

COOKING WITH SAFTA

VEGETARIAN GUYVACHE (BULGARIAN STEW)

INGREDIENTS

1 large eggplant, 1 large zucchini, 1 green pepper, 1 red pepper, 200 gr. of green beans, 1 pkg of frozen okra, 3 large potatoes, 1 onion, 2 eggs, 1 can of tomatoes, salt, pepper, garlic, paprika and oil. Optionally hot pepper or hot pepper flake

SAFTA'S SECRETS

To get best results give each vegetable time to be sauté'. You cook one vegetable at a time. Make sure the potatoes are cooked.

For Meat Guyvache the vegetable preparation is the same. Start seasoning the meat with salt and pepper. Brown the meat cubes in pot with 2 tablespoons of oil, cover with water and cook for an hour. Continue with the vegetable preparation as described and add the meat cubes and some of the cooked meat liquid to the vegetables.



PROCEDURE

Prepare the vegetables, chop the onions, wash, and seed the peppers. Chopped them to large chunks. Wash the zucchini remove both ends. Chop to bite size. Wash and clean the green beans, cut in half. Peel the potatoes and cut to large pieces. Peel the eggplant and chop large chunks. In a pot with 2 tablespoons of oil sauté' onions, if you are using hot pepper or pepper flakes, add them now, add the peppers and the garlic. Continue to sauté' the peppers for a couple of minutes. Add the eggplant chunks, sauté' it altogether for a couple of more minutes. Add the zucchini, green beans, and potatoes, salt, pepper and paprika. If using whole tomatoes either squeeze the tomatoes or cut them into chunks and add them to the pot. Add half a cup of water. The vegetables release liquid. If there is not enough liquid add more water. Cook for half an hour. Taste