



LOCAL FOOD IN
TAVERN

„KAYZERA“

v. Oreshak



СОФИЙСКИ УНИВЕРСИТЕТ
„СВ. КЛИМЕНТ ОХРИДСКИ“



Funded by
the European Union

WELCOME TO THE TAVERN „Kayzera“, VILLAGE OF ORESHAK!

We have opened our doors and have been welcoming guests since 1991. Many of you have known us for a long time and do not miss the opportunity to stop by. Some of you probably remember the pastry shop that used to exist on the site of the restaurant.

That we are here together today, and that you find us under the name tavern "Kayzera", we owe it to a special cake, Kayzer cake, and the skilled hands of the culinary team in our family. Restaurant business is not an easy job, but we have made it our mission. We want to treat you deliciously, to offer you local recipes with traditional taste preserved in our cookbooks from four generations. On the menu you will find these delights with their traditional names Kurkuda, Baraboynik, Peshmer Tsarvul and many more.

Experience has taught us that recipes and the skill to prepare them are very important, but the foods we cook with are paramount. We research products carefully, we try to use as much local and seasonal foods. We want through food to make you taste the richness, health and purity of the Balkan.

Through the menu we offer you will feel the spirit and aroma of our restaurant. Through this booklet we want to introduce you to some of our food producers. They supply us with the nettle tips, the mushrooms and snails with which we prepare many of the traditional dishes in our restaurant, the pork for the grill, the buffalo cheese for the peeled pink tomato and crispy fries. Thanks to our partnership with these producers, we are able to offer you food produced by all of us for you.

ENJOY!

NETTLE - FROM GRANDMOTHER NEDKA

Nettles are present in our menu all year round not only for their valuable and healing nutritional properties it possesses. The reason why it has become a „trademark“ of the restaurant is that it is used to prepare main traditional dishes in the Troyan region. Such as the pounded beans with nettles, the Baraboynik with nettles and vegetables, the Peshmer Tsarvul prepared according to an old recipe from the village of Oreshak, the soup from The Zelenikovets monastery. You can taste these dishes with nettles here.

The Balkan is full of nettles, it lives in a wild state, but there is no one to deliver it to the restaurants and shops. Not everyone knows how to pick it, and many people are afraid of nettles, because of its „spicy“ nature, or they approach it with prejudice because they don't know how to „tame“ it to turn it into a delicacy. Grandma Nedka from the village of Oreshak delivers about 100 kilos a year to our restaurant. By the way, she herself worked as a cook and from her childhood she knew the power of nettles. Grandma Nedka has her own „nettle field“, she knows where to find it, how to pick it and delivers it to us in spring and summer so we can enjoy it fresh, and to freeze for the winter. She also has her own recipe for nettles that she prepares at home. Try the nettles with us, and then cook them according to Grandma Nedka's recipe!

NETTLE PORRIDGE ACCORDING TO GRANDMA NEDKA'S RECIPE

PRODUCTS NEEDED:

- ☑ 100 g crushed in a wooden mortar walnuts
- ☑ 200 g nettle tips
- ☑ 5-6 medium-sized old onions
- ☑ 2-3 bunches of fresh onions (it gets sweeter with more onions!)
- ☑ 1 carrot
- ☑ 50-80 grams of flour (1-2 tablespoons)

PREPARATION TECHNOLOGY:

Place the nuts in lightly salted water to boil. In another pot (casserole), stew the chopped onion and carrot. To these add the nettle tips, which have been washed and blanched beforehand (soaked for 2-3 minutes in boiling salted water). To the stewed mixture add the walnut broth. The porridge is thickened with a spoonful or two of flour. It is tastier if the flour is toasted beforehand. Stir over a slow fire with a wooden spoon until the mixture is fluffy (some prefer the porridge thinner, others thicker).

ENJOY!





SNAILS FROM ESCARGOTS FARM ORESHAK IN THE VILLAGE OF ORESHAK, TROYAN MUNICIPALITY

The Balkan abounds in snails and therefore they are part of our forgotten healthy culinary heritage. We at „Kayzera“ preserve and maintain this heritage by offering snails in various forms: breaded, in butter or as the main ingredient of the Zelenikovets Monastery soup. In addition to being rich in protein, vitamins and minerals, well prepared snails become a real delicacy. It is no coincidence that the first association we make when we hear „snail“ is France and the famous „Burgundy snails“.

To find snails we don't have to go to France, but to the village of Oreshak. In 2012 Kalin Dimitrov created a snail farm next to the restaurant „Kayzera“. Many of the snails, once they reach maturity, leave in processed form for France. There they are served precisely as ‚French snails in Burgundy‘ and no one realizes that they are born, bred and processed in the village of Oreshak. The same happens with snails, which are prepared as a pate with butter and aromatic spices. Frozen, blanched or in the form of pate, the snails „slide“ in the „Kayzera“ restaurant. You won't find any ‚Burgundy snails‘ in the restaurant, because it serves mainly traditional Bulgarian recipes, which you can try. And you already know where the snails come from. The species of snail that Kalin breeds is called *Helix Aspersa Maxima*. It is also known as African snail or Great gray snail.

