

GROCERY LIST: BULGARIA

1 pound ground beef or pork

3 to 4 ripe tomatoes

1 long English cucumber

2 green banana peppers (or green bell pepper)

2 tablespoons chopped fresh parsley

1/2 cup finely minced button mushrooms

2 onions

2 garlic cloves

1 pound potatoes

1/3 cup extra virgin olive oil

2 tablespoons red wine vinegar

1/2 cup crumbled feta cheese (try not to use Greek Feta as it is saltier)

1 tablespoon tomato paste

1 tablespoon dried savory leaves

1 teaspoon sweet or smoked paprika

1/2 teaspoon ground cumin

1/2 teaspoon ground nutmeg

1/4 teaspoon ground white pepper

1 bouillon cube (optional)

2 1/2 cups Greek yogurt

4 large eggs

3 1/4 cups all-purpose flour

1 1/2 teaspoon baking soda

Oil suitable for deep frying (about 3 Liters)

Honey, powdered sugar or jam for dessert

Please note:

For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)

All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.

It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.