



*“Food is a central activity of mankind  
and one of the single most significant trademarks of a culture.”*

Mark Kurlansky, 'Choice Cuts' (2002)

Regional culture can be manifested through a variety of forms and practices. Visually, it is reflected in traditional outfits or architecture and it can be traced in regional customs which are celebrated from father to son. Culture is also strongly represented in literature, both the oral traditions and the written works. Last but not least, the regional cuisine constitutes a very significant manifestation of culture.

Here in this booklet, we present the selected traditional dishes of the Czech Republic, Lithuania, Poland, Romania and Slovakia.

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#### Partner schools in the project

Spojená škola (Detva, Slovakia) – coordinating school <http://www.sssdetva.edu.sk/sk>

Střední odborná škola obchodu, užitého umění a designu (Pilsen, Czech Republic) <http://www.nerudovka.cz/>

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Colegiul Tehnic Baş (Baş, Romania) <http://colegiultehnicbals.ro/>

# 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. It has been mainly influenced by a series of European cuisines such as the Austrian cuisine, German cuisine, Greek cuisine, or Hungarian cuisine, yet it also includes culinary elements stemming from the cuisines of the Slavic-speaking countries of Eastern and Central Europe, most notably Serbian and Bulgarian as well as Polish, Ukrainian, and Russian.

## STARTERS/SOUPS

### Rădăuți Soup



Ingredients:  
2 chicken breast  
3 carrots  
1 celery root  
1 parsnip  
1 onion  
4 garlic cloves  
2 egg yolks  
230 grams (1 cup) sour cream  
Juice from 1 lemon  
1 parsley bunch  
Salt and pepper to taste



#### Preparation:

- In a soup pot, add 3 or 4 litres of water and the chicken parts. The water amount depends on your soup pot size. Boil for at least 1 hour, skimming the foam each time it rises to the surface.
- Add the carrots, celery root, parsnip, onion, and boil for 30-45 minutes, or until the vegetables are cooked.
- Remove the vegetables and the meat from the pot. Discard the onion and the parsnip. Shred the carrots and the celery root with a grater, and chop the chicken meat into pieces. Put the vegetables and meat back in the pot.
- Put 2 ladles of soup in a bowl and let them cool for 2-3 minutes.
- In another bowl, beat the egg yolks and mix with the sour cream. Press the garlic and add it to the cream mixture. Gradually add the 2 ladles of soup and whisk well. This will help temper the sour cream mixture, so that it won't curdle.
- Add the lemon juice, salt and pepper to taste, and let the soup boil for another 5 minutes.
- Turn off the heat, then add the sour cream mixture while stirring continuously with a whisk.
- Add the finely chopped parsley and serve.



### Potato soup with smoked meat and sour cabbage juice

Ingredients:

Smoked meat 700 gr.	1 yellow onion
2-3 oil spoons	2-3 carrots
½ kg potatoes	2 red peppers
1 bay leaf	2.5 l water
salt and pepper	2-3 tomatoes
1 liter sour cabbage juice	parsley and lovage

### Preparation:

- peel the onion, wash and chop it, then put it in the boiling pot adding the oil; let it simmer;
- chop the pepper, cut the carrots into thin slices and add it to the onion;
- wash the smoked meat with cold water and cut it into medium pieces
- after boiling the vegetables, add the smoked meat and about 2.5 liters of water, salt and pepper and cover the boiling pot, let it boil;
- peel and wash the potatoes, cut them into medium pieces, cut the tomatoes into small pieces;
- when the smoked meat is almost boiled, add the potatoes and the tomatoes, cover again the pot and let it boil for about 30 minutes more.
- add lovage and the sour cabbage juice, boil about 5 minutes and turn off the heat;
- add parsley and serve.

### Images:



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### Zacuscă

#### Ingredients:

- 4 kg eggplants
- 2 kg pimientos (pepper)
- 1 kg red/bell pepper
- 1 kg onion
- 1 liter tomato juice
- 750 ml oil
- 3-4 bay leaves
- salt
- black pepper



#### Preparation:

1. Bake or broil the eggplants, bell peppers and pimientos, peel them and let them drip on a sieve.
2. Peel, wash and slice the onions and slice them into half moons.
3. Slice the pimientos and the bell pepper into about 0.5/2-3 cm long pieces.
4. Smash the eggplants.
5. Put the oil in a large pan. When it is hot enough, add the onion..
6. When the onion has softened, add the pimientos, the bell pepper and the smashed eggplants.
7. Add the bay leaves, a salt and black pepper to your own taste and let it all simmer about 1 hour.

Stir from time to time.

8. When the oil has come to surface, add the tomato juice, taste, add more salt if needed and let it simmer for 30 minutes more. Turn off the heat.

