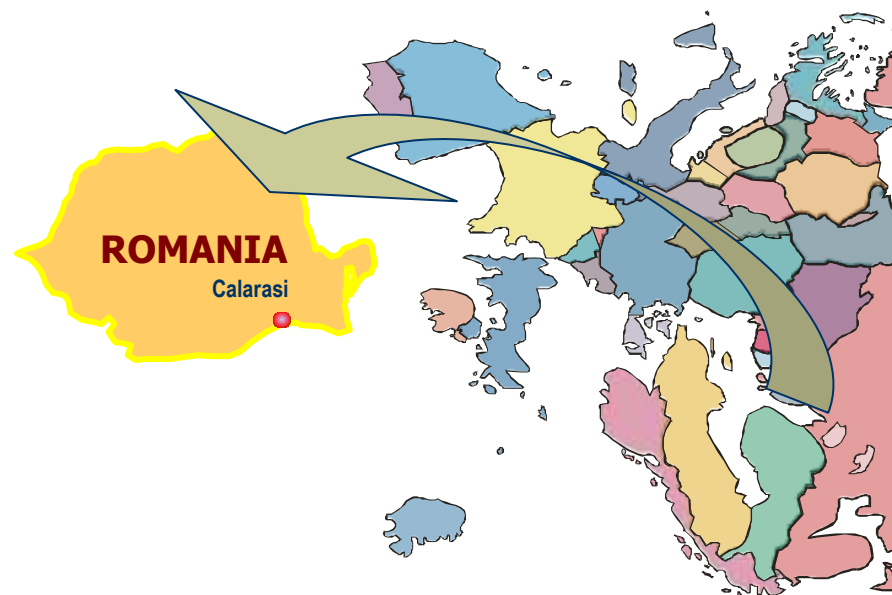
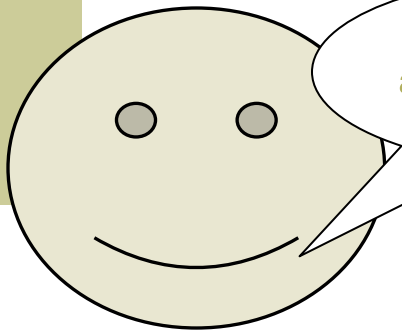


# *Romanian Traditional Food*

“Expanding boundaries” - COMENIUS Project





**I'm Romanian,  
and these are our  
traditional food!**



If you ever have the chance to visit Romania, by all means do it, and you will be pleasantly surprised. Romania is a beautiful country and the people are immensely hospitable. Especially if you have the good luck to be invited into their homes, no matter how poor the family, you will be treated like a king or queen.

The central characteristic of the Romanian cuisine is its great variety. It is a cuisine influenced by repeated waves of different cultures: the ancient Greeks, with whom Romanians traded; the Romans, who gave the country its name; the Saxons, who settled in southern Transylvania; the Turks, who for centuries dominated Romania; as well as Slavic and Magyar neighbors. All of these influences gradually blended into the varied and delicious Romanian culinary tradition.

The main ingredients used by Romanian are meats such as pork, beef and lamb, fish, vegetables, dairy products and fruit.

A traditional Romanian meal may include:

**Appetizer** - All kinds of cheeses, cold cuts and vegetable spreads.

**Soup** - "Ciorbă de perișoare" (meatball soup), "ciorbă țărănească" (vegetable soup, with or without meat), "ciorbă de burtă" (tripe soup).

**Fish** - "Saramură" (grilled carp in brine), "nisetru la grătar" (grilled Black Sea sturgeon) or "scrumbie la grătar" (grilled herring).



Made by Diana Iancu

**Entree** - "Tocăniță" (meat stew seasoned with onions and/ or spices), "ghiveci" (over 20 vegetables cooked in oil), "sarmale" (pickled cabbage leaves stuffed with a mix of minced meats, rice and spices) and "mititei" (The "Wee Ones" - small skinless grilled sausages) are among the favorites.

Romanians produce great pickled vegetables, called "murături" (red peppers, green tomatoes, cucumbers, carrots, red cabbage, cauliflower).

**Dessert** - "Papanashi" (cottage cheese donuts, topped with sour cream and fruit preserve), "clătite cu brânză" (crepes filled with cottage cheese, raisins and spices) and "cozonac" (traditional holiday sweet bread filled with walnuts, poppy seeds or cream cheese).