More about how to grow snails can learn more from the farm's website: <https://oreshak-escargots.com> or scan the QR code.

If you want to try Kalin's snails, you can also buy them here at the restaurant. You can also contact the farm if you would like to arrange a visit and get up close and personal with these helpful little animals.



„Troyanska Skara“ (TROYAN GRILL) - THE MEAT WITH PROVEN AND TRACEABLE ORIGIN


It's no secret that a lot of meat is consumed in Bulgaria. We consider this a sign of prosperity, probably because the menu of our ancestors was much leaner. In recent years, we have become increasingly concerned about the origin of meat - whether it is imported or local. We are excited about what animals were fed and how they were raised. We are interested in whether the meat is fresh or frozen. Our excitement as consumers is not hidden from the people who source and prepare the meat for the market.

The butcher's shop „Troyanska Skara“, founded by Kiril Radev together with local livestock producers, offers to the connoisseurs of fresh and processed meats products of proven origin from the region of north central Bulgaria. Thanks to the experience of the „Troyanska Skara“ team and the storage and processing technologies that the butcher's shop has, the meat reaches the final customers directly or through the trade partners in the region within twenty-four hours of harvesting.

At the restaurant „Kayzera“ we value the quality and origin of our food and choose partners who do the same. You can make sure of this by trying our meat dishes made from different types of meat, prepared according to our unique recipes. You can also purchase various meat delicacies produced by „Troyanska Skara“ from the refrigerated display case of local foods that the restaurant maintains.

More information about the products of „Troyanska Skara“ can be found on the company's Facebook page or directly in the company's shop at 345, „General Kartsov“ street in the town of Troyan (on the road to Beli Osam village).





POTATOES

FROM DEBNEVO VILLAGE, TROYAN MUNICIPALITY

Potatoes, prepared in every possible way - fried, baked, stewed, mashed, are among the favorite dishes of young and old. Recently, we have also become more sensitive to them and have started to ask ourselves whether they are fresh or blanched, whether they are the Dutch variety or „washed“ French potatoes.

At „Kayzera“ we insist on quality and on offering our customers fresh and seasonal food, prepared according to traditional recipes. That is why we found a local supplier of potatoes from the village of Debnevo - the family of Temenuzhka and her nephew Martin. The two of them decided that they could use their land, and rent some, to grow potatoes. They researched the market and decided to source seed from the „valley of potatoes“ in the Samokov region. The land in Debnevo and the climatic situation proved to be very suitable. The first year they started „as a joke“, the second year they expanded the sown area and the third year they also harvested well. Potato production requires a campaign of ploughing, planting, a single spray and then harvesting. Harvesting potatoes is the only process they have not been able to mechanize completely and they invite people from the village to help them. After three years of experience producing „Soraya“ potatoes, which they describe as ‚yellow, sweet, suitable for frying, baking and boiling at the same time‘, they are now thinking of experimenting with other crops to diversify their production. Thus, in the future we can expect to taste not only Temenujka and Martin's delicious potatoes at the „Kayzera“ restaurant, but also sweet corn.

In addition to various fragrant dishes in the restaurant „Kayzera“, you can find the delicious potatoes in the shop in the center of the village of Debnevo, but hurry - in February-March they begin to run out, because they are quickly spent, and the new harvest comes in mid-June.

WILD PORCINI MUSHROOMS

by Tihomir Michevski from Ugarchin

Many dishes in the Balkan are prepared with wild mushrooms. The porcini mushroom is the sorceress that makes everywhere smell so delicious. With it in the tavern „Kayzera“ we prepare „Country appetizer in a bakery plate“, „Porcini mushrooms in butter“ and other favorite dishes.

Tavern „Kayzera“ supplies its own porcini mushrooms (*Boletus Edulis*) from the company „Mashrums BG“ Ltd., founded by Tihomir Michevski in the town of Ugarchin in 2012, or from the company „Hyde“ EOOD, founded by Tihomir's son - Tsvetozar Michevski. Two generations of the family have developed their own business initiatives in buying and processing mushrooms, wilds, berries and truffles. „The buying and processing of mushrooms is controlled on several levels - from picking and handing over, through storage, cleaning and packaging,“ says Tihomir's son, Tsvetozar. The whole process is done by hand and so it ensures both employment for people from the Ugarchin area and the quality of the produce that is extracted from nature. The entrepreneurial family plans to soon diversify the products from the mushrooms, truffles and fruits it offers, so that they can be found not only dried and frozen or cooked as meals in restaurants, but also as canned appetizers, food additives, condiments and juices. The goal is for nature's wild gifts, which the Michevski family „domesticates“, to reach the end consumer directly and to bring health and pleasure. The final products are sold exclusively on external markets in Italy, Germany and Spain.

