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COOKBOOK OF NATIONAL CUISINES

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*“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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Slovak cuisine



Slovak cuisine varies slightly from region to region across Slovakia. It was influenced by the traditional cuisine of its neighbours and it influenced them as well. The origins of traditional Slovak cuisine can be traced to times when the majority of the population lived self-sufficiently in villages, with very limited food imports and exports and with no modern means of food preservation or processing. This gave rise to a cuisine heavily dependent on a number of staple foods that could stand the hot summers and cold winters. These included wheat, potatoes, milk and milk products, pork meat, sauerkraut and onion. To a lesser degree beef, poultry, lamb and goat, eggs, a few other local vegetables, fruit and wild mushrooms were traditionally eaten. All these were usually produced and processed by families themselves with some local trade at the country markets. Wheat was ground, and bread, dumplings and noodles were made from it. Potatoes were mostly boiled or processed into potato dough. Milk was processed into a wide range of products such as butter, cream, sour cream, buttermilk, and various types of cheese etc. Typical pork products include sausages, smoked bacon, and lard. Spices were not widely used, and animal fats and butter were used instead of cooking oils. Main drinks included fresh and sour milk, and beer. Contemporary Slovak cuisine is widely influenced by various world cuisines and uses many different ingredients, spices and industrially processed foods. Until present, the tradition of welcoming the most honoured guests with bread and salt is kept in Slovakia.



Slovak gnocchi with sheep cheese

Ingredients:

- 300 g flour
- 600 g potato
- 250 g sheep cheese
- 100 g bacon
- 0,5 ts salt
- 1,5 – 2 dl milk



Peel the potatoes and carve on a slicer. Add flour and salt and mix thoroughly in order to make dough. Throw pieces of dough into the boiling water. When the gnocchi come up to the surface, get them out of the water. Add sheep cheese, boiled milk and mix well. On the pan saute bacon cut into small pieces and put them on the top of the gnocchi.

Small pieces of pastry with poppy / Bobalky

Ingredients:

- 1 kg semi-coarse flour
- 1 cube of yeast
- 0,4 – 0,5 l milk
- 0,5 ts salt
- 2 tbs crystal sugar
- 300 g poppy
- 250 g butter



Put all the ingredients for the dough (with a half of milk) into a large bowl and knead the dough (about 10 minutes). Add more milk only if needed. The dough should be a little stiffer (drier) than normal. Cover the bowl with a clean table cloth and let it rise for 1 hour in a warm place. Divide the dough into small parts and let them rise sitting on the worktop for about 1/2 an hour. Pre-grease 2 baking trays. Preheat oven to 220°C. Cut off a piece of a dough, roll out or pull it out to about a 1 - 2 cm thick log, then cut it into 1 - 2 cm long pieces. Throw the pieces directly onto the baking sheets. Don't let them to touch one another. Let bobalky rise for another 15 minutes. Bake in the oven for 10 minutes or until golden brown. Store in a cool and dry place, in an opened container for up to 3 months.

On Christmas Eve morning rinse bobalky in a colander with some boiling water to get rid of the flour. Transfer bobalky into a bowl. Sprinkle with poppy seeds and sugar, then pour over some water so that the water covers bobalky as much as possible. Stir. Stir and taste several times per day. If the water is absorbed and bobalky seem too dry, add water, if not sweet enough, add sugar. Bobalky are ready when all the water is absorbed, sugar is dissolved and bobalky are completely soft and evenly coated in poppy seeds.

Dubčiaky

Ingredients:

- 1,5 kg potatoes
- 250 g sour cabbage
- 150 g butter
- 1 big onion
- 1 tsp crystal sugar
- salt
- 0,5 tsp cumin



Boil the potatoes boil in jackets, leave to cool, peel and slice into small pieces. Fry the onion in 50 g butter, add the sugar and cumin, let it caramelize. Add the rinsed cabbage, fry, pour a little bit of water and cook until the mixture is soft. Finally, add the potatoes, pour the rest of the melted butter, mix it, and add salt to taste.

Fučka

Ingredients:

- 1 kg potatoes
- 2 tbs lard or oil
- milk
- 4 onions
- water
- salt



Cook the peeled and pre-cut potatoes in salted water. Pour half of the water away and mash the potatoes well with the remaining water. If the mixture is too thick, add milk. Fry the onions in the lard or oil and pour on top of fučka. Serve with sour milk.

