

Taste of Bulgaria series by Spizing.com



Coarsely mashed beans

1. Soak 500g beans in cold water for at least 12 hours.
2. Rinse the beans, put them in a pot with fresh water and let them boil. After boiling, rinse them again, pour fresh water and add 2 finely chopped carrots and 2 onions and simmer until the beans are soft. Then salt to taste and cook for 15 more minutes.
3. Drain the beans, carrots and onions and puree/mash everything. Add 1 cup olive or sunflower oil, 2 teaspoons paprika, 1 tablespoon Rhodopa spice mix and salt to taste and mix.
4. Serve cold.

Rhodopa meatballs

1. Mix 1 kg of minced meat with 2 slices of bread, soaked in water and squeezed (or 3 tablespoons breadcrumbs), 1 grated onion, 3-4 chopped garlic cloves, 3 tablespoons Rhodopa spice mix, salt and pepper to taste and 100 ml water. Mix well until the water is fully absorbed and rest in a refrigerator for about an hour.
2. Peel 1 kg potatoes and cut them into slices about 1 cm thick. Wash them well, place them in a pot with cold water and cook for 6-7 minutes after the water boils. Drain and let cool.
3. Mix 2 tablespoons tomato puree with 100 ml of water, salt and black pepper to taste, 1-2 chopped garlic cloves and 50 ml olive oil and stir well.
4. Grease a baking tray.
5. Make flat meatballs from the minced meat. Order them in the tray by forming rows, overlapping meatballs with potato slices - meatball, potato, meatball, potato and so on until the tray is full.
6. Pour evenly the tomato mix over the meatballs and potatoes and bake for 35-40 minutes in a preheated at 200C oven until the meatballs are ready.