A traditional drink enjoyed with appetizers is "țuica" (a potent plum brandy) which varies in strength, dryness and bouquet according to the production area. Romania produces excellent wines, some of which are exported all over the world.

# Special Occasions

## Appetizer Party

Appetizers are served standing up or sitting at small tables. This kind of party is more casual than the Buffet Party. There are no desserts here.

Warm or cold appetizers may be served: sandwiches, savory pastries, olives, ham, salami, meat patties, etc.



## Children's Party

The parents will entirely prepare the menu, activities, surprise bags, etc. for small kids. School-age children will want to feel important so it is a good idea to consult with them regarding whom they want to invite, what they would like to eat, what games to play, etc. At this age, children prefer sweets, so cakes, Teenagers may help even more, from setting up to preparing some of the simpler dishes. Appetizers, savory sticks, fancy cakes, etc. might be good for this age group.



Made by Oana

## Tomatoes stuffed with eggplants (*Roşii umplute cu vinete*)

1 big eggplant, 2 onions, 3 tablespoon oil, tomatoes, salt, pepper, parsley

Bake the eggplant, let it drain well, and chop with a wooden or glass chopper. Set in a bowl and mix with the oil poured little by little. Add finely chopped onion, salt and pepper. Choose small and firm tomatoes and remove the inside with all the seeds. Fill with the eggplant mixture, then place all stuffed tomatoes on a platter and decorate them with a sprig of parsley for each tomato. You can also use stuffing peppers instead of tomatoes.

## Pancakes with soft cottage cheese and dill (*Clătite cu urdă si mărar*)

Pancakes: 100 gr flour, 1 spoon oil, 3 eggs, salt, 300 ml milk. Mix them all and fry the regular pancakes a bit thicker.

*Filling:* 250 gr soft cottage cheese, salt, 3 spoons chopped dill. Mix the cheese, salt, dill until obtain a paste. Fill and roll the pancakes when are still hot. Place them in the oven for 5 minutes. Serve hot with sour-cream.



Made by Laura Geambazu

## Meatballs (*Chifteluțe*)

### Ingredients:

*500 g ground pork, 500 g finely chopped onions, 2 eggs, 100 ml oil, 6 slices white bread, 1 head garlic (minced), salt and pepper to taste, 1 bunch parsley (chopped)*

### Preparation:

Combine, in a bowl, the ground pork, the onion (sauteed in oil till translucent), the eggs, the bread (after soaking it in water and squeeaing it dry), and the rest of the ingredients.

Chill this mixture in the fridge for about 1 hour. Then, with a spoon, you take a bit of this mixture at a time and shape it in your hands into a spherical or elliptical ball, and dredge it through flour. Fry this in oil.

The meatballs are very good both warm and cold, as they are very soft and fluffy. Serve with potatoes purée and pickles on the side.



## Apple pie (*Plăcintă cu mere*)

### Cottage cheese with dill (*Urdă cu mărar*)

250 g cottage cheese, 50 g butter,  
1 tablespoon minced dill, salt

Mix the cheese with butter and salt until it becomes a paste. Add the minced dill and mix well.

Use this to fill sandwiches. You can also serve with green onions.

Strudel dough, butter to grease the pan, sugared-vanilla, 1 kg apples, 2-3 tablespoons water, 1/2 cup sugar, teaspoon ground cinammon, tablespoons butter for greasing the dough

Peel the apples, grate on the vegetable grater or slice very thinly and set to boil with 2-3 tablespoons of water, stirring continuously. When the apples have softened, add the sugar and let boil until they become like a paste. Remove from heat and let cool. When it is cold, add the cinammon. Fill in the layers. Lubricate with oil on top. When the pie is done, cut into squares and sprinkle with iced sugar.





Made by Raluca Anghel

## Children's Party

The parents will entirely prepare the menu, activities, surprise bags, etc. for small kids. School-age children will want to feel important so it is a good idea to consult with them regarding whom they want to invite, what they would like to eat, what games to play, etc. At this age, children prefer sweets, so cakes.

Teenagers may help even more, from setting up to preparing some of the simpler dishes. Appetizers, savory sticks, fancy cakes, etc. might be good for this age group.