9. Meanwhile, prepare clean, dry jars. Put the empty jars on a metal tray and fill them with zacusca.

Put the metal tray with the jars in the oven (without caps) and “bake” it for 30 minutes more.

10. Turn off the oven, let them cool a little. Take it out, put the caps and store it for winter or lent periods.

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## MAIN COURSES

### Carp Saramura



Ingredients:  
4 carp slices (about 2 cm thick each)  
1 hot pepper  
4 small tomatoes (cherry)  
3 red peppers  
1 liter water  
Dry dill  
2 garlic cloves  
black pepper  
2 bay leaves  
salt

Preparation:

- Clean the fish, wash it well, bloat and grill or fry it on both sides.
- Do the same with the tomatoes, the red pepper and the hot pepper.
- Once you have all grilled, put the fish in a heat proof pan.
- Prepare *saramura* by boiling the water with salt, oil, garlic, dill, black pepper until it gets to the boiling point, then, add the vegetables and the tomatoes, the red pepper and the hot pepper.. Let it boil 3-4 minutes more, then pour over the fish. Make sure the liquid covers the fish.
- Put it in the oven 10-15 minutes at 200°C. When it is ready, add green parsley. Serve it with polenta.

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## Mici



1 tsp of baking soda  
1 tbsp of lemon juice  
1 kg ground beef  
250 gr. ground beef suet  
2 cups of beef broth  
1 tsp of salt  
½ tsp of black pepper  
2 tsp of summer savory\*  
¼ tsp ground cumin  
¼ tsp of ground coriander  
¼ tsp of ground all spice  
1 tsp of paprika  
¼ tsp of cayenne pepper  
5 garlic cloves, minced  
2 tbsp of oil (for brushing)

## Preparation:

- In a small glass dissolve the baking soda with the lemon juice
- In a large bowl put the meat with all of the ingredients and the dissolved baking soda (except the oil). Mix thoroughly all of the ingredients. Add the broth in stages, mixing well after each addition. The meat mixture needs to get to a consistency that will allow modeling in small sausage shape, you do not want your mixture to be too loose. Depending on your meat water content, you may not need all of the broth to be added. You also want your mixture to incorporate enough liquid so the grilled "Mici" will be juicy. Refrigerate overnight for the meat to absorb flavors.
- Take the meat out of the refrigerator and with wet hand, form the "mici" in a cylinder shape 2-3 inches long and 1 inch thick.
- Put them on a foil lined tray and continue to form "Mici" until all of the meat is finished. Brush them with oil.
- Grill them on high heat, preferably on coal, not gas. Flip them to cook on both sides and cook them to your desired doneness. They are very good when done with just a little pink inside, and very juicy.
- Serve with mustard, bread or French fries next to a cold beer.

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### Pork Jelly



#### Ingredients:

- 1\2 kilo of pork legs
- pork rind
- an onion
- 2 carrots
- a celery
- 2 bay leaves
- 3-4 cloves of garlic



#### Preparation:

- Wash the meat thoroughly and peel the garlic cloves.
  - Put the meat and all the garlic in a pot with water and salt (water should cover the meat) and let it simmer for 3 hours, or less, depending on the meat. It is ready when the meat is tender and you can pull the bones away easily. During boiling, you have to make sure to take the foam frequently, so the water can stay clear.
  - When the meat is tender, and the soup becomes thicker, the boiling part is finished.
  - Take out the meat (throw the bones away), cut it in smaller pieces and divide it in small bowls.
  - Pour the strained soup in the bowls, let them cool down and after that place them in the fridge until the next day. The jelly will be very thick, you don't need any gelatin.
- For a better aspect, you can add into the bowls some green beans and slices of carrots.

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## Sarmale/ Cabbage Rolls



### Ingredients:

2 tbsp vegetable oil  
1 large onion chopped  
1/2 cup long grain  
rice uncooked  
1 kg ground pork or  
whatever meat you prefer  
1/4 cup parsley chopped  
1/4 cup fresh dill chopped  
salt and pepper to taste  
2 kg sour cabbage leaves  
15 slices bacon chopped  
4 cups tomato juice

### Preparation:

-Preheat the oven to 375 degrees.

-Heat the oil in a skillet, add the onions and cook until softened and translucent. Add the rice and cook for another minute.

-In a large bowl, add the ground pork, salt, pepper, parsley, dill and the onion and rice mixture. Be careful with the salt, not too much is needed because the sour cabbage is already salty. Mix well using your clean hands.

-Remove all the cabbage leaves and cut each leaf in half. Romanian cabbage rolls are traditionally smaller than the Polish cabbage rolls, so that's why I recommend cutting each leaf in half, otherwise you can use the entire leave for one roll.

