

Olympians taste kebabche and kavarma

Exclusively traditional Bulgarian meals will be offered to the contestants throughout the Olympiad. None of the teams has requested special diets, so the organizers decided to go for buffet-style. The young people will definitely taste kebabche (grilled minced-meat-and-spices roll), grilled stake, kavarma (meat slowly stewed in a clay pot), banitsa (traditional Bulgarian pastry), Rodopi yogurt, Bulgarian cheese (white brined cheese) and Bulgarian kashkaval (yellow cheese).

The menu will also feature veal and chicken meat, as well as all sorts of fresh salads. The desserts will be mainly summer fruits in season: water melons, melons, peaches, figs, and grapes.

Every day, various delicacies will be abundant on the tables. Should any of the participants,

however, wish to taste some food from their own national cuisines, the chefs at the Hotel Novotel Plovdiv have plenty of experience working in Japan,

Switzerland and France and are ready to take the orders.

Alcohol drinks are, naturally,

banned. Even the discos in the hotel garden on 10 and 12 August will serve only juices and other soft drinks.



Bulgarian cuisine



Research in the recent years has shown that the traditional Bulgarian cuisine from the end of XIX c. and the first half of XX c. is quite close to the so called Mediterranean diet. What is more, the nutrition patterns in all Balkan countries are traditionally very similar, which gives us the opportunity to speak of healthy Balkan food or of a Balkan diet. The traditional cuisine of the Balkan countries meets the essential criteria for healthy nutrition. A few typical examples of the Bulgarian contribution to the healthy Balkan nutrition. Bulgarian yogurt has been proven to be at the heart of the longevity of Bulgarian mountain-dwellers. Natural bee products are also an important part of the menu.

Typical of the Bulgarian national cuisine, as well as of the healthy Balkan diet (Bulgarian diet, respectively), are the legumes: beans, lentils, peas, etc. which are left to simmer. In this way, all plant proteins, such as lecithin, carbohydrates, and the whole wide range of nutrients are prepared to a state in which they are very easy for uptake by the human body. Another trait in harmony with modern concepts for healthy nutrition /one which differentiates us from the western nations / is that the meat is roasted or boiled together with all other ingredients (mostly vegetables) of the meal - potatoes, peppers, eggplants, tomatoes, okra, courgettes, carrots: and is left to simmer, of course! Finally, the meal is sprinkled with a handful of finely sliced fresh parsley.

TODAY is the first competition day for the Olympians. The start of the core program is at 9.00 am sharp in Hall 11 of International Fair Plovdiv. Because of busy construction works going on, the teams will be taken to the venue by a special protected route along the Maritsa River with the assistance of the police.

Traffic Police teams will make sure the groups cross the busy „Tsar Boris Treti“ Boulevard safely.

The disco party will take off at 21.00 in the garden of Hotel Novotel Plovdiv.

TOMORROW the teams will relax. They will choose between the Aqua Park and the „Lauta“ Karting track. At the same time, organizers and committees will work on the preparation of the second competition day on 12 August.