## Milk cream with chocolate (*Cremă de lapte cu ciocolată*)

*6 eggs, 6 tablespoons sugar, 3 cups milk, 3 tablespoons of sugar for caramelizing, 3 tablespoons grated chocolate or cacao, vanilla (stick), salt*

Boil the milk with vanilla at slow heat. After the first boil, cover and keep aside. Beat the eggs with the sugar and the latter dissolves. Heat the milk again, add a little salt, the chocolate that was previously dissolved in two tablespoons of warm water and pour, a little at a time, into the egg and sugar mixture, constantly stirring, until it is almost cool. Take a 3 qt pan and put 3 tablespoons of sugar in it. Heat until the sugar melts and becomes yellowish. Remove from heat and tilt the pan in such a way, that the melted sugar spreads all over the interior walls of the pan. Stir the cream a little and then pour into the pan. Cover and set this pan into a larger pan filled with boiling water. The boiling water must be 3/4 of the height of the pan with the cream. Keep on medium heat for 25-30 minutes.

The cream is ready when it comes off the pan walls quite easily. Remove from the water and keep in a cool place. After it has cooled completely, refrigerate. Before serving, take a large round plate and cover the pan with it. Then turn the pan upside down.



## Birth/Anniversary Party

On such festive occasions when you want to serve buffet style, you may want to choose more elaborate dishes, a few desserts and a good wine.

If you want to go with a sit down meal, you might prefer some aspics, meat pastes, savory sandwiches, stuffed breads and even soups in cups. As desserts, a few fancy cakes and a nicely decorated layer cake.

### Rum Cake (*Chec cu rom*)

200 g butter, 1/2 cup vegetable oil, 1/2 cup rum, 1/2 cup water, 3 eggs, nuts, 1 vanilla pudding

Grease heavily and flour a pan. Sprinkle nuts on bottom of pan. Mix all ingredients and pour into pan over nuts. Bake. Pour chocolate glaze around outside of cake pan immediately upon removing from oven and let cool in pan for 20 minutes. Remove from pan.

## Cake from Banat (*Prăjitură bănăţeană*)

1 kg flour, 100 g raisins, baking powder, 50 g walnuts, 300 g butter, 1 coffee cup with rum, sugared-vanilla, 8 eggs, peeling from one lemon, 300 g sugar

Mix the butter with half sugar and 8 yolks until becomes a paste. Dissolve one spoon of baking powder in rum. Pour over yolks along with lemon peeling, vanilla sugar, walnuts and raisins. Whip the egg whites with the rest of sugar. Mix everything and add flour. Mix all slowly.

Bake for 45 minutes at small fire.

## Cheese Pie (*Plăcintă cu brânză*)

First dough: 150 g butter, 150 g flower.

Filling: 1kg cheese, 3 eggs, lemon peel, 2 spoons sugar a little bit salt cheese.

Second dough: 150 g flower, 1 egg, a little bit vinegar, yogurt-1spoon.

- I Prepare the first dough (blending the ingredients) and stretch it.
- II Prepare the second dough (blending the ingredients) and stretch it.
- III Prepare the filling: braking up the cheese, put 3 eggs; after blending put the scrape lemon peel, the sugar, the salt, cheese and blend all together.

Put in a griddle the first pie leaf, after this put the filling, and after the filling put the second pie leaf and put it in the oven, at medium fire. You must let it there for 45 minutes.



## Christmas Party

People of Romania have always celebrated Christmas even when the country was communist and religious holidays were not observed officially.

In Romania, Christmas is an important holiday and gift giving is not restricted to Christmas day. In fact, the whole month of December is known as the "month of gifts". December 6th, St. Nicholas, is when kids get some small gifts in their shoes or boots that they leave at the door the night before. In communist times, gifts were supposed to have been brought not by Santa Claus (or Father Christmas as Romanians know him) but rather by Old Man Frost.

A lot of pork dishes are traditional at this time. Pork roasts, jellied pork are also traditional. As well as sweet-yeasted breads filled with walnuts, raisins, chocolate.



*Made by Alexandra Lazar*

**Caltaboși** (This product is served as an appetizer during the Christmas lunch.  
Is also known as Santa's bag)

Intestines (well washed in cold water), 1.5 kg entrails (heart, lungs, spleen, kidneys, liver), 500 gr fatty meat, 2 onions, 0.5 kg pork skin, salt, pepper, juniper, 500 gr rice lightly boiled

Boil the entrails, meat and finely chop them. Peel, cut, fry the onions. Mix the entrails, meat, onions, rice and spices plus a bit from the broth. The mixture should be thick as a lava. Fill the intestines, tie the edges and boil the sausages from 15 minutes in the same broth where the initial entrails boiled.

The final product can be served as it is with a bit of broth, or smoked and kept for a longer period of time. Or they can be boiled with garlic sauce or horse-radish. Or it can be fried and served hot.

