

Traditional Romanian Food

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About Romanian cuisine

- **Romanian cuisine** is a diverse blend of different dishes from several traditions with which it has come into contact, but it also maintains its own character. And even though the next **traditional Romanian foods** we are going to present to you can be found in other Balkan countries (and not only) as well, they are part of the Romanian culture and part of what makes this country such an amazing one.



Aperitifs

- Cheese tart
- Mini tarts with egg and spinach
- Baked Stuffed peppers
- Oriental Salad
- Pig meat jelly
- Boeuf salad
- Eggplants salad



Boeuf Salad

This salad includes the proper salad and also a mayonnaise.

The salad:

- Tomatoes 500g
- Carrots 250g
- Celery 200g
- Parsnip 200g
- Green peas 100g
- Pickles 200g
- Boiled Eggs 4 eggs
- Mustard 50g
- Pepper and Salt

The Mayonnaise

- 1 egg
- 250ml of oil

Difficulty: Medium

Preparation time: 30-60mins



- How do we prepare the salad?

We clean all the vegetables except for the potatoes and the green peas, we wash the vegetables and we put them on boiling with a little bit of salt.

The potatoes are being washed and put to boil in water with salt.

After the vegetables have boiled, we pull them out and we let them cool off.

The Mayonnaise

We put the entire egg in a bowl, we add a little bit of salt and we put all the oil and then we mix, the mayonnaise is going to start forming without any movements if you use a vertical mixer.



The entire Boeuf Salad:

All the vegetables and the potatoes are being cut into tiny pieces and we mix them along with some pepper and if needed, we add salt (by everyone's taste)



Main dish

- Pork steak with cinnamon flavor
- Pork fillet with rosemary flavor
- Pork steak with wine sauce
- Chinese steak with apricots sauce
- Soup
- Pork steak with mashed potatoes and red sauce
- English pork with pumpkin
- Marinated pork
- Apricots with spicy pork
- Oven cooked Turkey pulp with apples



Pork Fillet with rosemary flavor

Ingredients

- Pork fillet 800g
- Rosemary 4 pieces
- Garlic 2 pieces
- Potatoes 500g
- Butter 60g
- Onion 2 pieces
- Pepper & Salt

Difficulty : medium

Preparation time : 30-40mins



How do we cook it ?

Wash the potatoes and cut them in half. Slice the onions into little pieces. Sprinkle salt and pepper over the meat (By everyone's taste)

Afterwards seal the meat into a little oil on high temperature.

Next, put butter into a thermo resistant pot and add the pork fillet, the potatoes, the onion, the rosemary and the garlic. Add a couple of butter pieces over the top.

Cook it in the preheated oven at 170° (*Celsius*) for about 30-40 minutes.



Special Delicacies you can find in Romania!

- “Sarmale”
- Traditional sausages
- Belly soup



Sarmale

Ingredients

- Minced meat 500g
- Onions 2
- Carrot 1
- Capsicum (Pepper) 1
- Rice 200g
- Broth (made of tomato) 1tsp
- A cup of tomato sauce
- Borsch 500ml
- Pickled Cabbage 1-2
- Oil 4 tsp
- Dill, parsley
- Salt, pepper



How to cook Sarmale?

The leaves of the pickled cabbage are being separated and they are washed.

The onion is cut into little slices and it's drained in oil, then you add the carrot and the capsicum cut into tiny pieces as well . When the onion becomes transparent and the carrot is soft, you add the broth and keep it for a couple more minutes into that hot oil. We take the pan from the cooker and let the drained vegetables to cool off.

The 'sarmale' are made by putting the minced meat along with the other ingredients mixed together and covered by a leaf of cabbage.



Now, we need a big pot, we put some leaves of the pickled cabbage on the bottom, then the “sarmale” in levels until we fill the pot , between each level we put thyme afterwards we again put leaves of pickled cabbage and we add water and a little bit of pickled cabbage juice until the level of the water is over the Sarmale, you add a little bit of thyme and then the pot is being put under medium intensity fire. After the water boiled for the first time we set the fire to low intensity.



Sweets

- Christmas cake with cinnamon
- Negress with cranberries and cinnamon
- Apple stuffed cake
- Snickers cookies with walnuts and caramel
- Walnut snails
- Sweet bread
- Sweet bread with walnuts
- Homemade biscuits
- Lard cookies
- Snow queen
- Carpathians cake



Sweet bread

Ingredients:

- Sugar 200g
- Flour 400g
- Baking powder 2 tbs
- Salt 1 tbs
- Eggs 2
- Milk 200ml
- Oil 2/3 c



How do we cook sweet bread?

Instructions

- Grease 6 mini loaf pans and preheat oven to 350 degrees.
- Combine sugar, flour, baking powder and salt.
- Beat eggs, milk and oil.
- Gradually add dry mixture to wet until just moist.
- Pour batter into pans an inch below to compensate for rise. Optional: sprinkle sugar on top.
- Bake 40 minutes.



Traditional Romanian Drinks

Some drinks that Romanians enjoy during Christmas holidays are :

- Tuica (plum brandy)
- Afinata, zmeurata, visinata (blueberry liquor, raspberry liquor, sour cherries liquor)
- Traditional Romanian wine



Romanian food is a temptation for anyone with an appetite for large and succulent portions with meat as the almost omnipresent main ingredient. As Romanian people make a feast of all major religious celebrations, food is bound to be abundant and delicious. This is why always is such a great time to make a culinary tour of Romanian food.

Thank you!