

ROMANIAN TRADITIONAL RECIPES

Type of dish: Starter

Eggplant salad-salata de vinete

Timing:30 MIN

Difficulty:  easy

Ingredients for 4 people

- 3-4 large eggplants,
- 1 onion,
- 8-10 spoonfulls of oil,
- Salt



Preparation:

Bake the eggplants than peel and drain them.

Chop them on a wooden cutting board with a wooden cleaver and put into a bowl.

Add to the eggplant the chopped onion and salt. Mix well.

Add oil a little bit at a time, all the while stirring rapidly until the mixture attains the consistence of mayonnaise.

Advice of preparation(tips):

Peel the eggplants while they are hot. You can mix them with the blender too but they will not be so tasty. You can add, if you like ,chopped garlic and/or mayonnaise.

Link to tradition:

This is a very traditional meal. Rich and poor used to prepare and eat it especially in summer and autumn. It can be hardly found in some other European countries.

Type of dish: Starter

Been Dip- Fasole batuta

Timing: 1 h, 30 MIN

Difficulty:  easy

Ingredients for 4 people

- A pot of beans (1/2 kilo)
- 2-3 large onions
- Oil
- Garlic

Preparation:

Boil a pot of dried beans until very well done, Then dry them.

Put into a large bowl and mash them adding a bit of oil from time to time.

Mince some garlic and mix.

Fried the onion in oil and serve together with the beans

Advice of preparation(tips):

It is better to change ones the water in which you boil the beans.

Link to tradition:

This is a very traditional meal. Rich and poor used to prepare and eat it especially in winter period of feast. It can be hardly found in some other European countries.



Type of dish: Main course

Stuffed peppers with meat and rice- ARDEI UMPLUTI

Timing: 1 h, 30 min

Difficulty:  medium

Ingredients for 4 people:

- 8 large green/ red peppers,
- 1 kilo meat,
- 1 cup rice,
- 2 onions,
- Salt
- Oil
- Dill
- Parsley
- Tomato paste
- 1 cup of flour
- 3-4 spoonfuls of oil
- 4-5 sliced tomatoes



Preparation:

Wash, de-stem and de-seed peppers.

Leave them with open side down to drain.

In a vessel mixed the meat, minced onions, the rice and the tomato paste.

Add salt and pepper to taste and then put the parsley, and when are well mixed, stuff peppers.

Cover each pepper with the top of a tomato and put peppers into a baking dish.

Make a sauce with 1 cup flour browned in 3-4 spoonfuls of oil and 4-5 sliced tomatoes, then pour sauce over the peppers.

Fill baking dish with water, add salt and sprinkle a handful of chopped dill and parsley over peppers.

Put into oven on low heat.

Check rice from time to time to see if it is cooked, and add water and several tbs. tomato paste to refill the dish.

Advice of preparation(tips):

The same recipe can be used to prepare stuffed tomatoes, eggplants, marrows. Add some cream on top...and the taste will be extra.

Link to tradition:

Meat and rice together are very traditional for our people in addition with different vegetables.

Type of dish: Dessert

Sponge cake- Chec

Timing: 1 h

Difficulty:  medium

Ingredients for 2 pieces:

- 10 eggs - 2 cups sugar
- 2 cups flour
- 2 spoon of cacao
- Vanilla essence and rum
- 100g nuts

Preparation:

Styr very very well the eggs.

Put slowly the sugar and vanilla essence.

Incorporate the flour mixing slowly.

One cup of the mixture has to be mixed with cocoa and rum.

Put the mixture in a special form for cakes dressed with cooking paper.

On the top you put the cup of mixture with cocoa and rum and spread the nuts above.

Put it in the oven and let it for 30 min.

Advice of preparation(tips):

The same recipe can be used with slightly changes and different other mixtures.

Link to tradition:

It is a very easy cake to prepare for a Sunday in family