## Soup (sour) with meat balls (*Borș cu perișoare*)

*2 l water, 0,5 l borsh, 500 g tomatoes, 1 small carrot, 1 small parsley root, 1 onion, salt, chopped parsley, dill, lovage; for Meatballs: 500 g beef, 1 tablespoon rice, 1 egg, 1 chopped onion fried in 1/2 tablespoon lard, salt, pepper*

Set to boil, finely chopped onion, carrot, and parsley root together with the beef bones. Let boil well, then add the separately boiled borsh, salt, chopped greens and the separately boiled and strained tomatoes. Let boil for a few minutes and then add the meat balls prepared by mixing the ground meat with the salt, pepper, egg, fried onion and rice. Let the meat balls boil. You may serve with a tablespoon of sour cream in each bowl

## Borsh recipe (*Borș*) :

*500 g wheat bran, 300 g corn meal, 30 g yeast, one lemon, 2-3 slices bread*

For this you need a 5-6 quart non-metal container. Put bran and corn meal in. Add yeast (or solid leftovers from previous batch of borsh). On top of this, add boiling or very hot water to the top. After it cools off, add one sliced lemon (with peel), as well as the bread. Then, mix this concoction every morning and evening with a long-handled wooden utensil. Taste it after a few days, and if it is sour enough, place container in a cool place so that the liquid clears. The solid stuff will sink to the bottom. Then put the clear liquid in bottles and keep them in a cool place. The solids are to be kept in the same container and after you finish the borsh in the bottles, you can start again. You only add boiling water on top of it. Note: Don't leave the clear borsh to sit on the solids or it will turn bitter.

## Pork leg, baked (*Pulpă de porc la tavă*)

*A piece of the leg (approx. 1-2 kg), salt, a little lard*

Salt the meat and let sit for 30 minutes. Place in the lard greased pan, add 3-4 tablespoons of water and set in the oven, first at high heat until it starts to brown, then reduce heat. During the roasting, baste with the liquid in the pan. Keep in the oven for 1 to 1 1/2 hours.

Serve sliced, with sauted cabbage. Pour some sauce from the pan over the slices.

## Jellied pork (*Piftie de porc*)

1,5 kg pork feet and/or head (with ears), 1 onion, 2 carrots, 1 parsnip, 1 parsley root, 1 celery root, 2 bay leaves, 3-4 juniper berries, 3-4 garlic cloves, salt

Wash and clean the feet and/or head. If hairy, singe. Split the feet in two lengthwise and break the head with the mallet. Place in a large pot and cover with water so that there are 3-4 inches of water above the pork pieces. Boil over slow to medium heat. Remove the foam as it forms. Then add salt, vegetables and bay leaves. Cover the pot almost completely. Boil until the meat falls off the bones. Remove the bones and place the meat on the bottom of one or several deep plates. Chop the garlic, add some salt and mix with the meat broth. Strain and then pour on top of the meat in plates. Refrigerate so that it gels. To obtain a nice, clear jelly you have to boil slowly, with the pot almost covered. You can use beef feet or a mixture of pork and beef feet.





Made by Cristina

## Sour cabbage rolls (*Sarmale cu varză acră*)

*1 soured cabbage, 750 g ground meat (mixture of pork and beef is recommended), 4 large onions, 2 tablespoons rice, 1 bread slice, 3 tablespoons lard, 5-6 tomatoes or 1 tablespoon tomato sauce, salt, pepper 1 teaspoon paprika, thyme*

Grind the meat with the crust less bread slice (previously soaked and squeezed dry) and a raw onion. Place in a bowl and mix with rice, dill, pepper, salt and finely chopped onion slightly fried in two tablespoons of lard. Mix everything well. Then carefully remove the cabbage leaves, one by one, so that they do not tear. Cut larger leaves in 2 or 3 and then place a little meat in each cabbage piece and roll in. The smaller the rolls are, the tastier they are. Place a layer of rolls in the pan (take a deep one), then cover with a layer of chopped cabbage, and a little thyme, then a layer of thinly sliced tomatoes. Do this layering until all the rolls are made. The last layer must be tomato slices or add tomato sauce.

Boil, in the oven, with water and add paprika. Serve with boiled /quick polenta.

In all the regions of our country, whatever the relief is, 'mămăliga" (boiled /quick polenta) represents one of the main foods which may often replace bread. We usually eat 'mămăliga" with cheese, eggs, butter, cream or milk, with "sărmăluțe" (regular/sour cabbage rolls or grape leaf rolls), fried fish sprinkled with garlic juice or with pickled fish.

