

DOLMAS

Dolma — is a type of meal that could be prepared from various products. There exist cauliflower dolma, cabbage dolma Bulgarian pepper dolma, *charvi* dolma, spinach dolma, *kavatok* (from the leaves of grapes) dolma and other types of dolmas.

Cabbage dolma. After the bone is separated from the meat, it is minced and mixed with rice, minced onion, salt, black pepper, 2–3 tomatoes and one egg. Cabbage leaves are separated and put into boiling water for 10–15 minutes. When the leaves soften, it is wrapped in sliced ingredients for each. In the pot, bones, separated from the meat, and dolmas are put, water is poured over them and the pot is covered with a plate. Bay leaf and pepper can be added to the soup. Dolmas are boiled in medium heat, and then boiled for 30–35 minutes in low heat. Finished dolmas are served on a plate filled with the soup.

Bulgarian pepper dolma. The pepper is opened and cleaned from the seeds. Pepper is cooked as a preparation for the dolma. The peppers are filled with minced meat and cooked in the pot like cauliflower dolma.

Charvi dolma. Onions and various spices are added to the minced meat. Fat from sheep's liver is cut in 10x10 cm size. In the middle of each volume, 1 teaspoon of minced ingredients are put and wrapped. Then it is put into the pot, water is poured over it and

cooked in a low heat for 1 hour. Ready meal is served in a dish or a big plate.

Spinach dolma. Large leaves of spinach are taken and cut in boiling water. Meat is prepared oilier than for other dolmas. Each spinach is packed with minced ingredients from a teaspoon. A plate is put on the bottom of the pot, then dolmas are put and a small amount of water is poured onto the bowl and cooked in low heat for 30–35 minutes. The dish is served in a plate with butter.

Dolma prepared from grape leaves (kovatok). Kovatok is a national cuisine which is cooked by wrapping minced leaves to young leaves of grape. Minced ingredients are prepared like in cauliflower dolma. Fresh grape leaves are washed in warm water, and then minced ingredients are put and wrapped in it. Kovatok dolma like spinach dolma can be cooked in pots or steam cookers. The cooking time is 30–35 minutes. Ready meal can be served with cream or butter on a plate.



