

E-book:
National Moldovan Cuisine
eTwinning Project:
Health issues among teenagers
in Europe.
Group from the
Republic of Moldova
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ZEAMA

Ingredients:

1 whole chicken smaller cut;
about 3 litres of water ;
3 tsp salt ;
1/8 teaspoon black pepper ;
1 medium onion ;
1 carrot ;
1/2 fresh tomato;
about 2 cups homemade egg noodles ;
3 tablespoons lemon juice (sour soup or house, if you have)
1 tablespoon chopped lovage leaves , or a stalk celery ;
1/4 cup finely chopped fresh parsley;
1/4 cup finely chopped fresh dill;
3-4 sprigs fresh thyme.

Method of cooking:

Zeama traditional Moldovan recipe is made with homemade noodles that give a special flavor to the recipe. If you do not have time to prepare noodles, you can use the ones from the store.

Wash the chicken and place in a deep saucepan, pour water and bring to boil over medium heat. The meat will form foam .In the mean time cut the onions, carrots, tomatoes.

Using a separator, to remove all foam pan.

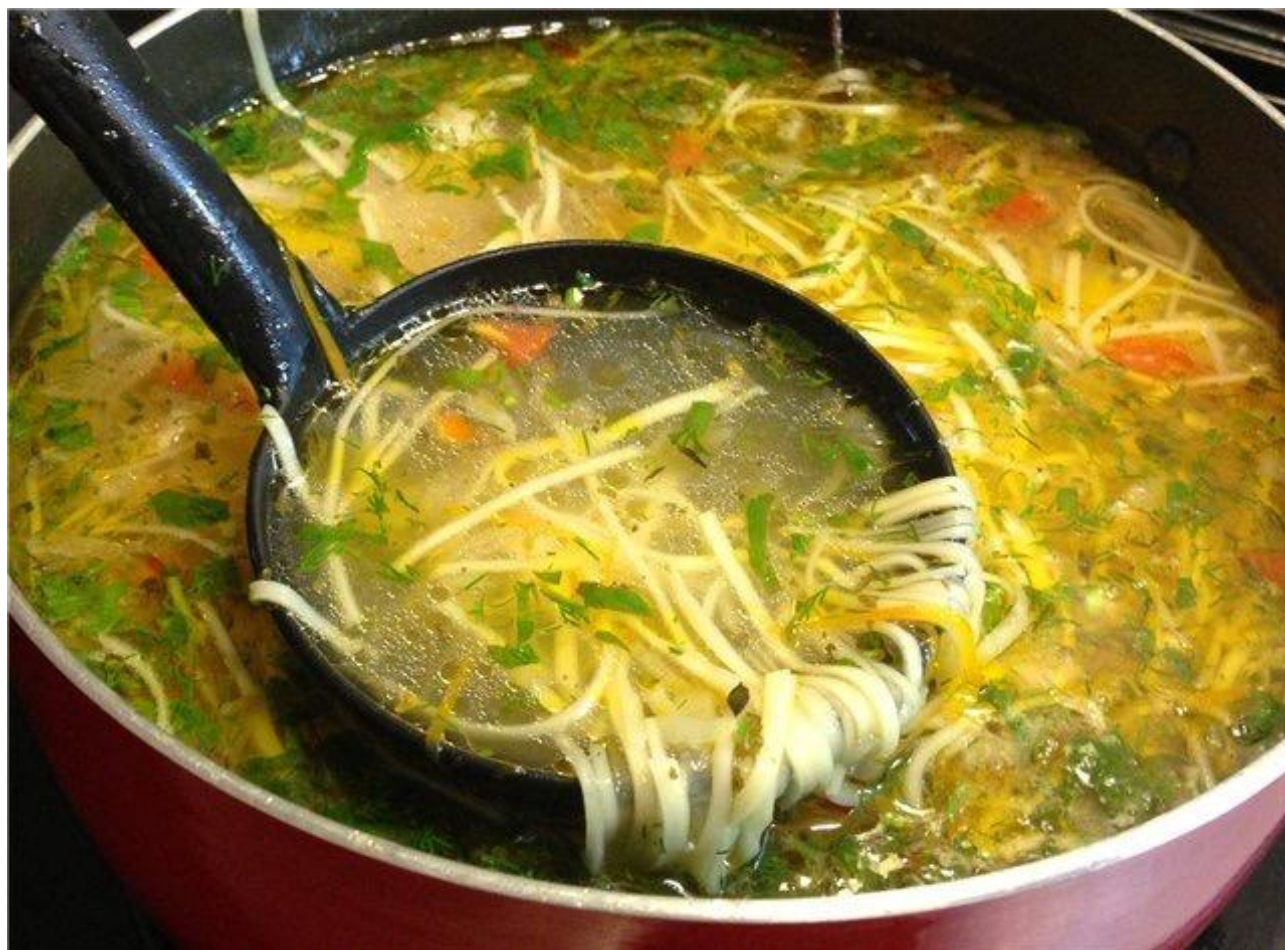
Place in saucepan onions, carrots, tomatoes, salt and pepper. If you want you can place and potatoes.

