean with the interior of Thrace and the Rhodopi Massif pass

through them from the most ancient times. An important transport artery is the Maritsa river, used for the transport of goods by water until the end of the 19th century.

The natural and geographic features determine not only the economic life, but also the life of the population in Haskovo region.

2.1. Cultural and historical heritage

The region is one of the richest in historical and architectural sites according to the data of the National Institute of Immovable Cultural Heritage with the declared and announced immovable cultural values count to 597, of which 39 are of national importance. The region is extremely rich in immovable cultural assets from prehistory, especially from the Early Thracian age (11-6 century BC). Many megaliths are registered in the area of Strandzha-Sakar and the Eastern Rhodopes, as well as many monumental Thracian tombs are discovered in the region.²

By municipalities, monuments with the greatest historic value to the region are:

In Haskovo municipality - Thracian domed tomb - Aleksandrovo village; Assen's fortress - Klokotnitsa village; Eski Mosque – town of Haskovo; Teketo – Teketo village; Renaissance houses in Haskovo – Paskaleva, Shishmanova, Gurkova, Karapetkova, Paskovata, Garkova, The house of Chorbadji Dimitra, of Boyadzhiolu, Kirkovo School and others; Churches in Haskovo – “ St. Virgin Mary ”, “ St. Archangels Michael and Gabriel ”; Churches in Uzundjovo villages “Assumption of Virgin Mary ”, Dinevo village - "St. George", Nikolovo village - "St. Elijah", Klokotnitsa village - “St. Atanasii”, Voden village – “ St. Elijah.

In Dimitrovgrad municipality - sanctuary of the nymphs and Aphrodite - Kasnakovo village; the fortress "Meliona" in the locality "Hasara" - Stalevo village, the churches "St. Dimitar" in Rakovski quarter and St. George" in Chernokonevo quarter, Gorski izvor village – “St. George”, “ St. Constantine and Elena ” – Krepost village, Bodrovo village “St. George”, Dobrich village – “St. Ivan Rilski”, Merichleri – “St. Nikola”, Brod village – “St. George”, Malko Asenovo village – “ St. Prophet Elijah”, Golyamo Asenovo village – “Nativity of the Virgin”

In Simeonovgrad municipality – the medieval fortress Constancia; h.Banyuvata maaza; h.Velevata house; churches “ St. Virgin Mary ” (Zlati dol quarter) and “St. Nikola” – Simeonovgrad, Dryanovo village – “St. Yoan Bogoslov ”

In Lyubimets municipality – dolmens in the villages Oryahovo, Izvorovo and Valche pole; Thracian cult center - Malko Gradishte village; The Kurt Kale fortress - the village of Valche pole; churches in the villages of Malko Gradishte - "St. Atanasii" and the village of Georgi Dobrev.

In Mineralni Bani Municipality - Thracian Cult Center - Angel Voivoda Village; Gradishte fortress; Ancient and medieval fortress - the village of Mineralni bani; Roman fortress «Holy Spirit», wine stones (sharpanite) - Bryastovo village.

² Regional Strategy for Development of Haskovo Region for the period 2014-2020

In Stambolovo municipality - Thracian rock niches - village of Dolno Cherkovishte; Thracian tomb in the village of Kralevo; Thracian tomb - the village of Pchelari; Thracian tomb - Popovets village; Medieval fortress - the village of Rabovo; the churches in the villages of Stambolovo "St. Peter and Pavel ", Tsareva Polyana village "St. Prophet Elijah ", Tankovo village "St. Constantine and Elena" and "St. Dimitar "- the village of Zhulti bryag, village of Gledka.

In Topolovgrad municipality - Thracian Dolmen - Hlyabovo village; Thracian fortress - Ustrem village; The fortresses of Paleokastro and Vishegrad; The churches "St. Georgi "- Topolovgrad," St. Dimitar "- Orlov Dol village; The monastery "St. Trinity "- village of Ustrem.

In Svilengrad municipality - Thracian tomb - Mezek village , medieval fortress - Mezek village, rock church - Mihalich village, rock church - village of Matochina, Medieval tower - village of Matochina, arched bridge "Mustafa pasha", Antique and medieval settlement in the Hissarya area, Thracian dolmen in the village of Studena; Medieval settlement and necropolis in the village of Sladun; The place of death of Petko Voivoda /Petkova fountain/, The churches in the village of Levka - "St. Dimitar", in Svilengrad - "St. Trinity", Dimitrovche village - "St. Atanassi", Matochina village and Shtit village.

In Harmanli municipality - Thracian cult monument - menhir - Ovcharovo village; "Trifona" area - "St. Triphon "; Thracian Dolmen - the village of Ostar Kamuk; Thracian tomb in the village of Polyanovo; Teketo - Bogomil village; Gurbaviya Bridge - Harmanli; Remnants of caravanserai; the church "St. Atanasii"; The churches in the villages of Ovcharovo "St. Dimitar ", " St. Archangel Michael "- Slavyanovo village," St. Konstantin and Elena "- Oreshets village, "St. Prophet Elijah "- Polyanovo village," St. George"- Rogozinovo and Cherepovo, "St. Sunday", Dervishka Mogila - "St. Yoan Bogoslov", Dripchevo - "St. Georgi", Dositeevo village, Ovcharovo village, Oreshets village.

In Ivailovgrad municipality - Ancient Villa "Armira", Medieval fortress "Lyutitsa", Aterenski /Roman/ bridge, The Great Mound near the village of Sviraci, Thracian Dolmens near the village of Pelevun and the village of Zhelezino, the monastery "St. Konstantin and Elena", the Greek church "St. Elijah", "Ilieva niva" Memorial Complex, "Captain Petko Voivoda" Memorial - Pelevun village, silkworm houses with unique architecture - Mutafchieva, Paskaleva, the house of Dimitar Stambolov, Yani Popov, Lember Lemberov and others. There are 26 churches on the territory of Ivailovgrad municipality, which have over 100 years of history.

In Madzharovo municipality - rock cult complex "Gluhite kamani" - Ephrem village; Fortress of Hissarya near the village of Senoklas; Roman road - Dolni Glavanak village; Rock relief - Gorno pole village; rock tomb at the village of Gorno pole; Rock niches in Hambarkaya area; Thracian cult megalithic monument complex near the village of Dolni Glavanak; Sharapana in tGolemiya burun area, churches in the villages of Senoklas - "St. Archangel Michael"; Village of Efrem- "St. Atanasii"; Borislavtsi village - "St. Great Martyr Dimitrios of Thessaloniki "; Dolni Glavanak Village - the church "St. Dimitar". Memorability in Madzharovo is the Pantheon of fallen Thracians. The memorial complex, built in honor of

the fallen consists of: Monument-ossuary, Chapel "St.Petka" and monument "Thrace without borders".

2.2. Traditional regional culinary culture and traditional cuisine.

The oldest traces of life discovered so far on the territory of modern Haskovo region date back to the New Stone Age (VII - V th century BC). That in itself speaks of the rich history, numerous cultural layers formed and their impact on everyday life and cultural life in the region.

One of the main elements of folk culture is cuisine, part of the regional outlook. The system of cuisine in the region shows both the ethnographic specificity of this region and the common typological features of the traditional Bulgarian traditional cuisine. The preparation of dishes is also related to the holidays and rituals typical of the region and the country.

The location of Haskovo region largely determines the characteristics of regional traditional cuisine. Regarding the culinary regionalization in Bulgaria, a round table on "Culinary regions in Bulgaria - creating a culinary map" was organized in 2012 at the idea of Euro - Toques Bulgaria³. By the time of developing this survey, no information was found about this culinary map. In this respect, if we conditionally divide Bulgaria into culinary regions, we can conclude that they can largely be linked to ethnographic areas in the country. These are the region of Thracian cuisine, the Strandzha region, the region of Rhodope cuisine, the Pirin region, the Northwest cuisine region, the North Black Sea coast and Dobrudzha. On the basis of this distinction the specifics of the regional culinary culture in Haskovo overlap and participate in the formation of the Thracian cuisine. Regional dishes of Eastern Rhodope and Aegean culinary are also typical for the region.

In Haskovo region, besides good food traditions, there is a special attitude towards wine. As one of the regions in the forefront of wine producers in Bulgaria, wine has serious positions in the local lifestyle and traditions. The favorable climatic and geographic conditions contribute to the development of this traditional activity, whose roots date back to the Thracian age. Generally, wine is an integral part of the history of Bulgaria and in particular of the region. The Bulgarian lands are heirs of ancient civilizations that have left an indelible mark on our time. The ancient Thracians have used wine as an important element of religious rituals and as a means of reaching out to the gods. Testimonies of this are in sanctuaries found throughout the territory of the region and throughout the country, which provide information about ancient rituals and the cult of the god of wine. Traces of wine production have existed since the time of the Thracians, in the so called "sharapani" ("Sharap Tash") - wine stones near the village of Mineralni Bani. The name sharapana comes from the Turkish word sharpe and means wine. One of the theories about the use of these facilities is that the inhabitants of these places have processed grapes for wine. Sharapanas are believed to be related to the cult of God Dionysius. Sharapani is located in Kara kaya, Garvanitsa,

³ Euro - Toques Bulgaria - an organization an integral part of Euro - Toques International - official European Commission consultant in the field of food, <http://euro-toques.bg/eurotoque/home.nsf/>

Pozharishteto, Avramov stone. There are other similar monuments in the area, with different shapes and sizes.

Regarding the regionalization, Bulgaria is conventionally divided into five wine-growing regions, each with its specifics and characteristics. Haskovo region is in the Southern wine-growing region. It conditionally covers the areas around Plovdiv, Haskovo, Pazardzhik, Stara Zagora, Ivailovgrad, Lyubimets, Harmanli - the area of the Thracian Lowland and part of Sakar. Geographical and climatic conditions in the region favor the cultivation of red varieties with excellent taste qualities - Merlot, Cabernet Sauvignon, Pamid, Bolgar, Rubin. Soils and climatic conditions are suitable for growing some white varieties. The most important wine cellars in this area are in Asenovgrad, Haskovo, Svilengrad, Stara Zagora and Lyubimets. Haskovo region is famous for its wine-making tradition and the wine-making facilities on its territory are specialized in the production of high-quality wines, which are well established on the international market. The few wine centers on the territory of the region attract the supporters of the so-called "wine tourism".

The process of collecting sociological facts and information needed for the survey "Traditional recipes of Haskovo region" on the project "Virtual Maritza - Merich Cuisine" reveals that traditional cuisine in Haskovo region is largely related to the agricultural character of the region and the cultural and historical accumulations at different stages of the development of the region. Cuisine and nutrition for local people in the past, apart from everyday life, have also been an essential element in the process of building local culture. The preparation of dishes has had a profound connection with holidays and rituals. From the conducted survey, it can be concluded that there is an extreme relation to the food and the different food products typical for this region. In the cuisine of Haskovo there are dishes that are typical of the region and are only present in the typical traditional cuisine in Haskovo.

There is strong influence of Turkish cuisine, which has influenced the formation of lasting culinary traditions in the region. Browning with a lot of fat, kebab, gyuvetch and oriental desserts typical of Turkish national cuisine have found a place in the regional culinary traditions of Haskovo region. This is due to the fact that during the Ottoman domination many of the settlements originated and were part of different territorial-administrative units in the Ottoman Empire. For example, the medieval Haskovo village of Marsa is declared to be a has (according to historical sources, Haskovo is the fourth most lucrative has of the seven towns of the Qirmenian sanjak), Harmanli is a settlement that originated around the beginning of the 16th century, initially as a Turkish settlement, Ivaylovgrad emerged at the end of the 16th century under the name Ortakhoy, first information about Topolovgrad /Kakavli/, situated at its current location, dates back to XVI century, etc..

Apart from the presence of elements of Turkish cuisine, the rich variety of different types of meat (pork, chicken, mutton, lamb, beef) is impressive, which emphasizes the typical stocking of the region as the main livelihood of part of the population. The favorable geographic location of the region is a leading element in the region's economic and social development. The geographic features of the region have contributed to the development of agriculture, trade, livestock, craft and local produce in the markets of Europe and Asia. One example is the Uzunjovski Fair, which was the largest and most famous fair in the Bulgarian

lands until the Liberation. Since the XVI century the fair has been traditional and subsidized by the authorities and provides local people with contacts with European traders. The Fair is a wholesale center for some agricultural products, leather and leather goods, local craft goods and many others. The most detailed description of the fair is provided by the French scientist Dr. Ami Boué in 1841: “Uzundzhovo is a 2000 person palace, located equidistant from the Danube, White and Black Seas. It is a gathering place for all areas of the Empire. The streets are full of many wooden sheds. Theaters in the open sky, magicians, dentists, managers occupy some of the seats and perform the same exercises as ours. However, the fair itself differs in many ways from the fairs in the European countries. No public power, no police are seen in this great gathering of 50,000 people, but they have a great deal of authority. Greeks and Bulgarians, Moldavians and Vlachs, Turks and Persians, Russians and Austrians, Jews and Christians gathered here and lived in full agreement, elated only by the desire to make better deals and earn money...“. The enormous flow of traders, travelers and representatives of different countries and regions for more than 250 years has had a significant impact on the formation of regional intangible cultural heritage and, in particular, culinary culture.