Strapkáč

Ingredients:

- 400 g of tinned beans
- 7 big potatoes
- a piece of smoked knuckle
- 200 g cabbage
- 15 g dried mushrooms
- 3 pieces bay leaf
- 2 tbs oil
- 2 tbs flour
- ground pepper
- 1 garlic pod
- marjoram
- salt



Cook the peeled and pre-cut potatoes in salted water, along with smoked knuckle. Simultaneously, cook the cabbage together with dried pre-soaked mushrooms (and the water they were soaked in). Add black pepper and bayleaf. Cook for about 30 minutes. Add the beans (and its gravy) and cabbage with mushrooms into the potato pot. Stir and boil for a little longer. Take the knuckle out, separate meat from bone, then put the meat back to the soup. Prepare bechamel by mixing oil, smooth flour and ground pepper. Wetten it by a bit of cold water, then pour the mix into the soup. Add garlic and marjoram to taste.

Potato pancakes

Ingredients:

- 700g potatoes
- 1 egg
- 3 tbsp flour
- 1 tsp salt
- black ground spices
- marjoram
- cumin
- 1 onion
- 2 cloves garlic
- oil



Prepare the ingredients for pancakes. Grate the potatoes, onion and garlic. Add the egg, flour, salt, spices, marjoram and cumin to the grated mixture. Form pancakes from the mixture and fry in oil. Serve with milk or sour milk.

Steamed buchs / Parené buchty

Ingredients:

Sourdough:

- 100 ml milk
- yeast
- 1 tsp sugar meal
- 1 tbsp flour

Dough:

- 400 g semisweet flour
- 2 tablespoon sugar meal
- 1 egg
- 1 pinch of salt
- 50 ml milk
- 50 ml oil

Filling:

- thick plum jam



Prepare the sourdough with the listed ingredients. Next, prepare the dough, add the sourdough and put it in a warm place for about 45 minutes. Roll out the dough to about 3 mm thin. Then, using a knife or the circular dough cutting tool, cut out squares about 2×2 inches. Place a spoonful of thick plum jam (*slivkový lekvár*) in the middle. Pinch the dough together in one spot and work your way around to make the dumpling. Place the dumplings aside, and fill a large pot with water. Make sure you have a lid for it. Then place a cloth over the top and tie it around with a string. Then, once the water is boiling, place the dumplings on the cloth. Cover and let steam for about 12 minutes. Carefully remove *buchty* from the steam and brush with melted butter. Then top with sweet ground poppy seeds or ground walnuts mixed with sugar.

Little pieces of pastry with poppy from potato dough

Ingredients:

- 500 g cooked potatoes
- 200 g flour
- 1 egg
- a pinch of salt
- 60 g butter
- 120 g ground poppy
- 70 g sugar



Cook the potatoes in jackets. Scrub the cooled potatoes, and carve on a slicer. Add a pinch of salt, one egg and 200 g of flour. Knead the dough and form a roll from it. From the roll, cut a piece of dough (about 4 cm long), out of which form another roll (about 1 cm wide). Then cut it into little pieces, from which you must form šúl'ance (little pieces of pastry). In a pot, melt butter. Put šúl'ance into boiling water. Cook them until they come up to the surface. In a bowl, mix poppy with powdered sugar. Sprinkle šúl'ance with mixed sugar and poppy.

Apple-poppy strudel

Dough:

- 300 g smooth flour
- 1 egg
- 2 tbsp of lemon juice
- ½ tbsp oil
- 1/8 litres of water
- salt

Stuffing:

- 1,5 kg apples
- 25 dkg ground poppy
- 15 dkg sugar
- 2 tsp cinnamon
- 2 tsp lemon peel
- 2 packages of vanilla sugar
- 10 dkg raisins
- melted butter



The ingredients make two strudels. In the bowl, combine flour, salt, egg, lemon juice, and then add lukewarm water. When the dough does not stick to your fingers anymore, cover the bowl and put it in a warm place. Let the dough rest for one and half hour. After that time, take out the dough and divide it into two equal parts. Spread with butter and let rest for another 15 minutes. Then transfer the dough onto a table. Stretch the dough until it is completely thin and smear it with melted butter. Sprinkle the dough with ground poppy, chopped apples, cinnamon, raisins, lemon peel and strew with half of the crystal sugar and again with poppy. Put some butter on top. Cut off the uneven borders of the dough with scissors or a knife. Fold the strudel using a tablecloth. Do the same with the other part of the dough. Using a tablecloth transfer the strudels onto a greased baking sheet. Also top and borders slash with butter. Bake for 45 – 50 minutes at the temperature of 180 degrees Celsius. When the strudels are ready, sprinkle them with powdered sugar.