## Quick polenta (*Mămăligă pripită* )

*1/2 kg corn meal, 1/2 l water, salt*

Set the pot with water to boil. When the water is hot, add salt. Sprinkle a little of the corn meal. When it starts boiling, place a wooden spoon in the pot and start to gradually add the corn meal (rain-like). Keep mixing with the wooden spoon. When the polenta seems sufficiently dense, stop adding corn meal. Keep mixing, pressing the polenta towards the edges of the pot. When the polenta is cooked through, take the wooden spoon out and clean it with another wet spoon. Start gathering the polenta towards the center of the pot and let it boil for a few more minutes. After it has made a few more steamy bubbles, grab the pot with oven mitts, shake it a few times and pour the polenta on a wooden cutting board.

The quick polenta is softer than boiled polenta (the corn meal boil at low temperature for about half an hour and then, with a wooden spoon start mixing vigorously) and is served with fried eggs, cheese and sour cream, etc.



*Made by George*

## Sweet bread (Cozonac)

1 kg flour, 1 mug sugar (250-300 g), 2 spoons oil, 7 yolks, 4 egg whites, 300 g butter, 1 spoon rum, 50 g yeast, 1 spoon sugared-vanilla, 1 teaspoon salt, 1/5 l milk (more if necessary), raisins, walnuts, turkish delight, cocoa

Mix the yeast with half of the luke warm milk and a bit of sugar. In another bowl, mix 3 spoons of flour with 1 glass of hot milk and rub together. Add the melted yeast and mix strongly. Sprinkle some flour and let the leaven to rest.

Mix the egg yolks with salt and sugar until they become a foamy cream. Whip the egg whites until they harden. Melt the butter. The leaven should be risen by now, so add the yolks, remaining flour, 1 glass warm milk and the egg whites. Mix them well and beat the dough for 30 minutes. Add the oil, sugared-vanilla and the melted butter and keep on beating it until bubbles. Let it raise for 2-3 hours. Lubricate the griddle with butter and also your hand. Break pieces of the dough and fill the griddles. The griddles can be round as a cercle or square. Leave them another 30 minutes before you introduce them in the oven. Sprinkle nuts, raisins, turkish delight and bake for 40 minutes.



*Made by Augustin*

## New Year's Day Party

The start of a New Year is subject of joy and happiness most everywhere. Some people prefer celebrating it with family. In this case, the dishes will be plentiful, but traditional: sausages, jellied pork, cabbage rolls, turkey roast, and baked suckling pig, pie with fortunes. As beverages, plum brandy and wine.

Others prefer spending this time of the year in a festive environment. The menu will include: appetizers made out of seafood, pastries, poultry roasts, stuffed turkey, assorted fancy cookies, a few cakes, beautifully decorated layer cakes, ice-cream, a few different kinds of wine, champagne, fruits, coffee.

Young people prefer dancing to sitting down at the table. In this case, you may prepare a buffet with sandwiches, meatballs, olives, pickled fish, etc.



Made by Aura

## Boeuf salad (Salată boeuf)

1-2 parsnip roots, 2 carrots, 1 celery, 3-4 potatoes, 2 bell peppers in vinegar, 1 small box of fine pea, 3 pickled gherkins, 300 g pork, 10-12 olives, 200-300 g edible oil, 4 eggs, salt, mustard

You can use vegetables and pork rests from a pork soup or vegetables sauce. Chop all the vegetables in small cubes, the potatoes, gherkins and bell peppers, the boiled pork and 5-6 olives. Isolate one pepper, the rest of the olives, 1/2 carrot and a few peas for garnish.

Mix up all these and put on a large plate. Give with a knife any shape you want. Cover it with the remains of the mayonnaise and garnish with bell peppers, carrots, olives and peas. Keep it cold.



Made by Evelina Arabagiu

## Giblets soup

### (Ciorbă de potroace)

2 l water, 1 l Borsh, giblets and wings from one hen/turkey/goose or mixed, 1 carrot, 1 parsley root, 1 big onion, 1/2 celery root, chopped parsley and dill, salt, pepper

Boil the giblets and wings with the finely chopped vegetables. Remove foam and add salt. When the meat is tender, add the borsh that was boiled separately, the chopped parsley and dill and let boil for a few more minutes.