As noted above, it is remarkable that there is a concentration of many meat and pasta dishes in the regional traditional cuisine. This underlines the Breeders' nature of local production and similarities with traditional Turkish cuisine. The connectivity of the dishes with festive rituals and customs is typical for the Thracian region as a whole and for Haskovo region.

Conditionally, we can, of course, divide the collected traditional recipes from Haskovo into several categories:

- ❖ starters
- ❖ soups
- ❖ dishes without meat
- ❖ meat dishes
- ❖ bread dishes
- ❖ desserts, pastries and jams
- ❖ dry sausages

These seven categories present the specifics of the region in terms of tastes, used products, crops, customs and rituals. The typical dishes for the various holidays (from Christmas to Easter and celebrations of various saints, situational rituals such as wedding, baby birth, etc.) defined the taste and emotion of the day. To a large extent, the food and its preparation were at the heart of the holiday and "dictated the agenda" of the holiday. Cooked meals with meat and meat products, and bread in any form has always been on the table. We can say that traditional meat products in the region are prepared in a wide variety of different types of meat - pork, poultry, mutton, lamb and veal. Beef is consumed very poorly, and for the areas around the Maritsa River, fish is also consumed. The responses received from the respondents observed dependence between meat dishes and holidays falling during the winter period. Local people consume more meat dishes in the winter than in the summer.

2.3. Analysis of the information obtained through the inquiries and collected data from document sources.

2.3.1. Summary of the survey results

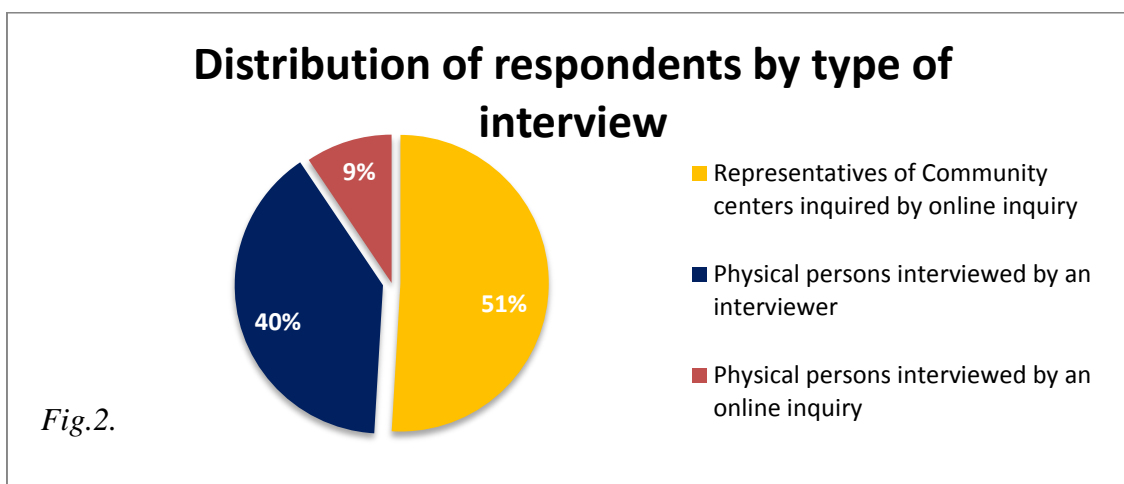
In this survey, two methods were used to collect information - examining documents and interviewing (inquiry). Interviewing applied the following:

- ❖ 1. Online inquiry: 1.1. Online inquiry of all community centers with an active e-mail address from Haskovo region, registered in the Public Register of the community centers (<https://chitalishta.com>); 1.2. online inquiry for respondents from Haskovo region uploaded on the Internet site of RMA "Maritza" www.maritza.info;
- ❖ 2. Inquiry by interviewer in the municipalities in Haskovo region: Inquiry for people living on the territory of Haskovo region, used by an interviewer to collect information.

The survey included respondents from Haskovo region, interviewed by an interviewer with an inquiry and an online inquiry with a total of 53 people. From them:

- ❖ 27 are representatives of community centers from the region, who responded to the online inquiry
- ❖ 21 are the persons in the region who answered the questions of the interviewer
- ❖ 5 people who responded to the online inquiry on the website of RMA "Maritza".

In fig.2. the percentage of the three groups of respondents is represented, namely: community centers representatives - 50.94%, interviewed by interviewer - 39.62% and persons interviewed by an online inquiry on the site of RMA "Maritza" - 9.43%. In addition to the methods of online inquiry and field interviewing by an interviewer, a review of the information in document sources is performed - public, local and regional reports related to culture and customs in the region, local publications, scientific reports and developments related to the traditions and customs on the territory of Haskovo region. In the framework of this review, a specification of the dishes and recipes collected is performed, for which there is no detailed information in the questionnaire for ingredients, quantities, etc. Information about 1 dish that is not listed on the questionnaire is identified. The rest of the recipes are processed according to the necessity of presenting specific information about products and way of preparing the dish.



The aggregate distribution of these dishes by municipalities (Figure 3) shows that the largest number of traditional dishes are available in Dimitrovgrad municipality - ten traditional meals. Surveyed population of Haskovo Municipality has submitted nine traditional dishes for the municipality. The large number of traditional dishes in both municipalities is due to the fact that they are the largest municipalities in the area by population criterion. In addition, in the two municipalities there are 70 working community centers, some of which participated in the inquiry. Next is the municipality of Harmanli with seven traditional dishes, indicated by the consulted population. For the municipality of Lyubimets - four traditional dishes, of which one dish (bumbar) is mentioned as characteristic for the municipality of Dimitrovgrad. Four are the municipalities for which informants have indicated 3 traditional dishes. These are the municipalities of Madzharovo, Stambolovo, Ivaylovgrad and Topolovgrad. For the municipalities of Svilengrad and Simeonovgrad - 2 traditional dishes per each, and as a characteristic of the Municipality of Mineralni bani the respondents have indicated 1 traditional dish. One more dish was identified for Mineralni bani municipality through the document research method.

The following figure presents a graphical distribution of the collected traditional dishes by municipalities.

Distribution of traditional dishes in the municipalities of Haskovo region

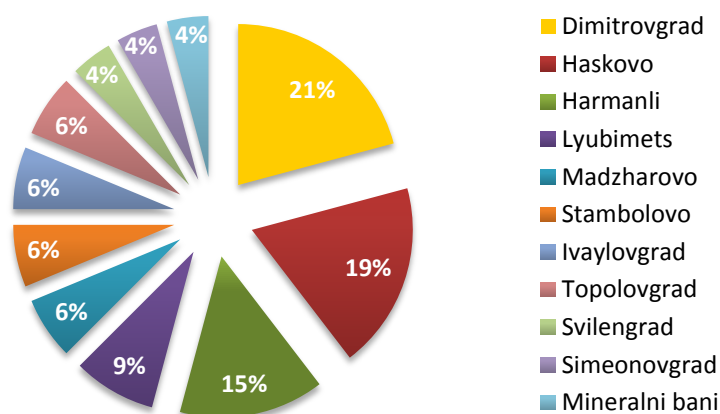


Fig.3.

By analyzing the information collected and presented in Fig. 4, it is noticeable that the largest number of dishes is in the categories "meat dishes" and "bread dishes". This largely corresponds to the presented analysis of the traditional regional culinary culture in point 2.2, where as one of the typical branches of the region is mentioned the cattle breeding and the typical for the region agriculture.

Raising animals and agriculture as the main livelihood of the region have had its influence in shaping the culinary traditions and preferences of the local population today. During the Ottoman rule the dishes were easier to prepare, with fewer products and less time-consuming compared with the dishes in the period after the Liberation. Most important for the population was the quality of the bread and the way the dish was prepared. In this regard, in

the 19th century, bread and bread dishes were generally a major part of the local population's menu. Bread is made with leaven, and when it is free of leaven, it is called cake. Baking is done in a podnitsa - typical for the region of Svilengrad, Ivaylovgrad, Topolovgrad, Lyubimets and others. Some types of bread, banitsa, cakes, etc. were prepared under vrashnik. The bread in its various forms was the main food for the population. Therefore, it was considered a great sin to throw a piece of bread, to put bread on the back and so on. This shows the main role that bread has in the system of ritual foods and lifestyle of the local people. Bread was consumed more with farm families, and this was due to the fact that they spent physical energy during their day-to-day work in the field.

As mentioned above, "meat dishes" and "bread dishes" are the categories with the largest number of dishes, accounting for over 60% of the region's traditional dishes. There are 6 dishes falling in the category of "desserts, pastries and jams", 4 "dishes without meat", 4 "soups", 2 "starters" and 1 "dry sausage".

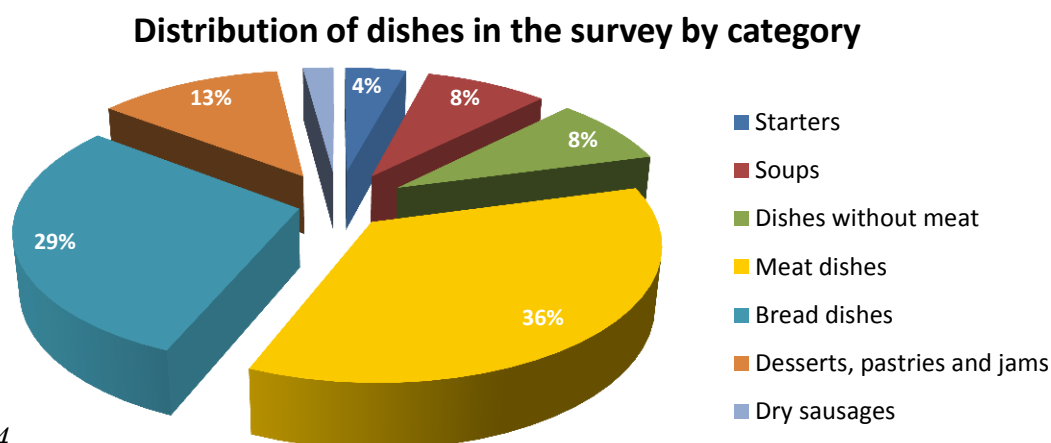


Fig.4.

The festivities mentioned as related to traditional dishes are Christmas (including Christmas rituals and customs), New Year's Eve, public prayer, wedding, muslim holidays, Trifon Zarezan, birthdays, etc.

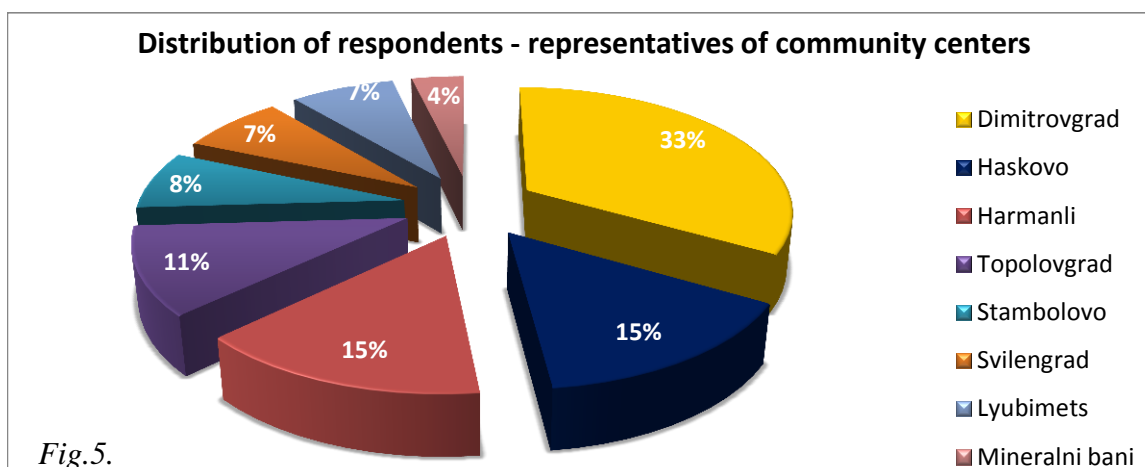
The community centers questionnaires also mention the organized initiatives related to traditional local cuisine. There are a variety of answers, such as cooking sessions, festivals and culinary competitions.

