

Shopska Salad

Courtesy of Simona Assenova and Inna Arnaudova
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This is the most traditional salad in Bulgaria. Its name comes from a region around the capital of Bulgaria, Sofia, called Shopluk. Bulgarians eat it all year long, as in the winter roasted peppers, which many households make at home are substituted for the fresh peppers. This recipe is also popular in other parts of Eastern Europe, such as Macedonia, Serbia, the Czech Republic, and others.

Preparation Time: 15 minutes
Serves 4

Ingredients

- 4 spring onions
- 4 medium tomatoes
- ½ cucumber
- 1 red pepper
- Salt
- Pepper
- ½ cup grated or crumbled feta cheese
- 1 tablespoon of vinegar
- 2 tablespoons of oil (olive, vegetable, or sunflower)



Tools

- Vegetable peeler
- Sharp cutting knife
- Medium bowl

Directions

1. Using a peeler, peel the skin off the cucumber.
2. Cut all vegetables in slices or cubes and place in a medium bowl.
3. Season with salt and pepper. Add 1 tablespoon of vinegar and 2 tablespoons of oil.
4. Mix well.
5. Sprinkle the salad with feta cheese and enjoy either on its own or as a side dish.