

Italian



*An
d
Dutch*



French



food



Italy



Italian cuisine is characterized by its extreme simplicity, with many dishes having only four to eight ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on complicated preparation. Cheese and wine are a major part of the cuisine.



The most popular Italian dishes

Pizza

Everyone knows about pizza. It is a national food of Italy and the Italian people love it. Pizza is a simple food but has so many variations and styles that it has become one of the most popular food in the world.



Pasta

Pasta is another famous Italian food. It is made from dough and can be formed into many different shapes and sizes such as spaghetti, maccheroni, fusilli, and lasagne.



LASAGNA

Lasagna is a wide, flat pasta that is typically served in alternating layers with cheese, a sauce, and often other ingredients such as meat sauce, or vegetables.



Minestrone Soup

This soup makes excellent use of one of the most popular ingredients in Italian food – beans. Beans are widely used in Italian food and are the main ingredient in many soups, not just the minestrone.



Risotto

In Italy rice is mixed with broth, vegetables and spices to make a very creamy and flavorful dish. Risotto is widely known as the most popular appetizer in Italian cuisine.



ITALY IS A COUNTRY WHICH IS KNOWN ALSO WITH ITS CHEESE.

Mozzarella



It is a fresh cheese that has a solid structure, but it is smooth and elastic. It can be consumed fresh, served as a dessert or added to salads or process heat.

Parmesan

It is considered for the cheese with the longest history. The parmesan most often consumed as a supplement grated in pasta, pizza and most often in the risotto. The cheese has a hard crust and specific taste.



Gorgonzola



It is a cheese with blue mold, which is creamy. The sharp taste makes it a suitable addition to eggs, fillings and sauces.



THERE ARE SOME BULGARIAN AND ITALIAN
DISHERS WITH COMMON FEATURES...

Moussaka



Lasagna



and

Gyuvech



Caponata



and



Franc e



French cuisine was codified in the 20-th century and become the modern haute cuisine. Knowledge of French cooking has contributed significantly to Western cuisines and its criteria are used widely in culinary education.



The most popular French dishes

Truffles

Truffles are a group of valuable and highly sought-after, edible underground fungi. Found in close association with trees, truffles are highly prized as food. They have a smell similar to deep-fried sunflower seeds or walnuts.



Bechamel sauce

Bechamel sauce also known as white sauce, is made with a roux of butter and flour cooked in milk. It is one of the mother sauces of French cuisine and is used in many recipes of Italian and Bulgarian cuisine, for example lasagne.



Souffle

A souffle is a lightly baked cake made with egg yolks and beaten egg whites combined with various other ingredients and served as a savory main dish or sweetened as a dessert.



Fondue

Fondue is a French dish of melted cheese served in a communal pot over a portable stove, and eaten by dipping long-stemmed forks with bread into the cheese.

Croissant

A croissant is a buttery flaky bread roll. Croissants are made of a layered yeast-leavened dough. The dough is layered with butter, rolled and folded several times in succession, then rolled into a sheet, in a technique called laminating.



FRANCE IS ALSO FAMOUS IN BULGARIA FOR ITS BREAD

Long loaf (Baguette)

Baguette is a long thin loaf of French bread which is usually made from basic lean dough. It varies according to its length and crisp crust.



Standard baguette has a diameter of about 5 or 6 cm and the usual length of about 65 cm, although baguette can be up to one meter long!

The baguettes are also used for making sandwiches and snacks.



THERE ARE SOME BULGARIAN AND FRENCH DISHES WITH COMMON FEATURES...

Gyuvech



Katmi



Ratatouille



Pancakes



and

and





Holland



Dutch cuisine is shaped by the practice of fishing and farming. Traditionally, Dutch cuisine is simple and straight forward, with many vegetables and little meat; breakfast and lunch are typically bread with toppings while dinner is meat and potatoes, supplemented with seasonal vegetables.



The most popular Dutch dishes

Bitterballen

Bitterballen are deep-fried snacks. These savory balls are battered in a crunchy breadcrumb coating and filled with a mixture of chopped beef, beef broth, flour, butter, herbs and spices. They are typically served with mustard for dipping.



Stroopwafels

This sweet snack is a waffle cookie made from two thin layers of batter with a sticky syrup filling in the middle. They can be purchased in packages at nearly every grocery store and bakery in the Netherlands, as well as freshly made at street stands at markets and festivals.

Oliebollen

Olliebollen are a Dutch treat traditionally eaten on New Year's Eve and at festivals and markets during the winter season.



Koffie Verkeerd

It is traditionally a hot cup of coffee with a lot of warm milk, but is most commonly served as an espresso with a lot of steamed milk and some froth.

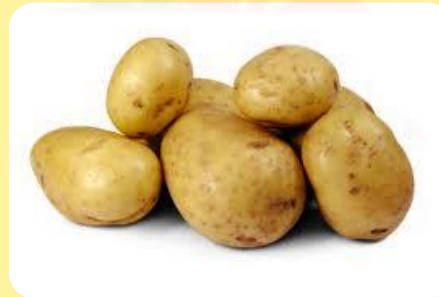


The Dutch culinary tradition take place mainly of vegetables.

Best-popular vegetable in Dutch cuisine is potatoes, followed by cabbage, carrots and turnips.



There are many various Dutch vegetable soups:



THERE ARE SOME BULGARIAN AND DUTCH
DISHES WITH COMMON FEATURES...

Bulgarian bean
soup



Moussaka



and

Brown Bean
Soup



Gratin



and