## Turkey with chestnuts (Mâncare de curcan cu castane)

*12 little turkey pieces, 1 tablespoon lard, 1 teaspoon butter, 1 teaspoon flour, 1 small onion, 750 g chestnuts, 1 1/2 teaspoon sugar, salt*

Fry the turkey pieces with lard until yellow. Pour chicken broth or water to almost cover, add salt and a whole onion and simmer, covered, until the meat is almost done. Remove the onion. Separately fry the flour until yellowish, add the turkey boiling liquid and caramelized sugar (1 teaspoon) to which a little more of the turkey boiling liquid has been added. Pour this sauce over the turkey pieces, add 1/2 teaspoon sugar, salt, butter and the boiled and peeled chestnuts.

Be careful to keep the chestnuts whole. Simmer until the sauce is greatly reduced. (The dish must have very little sauce.)



*Made by Vlad*

## Easter Party

Easter is a celebration of spring. In Romania, a lot of people go to midnight church service on this day and then they have the feast. They color a lot of eggs in many different colors. The artistically inclined decorate theirs to perfection.

A lot of lamb dishes are served. Also sweet-yeasted breads filled with walnuts, raisins and chocolate are very traditional at this time.

The Romanian spring brings with it, besides mild winds of revival, the charm of ancient customs. Easter religious traditions are definitely the most important of all. Cleaning the houses, wearing new clothes, the ritual bath before going to church, all these are supposed to mark a new beginning. After the long fast that is Lent, tables full of good dishes and brightened up with beautiful painted eggs create a festive atmosphere. Children look forward to their gifts: coloured eggs.

The Romanian Easter Eggs have various colours, not only red. Although initially they were painted in red only, during time the cooks developed greater, various colours. In some areas the women paint the eggs using natural beeswax and a pork hair blade as a "brush". The result is amazing.

## The Romanian Easter Eggs (*Ouă românești de Paști*)

Hard boil the eggs in salt water with vinegar. The vinegar prevents the eggs to crack. Remove from the water and dive them in the coloured water, or rub them with the colouring paste. Depends on the type of colours of each cook.

## Soup (sour) with lamb (*Borș de miel*)

*750 g lamb, 2 l water, borsh (to taste), 1 onion, 1 carrot, 1 parsley root, 1 green pepper, 5-6 tomatoes, 2 tablespoons rice, lovage, parsley and dill, salt, 1 egg*

Set to boil the julienne carrot, parsley root and onion. When the vegetables are half done, add the lamb pieces and salt, rice, peeled, seeded and chopped tomatoes. Remove foam, add the separately boiled and strained borsh (quantity to taste).

When the lamb pieces are almost done, add the chopped lovage, parsley and dill. At the end, beat one egg in.



During the Easter, people knock eggs with each other. It is said that those who knock eggs will get to see each other on the other world (after they die). This is why the close relatives and friends hurry to knock eggs. When knocking eggs people say "The Lord has risen" (says the knocker) and the reply is "Indeed he has" (answers the knocked one). The person who breaks the opponent's egg claims them both.

## Lamb roast

### *(Friptură de miel la tavă)*

*1,5 kg lamb meat (from legs), 1-2  
tablespoons lard, salt, a few garlic cloves*

Wash and dry the meat, salt and let sit for a half hour. Grease a roasting pan with lard, arrange the meat in, pour 2-3 tablespoons of water and place in the oven, first at low temperature, then increase the heat.

When it is roasted, place on a platter. Pour a few tablespoons of water in the roasting pan, add a few chopped garlic cloves and set it on top of the range where it should be allowed to come to a boil. Strain the liquid and pour it over the roast. Serve with French fries and salad to taste.

## Lamb onion and garlic stew

### *(Stufat de miel)*

*500 g lamb, 30 green onions, 30 green garlic,  
3 tablespoons lard, 1/2 teaspoon flour, 2  
tablespoons tomato sauce (or 500 g  
tomatoes), 1 tablespoon vinegar, salt*

Cut the meat in pieces and fry it with a tablespoon of lard. Then add the flour, let it fry a little and remove from heat. Cut the green onions and garlic in small pieces and fry separately in the remaining lard until slightly softened. Then place over the meat pieces. Add salt, tomato sauce or boiled and strained tomatoes, 2-3 tablespoons of water. Boil for a few minutes then set in the oven until the liquid is substantially reduced.

The Easter egg is cooked during the week before, never during Easter time itself. Its consumption represents the acknowledgement as a sacrifice and a guarantee for the rebirth.