„Pampúšiky“

Ingredients:

- ½ kg flour
- 3 egg yolks
- 30 g yeast
- 60 g crystal sugar
- 100 g powdered sugar
- 1 egg
- oil
- rum
- milk
- salt
- jam



In a little bit of warm milk, put a handful of sugar and yeast and let it sour. In a bowl combine flour, a little salt, a handful of sugar, egg yolks and add leaven. Add a little rum and prepare dough. If needed, add lukewarm milk. Leave the dough in a warm place to grow. Then divide the dough into 2 parts. Form balls from the dough. Fry the “pampúšiky” in heated oil on both sides. Next, fill them with jam. Sprinkle the “pampúšiky” with powdered sugar mixed with vanilla sugar.

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Czech cuisine



Czech cuisine has both influenced and been influenced by the cuisines of surrounding countries. Many of the cakes and pastries that are popular in Central Europe originated within the Czech lands. Contemporary Czech cuisine is more meat-based than in previous periods; the current abundance of farmable meat has enriched its presence in regional cuisine. Traditionally, meat has been reserved for once-weekly consumption, typically on weekends. The body of Czech meals typically consists of two or more courses; the first course is traditionally soup, the second course is the main dish, and the third course can include supplementary courses, such as dessert or compote (*kompot*). In the Czech cuisine, thick soups and many kinds of sauces, both based on stewed or cooked vegetables and meats, often with cream, as well as baked meats with natural sauces (gravies), are popular dishes.

Soups and starters

Potato pancakes

Ingredients:

- 8 potatoes
- 1 garlic
- milk
- flour
- oil
- 1 egg
- marjoram
- salt



Peel the potatoes and grate them. Do the same with the garlic. Mix egg with a dash of milk, add marjoram and salt. If needed, add flour. Some people add bacon in it as well. Leave the mixture for about 20 minutes. Then fry it in a shape of a pancake on a pan. Serve on a plate with a glass of cold milk to drink with.

Ham rolls with horseradish filling

Ingredients for 4 servings:

8 slices of ham
¼ l horseradish filling

For the filling:

¼ l cream
30-40 g grated horseradish
a pinch of white pepper
lemon juice
icing sugar
salt
piping bag

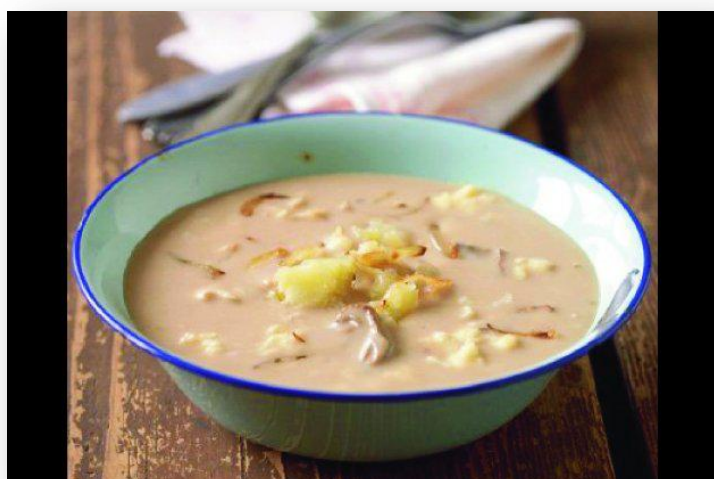


Mix lemon juice with grated horseradish. Add sugar, salt and pepper. Mix all together and add cream. Roll each slice of ham and use piping bag to put in the filling.

Chodské kyselo

Ingredients:

- 100 g onion
- 30 g of flour
- 4 hard boiler eggs
- 1 l of water
- 5 dl sour cream
- 300 g boiled potatoes in the skin



According to taste:

- allspice
- salt
- whole black pepper
- vinegar
- bay leaf
- 300 g of fresh mushrooms

Boil peeled onions, spices and a piece of bay leaf. Add salt and mix flour in boiled spices with the simmered sour cream. Strain overcooking kyselo. Add sliced mushrooms and boil it for a while. At last put potatoes boiled in the skin, peeled potatoes and hard boiled eggs. Flavour it with vinegar. Serve with fresh bread.

Milk soup with noodles or noodle batter

Ingredients:

- 2 quarts milk
- 1 tbsp. butter
- egg noodles (made from one egg)
- 1 tsp. salt



Boil the milk. Add the noodles, salt, and butter. Cook slowly until the noodles are cooked.

Variation: Beat 2 eggs until frothy. Add 5 tbsp. milk, tsp. salt, and cup flour to make a medium thin batter. Set a colander over the boiling milk. Pour the batter into the colander and

press it through quickly. The batter will drop through the colander in long strings and make little curls in the boiling milk. Cook five more minutes and serve.