You can taste the porcini mushrooms here at the Kayzer Tavern or order them online as by scanning one of the QR codes

<https://hide.bg/>



<https://www.mushroom-bulgaria.com>





Buffalo and sheep cheese from „LESIDREN“ dairy in the village of Lesidren

Have you tried the “Peeled tomatoes with buffalo cheese” or the “Trienitsa”? You can find them in the „Salads“ section in the menu. We prepare them with sheep’s and buffalo cheese from Lesidren dairy farm.

In the region of Troyan, Apriltsi and Ugarchin we can boast of the availability of several dairies and at least five local brands of cheese and other dairy products, which are available in Troyan. After a careful tasting of all of them, we chose for our kitchen the sheep and buffalo cheese of the Lesidren dairy. The dairy was founded in 1996, but over the years it has gone through different periods of development. Despite changes, the dairy’s activity has been preserved, and for several years, thanks to the team Rakita-R EOOD, it has been stabilized and renovated. The dairy’s products can be found in 30 shops throughout the country, including Sofia. The dairy operates with fresh cow, buffalo, sheep and goat milk produced from different farms in Bulgaria. It is not possible for all the milk to come from one farm or from one geographical region. The dairy prides itself on producing only fresh milk, while also meeting high hygiene and nutritional standards. The cheese you are tasting is really made in the Troyan Balkan region - the technologist responsible for it is from Apriltsi, it is made in the village of Lesidren, and you can taste it in the „Kayzera“ tavern in the village of Oreshak. Local products require local knowledge and technology, not only local producers.

Check all the products of Lesidren Dairy here <https://mandralesidren.com>. Some of them are also available in the refrigerated showcase of the tavern where we offer products from the region of Troyan, Apriltsi and Ugarchin.



The RUSTIK PROJECT

discovers LOCAL FOOD IN THE REGION OF TROYAN, APRILTSI AND UGARCHIN

DEAR READER, in your hands you hold a booklet prepared jointly by scientists from Sofia University „St. Kliment Ohridski“ (**SU**), Local Action Group Troyan - Apriltsi - Ugarchin (**LAG - TAU**), „**Kayzera**“ **tavern and the local food producers**. All of them cooperate within the **RUSTIK** project to make access to local food easier for you.

RUSTIK is a four-year interdisciplinary research project that aims to collect data and create knowledge about what foods are available in the rural areas in Troyan, Apriltsi and Ugarchin. **RUSTIK** is interested in food resources in these three rural areas and wants to turn them into a tool for sustainable development. The project is implemented in 12 countries of the European Union, as well as in Great Britain and Serbia. **RUSTIK** assists local communities to prepare evidence-based strategies, initiatives and policies for sustainable development in rural areas.

If you would like more information about the project's activities you can contact the Local Initiative Group Troyan, Apriltsi, Ugarchin at the following address:
migta2014@gmail.com

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<https://rustik-he.eu/tau-bulgaria/>

Geographic Identification System (GIS)

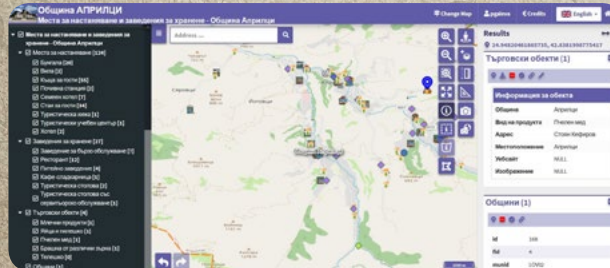
for local food discovery in Troyan, Apriltsi and Ugarchin

Want to know more about what and where local food is being produced on the territory of Troyan, Apriltsi and Ugarchin?

The **RUSTIK** project develops and maintains a geographic identification system (**GIS**), on which different actors in the agri-food chain are identified. The system allows everyone to search for different foods in the area of Troyan, Apriltsi and Ugarchin. The system is not an online shop, it was not created for commercial purposes. It is a continuously evolving platform that shows where the different food producers in the area of the three municipalities are, it gives Information about what they produce and, eventually, how to contact them.

Use the system to make your own itinerary of local food from the Balkan. Enjoy the local food at the Kayzer Tavern and keep searching for it through the geographical app to identify local producers, which is a part of the **RUSTIK** project.

You can explore the system and use it for your own purposes if you scan this QR code or if you log on to this website <http://gis.migta.eu:8080/bg/>



YOUR OPINION MATTERS

Let us know what is your favorite local food? Who produces it? How do you deliver it, if it is the case? Share or draw anything you can think of about local food. Thank you!

A series of horizontal dotted lines on a textured, light brown paper background, intended for writing or drawing. The paper features faint, light-colored sketches of various vegetables and fruits, including pumpkins, carrots, and leafy greens, scattered across the surface.





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