### Lamb haggis (*Drob de miel*)

*Innards (heart, kidneys, liver, tongue, spleen) from a lamb, 2 onions, 3 eggs, 1 tablespoon mixed chopped parsley and dill, 5 tablespoon chopped green onions (green parts), salt, pepper, 1 spoonful butter*



*Made by Veronica*

The innards are boiled and then chopped small. Add the onion cut small, salt, pepper, chopped parsley and dill, chopped green onions, beaten eggs and mix everything well.

In a well greased pan, set the washed lamb stomach so as to cover the bottom and sides of the pan with room to spare. Arrange the ground meat mixture, cover with the sides of the stomach and bake. When ready, turn onto a plate and serve with green lettuce.

## Easter cake with cottage cheese (*Pască cu brânză de vacă*)

Sweet bread dough. Filling (more or less in quantity according to taste): 500 g cottage cheese, 100 g raisins, 3-4 eggs, 1 tablespoon butter, sugar to taste, a little grated lemon peel, salt

Mix the ingredients for filling to obtain a homogeneous paste. Roll a pencil thick sheet out of the sweet bread dough. Place in a baking pan. From another piece of dough form a long, finger thick roll and arrange it around the sheet, sticking to the walls of the pan. Place the filling within, without covering the roll on the edges. Make two more such dough rolls and place them over the filling in an X shape.

After the cake has risen a bit in a warm place, use a little egg wash over the dough rolls. Set in the oven to bake. Remove from the pan when it is cold.

## Papanași

### Ingredients:

2 eggs, 2 spoons butter, 300 g sweet cottage cheese, 3 spoons semolina, 1 spoon flour, salt, bread crumbs

### Preparation:

Mix well the cheese, eggs, flour, semolina, salt. Make balls as big as a walnut and flatten them between your palms. Place them to boil in a sauce pan with salty boiling water and leave them until they surface (15 minutes at a small fire).

Melt very little the butter without burning it. Drain the cheese balls, lubricate them with melted butter, sprinkle generously bread crumbs and sugar.

Serve very hot with sugar and sour cream.



*Made by Mihaela Țintea*

## Picnic

For a summer day spent with the family and a group of friends out in the nature, preferably prepare dishes that can be served directly, without eating utensils, plates, etc. Of course, it is easier to bring cold roast, hard boiled eggs and the like.



*Made by Zabuliche*



Made by Ana-Maria Ifrim

## Grilled minced meat rolls (*Mititei sau Mici*)

1 kg veal, 250 gr lamb, 500 gr pork 1 spoon salt, 1 head garlic, pepper, chilli, thyme, 3 spoons sour-cream, 1 spoon cumin, rosemary, juniper, 1 spoon sweet paprika

Mince the meats and mix them with all the spices and ingredients. Place the mixture in the fridge for a few hours. Make small cylinders of meat and grill them on a wooden fire. Before placing on the grill, grease them with oil and during grilling baste them with a mixture of meat broth and oil.

Serve hot with a mix of horse-radish and mustard or garlic sauce in which you added chopped dill, parsley and lovage.

# Everyday recipes

## Romanian Pouched Eggs (*Ochiuri românești*)

**Ingredients:** 1 litre water, 50 ml vinegar,  
1 spoon salt, 6 eggs

### Preparation:

Boil the water with the vinegar and salt. Break the eggs in a mug, do not mix them, keep them as intact as possible. Put the eggs in the boiling water. Remove them with a filter after 2 minutes. Place them on lettuce or fill in some tomatoes.

## Omelette with ham (*Omletă cu șuncă*)

**For one person:** 2 eggs, 50 g ham, 2  
tablespoons milk or 1 teaspoon sour cream,  
1 teaspoon lard, salt

Beat the eggs until foamy, add the milk or sour cream and the salt. Cut the ham, mix it with the beaten eggs and fry everything in hot lard, first on one side, then the other.

You may replace the ham with bologna. Serve immediately.

## Soup (sour) with chicken (Borș de pui)

*1 chicken, 2 l water, borsh (to taste), 1 parsley root, 1 carrot, 1 onion, 2 tomatoes, 2 tablespoons rice, 1/2 tablespoon mixed chopped parsley and dill, 1 egg, salt*

Set to boil the julienne carrot, parsley root and onion. When the vegetables are half done, add the chicken pieces and its gizzards, salt, rice, peeled, seeded and chopped tomatoes. Remove foam, add the separately boiled and strained borsh (quantity to taste).