2.3.2. Analysis of information obtained through online inquiries

2.3.2.1. Analysis of the information received through online inquiries from representatives of the community centers in Haskovo region

Using the information from the Public register of community centers in Bulgaria for the registered community centers in Haskovo region, a bank was collected with information about 147 community centers with e-mail addresses to which an invitation to participate in the online inquiry was sent. **27 community centers** took part in the online inquiry from the total of 147 invited representatives of community centers which is **18.40% of the community centers in the region**. The online inquiry was anonymous and voluntary, and it gathered much of the information needed for the study "Traditional recipes of Haskovo region"

The representatives of community centers responding in the online inquiry of **question 1 "In which municipality is your community center located?"** 9 (33,33%) have indicated that their community center is located in the municipality of Dimitrovgrad, 4 (14,81%) are on the territory of Haskovo Municipality, 4 (14,81%) are on the territory of Harmanli Municipality, 3 (11,11%) are located in the municipality of Topolovgrad, 2 (7,41 %) are in Stambolovo Municipality, 2 (7,41 %) in Svilengrad Municipality, 2 (7,41 %) in Lyubimets Municipality and 1 community center is in Mineralni bani municipality (3,70 %). The territorial distribution of the representatives of the community centers from Haskovo region by municipalities is presented in the following figure.



The respondents to **question № 2 "Which is/are the most famous/popular dish/es part of the traditional cuisine in your municipality?"** in the inquiry for community centers, indicated 25 dishes that are identified as the most famous traditional cuisine of the region:

- ❖ bumbar (for Dimitrovgrad and Lyubimets municipalities)
- ❖ osmyanka
- ❖ roll up/layer banitsa with cheese baked under vrashnik
- ❖ fish-tavalak
- ❖ prazenik (pork meet with leek)
- ❖ keshkek
- ❖ steamed banitsa
- ❖ katino meze
- ❖ Lyutenitsa from Stambolovo
- ❖ saraliya
- ❖ kashnik
- ❖ tarkalatsi
- ❖ dish with flat susage and leek
- ❖ rabbit kapama
- ❖ puska from Yabalkovo
- ❖ leek banitsa
- ❖ Thracian maslenitsa
- ❖ Katmi from Sakar

- ❖ Mashed beans with meat pieces from Dobrich village
- ❖ Bulgur soup
- ❖ ripe beans with chickpeas
- ❖ shepherd's gyuvetch
- ❖ kebab in a clay pitcher
- ❖ banitsa with bulgur
- ❖ knuckle of pork in a pot

The listed dishes are distributed by municipalities as follows:

- ❖ **Dimitrovgrad Municipality:** bumbar; osmyanka; fish-tavalak; saraliya; rabbit kapama; puska from Yabalkovo; Thracian maslenitsa; Mashed beans with meat pieces from Dobrich village; shepherd's gyuvetch;
- ❖ **Haskovo Municipality:** keshkek; katino meze; tarkalatsi; dish with flat sausage and leek;
- ❖ **Harmanli Municipality:** bulgur soup; ripe beans with chickpeas; kebab in a clay pitcher; knuckle of pork in a pot
- ❖ **Topolovgrad Municipality:** kashnik; leek banitsa; katmi from Sakar;
- ❖ **Stambolovo Municipality:** lyutenitsa from Stambolovo; banitsa with bulgur
- ❖ **Svilengrad Municipality:** roll up/layer banitsa with cheese baked under vrasnik
- ❖ **Mineralni bani Municipality:** steamed banitsaa
- ❖ **Lyubimets Municipality:** prazenik (pork meet with leek) and bumbar

In the second question, one of the respondents from Haskovo answered with "I do not know" and another from Svilengrad Municipality with "fine wine", which does not fall within the concept "Traditional recipes of Haskovo region".

Distribution of dishes by municipalities in the online inquiry for community centers

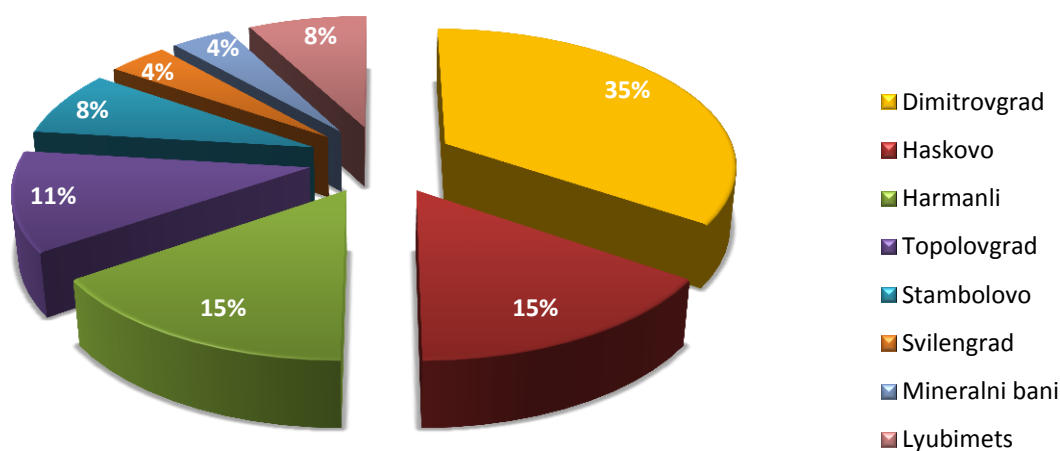
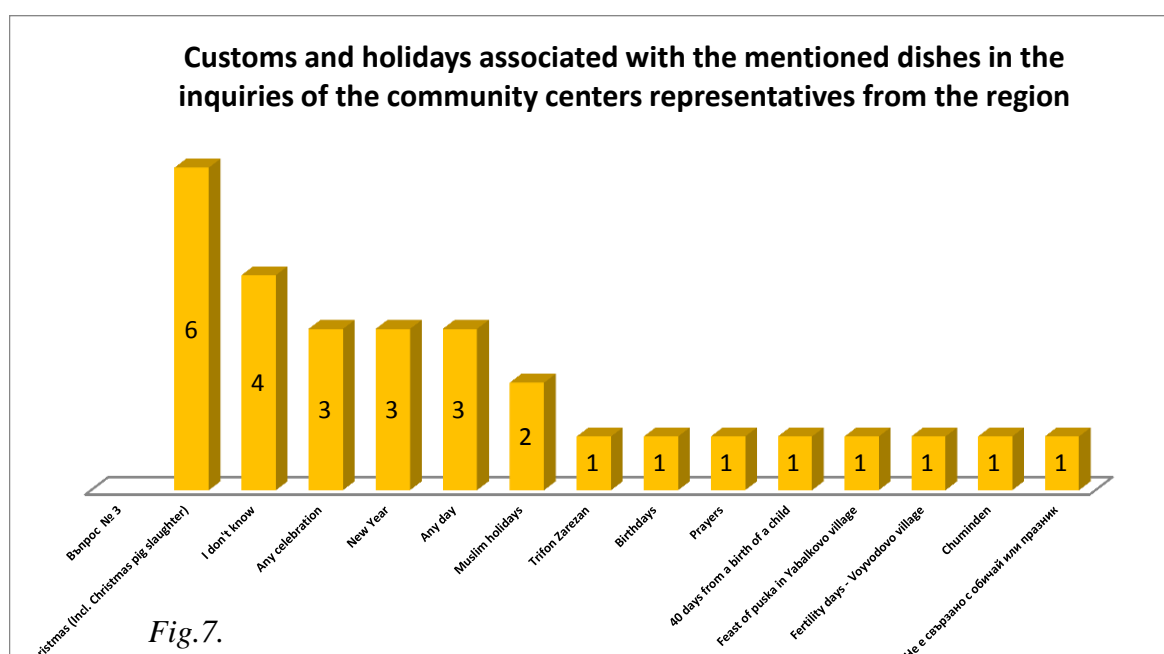


Fig.6.

The figure above presents graphically the distribution of the dishes mentioned as traditional in question 2. The municipality with many dishes and therefore more activity by the Community centers is Dimitrovgrad, where 9 dishes are defined as traditional. Four dishes are presented by the community centers in each Haskovo Municipality and Harmanli Municipality. The representatives of the community centers from Topolovgrad Municipality, who responded to the online inquiry, presented 3 traditional dishes. There are two typical dishes for Stambolovo municipality and Lyubimets municipality, and for the other two municipalities - Svilengrad and Mineralni bani the respondents have indicated 1 dish for each of them.

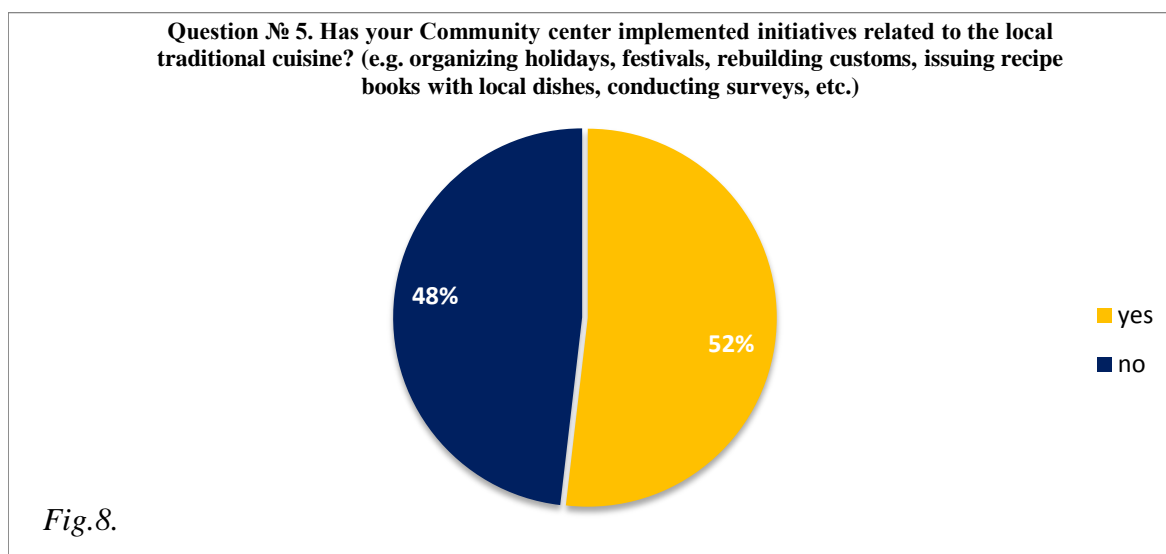
Figure 7 presents the answers of the representatives of the community centers in relation to question № 3 **"Please specify the custom or celebration associated with that dish/es into your municipality"**. The grouping of the received answers clearly shows that Christmas holidays prevail in the responses of the community centers representatives. The ritual of 6 of the presented traditional dishes is related to Christmas and the winter cycle of family holidays, characterized by rich table, variety of foods and dishes and plenitude of different customs. A total of 10 are the holidays the respondents have indicated, and they are:

- ❖ Christmas
- ❖ New Year
- ❖ Muslim holidays (Ramazan and Kurban Bayram, etc.)
- ❖ Trifon Zarezan
- ❖ Birthdays
- ❖ Public prayer
- ❖ 40 days from a birth of a baby
- ❖ A feast of puska and cold beer in the village of Yabulkovo
- ❖ "Bolluk-fair" or " Fertility Day " – the holiday of Voyvodovo village
- ❖ Chuminden



Question № 4 "Please describe how the dish / dishes that are typical for your municipality are prepared" provides information from the respondents on how to prepare the identified dishes, which is presented below in section III. Traditional recipes of Haskovo region.

To **Question № 5: "Has your Community center carried out initiatives related to the local traditional cuisine?"** 14 community centers responded positively and 13 respondents said they have not implemented such initiatives. The figure below shows the percentage of answers to question 5 in the online inquiry.

