

Romanian Traditional Christmas Food

In Romania the traditional food is very important and for example we have **JULFA** which is a popular traditional food in Romania. Usually this food is consumed before Christmas, it is also called the Lord's Dipper (Scutecele Domnului).



The recipe is:

For the dough (cakes) you need:

- 300gr. flour
- vinegar (1 tablespoon);
- lukewarm water (approximately 150

ml);

- 1 pinch of salt;
- 1 tablespoon of oil.

Mix all the ingredients and knead until you get the dough. Divide it into equal parts and make the pancakes with a paddle. Afterwards, bake either on the stove (as before) or in a Teflon pan, but without oil, in the oven or even on the grill.

For cake syrup:

- 500 ml of water;
- 200gr of sugar;
- Honey.

After the sheets (cakes) have dried, soak them in syrup on both sides. How do you prepare the syrup? Boil the water with the sugar for about 10 minutes, then add the honey.

Ingredients for julfa:

- 500gr hemp seeds;
- 200gr of sugar.

For the julfa you have to grind the hemp seeds. If you don't have a mill, you can grind them in a grinder or even in a food processor. Divide the crushed seeds into 4 pots, pour over them the water you heated on the fire and mix until you get a kind of milk. It is strained and boiled again until it boils. A coarse foam

will form on top, which is actually the cream between the cakes, and you can sweeten it as you like.

The last step is to "assemble" our Moldovan dessert: a cake, a layer of julfa, and so on until the dough sheets are finished.

The julfa cake is served with pleasure by those who prepare it, and with lust by those who enjoy it! Good appetite!