

# LICEUL „SF. PANTELIMON”



# ERASMUS

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# TRADITIONAL ROMANIAN RECIPES

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# A short incursion into the history of Romanian cuisine

*“...after that extraordinary ‘ciorba’ and after that dreamy ‘turta’, I would say that not only does the world in fact do nothing about Romania, but neither do you Romanians recognize miracles. When it comes to cuisine, at least, you are very, very rich in your so-called poverty.”*

*- Jacques Yves Cousteau*



Much as the country's culture, Romanian gastronomy reflects its wide and varied history. From the ancient times, the food providing activities of Romanian habitants were agriculture, animal growth and hunting, so the Romanian cuisine has always benefit from a wide variety of traditional meat products, cheese and vegetables.



Over the time, giving the continuous migration and domination of various other nations, such as Ottoman Empire, over Romanian territory and the mix of cultures, **Romanian cuisine** has been influenced by the Balkan cuisine, the Turkish, the German, the Italian and the Hungarian dishes. Even today there is a lot of western influence over the **Romanian food**.

The Romans were responsible for the **pie**.

The Greeks for **moussaka**.

The Turks for **ciorba de perișoare** (meatball soup),  
**chiftele** and **ardei umpluți** (stuffed peppers).

The Bulgarians the various vegetable based dishes, like **zacuscă**, a very popular mix of boiled vegetables prepared during autumn time.

Austria brought the delicious **schnitzel**.

There are quite a few different types of dishes, which are sometimes included under a generic term; for example, the category *ciorbă* (*soup*) includes a wide range of soups with a characteristic sour taste. These may be meat and vegetable soups, tripe (*ciorbă de burtă*) and calf foot soups, or fish soups, all of which are soured by lemon juice, sauerkraut juice, vinegar, or *bors* (traditionally made from bran). The category *tuică* (plum brandy) is a name for a strong alcoholic spirit in Romania.

One of the traditional meals is **mămăliga**, a type of **polenta**, mostly made of maize flour, water and salt.

It was used in the past as a substitute for bread, but today we can find it in most **traditional Romanian restaurants**, next to pork, beef or lamb dishes, Romanian cheese and sausages (**brânză** and **cârnați**), **sarmale** or game.

## MĂMĂLIȚĂ



# A LA ROUSSE SALAD

Salata de Boeuf, literally "beef salad" from the French, can actually be made with beef, chicken, hot dogs or any other protein one desires. The recipes abound and vary from family to family and region to region. This is known as Olivier Salad in Russia.



## MEATBALL SOUP

The soup is a distinctive type of Romanian soup that is soured with vinegar, sauerkraut juice or another sour agent. Sour meatball soup is among the most traditional of the sour soups, but cabbage ciorbă is also popular, and ciorbă de burtă (tripe soup) is considered the ultimate hangover food.



# MITITEI

The story has it a popular mid-19th-century Romanian inn, famous for its sausages, was out of a customer favorite. To save time, the chef formed the unstuffed meat mixture into sausage-shaped cylinders and grilled them over charcoal. The customers delighted in "the wee ones without skin," and so these casing-less sausages became known as mititei or "the wee ones."



# PIFTIE

The traditional dish in Romania that is popular around Christmas holidays is actually pork jelly. It is made using pork trotters, rind, ears or feet as they contain a lot of natural gelatin. I have decided to use turkey since it has less fat and calories.

This recipe is very easy to prepare but it takes more time to cook. It can be served as an appetizer.



# THE PORK'S LAST MEAL

The last pork dish, or *pomana porcului* is also the most simple of all. It contains all the tastiest bits, such as the tenderest meat, homemade sausages, liver and several other bits, according to preference, fried in a thick bottomed kettle.



# SARMALE

This recipe for Romanian stuffed cabbage or sarmale is a traditional recipe. You can use any type of minced meat or just add grinded nuts or chopped mushrooms for a vegetarian dish. Sarmale are enjoyed year-round in Romania, but especially for holidays like Christmas and Easter.



# VARZA À LA CLUJ

A popular Transylvanian dish, *varza à la Cluj* is a casserole dish that will save you time when there isn't enough for wrapping *sarmale*. It basically includes the same ingredients, ground meat, pickled cabbage, tomato sauce and rice, all arranged in layers.



# PLEȘCOI SAUSAGES

They are prepared from sheep meat chopped with the poleaxe, sheep fat and many spices: garlic, thyme, basil, hot pepper; salt is added and it is stuffed into sheep guts. Then, they are dried into the wind and smoked with beech wood. Nowadays, we have on the market two types of “Pleșcoi Sausages”.



# COZONAC

Cozonac is a plain sweet bread made from flour, eggs, milk, butter, sugar and salt. Depending on the region, one may add to it any of the following: raisins, rahat, grated orange or lemon zest, walnuts or hazelnuts, and vanilla or rum flavor. Cozonac may be sprinkled with poppy seeds on top.

In the baked product, the filling forms a swirl adding to the character of the bread.





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