When the chicken pieces are almost done, add the chopped parsley and dill. At the end, beat one egg in.

## Fish made like in the Danube Delta (Pește ca in Deltă)

2 kg fish (different species), 100 ml wine, 200 ml oil, 50 g tomato sauce, 500 g tomatoes, 50 g flour, savory, pepper, garlic, salt

Wash and clean the fish very well, cut it in pieces. Put the salt, pepper and savory on the pieces of fish. After that, put the pieces into flour one side and then the other one. Then fry them in hot oil. In the oil then fry the pepper which has been cut into little pieces, and then put it in the tomato sauce and cook for 30 minutes.

Put the pieces of fish into a pan, put the wine and cover with tomato pieces and put the pan into the oven to cook for 10-15 minutes.

## Moldavian croquettes (Părjoale moldovenești)

*500 g ground meat, 3 onions, 1 egg, 2 slices white bread, 1 tablespoon lard, chopped parsley and dill, salt, pepper, lard for frying, bread crumbs*

Grind the meat with a raw onion, soaked and squeezed bread and two finely chopped and lightly fried (in a tablespoon of lard) onions. Place the mixture in a bowl, add an egg, salt, pepper and chopped parsley and dill. Mix everything well.

Take tablespoons of the mixture and with wet hands shape into round or oval patties. Then bread them and fry in hot lard on both sides.

For the meat you can use beef, pork, mutton, chicken breast or mixed beef and pork. You may replace the chopped parsley and dill with chopped garlic.

Serve hot, with mashed potatoes, vegetable saute, lettuce or pickles.

## Carp, marinated (Marinată de crap)

*1 kg carp, 3 tablespoons oil, 2 tablespoons flour, salt, 1 cup vinegar, 1 cup water, 3-4 juniper berries, 2-3 bay leaves*

Clean and wash the carp, cut into pieces, salt and let sit for a half hour. Pat dry each piece, dredge with flour and fry in hot oil on both sides, at low temperature. Arrange the nicely fried pieces in a bowl or jar and then pour over them the vinegar which was boiled with water, salt, juniper berries, bay leaves and sugar. When the vinegar is added to the fish, it has to be cold.

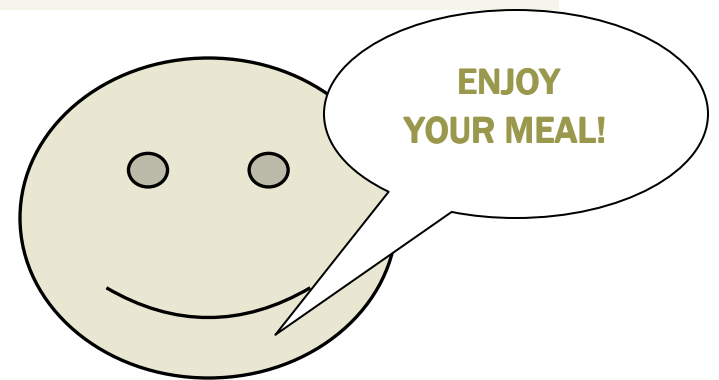
Serve after 2-3 days.



## Pepper sections in vinegar/ (*Gogoşari taiiaşi in oţet*)

*Bell peppers, for each 1 l vinegar: 1 1/2 cups water, 1 heaping tablespoon salt, 2 tablespoons sugar, 1 tablespoon honey, a few bay leaves, a few juniper berries, tarragon*

Quarter the washed and dried peppers; throw away the cores and seeds. Arrange in glass jars. Set to boil the vinegar with the water, sugar and honey (or replace honey with another 1/2 tablespoon sugar). Add the bay leaves and juniper berries and let boil for a few minutes. Pour while hot over the peppers in jars. Pour gradually, with the ladle, so that the jar does not break. The jar must be wrapped in a wet cloth. Place a handful of washed tarragon on top of the peppers, cover the mouth of the jar with a dessert plate and let sit until the next day. The next day the vinegar level will have decreased so add some more vinegar mixture (prepared as before) to fill the jar. Leave for 2-3 hours and if still needed, add some more vinegar mixture. On the inside of the jar, just at the mouth, add two sticks to form an X. Tie a double layer of cellophane and keep in a cool place.



# “Expanding boundaries” - COMENIUS Project

Edited by students from 6th grade

Assisted by

Cornelia Ioniță, Viorica Scarlat, Lucica Barbu, Stela Costea  
and  
Marinela Dincă, *COMENIUS Co-ordinator Project*



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