

The Mosquito Wars

Because of the torrential rains during the last few months Bulgaria is now facing a substantial mosquito problem. The wet weather caused uncontrollable mosquito breeding in the country. Areas near rivers were the most seriously affected ones. In towns situated very close to the Danube River in outdoors bars clients are offered free anti-mosquito lotions as that is the only way to save themselves from the attacking creatures. The warfare becomes much more intensive in the evening hour when people are struggling to breathe a bit of fresh air in the cool hours of the day and that is when the real feast for the mosquitoes starts. As that situation affects the every-

day life of all people living in the rivers areas the finance minister allotted 800,000 leva (400,000 EURO) to be used for intensive fighting of the insects. Special chemicals are to be spread all around the river areas and that will hopefully ease the mosquitos' activity at least for a while. The session should be repeated every month and even more often having in mind their number is three times bigger than it has been in the last ten years.

Well, if you intend to visit the beautiful Danube River area with all those charming open bars you had better bring a lotion, just in case, and be prepared to take part in the Bulgarian Mosquitoes Wars!

Mobile Calories

People who are trying to lose weight are usually very cautious of what they are buying in the supermarket. The food needs to be high quality one, with balanced quantities of all necessary useful substances and a very low amount of calories. This is usually very hard to estimate and calculate correctly while you are shopping in the local supermarket. That is why scientists from the Center of Technical Research in Philadelphia have created a mobile telephone apparatus that performs all these actions for you.

The new device has a special camera and an internet connection. Thus it shoots the food's barcode and sends the information to a server where a list of all 'favorites' is kept. A mere comparison is made and if the food does not suit your doctor's order the device tells you

so. The list with the favorites is made by you personally or you can use the manufacture programmed lists according to a variety of world famous diets. Beside all that the person using the device can estimate the Amount of exercises needed to burn the calories of each and every food type simply by using the specially designed calories calculator of the mobile phone. There also is a great deal of information on the food products of over 700 food producing companies that are taking part in the project. At this stage the wonder mobile is still a prototype used by very few people and only with the goal of testing its potential. About 100 happy users have taking part in a few weeks experimental use of the invention and have given very high marks of the new product and cannot simply wait until it is officially out for sale.

Bulgarian Moussaka

The Bulgarian variant of this dish is pretty similar to the Greek Moussaka. As a typical Balkan food it is represented in both countries but in slightly different way. The Greek variant contains aubergines while the Bulgarian one is mainly out of meat and potatoes. It is a delicious meal with a typical Balkan taste, especially when the ingredients are fresh. Bulgarian Moussaka is usually served with traditional plain yogurt on the side, which softens the taste and adds a lot to the flavor of the dish. Here is the traditional Bulgarian recipe:

Ingredients:

- 1/2 kg of minced meat (best mix pork and beef but beef only will do too)
- 1 kg of potatoes, peeled and finely chopped in cubes
- 2 tomatoes, finely chopped
- 1/2 cup fresh, chopped parsley

- 1 onion, finely chopped
- 3 eggs, beaten
- 1 cup yogurt
- 2 tbs flour
- 1/2 cup chopped green onion
- salt and pepper to taste
- oil for cooking

How to make it:

Fry the onion and the minced meat in a little oil. The more fatty the meat is, the less oil you need. In about 10 minutes take it off the hob and mix well with the potatoes, tomatoes, and parsley. Add salt and pepper to taste. Bake for about 45 minutes at 190 C, or until the potatoes are cooked. Stir the eggs, the yogurt and the flour together and pour it over the dish. Bake for 10 more minutes. Sprinkle green onion on top.

Enjoy!



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