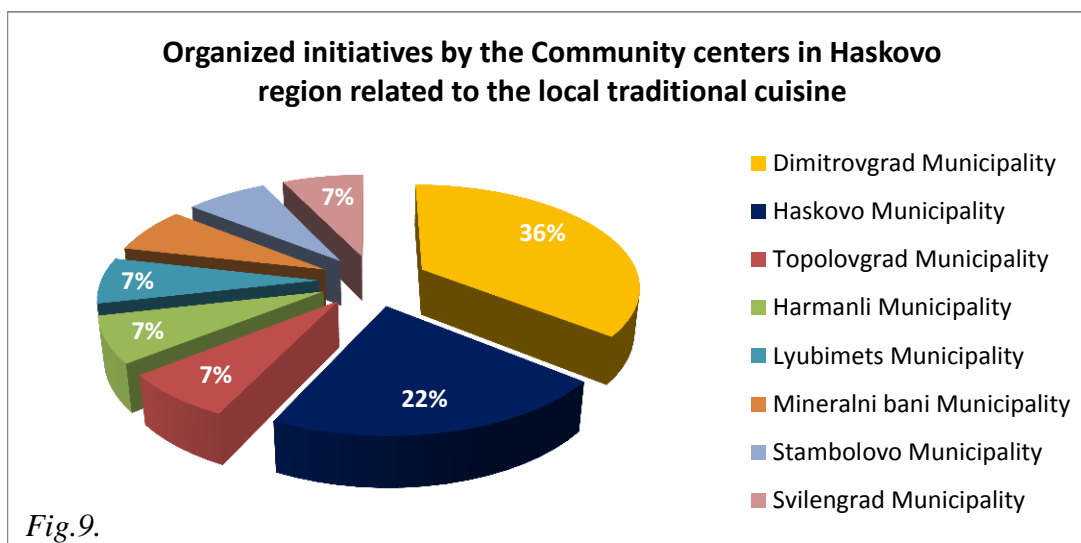


The analysis of the information collected on **question № 6 "What initiatives related to the local traditional cuisine has your Community center conducted?"** shows that 55.55% answered this question. This is due to the fact that this question is not obligatory and is related to a positive answer to question № 5. One of the 15 respondents indicated that the Community center have not organized initiatives with traditional Bulgarian cuisine but organized initiatives related to Armenian traditional cuisine and one of the respondents did not answer the question. The initiatives in which the Community centers have participated and organized are the following:

- ❖ Regional culinary fair, Dimitrovgrad Municipality
- ❖ Christmas table, Dimitrovgrad Municipality
- ❖ Exhibition – bazar with local dishes, published culinary book "Culinary journey" – selected recipes from Lyubimets and Edirne, Lyubimets Municipality
- ❖ Holiday of Voyvodovo village – local people prepare traditional dishes and present them to the people living in the village, Haskovo Municipality
- ❖ „Трифон зарезан“ в община Свиленград Municipality
- ❖ Initiatives, related to the Armenian traditional cuisine, no initiatives are organized with traditional Bulgarian cuisine, Haskovo Municipality
- ❖ Culinary contest on the 8th of March in Mineralni bani Municipality
- ❖ Festival of cultural heritage in Stambolovo on a project of the municipality – Turinoveshan, Stambolovo Municipality

- ❖ Sirni Zagovezni – culinary contest in a community center, Dimitrovgrad Municipality
- ❖ Festival of the traditional local products and the Imperial Eagle, Topolovgrad Municipality
- ❖ Culinary exhibition, Haskovo Municipality
- ❖ Holiday of puska and cold beer, Yabalkovo village, Dimitrovgrad Municipality
- ❖ Culinary contest, Dimitrovgrad Municipality
- ❖ A group of national customs presents local traditions and food on holidays and festivals, Harmanli Municipality

The following figure graphically presents the distribution of the answers to question № 6. The data shows that among all the respondents the community centers in Dimitrovgrad Municipality (36% of the respondents to question № 6) are more active than the others in terms of organizing holidays, initiatives and other events related to traditional local cuisine. Events related to local cuisine in Dimitrovgrad municipality are culinary contests, fairs and festivals. The Community centers from Haskovo Municipality (22% of the respondents to the question № 6) indicated as organized the following initiatives: a holiday in the village of Voyvodovo, a culinary exhibition and initiatives related to Armenian traditional cuisine. With one organized event are the municipalities Topolovgrad, Svilengrad, Mineralni bani, Lyubimets, Stambolovo and Harmanli municipality.



One of the important conclusions is that the Community centers continue to be the centers that preserve the culinary traditions of the region, the taste of the past and all the landmarks of the intangible cultural heritage of the region, which distinguish Haskovo from the other regions in terms of traditional cuisine, rituals and holidays. By conducting such initiatives the Community centers maintain the interest in the regional traditional cuisine and therefore enrich and supplement it with recipes related to customs and rituals. The rich intangible heritage in the region must be presented in the most appropriate way, given the modern day life and technologies around us. One way of disseminating and promoting is by

conducting surveys such as the present one and also by digitization of cultural heritage on the Internet.

2.3.2.2. Analysis of the information collected through the online inquiry for physical persons

In the framework of the conducted consultation on the site of RMA "Maritza", an online inquiry was published for persons living on the territory of Haskovo region, which has the same content as the inquiry used by the interviewer. The online inquiry is filled by **5 respondents**, two of whom indicated that they live on the territory of Haskovo municipality, one is from Harmanli municipality, one from Svilengrad municipality and one from Mineralni bani municipality.

Question № 1 "Which municipality do you live in Haskovo?" is the control question that determines the domicile of the respondent. The following figure shows the graphical distribution of the respondents by municipalities.

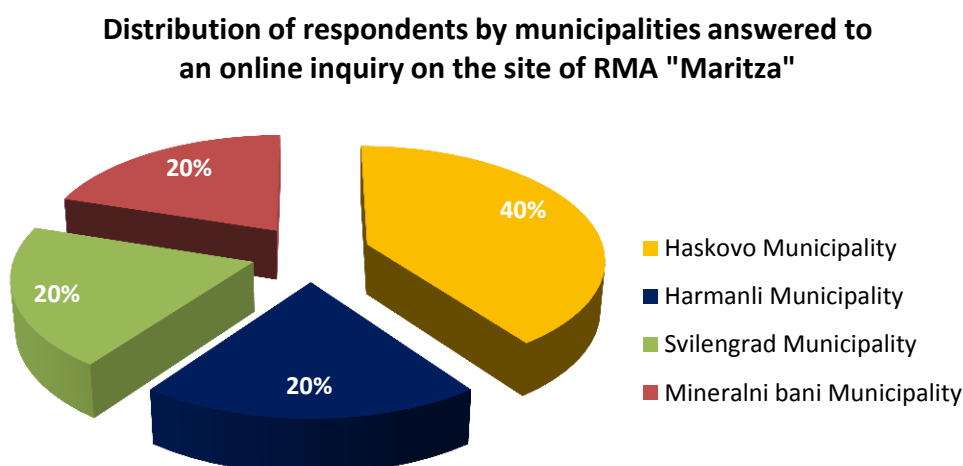


Fig.10.

Question № 2: "Do you often prepare food in your home?" aims to present respondents' attitudes to food and its preparation. Two respondents from all respondents answered that they constantly prepare meal at home, two responded that they cook 2-3 times a week and one replied that rarely cook at home.

The respondents answered as follows to **Question № 3 "What is the most popular dish you know that is part of Haskovo traditional cuisine?"**:

- ❖ malebi
- ❖ kebab
- ❖ steamed banitsa
- ❖ tutmanik with butter and cheese
- ❖ soup of onions with cheese and soup of resh garlic

The six presented dishes are typical for the following municipalities:

- ❖ Svilengrad Municipality
- ❖ Harmanli Municipality

- ❖ Mineralni bani Municipality
- ❖ Haskovo Municipality

The respondents answered as follows to **Question № 4 „In your opinion, what is the most delicious dish in your region“**:

- ❖ malebi
- ❖ banitsa
- ❖ cheverme
- ❖ babek, puska, lukanka
- ❖ roll up banitsa

To **Question № 5 „Please indicate a custom or holiday related to the indicated dish/es in your municipality“** only two of the respondents indicated the answers "for each holiday" referring to the steamed banitsa and "Christmas Eve" for soup of onions with cheese and soup of fresh garlic

Question № 6 "Please describe how the dish / dishes that are typical for your municipality are prepared" provides information by the respondents on how to prepare the indicated dishes, presented below in item III. Traditional recipes of Haskovo region.

2.3.3. Analysis of information collected by interviewer

As the population surveyed in Haskovo region is more than 200,000, the survey uses a sample survey, which was conducted with a limited number of units of the population. The sampling survey used is representative, with only the units of the sample being observed and the results obtained are aggregated for the whole population. For the purpose of the survey, the resources of an experienced interviewer were used, who interviewed respondents from the municipalities in the region during the second stage of the survey using **Annex № 1**.

21 persons from all the municipalities in the region participated in the inquiry by an interviewer.

The following figure presents the graphical distribution of the respondents by municipalities within the **Question № 1** of the inquiry for physical persons: **"Which municipality do you live in Haskovo region?"**.

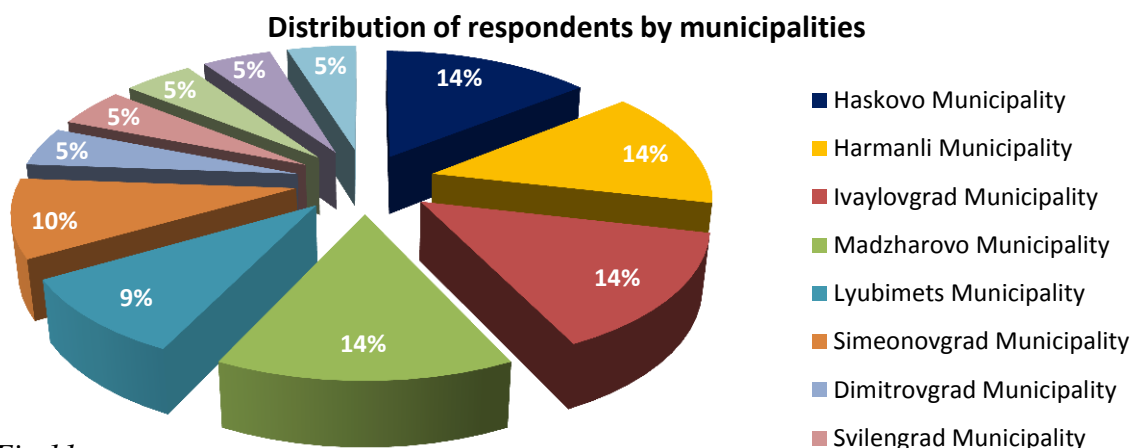


Fig.11.

In four of the municipalities in Haskovo region (Haskovo, Harmanli, Ivaylovgrad and Madzharovo) the interviewer contacted three informants, in the municipalities of Lyubimets and Simeonovgrad the interviewer consulted two persons and in the other five municipalities one respondent was interviewed.

Regarding **question № 2 "Do you often prepare food in your home"** in the inquiry for physical persons 12 of the respondents answered that they constantly prepare food at home (57.14%). This question shows the respondent's attitude towards food and its preparation at home. From all of the 21 informants, the rest are distributed as follows: 8 (38,10%) responded that they prepare food 2-3 times a week and 1 (4,76%) responded that they prepare food only once a week. The data show that most people included in the study prepare food in their own home.

On **question № 3 "Which is the most popular dish you know that is part of the traditional cuisine of Haskovo region?"** from the inquiry the interviewed informants pointed out the following dishes, which they identified as the most famous of the traditional cuisine of Haskovo region:

- ❖ dock soup
- ❖ tutmanik
- ❖ smigdal
- ❖ green beans
- ❖ sesame biscuits
- ❖ pork kebab
- ❖ sesames
- ❖ pumpkin pastry
- ❖ stuffed peppers with maize
- ❖ honey cake
- ❖ stuffed pumpkin with rabbit meat
- ❖ Rooster (hen) in katmi
- ❖ stuffed hen with bulgur
- ❖ zelnik
- ❖ sweet banitsa
- ❖ rachel
- ❖ tatlii
- ❖ malebi
- ❖ wine kebab
- ❖ steamed banitsa
- ❖ kashnik

The indicated dishes are distributed by municipalities as follows:

- ❖ **Haskovo Municipality:** dock soup; tutmanik; smigdal
- ❖ **Harmanli Municipality:** green beans, sesame biscuits; pork kebab from Polyanovo village
- ❖ **Ivaylovgrad Municipality:** sesames, pumpkin pastry; stuffed peppers with maize;

- ❖ **Madzharovo Municipality:** honey cake; stuffed pumpkin with rabbit meat; rooster (hen) in katmi;
- ❖ **Lyubimets Municipality:** stuffed hen with bulgur; zelnik
- ❖ **Simeonovgrad Municipality:** sweet banitsa; rachel
- ❖ **Dimitrovgrad Municipality:** tatlii
- ❖ **Svilengrad Municipality:** malebi
- ❖ **Stambolovo Municipality:** wine kebab
- ❖ **Mineralni bani Municipality:** steamed banitsa
- ❖ **Topolovgrad Municipality:** kashnik

On the **question № 4 "In your opinion what is the most delicious dish in your region"** 28.57 percent of respondents indicated that they can not determine what is the most delicious dish in the region. The other informants have indicated the following dishes as the most delicious for the region:

- ❖ katmi
- ❖ sweet banitsa roses shape
- ❖ pumpkin pastry
- ❖ kebab and round loaf
- ❖ honey cake
- ❖ cheverme
- ❖ rooster (hen) in katmi
- ❖ malebi
- ❖ rachel
- ❖ honey
- ❖ sweet banitsa, tatlii
- ❖ baklava
- ❖ steamed banitsa
- ❖ any food is delicious with red wine

23.81% of informants have indicated the same dish of the third question as the most delicious dish in the region.

The following figure presents the informants' answers to **question № 5 "Please indicate custom or holiday related to the dish in your municipality"** from the inquiry.