Prepare egg noodles .

When meat and vegetables are almost done, we add noodles and lemon juice (or if we put sour soup). Mix well, and leave about 3-5 minutes.

Add greenery, shut the fire off and cover the pot still 5 minutes to blend flavours.

Serve soup with bread and sour cream if desired.



Pancakes with eggs and mushrooms

Ingredients:

1kg milk
2 glasses of white flour
6 eggs
Salt, sugar, oil
1kg Mushrooms
Some leek

Method of cooking:

We pour the flour in the milk and mix it, until we get an homogeneous mass.

Half of the eggs will be creamed separately and then poured into the mixture.

We then add one spoon of sugar and one of salt, also a little oil.

The pan is to be put on fire and we are to wait until it warms up.

Then we pour a little of the mixture at a time in the pan, making sure it covers the whole surface, so that we gate a solid thin flat piece of mixture on the pan.

We remove it and put it on the table.

After we repeat the process until the mixture is over, we slice the mushrooms and the leek, also cut the remaining eggs in small parts, obtaining a salad of some sort.

We take a flat pancake and pour some of the salad on it.

We then spin the pancake until we get it round and filled with mushrooms an eggs.

Enjoy!



Mamaliga

Ingredients: 1.flour of corn: 300 g.

2.salt: 1 spoon

3.oil: 1 spoon

4.water: 1 l.

Method of cooking:

Put the flour into a bowl and pour cold water on it (about 1/3 from the entire quantity of water) and mix it until the flour will become soft.

Pour in a pot of about 3l. capacity the remaining water and put it on boiling.

When the water heated add the salt and the oil.

When the water become to boil add the soften flour, decrease the fire quantity and mix it during 10-15 minutes.

Then, make the surface smooth, cover the pot and leave it at 2-3 minutes.

Take a wood board and overflow the mamaliga.

It is ready!



Ghiveci

Ingredients:

200 g rice
3 carrots
4 onions
3/2 capsicum (red pepper)
1 spoonful of dill
2 cups water
300 ml tomato broth
Oil
Salt
Black pepper

Method of cooking:

Clean and chop the vegetables, and fry them in oil until the onion has a tinge of transparency. Add the rice and stir, then leave it like that for 2 or 3 more minutes. Add the salt, black pepper and the dill. Pour hot water over all of this consistency so that it covers them it up nicely. Cover and leave it until the rice is almost boiled. Add the tomato broth, stir and leave to boil gently until the sauce binds with rice and vegetables. It is served warm but it's also very good when it's cold, especially in winter. Enjoy!



Răcitură

Ingredients:

- 1) meat (poultry, beef, porc)
- 2) water
- 3) salt
- 4) carrot
- 5) parsley

Method of cooking:

- 1) Take a pot, fill it on half with water, salt the water and put the pot on fire.
- 2) Till the water starts to boil prepare the meat. Wash it and cut on pieces.
- 3) When the water reaches the boil temperature add the meat and let it boil at little fire for 5-6 hours, till the meat gets off the bones.
- 4) Put the meat in bowls/plates and pour the sauce on it. Put the dishes in the fridge or another cold place.
- 5) Răcitură is served the next day after it got cold and can be decorated with boiled carrot and parsley.