-Fill each leaf with about a couple tbsp of the meat mixture and roll. Repeat with all the remaining meat and cabbage. If you have any cabbage left over, chop it up and spread it over the bottom of a big pot.

-Put all the rolls in the pot, add the chopped bacon in between the cabbage rolls and add the tomato juice over the rolls. Add more water if needed, the juice should cover the cabbage rolls entirely. Cover the pot with aluminum foil or a lid.

-Place in the oven and bake for 2 hours, remove the foil or lid and place back in the oven and cook for another 1 1/2 to 2 hours. Serve hot with a bit of sour cream on top.

### Images:







## CAKES

### Carpatians Cake



#### **Preparation:**

-Beat the eggs with the sugar, add gradually the oil, milk and the sodium bicarbonate, a little salt and the flour. Knead the dough well and put it in the fridge for 30 minutes. Bake 7-8 layers on the back of the oven tray.

-Melt the sugar. When it's melted, add the flour mixed with the cocoa stirring continuously. Add the hot milk little by little and stir on. After finishing pouring the milk, take it off the heat and add the butter sliced into smaller pieces. Mix well and put it in the fridge.

-Put the first layer in the tray, cover it with cream and

repeat the operation until you finish the layers and the cream. Do not cover the last layer. Save a little cream to ornate.

-Cover the cake with a towel and put something heavy on it so as to make it straight. Leave it till the next day.

-The following day cut it into 5-6 cm long lines and then each of them on a diagonal (as shown in the pictures). Stick one to another using the saved cream. Do the same on the outside of the cake, than ornate with pecans or coconut.

#### **Ingredients:**

##### **For 8 layers:**

**3 eggs**

**1 cup of oil (about 200ml)**

**1 cup of milk (about 200ml)**

**1 cup of sugar (about 200 gr.)**

**1 teaspoon sodium bicarbonate**

**flour ( enough to make a dough that could be rolled on the back of an oven tray)**

#### **For cream:**

**2 liters of milk**

**2 packets of butter**

**800 gr. of sugar**

**13 spoons of flour**

**4 spoons of cocoa**

**rum flavor**

#### **For decoration:**

**200 gr. of shelled pecans  
or coconut**

#### Images:





## Poale-n brâu- cheese pie

The name of 'poale-n brâu' comes from the way of packing the dough which consists in rolling the dough from the edge to the center of the cake, folding a little over it so that the composition does not come out of the dough. The popular 'poale-n brâu' pie is the basis of all Romanian pies.

Ingredients for the dough: 250 grams of flour, 2 eggs, 20 grams of yeast, 50 grams of sugar, 150 milliliters of milk, 50 grams of butter, 5 grams of salt.

Ingredients for the composition: 250 grams of cheese, 2 eggs, 150 grams of sugar, lemon peel and raisins by taste.

### Preparation:

At the beginning, scour the flour and then dissolve the yeast in milk with sugar. Afterwards, add the eggs in the middle of the flour, put the yeast and stir until it reaches an average consistency so that it can be stretched without problems.



The last ingredient added in the dough will be the butter, and we will knead it for about 10-15 minutes. After that, let the dough covered for 30 minutes, while preparing the composition for the cheese.

The ingredients above-mentioned for the composition are placed in a container and mixed, and the dough is then cut into eight or ten pieces. On each of these, put a spoon of composition and fold in a form of a return envelope.

Then, take the corners and put them in the center of the piece of dough which must be cut in the form of a square. Then, the cakes are placed in a tray greased with a bit of oil. Afterwards, let them there for 10 minutes, put them in the oven at a temperature of 170 degrees Celsius. The pie must be baked for about 30-40 minutes.

At the end let them cool and than serve.

Images:



## Cozonac

Romanian *cozonac* is a slightly sweet yeast-raised egg bread, similar to *houska*, that is traditionally eaten for Easter, Christmas and New Years. Bulgarians call this bread *kozunak*. It's considered the Italian panettone of the Romanians. When the cozonac dough is filled with farmer's cheese, it becomes a *pasca*, similar to a Polish *kolacz*.