Main courses

Dumplings with poppy seeds

Ingredients:

- 7 potatoes
- 1 egg
- 1 dl water
- 250 g coarse flour
- 250 g smooth flour

Topping:

- 100 g of vanilla sugar
- 200 g ground poppy
- 100 g butter
- 100 g of crystal sugar



First, boil potatoes in salted water. Meanwhile, prepare the smooth and coarse flour. Cool the potatoes, peel and grate on a fine grater into the flour. Add one egg, water and prepare a medium consistency dough as needed. In the meantime, cook the water slowly in the pot. Divide the dough into several parts. Form it into large “snakes,” which are cut into small pieces, and formed into cone-shaped rollers with cones. Put them in the boiling water and cook for about 10 - 15 minutes until soft. Meanwhile, put the poppy, crystal sugar, vanilla sugar and butter in the bowl

and mix. Pick the boiled cones in a bowl of poppy and sugar. The amount of sugar is determined by everyone's taste. The cones with poppy seeds are served immediately.

Kosmatice - fried elder flowers

The dough for the kosmatice (Portion for two people)

- ¼ liter of milk
- 2 eggs
- pinch of salt
- 120 grams of white flour to create a dough similar to dough for pancakes
- sunflower oil for frying and a handy frying pan



Pick the elder flowers. Before the preparation wash it and leave it dry. If you prepared the dough, preparation is very simple. Heat up the pan with sunflower oil. Dip the elder flowers into the dough. Take a spatula into one hand and pair of scissors into the other one. Fry elder flowers, which we dipped in the dough, in sunflower oil. Hold it by the stem and put it on the pan and let them fry. Cut the stem with scissors, turn it to the other side and fry again. You can serve with mashed potatoes or with potatoes.

Stuffed dumplings with smoked meat and cabbage

Ingredients:

- 2 onions
- salt
- 80g lard
- 1 egg
- 160g coarse flour
- 300g smoked meat - cooked
- 60g semolina
- 800g cooked potatoes

For cabbage:

- 1 onion
- salt
- vinegar
- 600g red or white cabbage
- oil
- 1 apple
- sugar



One day earlier cook potatoes and peel them right after cooking. Before preparation we grate potatoes, add flour, semolina, eggs and salt and shortly make dough. Divide the dough into 12-16 parts, which you push and put some smoked meat on. Immediately, put them into boiling water and cook them for 15 minutes. In the meantime, fry the onion and add white or red cabbage. For cooking the cabbage, add a little bit of water and steam it until the cabbage is soft. When the cabbage is almost soft, add grated apple, sugar, vinegar, salt and wait until it's completely soft.

Beef in Sour Cream Sauce

Ingredients:

- 2 pounds beef tenderloin
- 1 slice of bacon, sliced into thin strips
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium parsnips, chopped
- 1/2 small celeriac root, diced
- 2 bay leaves
- 1/2 teaspoon allspice
- 1 teaspoon thyme
- 2 tablespoons fresh chopped parsley
- 1 cup / 8 fluid ounces red wine vinegar
- 4 tablespoons butter or lard
- 1/2 teaspoon sugar
- The juice of 1 lemon
- 1/2 cup sour cream



24 hours before cooking time, lard and marinate the beef. Using a small sharp knife, make small cuts in the tenderloin and insert one of the pieces of sliced-up bacon into each. Season well with salt and black pepper (fresh-ground or not, as you prefer). Put the meat into a glass or ceramic (not metal) pan large enough to hold the meat but small enough to keep it covered by the marinade. Surround and cover it with the chopped vegetables. Sprinkle on thyme, allspice and parsley. Season with salt and more pepper: add bay leaves. Pour in the vinegar and two tablespoons of the oil. Add a little more water or vinegar if you need to in order to cover the meat (remember that the vegetables will let off a little liquid in the marinade). Cover the pan and refrigerate. Turn the meat in the marinade occasionally. The next day: Preheat the oven to 175C. Remove the tenderloin from the marinade: pat it dry with paper towels. Heat the remaining 2 tablespoons of oil very hot in a drying pan big enough to take the tenderloin. Sear the meat all over: then remove to a roasting pan. Pour a little water into the frying pan -- half a cup or so -- and boil rapidly, scraping the pan to get the remains of the searing into solution. Then pour these juices over the roast. Surround it

with all the vegetables and pour over the marinating liquid. Place the butter or lard on top of the meat. Then put the whole business in the oven and roast, basting occasionally, for 1 1/2 hours. When the meat is done, take it out of the oven and reduce the oven temperature to a very low setting (under 50C). Remove the roast from the pan: pour all remaining liquid and the vegetables into a pan. Put the meat back in the pan and return to the oven. Meanwhile, puree the liquid and vegetables in a blender or food processor, or push them through a sieve with a wooden spoon. For the sauce: pour the vegetable puree into a medium-sized saucepan and heat to a low boil. Season with salt and pepper. Add the lemon juice and sugar. If the sauce needs thinning, add some water or beef broth. Finally, just before serving, stir the sour cream into the sauce and heat it through. Don't let it boil, or you risk the sour cream curdling. Serve slices of the tenderloin with dumplings: ladle the sauce over.