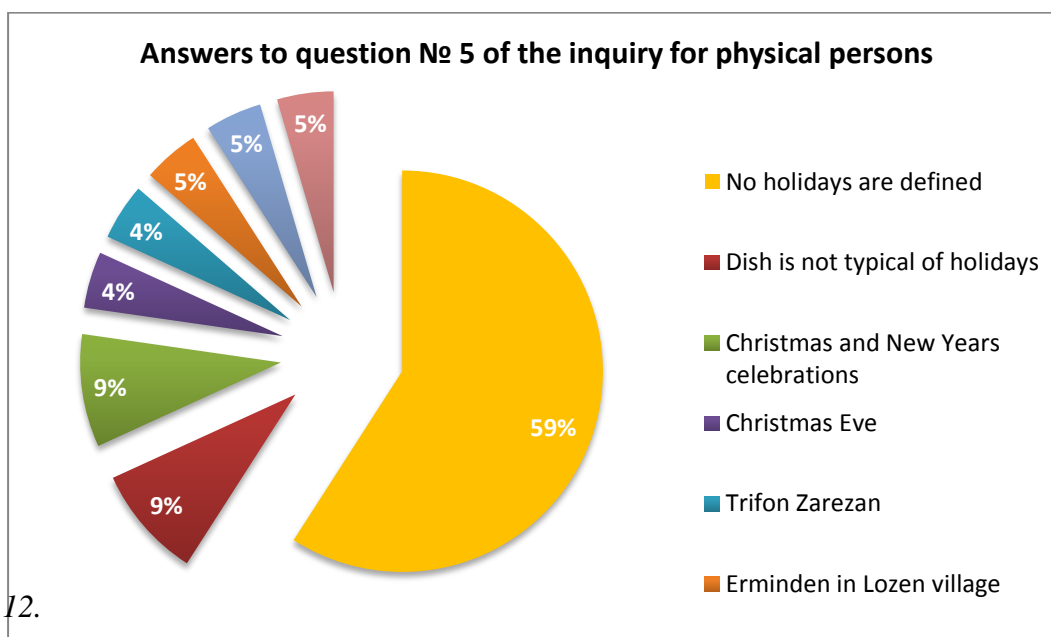


Fig. 12.

The majority of respondents - 59.09% - did not indicate a certain holiday, typical of the dish presented by them. Two of the respondents said that the dish was not typical of a particular custom or holiday. Two of the respondents have indicated that the dishes hen filled with bulgur and tutmanik are typical for Christmas and New Year holidays. One of the informants from Ivaylovgrad answered that the dish "stuffed peppers with maize" is typical of Christmas Eve, and the respondent from Lyubimets answered that a hen stuffed with bulgur except for Christmas is also typical of Trifon Zarezan. The second informant from Lyubimets, who referred to zelnik as a traditional dish, answered that it is typical for the custom of "Erminden" in the village of Lozen. It is also clear from the inquiries that steamed banitsa in Mineralni Bani municipality is typical of the Muslim holiday Bayram. In the municipality of Simeonovgrad the respondents have indicated that sweet banitsa is typical for a wedding and specifically as a banitsa for the best man.

Question № 6 "Please describe how the indicated dish/dishes that are typical for your municipality is/are prepared" provides information on how the indicated by the informants dishes presented below are prepared.

2.3.4. Study of documents

The present survey follows the research approach to collect data from documents and various document sources with information about Haskovo and traditional cuisine and customs in the region. In this regard, the survey team organized a search for such types of publications, that are used to specify the information obtained from the survey. Such sources of information are publications and recipe books of the community centers from the region, scientific publications and papers, editions and other representative studies in Haskovo region, strategic documents of the region, publications for the cultural and historical heritage of the region, etc.

In the framework of the documentary survey, a traditional dish for the Mineralni Bani municipality is found - kurban of mutton. The dish is not mentioned by the respondents in the

survey cards. In the process of documentary examination the team has specified recipes and quantities of products. For example, for the dishes "bumbar" and "osmyanka", indicated by the representatives of a community center in Dimitrovgrad municipality, a study and a search for specific recipes have been carried out because the recipe parameters are not specified in the survey card. Other dishes required further refinements.

III. TRADITIONAL RECIPES OF HASKOVO REGION

1. Traditional recipes of Dimitrovgrad Municipality



1.1. Shepherd's gyuvetch, Gorski izvor village

Necessary products:

5-6 peppers

3 tomatoes

2-3 onion

½ cup oil

150 g cheese

3 eggs

2 cups yoghurt

2 tbsp flour

parsley

salt

Preparation: Cut the onions finely and the peppers are cut into strips. Stew them in the oil and a little water. Then add the tomatoes and stew until the water evaporates. Mix with the crushed cheese and then pour the mixture into a gyuvetch (clay cookware for baking in an oven, a pot or a pan). Add salt and pour the beaten eggs with the milk and flour. Sprinkle with finely chopped parsley. Bake in a moderate oven.

1.2. Rabbit kapama – Raynovo village and Dobrich village

Necessary products:

2 – 3 kg rabbit meat
400 g onion
400 g peeled pickling onions
300 g sliced carrots
300 g field mushrooms
1 apple
1 pear
100 ml tomatoe juice
30 g raisin
100 g garlic (2 heads)
4-5 leaves bay leaf
4 leaves dried lovage
7-8 sticks oregano
1 small package black pepper grains
3-4 grains allspice
750 ml water
750 ml white wine
5-6 sticks parsley
300 ml oil
125 g cow butter
20 g sugar
60 g salt

Necessary products for marinade:

1 carrot
2 heads onion
500 ml wine vinegar
1 l water
20 ml soy sauce
2 tsp dry oregano
1 tbsp mashed lovage
1 small package ground black pepper
2-3 grains allspice

Preparation: In a suitable pot to fit the prepared meat, add the necessary products for the marinade - wine vinegar and water, soy sauce, sliced carrot and 2 chopped onion heads. Add 2 tsp oregano, lovage, black pepper and allspice grains. The marinade is boiled in the pot for about 30 minutes and then the rabbit meat is put in the boiling marinade. The meat is left in the marinade for at least 24 hours, then removed without washing. A pressure cooker with a volume of 6-8 liters is required for proper cooking of the kapama. Put the products for the kapama in the pressure cooker - pickling onions, sliced carrots, onions and field mushrooms.

Then place the meat and cover with more vegetables and raisins, finely chopped apple and pear. Add the lovage, bay leaf, oregano, black pepper and allspice. Put the rabbit's head and the rest of the meat in the cooker. Tomato juice, water, white wine and parsley are poured into the cooker. Sprinkle with salt, pour oil and add cow's butter. Place the pressure cooker on the hot plate and, after boiling, cook for 30 minutes.

1.3. Osmyanka

Necessary products:

½ kg pork osmyanka (meat from the abdomen)

lard (pork)

flour

2-3 garlic cloves

Salt and black pepper to taste

Preparation: When the pig is slaughtered, osmyanka is picked and cut into small pieces. The fat used for frying is lard. Fry to reddish while intensively stirring. Add salt. When the meat is ready add some flour, which is fried for a little. After frying, pour with boiling water. If the fat is too much, it is released. Put cloves of garlic and let it boil to soften the meat.

1.4. Bumbar

Necessary products:

300 g pork osmyanka (meat from the abdomen)

1 kg rice

5-6 heads finely chopped leek

mint, pepper, salt

3 kg pork bowels

Preparation: Osmyanka is minced with a home meat machine. Add the remaining ingredients to the mixture and mix well. Fill in the bowels with this mixture, bowels should be well washed, taking care not to fill them the end. They are tied up at both ends and drilled in several places. Boil for 45 minutes. Before consumption, split slightly. In the slit put some butter and bake for a while until reddish. According to local people in the area of Dimitrovgrad, this dish are typical of the New Year's Eve and for Christmas table.

1.5. Mashed beans with meat pieces, Dobrich village

Necessary products:

300 g beans

2-3 tbsp flour

1 onion head

oil

butter

300-400 g pork meat

cumin

savory

black pepper

salt

Preparation: Boil the beans until ready with the onion, which is pre-cut. Save the water in which it has been boiled. Mash the beans in the pot with a wooden spoon. Flour is added at the same time. Water in which beans is boiled is added in small portions until a rare mash is obtained. In the meantime butter is melted in a separate kitchen ware. Mix with the mashed beans and broth. Add savory and salt. Cut the meat into cubes until the fat is heated in a pan. The meat should be fried in the pan with the oil. Put the cooked beans in a deep dish. In a separate bowl mix the salt and the other spices - cumin, pepper, savory, which are put in the meat minute before it is ready. The fried meat is placed in a separate shallow plate. The ready beans is served with the ready-made meat cubes.

1.6. Fish-tavaluk, c. Kasnakovo village

Necessary products:

500 g freshwater fish

1 stick leek

2-3 tbs flour

1 tea cup tomato juice

100 ml oil

5 eggs

1 tsp black pepper

gosum – dry or fresh

water

Preparation: Clean, wash and salt the fish. The fish is poured into flour and fried, then placed in a pan. In the meantime, stew in some finely chopped leek and add it to the fish in the pan, along with black pepper and water covering the fish. Bake at 180 degrees. In a dry pan, fry 2-3 tbs. flour to gold. Gradually take the juice and put in a pan with browned flour to thicken. Add 5 eggs. Pour the whole mixxture into the pan with the fish. Bake for 10 minutes, then sprinkle with some gosum.



In an old custom, Christians went to the temple for a solemn service and a float early in the morning of the Palm Sunday. After the church ritual, they wore illuminated willow branches in their homes. From them they curled small wreaths that left on the Virgin Mary icon, stuck the horns of cows and oxen or fed all domestic animals to be fruitful and strong during the year. They keep the illuminated willow until the next Palm Sunday (Tsvetnitsa, Vrabnitsa) because they believed it was blessed by the Lord and had extraordinary power. Family meals were made of fish. In some villages, a "tavaluk" was prepared - fish. The dish is also typical of the Christmas table, but as a ritual dish is more associated with the Palm Sunday.

1.7. Tatlii, Gorski izvor village

Necessary products:

*1 kg flour
300-400 g butter
400 g sugar
400 ml water*

Preparation: Knead dough from the flour and the butter, which is rolled into a round crust of 1.5-2 cm thick. Cut out rhomboids of it and put them in oiled and sprinkled with some flour tray, then bake. Baked tatlii are poured with 1: 1 sugar and water syrup.

1.8. Thracian maslenitsa

Necessary products:

*1 kg flour
500 ml water
1 tsp salt
1 coffee cup oil
300 g butter
300 g cheese
3 eggs*

Preparation: Knead the dough and make small balls from it. Brush them with oil and leave to rest for half an hour. Each ball is then rolled into a small cake. Then the cakes are stuck together by 4 and between each of them melted butter is brushed. Each tetrad dough is rolled over a large crust that is cut into large pieces. Only one whole crust is left to cover the maslenitsa. Place the cut pieces of crust 3-4 on top of each other in a greased pan and brush with melted butter between them. Sprinkle with beaten eggs and crushed cheese. Finally everything is covered with the whole crust. Sprinkle on top with the remaining melted butter and some water. Bake the maslenitsa in a preheated moderate oven

1.9. Thracian baklava – Saraliya, Bryast village

Necessary products:

400 g sheet (of pastry)

400-500 g walnuts

150 g butter

For the syrup:

750 g sugar

750 ml water

Lemon juice

Preparation: Start with melting the butter and grounding the walnuts. Then prepare a rolling-pin which you will use to roll pastry sheet. Each sheet of pastry is greased with a little butter and a handful of ground walnuts are placed on the short side of it. Roll the end of the crust once by hand and then put the rolling-pin. This is done so that the walnuts are not shuffled when the rollong-pin is pulled out. Then the crust, which is still on the rolling pin is shrinked to the center to obtain a kind of harmonica, and then carefully remove the rolling pin. The crusts are placed in a suitable tray. The remaining butter is poured to all the sheet in the tray, then bake them at a moderate temperature (eg 160 degrees) until the crusts have a golden color. The syrup is prepared by boiling sugar and water in a pot on the stove plate. Once the syrup is thick, add a little freshly squeezed lemon juice. It is added so that the syrup does not become candied. Wait for the crusts to cool and then pour over the hot syrup after they are stored in cool place.

1.10. Puska from Yabalkovo

Necessary products:

1 puska (dried bladder) on average it takes about 1.5 kg, but it is different to the size of puska

Necessary products for 5 puska:

7 kg pork meat

1 kg pig fat free of lean meat (slanina)

60 g cumin

30 g black pepper

7 g sugar

leek (1 and ½ head of leek per 10 kg meat)

280 g salt

Preparation: Pork meat is cut into large pieces and mixed with pig fat free of lean meat, salt and other spices. Stir several times and leave to stand for 24 hours in a cool place. The mixture is mixed a few more times the next day. Dried bladders (puski) are soaked in water for several hours. The prepared meat mixture is filled into the bladders by means of a meat grinder with a filling funnel. Another method of filling is also possible - cut into a small piece of the upper part of the bladder and stuff the meat by hand. Regardless of the method of filling, it is important not to leave air. They hang on top of a string and hang in a cool, airy and dry place, where they are dried for two to three months depending on their conditions and size. After their final drying they can be stored in a refrigerator or in a place where the drying process can not continue. Puska can be eaten both immediately and after months. Consume cut into thin slices.



As a local delicacy of pork meat, puska is known mainly in the region between Haskovo and Parvomay. It can be defined as the most typical dish for the village of Yabalkovo, where it has a long history. The main difference with other similar pork delicacies in Bulgaria is in the technology of preparing, using different materials and the presence of leeks as part of the main products. Often puska is considered one of the most delicious appetizers made in Bulgaria

In 2017 in the village of Yabalkovo the first of its kind "Feast of puska and cold beer" was held, which included the craftsmen from the village.