**Ingredients:**

1 1/4 cup milk  
3 1/2 cups all-purpose flour (plus 2 1/2 tablespoons, separated)  
1 (1/4 ounce) package active dry yeast  
4 egg yolks (room-temperature)  
3/4 cup sugar (superfine)  
4 ounces raisins (light or dark)  
1 lemon (zest only)  
4 ounces butter (melted)

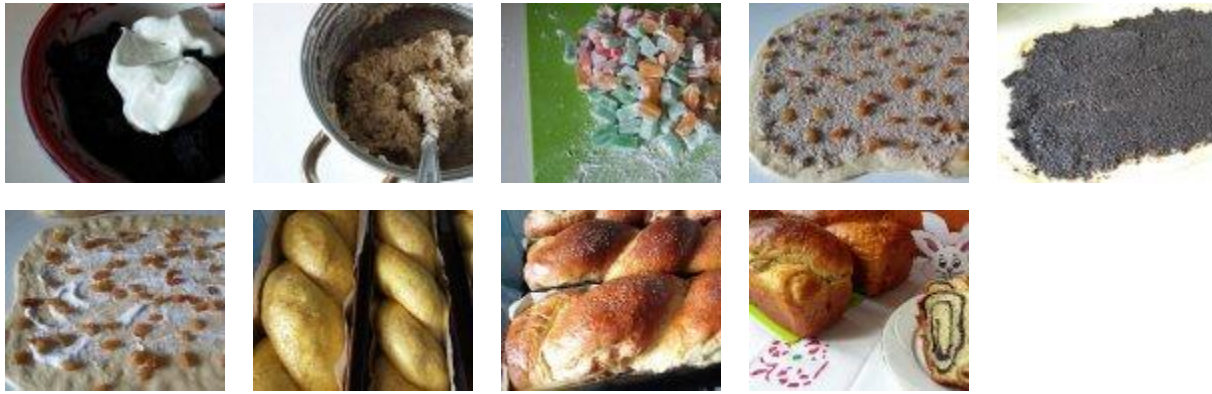
1 tablespoon dark rum  
1 teaspoon vanilla extract  
1 tablespoon vegetable (or canola oil)  
1 large room-temperature egg yolk mixed with 1 tablespoon water  
Optional: 1 ounce walnuts  
Optional: 1 tablespoon raisins  
Optional: 1/2 cup sugar (confectioners)

**Preparation:**

- Scald 1/2 cup milk and stir in 2 1/2 tablespoons flour until smooth. Let cool 10 minutes.
- Heat another 1/2 cup milk just until lukewarm. Do not scald. Place yeast in a small bowl and pour lukewarm milk over, stirring until dissolved. Add yeast mixture to the milk-flour paste and beat until large air bubbles appear. Cover and let rise at least 15 minutes.
- Heat the remaining 1/4 cup milk to lukewarm. Do not overheat. Pour into a warmed large bowl or bowl of a stand mixer. Add the egg yolks, sugar, raisins, zest, yeast mixture, and 3 1/2 cups flour, stirring after each addition.
- Knead about 10 minutes by machine or 15 to 20 minutes with buttered hands while still in the bowl, adding melted butter as necessary to achieve a nonsticky, pliable, moist ball of dough. It will probably take about 3 ounces of the melted butter. Save the rest.
- Add rum, vanilla, and oil and knead another 2 to 3 minutes. Cover bowl with greased plastic wrap and let rise until doubled. Punch down and with hands dipped in some of the reserved melted butter, knead another 5 to 10 minutes.
- Heat oven to 350 F. Coat a 10- to 12-inch round pan that is at least 3 inches deep or a 9x5x3-inch loaf pan with cooking spray. Using buttered hands, twist the dough and place in the pan. Cover with greased plastic wrap and let rise until dough reaches the top of the pan.
- Brush top of dough with egg wash (1 large egg yolk mixed with 1 tablespoon water). Sprinkle with optional walnuts and raisins, if desired. Bake 1 hour or until toothpick tests clean or an instant-read thermometer registers 190 F.
- Remove from pan and cool on wire rack. If you wish, while the cake is still hot, sprinkle with optional confectioners' sugar.

**Images:**






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## **LOCAL DISH**

### **Leek Soup**



#### Ingredients:

- 400 g leek
- 6 spoonfulls of oil
- salt
- 1 bell/red pepper
- 1 carrot
- 1 red onion
- 1 green celery
- black pepper
- 1 teaspoonful sweet
- powder pepper
- 4 liters of water
- 50 g rice
- 1-2 spoons tomato juice
- 0.5 liters sauerkraut juice
- 2-3 celery leaves

Preparation:

Wash the leek and chop it into 4-5 cm long pieces. Simmer it in oil and a little salt by covering the pan with a lid.

Cut the bell/red pepper in two, clean and wash it.

Peel the carrot, wash and slice it.

Peel the onion and chop it. Cut the green celery in round pieces.

After simmering the leek, add all the vegetables, some salt, a little black pepper and a teaspoon of sweet powder red pepper.

Cover the pan and let it simmer, stirring from time to time. Add water enough to cover the vegetables and let it boil. Add more water if necessary. When the vegetables are half cooked, add the rice.

When all the composition is boiled, add the tomato juice and the sauerkraut juice according to taste. Let it boil 10 minutes more and add the chopped celery leaves.

