

# BULGARIA`S

Toyohashi International Association  
4<sup>th</sup> International Salon  
**Inviting Participants!!!**

## Christmas cooking lesson



### Menu:

(The lecturer will give instructions in English while an interpreter will explain in Japanese)

- ☆ Stuffed bell peppers with tomato sauce...using whole wheat bulgur, healthy and delicious vegetarian main dish.
- ☆ Bean soup and bean salad...fashionable and easy.
- ☆ Bulgarian Christmas bread...with Christmas wishes inside.
- ☆ Sweet dessert with walnuts and raisins.

Lecturer: Ms.Vanya Draganova

Speaking of Bulgaria, the first thing that comes to our mind is yogurt.

Well, Bulgarian cuisines is delicious and nutritious, it is a example of Eastern European food.

And Vanya, who cooks Bulgarian food often, will be teaching her recommended homemade meal that she prepares for family and friends during the Christmas season.

It looks like this year's Christmas will be more fun. 🐶

**Date : December 14 (Saturday) 10: 30~15: 00**

**Venue : Ai Topia Cooking Practice Room  
(115 Maehata-cho, Toyohashi City)**



**Capacity: 24 persons (lottery) Material costs 1,200 yen**

**Application: Send a reply postcard with your return address, include the course name, your name, age, address and your phone number ( 1 person per postcard)**

**Deadline is on: November 25<sup>th</sup> (Monday)**

**Mail to: Toyohashi International Association**

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