2. Traditional recipes of Haskovo Municipality



2.1. Katino meze, Klokotnitsa village

Necessary products:

500 g pork meat

50 g (1 head) onion

150 g mushrooms

½ package cow's butter

salt, black pepper and lemon juice to taste

Preparation: The meat cut into cubes is fried slightly in the fat. Add the onions and mushrooms, finely chopped, and stew with the meat. Pour a little water, add salt and cook over low heat until soft. Spice to taste with black pepper and lemon juice and serve.

2.2. Soup of onions with cheese

Necessary products:

3 - 4 heads onions

30 ml oil

150 g white bread

150 g cheese

black pepper and salt to taste

Preparation: Cut the onion into slices and stew into fat to golden color, then pour with 5 teaspoons of hot water and let it boil. Add grated cheese and boil for 5-6 minutes. Sprinkle the finished soup with black pepper and serve with breadcrumbs baked in a dipped pan.

2.3. Soup of fresh garlic

Necessary products:

3 bunches fresh garlic

4 tbsp oil

1 tbsp flour

1 bunch dill

Salt to taste

Preparation: Garlic, finely chopped, is boiled to soften with salted water. Add the slightly toasted flour and fat. Boil the soup for another ten minutes. Remove from fire and sprinkle with finely chopped dill. Serve cold.

2.4. Dock soup

Necessary products:

750 g dock

1 bunch fresh onions

40 ml oil

1 tbsp flour

2 eggs

Salt and black pepper to taste

1 tea cup yoghurt

Preparation: Clean the dock of veins, finely cut into small pieces and stew with chopped onion in fat. Sprinkle with flour, add salt and pour in 5 tea cups of water. After the soup is cooked, add the egg-based thickener and sprinkle with black pepper. Soup is served hot and yoghurt is also served separately.

2.5. Dish with flat sausage and leek from Haskovo

Necessary products:

7-8 sticks of leek

4-5 tomatoes

1 tbsp red pepper

300 g flat sausage (sudzhuk, lukanka)

½ tea cup of oil

Salt to taste

Preparation: Clean and wash the leek, finely chop and fry in the oil, then stir with the pepper and stew with the chopped tomatoes. Pour with warm water (to cover it), and boil until soft. Add chopped lukanka to small pieces. The dish is flavored with salt and left to boil to soften lukanka.

2.6. Keshkek, Voyvodovo village

Necessary products:

400 g grain / wheat or corn /

1 chicken

Black pepper, red pepper and salt

125 g butter

Preparation: Wheat or corn is crushed in a large carved stone or mortar. Wash in water several times until the water becomes clear. Then add chicken that has been boiled beforehand. Add the salt. Boil in a cauldron on a quiet fire for about 2 hours, stirring constantly.



Keshkek is a dish that is popular in Turkey, Syria, Iran, and other countries. Turkey has recorded the tradition of preparing a ceremonial keshkek in the UNESCO Representative List of Intangible Cultural Heritage of Humanity in November 2011.

In the village of Voyvodovo, Haskovo municipality, the dish is typical for the so-called "Bolluk-Fair" or "Fertility Day", a holiday of the village of Voyvodovo. During the holiday, representatives of the local population from different ethnic groups, Bulgarian, Turkish and Roma, prepare traditional dishes, presenting themselves to the villagers

2.7. Tarkalatsi

Necessary products:

1-1,200 kg flour

450 ml water

40 g fresh yeast

1 tsp salt

200 g porl lard

vinegar

Preparation: Knead dough for sheet of pastry. Then split into balls as much as a fist. Each ball is rolled on a crust, spread with melted butter, folded to three, and rolled again. Roll and spread it this way several times. Finally fold in three so that tarkalak is not very thick, 3-4 mm. Bake on a hot plate (sach), teflon kitchen ware could be also used. Lard gives specific taste, so that it is possible to choose another type of fat.

2.8. Tutmanik

Necessary products:

3 eggs

1 tea cup of crushed cheese

1 package cow's butter (125 g)

1 tea cup of yoghurt

1 tsp soda bicarbonate

kim

flour

Preparation: Beaten the eggs and stir with yoghurt, soda, cheese and melted butter. Add flour in small portions until a very thick dough is obtained. Put the dough in a buttered tray, sprinkled with kim seeds and bake. The baked tutmanik is cut into squares and is mostly served with yoghurt.

2.9. Smigdal

(also smigdal⁴)

Necessary products:

1/2 bread, sliced bread or chopped bread in cubes

150 g cheese

Pork lard

Black pepper

salt

Preparation: Put bread cubes into a pan and fry in the pre-heated lard. Add crushed cheese and continue frying. Finally add the red pepper and a little salt, then fry another minute - a minute and a half and smigdal is ready. It is desirable that during the whole preparation to stir frequently. The other variant of the smigdal in Haskovo is prepared without additional spices and ingredients - only bread crumbs, fried in the lard.

⁴ These are fat-fried bread crumbs or toasted bread (such as fried croutons)

3. Traditional recipes of Harmanli Municipality



3.1. Bulgur soup

Necessary products:

500 ml fresh milk

200 g bulgur

40 g cow's butter

1 tsp red pepper

1 tsp mint (dzhodzhen)

Salt to taste

Preparation: Fresh milk is boiled and diluted with 3 tea cups of warm water. Add bulgur and boil on low heat, adding mint, red pepper and salt to taste. The finished soup is poured with butter and served.

3.2. Green beans

Necessary products:

1 kg green beans

200 g yoghurt

1 slice of toast

2-3 eggs

½ package cow's butter (about 50-60 g)

1 tsp red pepper

Salt and parsley to taste

Peparation: The cleaned, washed and cut beans are cooked in salted water, then drained and mixed with the crushed toast, red pepper, eggs and yoghurt. The mixture is salted and poured into a tray. Top up with pieces of butter and sprinkle with finely chopped parsley. The dish is baked in an oven

3.3. Ripe beans with chickpeas

Necessary products:

200 g ripe beans (1 tea cup)

200 g chickpeas (1 tea cup)

5-6 cloves of garlis

1 hot pepper

100 ml oil (1/2 tea cup)

50 g onion (1 head)

5 g red pepper (1 tsp)

savory, salt and black pepper to taste

Peparation: The beans and chickpeas are soaked in water until they are swollen, then cooked with the rest of the products until ready. The dish is salted before it is removed from the fire.

3.4. Pork kebab, Polyanovo village

Necessary products:

1 kg pork meat

1 stick leek

10-150 ml red wine

1 caul

1-2 tsp salt

1 pinch of savory

1 pinch of black pepper

Peparation: Pork meat is chopped into pieces which are put in a suitable tray. Top up with the chopped leek and add the spices. Pour wine and 150 ml of water. Mix well the ingredients in the tray and cover with the prepared caul. Place the tray in a well-heated oven for 30-35 minutes.

3.5. Kebab in a clay pitcher

Necessary products:

750 g lamb meat

½ tea cup of cow's butter

3 bunches of fresh onion

3-4 red tomatoes

1 tsp flour

1 bunch parsley

¼ bunch savory

½ bunch mint (dzhodzhen)

4-5 grains black pepper

Salt to taste

Peparation: Meat is chopped into small pieces and is put into the clay pitcher. Add to it the chopped onions, parsley, savory and mint, chopped tomatoes, fat, black pepper, flour and salt to taste. All this is mixed and poured with hot water. Then the clay pitcher clogs and is burried in the heat. This way the dish is stewed until ready.

3.6. Knuckle of pork in a pot

Necessary products:

2 kg pork knuckle

4-5 tomatoes

3-4 heads onions

3-4 carrots

50 g cow's butter

1 tea cup of wine

2-3 bay leaves

10 - 15 grains black pepper

Peparation: Knuckle is cut into pieces and put in a clay pot with tomatoes, onions and carrots chopped in small pieces and the other products. Pour with water, cover it tight with the lid that is sealed with dough and bake in a moderate oven for about 5 hours.

3.7. Sesame biscuits

Necessary products:

400 g flour

200 g pork lard

200 g powdered sugar

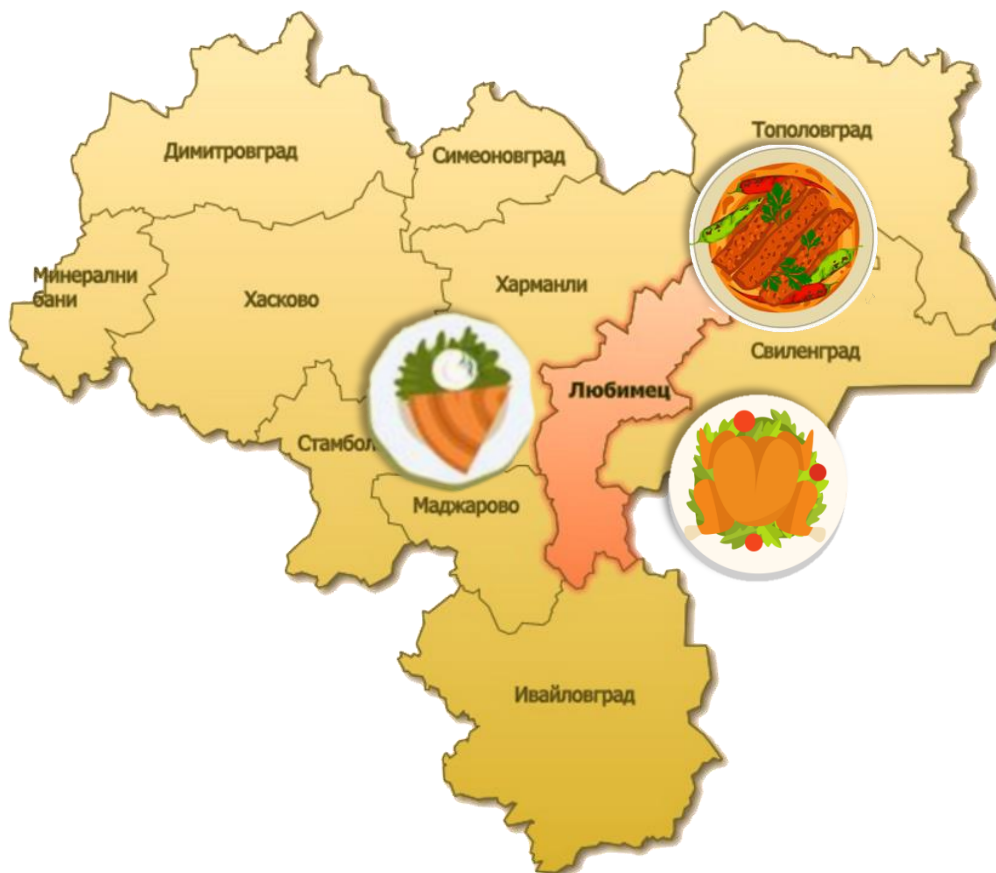
3 eggs

1 tsp ammonia soda

sesame for sprinkling

Peparation: Mix sugar and lard very well. Add the two eggs, one by one, soda dissolved in a little lukewarm water and flour. Knead a hard dough and roll it on a sheet of 0.5 cm thick. Cut crackers of different shapes from the dough. Spread each cracker with beaten egg and sprinkle with sesame. Bake at moderate temperature.

4. Traditional recipes of Lyubimets Municipality



4.1. Bumbar (Option II)⁵

Necessary products:

0,500 ml water

40-50 g salt

pork osmyanka (meat from the abdomen)

fat from the abdomen of the pig

leek

red pepper

Preparation: It is obligatory to prepare bumbar in a large container (possibly a type of kettle). Pour 0.500 ml of water in it, add a handful of salt and the cut-off from the abdomen of the pig most oily meat (chop it into small pieces). Stir until the so-called greaves are obtained. When they are ready, remove the greaves from the kettle and leave only the resulting fat in it. Add the meat - cut into cubes, stir up the meat until ready and then add the chopped leek in small pieces. It is stirred to full readiness and, if necessary, more salt is added. Finally, remove from the fire and remove excess fat. Again, the meal is returned to the fire, put some red pepper, stir and the dish is ready for serving.

⁵ В онлайн анкетата бумбарът е посочен от представители на читалища като традиционно ястия за община Димитровград и за община Любимец

4.2. Stuffed hen with bulgur

Necessary products:

1 house hen

150-200 g bulgur (depends on the size of the hen)

1 kg sour cabbage

500 ml sour cabbage juice

50 ml oil

broth

1 tsp savory

1 tsp black pepper

Salt to taste

Preparation: The chicken is cleared, washed thoroughly and slightly salted from the inside. Then leave to stand, and in the meantime prepare the stuffing. Separately cleaned and washed bulgur is cooked in boiling water and added to a portion of the chopped sour cabbage. The cabbage and bulgur are put to stew in hot oil for about 20 minutes. At the end of the stewing, add ground black pepper, savory and salt to taste. The stuffing is filled into the hen and the opening is stitched. The hen is wrapped with cabbage leaves and placed in a large bowl, adding the remaining cabbage. The whole hen is boiled, and after that it is cooked on a sadzhak ⁶.



The dish is typical of Trifon Zarezan feast. The dish is prepared by the housewife and put in a woolen bag with a round loaf and a wine keg. With the bag on his shoulder the man goes to the vineyard. During the holiday, everyone gathers and chooses "the king of the vineyard / wine" and after that the feast starts. The "King" is wears a wreath of grapevine sticks on his head and another wreath, which he puts over his shoulders.

The people from Lozen village call the two days after Trifon Zarezan "trifuntsi" which are worshiped for protection from wolves. During these 2 days women do not cut with scissors so that the mouth of the wolf does not dissolve, do not knit, do not spin and do not sew. They prepare ritual bread, and after they give it to the neighbors, they put mounds of bread in the stern of the animals - to protect both the cattle and the people from the wolves.

⁶ Sadzhak (pyroستیя) represents a device that is a three-legged metal stand (or grill) that is placed in the hearth, and the cooking utensils are put on it

4.3. Prazenik (pork meat with leek)

Necessary products:

500 g pork meat

1-2 sticks leek

Red pepper

6 tbsp pork lard or oil

Black pepper to taste

1-2 tsp red pepper

500 – 750 ml sour cabbage juice

Peparation: The meat is cut into bites and the leek is finely chopped. First, meat is fried in the fat. Remove it with a spoon and in the same fat we start to fry the leek to soften. Add red pepper, black pepper, sour cabbage juice and mix with the meat. Pour into a tray and cook in a preheated oven at 200 degrees. The dish is typical for Christmas, the meat used in the dish is from a slaughtered pig.

4.4. Zelnik, Lozen village

Necessary products:

1 kg flour

300 g sour cabbage

200 g bulgur

400 ml sour cabbage juice

150 ml oil

8 sticks leek

2 tbsp wine vinegar

1 tsp dry mint

1 tsp red pepper

Salt to taste

Peparation: Flour is mixed with salt, pour the vinegar and water as much as it takes (about 500 ml). Mix a soft dough. Cover with cotton cloth and leave to rest for half an hour. Leek and cabbage are finely chopped and fried in the oil. Add bulgur and pour the cabbage juice and 400 ml of water. Add red pepper and mint. Cook out until bulgur absorbs liquid. Once the dough has "rested" it is divided into two large and five smaller balls. Roll a thicker sheet and put it in a fat-greased pan. It is baked for 7-10 minutes, then the five thin sheets are rolled and consecutively baked in the pan for 10 minutes. The thin sheets are crushed and mixed with the stuffing. Pour 100 ml of oil and mix. The stuffing is spread over the thick sheet in the pan. Cover with the second thick sheet. Zelnik is baked until ready. Spread with oil and cover with a towel for ten minutes.



The dish is typical for the "Erminen" custom in Lozen village. During the ritual, the women involved feast with vegetables and fresh bread. The custom is related to the ritual preparation of podnitsi. "Podnitsa is a circular clay flat pot, curved up at the edge end, like a tray. The ritual itself takes place on the day when the Christian church celebrated St. Jeremiah. On the same day the women from the village get up early to gather their soil and meet in the yard of someone's house. They carry water from a well, put it on fire, and boil it with soil. Lay straw and cover it with a rug to cool and soften. Like preparing dough, they mix it a second time. The women from the village tread with legs and sing songs. They divide the clay into balls, from the big ones they make podnitsi, on which they bake breads and banitsi under vrashnik. The small ones are left for "sach" (clay plate) for katmi. All wares are left to dry under the straw. Then all the women go to the river to wash the rugs and sacks and to wash themselves. The ritual preparation of clay pots in only one day of the year is explained by the fact that the bread is sacred for the Bulgarian table.

5. Traditional recipes of Madzharovo Municipality



5.1. Rooster (hen) in katmi

Necessary products:

1 rooster
400 g flour
60 g butter
1 egg yolk
2/3 package yeast

Preparation: Prepare the mixture for katmi from the flour, yeast, salt to taste and water. Leave it to rest until the volume increases. Katmi are made from the mixture and are on a sach (clay plate). Immediately after katmi are baked, spread butter on them and place them in a pan. The rooster is boiled in salted water and cut in portions. The rooster portions are distributed on the katmi and are wrapped by them.

5.2. Stuffed pumpkin with rabbit meat

Necessary products:

1 pumpkin – bigger
1 kg rabbit meat
1 kg onion
cumin
black and red pepper

savorysalt

Peparation: Carve and clean the pumpkin from the seeds. Cut the lid. Chop the onion and stew, add the meat cut into small pieces at the end. Add cumin, savory, black pepper and red pepper and salt to taste. With this, the pumpkin is filled and the cut-off lid is finally placed. Pumpkin is baked for about 4 hours.

5.3. Honey cake

Necessary products:

1 tea cup wallnuts

1 tea cup sugar

½ tea cup honey

1 and ½ tea cup water

2 tea cup flour

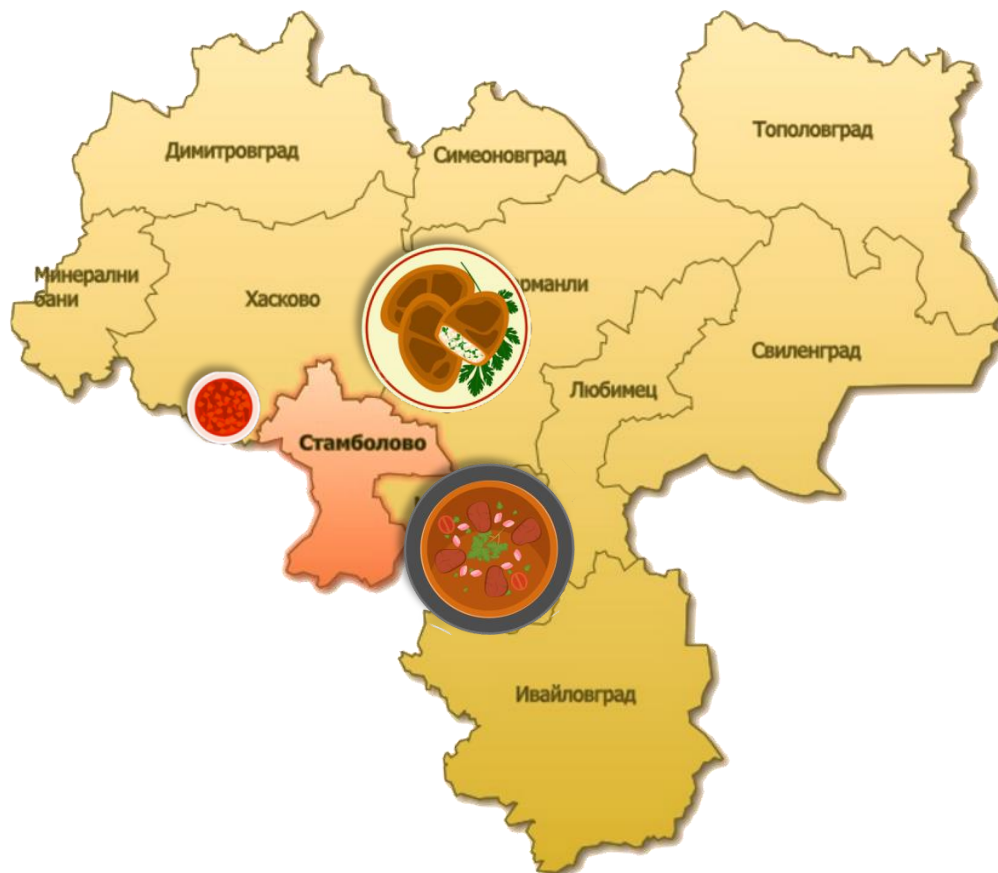
1 tsp bicarbonate soda

1 tsp cinnamon

½ tea cup podered sugar

Peparation: Boil water in a pan and add honey and sugar to it. The pan is removed from the fire and the liquid is allowed to cool. Add nuts, flour, soda and cinnamon. The mixture is stirred well, poured into a baking form, greased with oil, and baked. The cake is cut after it has cooled down and is served sprinkled with powdered sugar .

6. Traditional recipes of Stambolovo Municipality



6.1. Lyutenitsa from Stambolovo

Necessary products:

10 kg red peppers

6 kg tomatoes

4 kg aubergines

1 l sunflower oil (you can also use olive oil, sesame oil, etc., but the original recipe is with sunflower oil)

1 handful natural unrefined sugar

Salt to taste

Preparation: In the first place, the selected red peppers must be good and to be grown in season. Tomatoes are peeled, juiced, boiled in a kettle on low fire. When the juice gets thick, put the peppers and aubergines, which are pre-baked on a pepper machine or on a sheet in a hearth. Put oil and salt in different places in the kettle, stirring. Continue to stir and boil on the fire, finally put some sugar.

6.2. Wine kebab

Necessary products:

1 kg veal

½ tea cup fat

4-5 heads onions

2 carrots

1 tbsp tomato puree

1 tbsp flour

1 tsp red pepper

1 tea cup wine

1-2 bay leaf

5-6 grains black pepper

salt and parsley

Preparation: The meat is cleaned from the bones and cut into small pieces, then stewed in the fat along with finely chopped onions and chopped carrots. When the meat and vegetables are softened, add tomato puree, flour and red pepper. Pour over the broth from the bones (or hot water), and the wine, add salt and leave to boil at low temperature together with the bay leaf and black pepper. Sprinkle with finely chopped parsley before serving.

6.3. Banitsa with bulgur, Silen village

Necessary products:

1 kg flour

400 g bulgur

3 eggs

200 g cheese

100 g oil

salt

water

Preparation: Once the flour is sifted knead dough with a little salt and water and then roll it out to sheets. The dough sheets are baked on vrashnik or on a plate of a stove and covered with a towel to soften. Bulgur is boiled with a portion of the fat and a little salt. Once it has cooled down, the eggs and crushed cheese are added to it. In a fat-greased pan, put the dough sheets one by one, each with grease and stuffing. Bake banitsa on a plate of the stove. As soon as it gets red on one side turn to bake on the other side. The finished banitsa is covered to soften.

7. Traditional recipes of Ivaylovgrad Municipality



7.1. Stuffed peppers with maize

Necessary products:

2 tea cup maize for brewing

½ tea cup oil

2-4 heads onions

10 dry red peppers

black pepper

salt

Preparation: Maize must be soaked for 7-8 hours in cold water beforehand. Wash with hands to remove flakes, wash several times, pour cold water, and boil. The peppers are soaked in cold water and the interior is cleaned. In two thirds of the oil and a little water stew chopped onions. Add the boiled maize, red pepper and salt to taste. The peppers are filled with the mixture. Arrange in a shallow wide kitchenware, pour in salted water and the remaining oil and cook until water is taken and only oil remains.

7.2. Pumpkin pastry

Necessary products:

1 kg flour

1 tsp oil

1 tsp salt

½ pumpkin

100 g oil

200 g walnut – crushed

1 tea cup sugar

Preparation: Initially, prepare the stuffing. Add grated pumpkin, oil, sugar, salt and mix in a bowl. Once the mixture is mixed well, add the nuts and stir again. Thin sheets of pastry are made from flour, water and salt. When ready they are greased with oil, then apply on each of them the prepared mixture. Roll and arrange in a tray. Bake in a preheated oven for about half an hour.

7.3. Sesames

Necessary products:

1 tea cup sugar

2 tea cup sesame

1 tbsp oil

1 tbsp vinegar

Preparation: Bake sesame for a while and caramelize sugar in a pot. Add the oil and vinegar in the pot and stir. Immediately afterwards, add sesame. Stir well the mixture and then pour it on a wet surface. The mixture is spread evenly and cut into shapes.

8. Traditional recipes of Topolovgrad Municipality



8.1. Katmi from Sakar

Necessary products:

200-400 g flour
200-400 ml water
60 g cow's butter
5-10 g yeasts
1 egg yolk
pinch of salt

Preparation: Yeast is diluted with a little warm water, add flour to it, the remaining water and salt. Prepare dough that is a little thicker than pancake dough and let it rise until the volume doubles or trips. From this dough katmi are baked on a plate (sach). Each time sach is pre-coated with butter or oil (fat) and beaten yolk with a little water and then dough is poured out of the top with a ladle. When they are baked on the one side (holes appear on the surface), katmi are turned and baked on the other side. Grease with butter and serve warm with yoghurt and honey.

8.2. Kashnik

Necessary products:

10 eggs
1,500 l fresh milk
flour
oil
salt to taste

mint

Peparation: The eggs are initially beaten into foam. Add finely chopped mint to them, a pinch of salt, 1 l and half of fresh milk and flour until a thick mash is obtained which is poured into a large pan. Bake on fire and turn the whole circle to bake the other side. The large pancake is topped with honey and cut into pieces.



The dish is typical of the so-called "smigal" custom, which is related to the 40 days after the birth of a baby. Then the baby's mother gathers her best friends and relatives at her home where they give their gifts and blessings to the baby's health. Her friends who have come must not have deceased parents. During this custom kasnik is served on the table that is specially prepared for the occasion. The large pan is baked, topped with honey and cut into pieces that are served to each woman. There are no men in this custom. After this ritual, the father can now sleep in the room with his wife and his child. Until then he had slept in another room.

8.3. Banitsa with leek

Necessary products:

500 g sheets of pastry

350 g leeks

300 g cheese

4-5 eggs

1/3 tsp salt

oil

1 egg

Peparation: Cut the leeks finely and stew with the oil on low heat for about ten minutes. In the meantime, beat 4-5 eggs, add cheese to them, salt and stewed leeks. Each layer of the banitsa consists of 2-3 thin sheets, evenly spread stuffing on them. the sheets are rolled. All sheets are arranged in a suitable tray, the bottom of which is greased with oil. Before baking spread banitsa with a beaten egg. Banitsa is baked to golden color.

9. Traditional recipes of Svilengrad Municipality



9.1. Roll up/layer banitsa with cheese baked under vrashnik

Necessary products:

flour

water

cheese

spinach / lettuce or pumpkin

salt

Preparation: Knead dough from water, flour and salt. Leave to rest for 10-15 minutes. After that roll thin sheets from the dough, bake for a while and cover with a cotton cloth. Leave two sheets without baking - one is placed on the bottom of the tray and the other is left over for the top of the banitsa. Arrange the sheets one by one, spread cheese on each, spinach/lettuce or pumpkin to taste, spread the sheet with butter. As many sheets are added as much higher banitsa will be. On the top of the banitsa put the unbaked sheet, pinch on the edges (the so-called stitching) for beautiful design and not to rise when baking. Spray with water and bake under vrashnik (nowadays this is rarely done). Once banitsa is baked, it is sprayed again with water. Vrashnik is a protruding iron lid that covers the podnitsa⁷ and on top of it there is a fire to bake the banitsa. According to the survey, this banitsa is made for different holidays, but it is characteristic of Svilengrad area.

⁷ „Podnitsa“, known also as „Podnik“, „Ponitsa“ is a circular clay or metal flat vessel, with a diameter of about 60 cm and a bottom thickness of 4 - 5 cm, with curved up edge at the end, similar to a tray

9.2. Malebi

Necessary products:

1 l fresh milk

2 coffee cup sugar

2 coffee cup ground rice

1 vanilla package

Syrup products:

1 tea cup sugar

½ tea cup water

50 ml rose water

pomegranate juice

rose jam

Preparation: Mix ground rice with 300 ml water. Fresh milk, the remaining water and 2 coffee cups sugar are boiled. Add ground rice to the mixture and constantly stir. As soon as it is boiled, it is removed from the fire and the rose water is poured. The mixture is distributed in cups and cooled very well. Add rose jam and the remaining 2 tbsp sugar to the pomegranate juice. Cook on moderate temperature until it thickens and then cool. The cooled cream is poured with the cooled sauce and malebi is ready to be served.



According to information from the region at the beginning of the last century, the recipe was brought by the Arab world by Georgi Karageorgiev, who apprenticed the workshops in Edirne. Karageorgiev managed to learn confectionery and in 1925 he returned to his hometown by opening the first private workshop for the production of malebi and cadaif. The workshop of the old master existed until September 9, 1944, when it was nationalized. With his work, the Bulgarian master not only preserved the recipe of his Turkish teacher, but even surpassed him in the craft, because to this day the people of Edirne come to Svilengrad to buy malebi.

10. Traditional recipes of Simeonovgrad Municipality



10.1. Sweet banitsa

Necessary products:

1 kg flour

½ tea cup oil

10 ml vinegar

5 g salt

Syrup products:

200 g sugar

200 ml water

Preparation: First, the flour is sifted and in the middle a well is made, in which the salt and vinegar are poured and then pour in a little lukewarm water. Knead soft dough and roll thin sheets of it. Spread with oil, roll up and arrange in a greased tray. Banitsa is baked in a moderate oven to reddish. After cooling it is poured with syrup prepared from sugar and water. Allow to stand overnight to absorb the syrup.



This dish is defined as typical for the marriage in Simeonovgrad and is related to the ritual during the wedding. The meal is served when the wedding guests are in the groom's home. Everyone at the table has a definite place. In front of the bridegroom, the groom's mother puts a piece of sweet pastry and on the top she puts roasted hen or fried fresh fish. After everything is prepared at the table, the best man gets up and gives his wishes to the bridegroom, holding a bunch of sweet banitsa in his hands. After the blessing, he breaks the bunch of sweet banitsa over his head, takes a piece of it and puts it in front of him, gives the one half to the left, the other to the right, and everyone can take a bite of blessed bread and then everyone then start to eat.

10.2. Rachel

Necessary products:

1,500 kg pumpkin

1 kg sugar

500 ml water

5 g citric acid

1 vanilla package

Preparation: Pumpkin is washed, peeled, cleaned from the seed and the soft part, cut into shapes with a notched blade and left in a mortar for about 2 hours. Wash it several times with clean water and place it in the pre-prepared syrup of sugar and water. After about 1 hour's stand, set to boil on medium heat. When the syrup thickens, add the acid dissolved in 1-2 tablespoons of water. After about ten minutes, the ready rachel is removed from the fire, flavored with vanilla and poured into warm jars. The jars are closed with caps and turned with the lid down. So they stay until rachel cools down.

11. Traditional recipes of Mineralni bani Municipality



11.1 Kurban of mutton for „Lord's church“, Susam village

Necessary products:

250 g mutton meat

200 g mutton liver

50 ml oil

1 bunch of green onions

1 head onions

2 red tomatoes

1 tbsp flour

2 tbsp rice

1 egg

4-5 hot peppers

parsley

mint (dzhodzhen)

red pepper

vinegar and salt to taste

Preparation: Cut the meat into small pieces, pour 5-6 teaspoons of water and boil until it softens together with the green onions and some of the chopped tomatoes. Salt after boiled. In preheated oil add one by one and sauté chopped onions in small pieces, the remaining

tomatoes and flour. Pour a little broth from the meat and pour into the broth. Then add rice, pre-cooked and diced liver and the red peppers. Cook the soup, set up with beaten egg, sprinkle with black pepper and finely chopped parsley and mint, add some vinegar and serve. Recipe products are given in grams for 5 people.



The "Lord's Church" is a custom linked in the past with the end of the agricultural season. It is still present in most of the settlements in the region of Haskovo, being predominantly preserved to the south by the Maritza River - in the villages of Yabulkovo, Kasnakovo, Krepost, Voden, Nova Nadezhda, Susam and others.

"Church" or "small church" people call the sacrifice of animals as gratitude to God for the harvest. The timing is usually around Petkovden or Krustovden in different settlements but somewhere also to Dimitrovidden and to Arhangelovden. In the village of Susam, the sacrifice for the kurban is bought by the gaffers from the village. The rams were slaughtered in the middle of the village - in the churchyard, on the hillside, or near the anvil. The whole village was gathered. (Marinov, 1981: 688). Later, and today, this custom is made in neighborhoods, and the victim is a sheep or a ram. The day for the kurban is usually Monday and less Saturday. In some villages "Lord's Church" is made on the Monday before Krustovden. It is believed that the land is baptized with this sacrifice, and after that the seed is sanctified and the sowing begins.

The people attending kurban are counted and the value of the sacrificial animal is divided by the right to all. The women are standing in front of the cauldron, paying the defined sum and receiving their share..

11.2. Steamed banitsa

Necessary products:

500 g flour /2 tea cups/

1 tbsp vinegar

7-8 eggs

butter

cheese

curd

water

salt

Preparation: Knead medium hard dough from the eggs, salt and vinegar, flour. Leave to rest for about 15 minutes. Then shape 10-12 identical sized balls and roll out thin crusts from each of the balls. The rolled out crust should be the size of the pan in which banitsa will be baked. The crusts are arranged one over the other and a clean sheet of paper is put between them to avoid sticking up. Once all the crusts are ready, put a pot of salted water on the hot plate to boil and prepare another pot with salted cold water. It is easier that the pots are shallow and wide. The first crust is put in a fat-greased tray without being processed. The crust is also lubricated with fat. The second crust is put in the boiling water for a few seconds, withdrawn and immediately put in the cold salted water, extracted, drained and spread over the first crust. In the same way the remaining crusts are processed, each of which is greased with fat after it is placed in the tray. In 3 places (per 3-4 crusts) sprinkle a lot of cheese and cottage cheese (without being mixed with an egg). The last crust is placed without being treated like the rest in boiling and cold water. Bake banitsa in a preheated, moderate oven until it turns red.



Although the "steamed banitsa" is a dish typical of other regions of Bulgaria and most typical of Turkish traditional cuisine, respondents from tMineralni bani defined that the steamed banitsa is typical of their municipality. The festivities during which it is prepared are Ramazan Byram and Kurban Bayram, New Year's Eve, birthdays and various prayers. This banitsa is also associated with the annual holding of a culinary contest in the municipality of Mineralni bani on March 8, in which women from the village participate.

IV. EVALUATION OF THE RESULTS FROM THE SURVEY. MAIN FINDINGS

In the period June-September 2017, a survey was carried out on the project № CB005.1.23.017 "Virtual Maritza - Merich Cuisine", Subsidy contract: ПД-02-29-61 / 20.03.2017, financed under the Interreg-IPA CBC Bulgaria-Turkey Programme 2014 - 2020 "Traditional recipes of Haskovo region".

Methodology of the survey included several methods of collecting information: studying opinions through inquiries and document research. In the present survey, a sample study was used which covered 53 people who participated in the survey.

The survey aimed at collecting information on traditional regional culinary culture and traditional cuisine for all municipalities in Haskovo region. Besides the traditional Bulgarian cuisine in Haskovo region, information is collected about the history, customs and traditions of the region.

In the framework of the survey, besides the inhabitants of Haskovo region - units of the surveyed population by random selection, an additional target group was identified - representatives of community centers from Haskovo region. The survey included representatives of community centers from the region who answered the questions in the survey and played a key role in the process of collecting information. The contractor prepared two types of questionnaires: **Annex 1 and Annex 2**. **Annex 1**, intended for persons living on the territory of Haskovo region, contains 6 questions, which are determined for the purpose of the survey. In **Annex 2** there are 6 questions, some of which are related to the activities of the community centers on the territory of Haskovo region.

With a view to the effective reporting of the results of the survey, the main findings are presented:

- ❖ In the survey "Traditional Recipes of Haskovo region" **53 respondents** were included, of which: **27 representatives of community centers** from Haskovo region, interviewed through an online survey; **21 persons interviewed by an interviewer**; **5 persons responding to an online survey** on the site of RMA "Maritza";
- ❖ In the framework of the survey **48 traditional recipes from Haskovo region** were collected
- ❖ The **largest number of traditional recipes** is in the **municipality of Dimitrovgrad** - 10
- ❖ The municipalities of **Svilengrad, Simeonovgrad and Mineralni Bani** have **2 traditional dishes** each
- ❖ The largest number of dishes is in the categories "**meat dishes**" - 17 and "**pastry**" - 14
- ❖ There is only **one traditional dish** in the category "**dry sausages**"
- ❖ **Only one of the dishes** - "bumbar" is defined as typical for **more than one municipality** - Dimitrovgrad and Lyubimets

- ❖ **Christmas holidays are predominant** in relation to the connection of these dishes with holidays and customs
- ❖ Respondents from the community centers have indicated **14 initiatives** that they have implemented and organized in connection with the traditional cuisine in Haskovo region
- ❖ Community centers in the municipality of Dimitrovgrad (**36%**) are **more active** than the others in terms of **organizing celebrations, initiatives and other events related to traditional local cuisine**
- ❖ Main events related to the local culinary are culinary competitions, gatherings and celebrations, groups for customs, etc..
- ❖ Community centers continue to be the centers preserving the cultural traditions of the region and the "taste of the past", through which Haskovo region differs from the other regions
- ❖ Concerning the preparation of food by the interviewed respondents - **45.16%** of the respondents indicated that they are constantly preparing **food at home**
- ❖ There are dishes that are **typical of other regions and countries**, but are indicated as traditional for the region - eg. **steamed banitsa, keshkek, malebi, kebab and others**.
- ❖ There is a **strong influence of Turkish cuisine**. It has affected the formation of lasting culinary traditions in the region.
- ❖ The heavy fat, kebab, gyuveth and oriental desserts typical of **Turkish national cuisine** have found a place in the **regional culinary traditions of Haskovo region**.
- ❖ There is a **wide variety of different types of meat** (pork, chicken, mutton, lamb, veal), which emphasizes the cattle breeding as the main livelihood in the region
- ❖ The **geographic characteristics** of the region have contributed to the development of **agriculture, trade, livestock**, craft and local production in Europe and Asia.

V. SOURCES OF INFORMATION

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