Sweets / Desserts

Czech buns

Ingredients:

- 2 egg yolk
- 2.5 dl lukewarm milk
- 1 pinch of salt
- 100 g of sugar
- 100 g butter
- 500 g of flour
- 30 g of fresh yeast
- melted butter



Filling

- marmalade or plumage

In lukewarm milk, let the yeast rise. Pour the leavened clove into a bowl of flour, salt, melted butter and egg yolks. Make a dough that does not stick to the bowl walls, cover it with a cloth and leave to warm in a warm place. After about 30 minutes stir the dough and let it rise again. The bloating time is 2 - 4 hours. Dough the dough on a roll of flour and roll it or spread it on a plate from which you cut the same large pieces. Add a spoonful of marmalade to the centre of each square (about 5x5 cm), join and round. Put the buns next to the other in the butter-erased baking dish, before baking the next bunch, always bake the bacon so that after baking it separates from each other. Fill the whole baking dish and spread the butter on the surface. Put the Czech buns in a heated oven to 180 - 200 ° C and bake until the surface is golden. In the bake, let the cakes almost cool, sprinkle with powdered sugar before serving.

The recipe is for about 25 pieces of Czech buns with plumage. We can, of course, substitute with poppy, nut, curd or apple.

Chodsko-style pastry

Ingredients

Dough:

- 400g fine wheat flour
- 30g yeast
- 60g granulated sugar
- 200ml milk
- 4 egg yolks
- 1 packet vanilla sugar
- pinch of salt
- zest from ½ lemon
- 80g butter
- melted butter for the casserole
- 1 egg to brush the top of the cake
- almonds and raisins for garnishing



For poppy seed filling:

- 200ml milk
- 50g powder sugar
- 1 packet vanilla sugar
- 200g ground poppy seed
- 2 spoons of fine wheat flour

For quark filling:

- 250g soft quark
- 100g powder sugar
- 1 packet vanilla sugar
- 1 egg
- 1 teaspoon grated lemon zest
- 2 spoons vanilla pudding powder

For plum-jam filling:

- 150g plum jam
- 50ml rum
- ½ teaspoon ground cinnamon

Sieve the flour into a bowl and make a hole in the middle to put in yeast. Pour in lukewarm milk and one teaspoon of sugar. Put on a warm place to let the yeast ferment. Add sugar, rest of the lukewarm milk, egg yolks, vanilla sugar, grated lemon zest and knead slightly. Finally, add melted butter and knead to prepare smooth, non-sticky dough. Let rise on a warm place for about an hour. Make two buns, put them on a floured baking tray and let rise for another 20 minutes. Use a rolling pin to flatten the dough, making it into a thin layer. Brush the edges with egg and garnish the cake with poppy seed, plum and quark fillings. Finally add some raisins and almonds. Bake in preheated oven at 180 °C for about 30 minutes.

Poppy seed filling: Mix milk with sugar and vanilla sugar and bring to the boil. Add finely ground poppy seed and farina wheat flour. Cook for about 2 minutes and let cool.

Quark filling: Mix quark with sugar, vanilla sugar, egg, lemon zest and pudding powder.

Plum-jam filling: Mix plum jam carefully with rum and cinnamon.

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Lithuanian cuisine



The main trades in ancient Lithuania were farming and husbandry. The main products were meat, milk and rye, which was the most important for baking bread. There is a saying “You’ll survive without gold but not without bread”. The respect to bread is one of the most essential cultural features among Lithuanians. Bread is considered to be sacred.

In the past people used to eat a lot of meat products, especially pork. A lot of hens, geese, ducks, turkeys were kept on farms. Fish was the most welcomed food for the sea people. It was salted, smoked, air-dried.

Mostly honey was used instead of sugar. On almost every peasant farmstead there was an orchard with a lot of bee hives. The most characteristic drinks were mead, beer and sap. The beer was the most popular among Lithuanians. Tea of various herbs: wild strawberries, raspberries, lime buds. They drank coffee made from acorn chicory, rye and wheat grains.

Although potatoes arrived in Lithuania in the late seventeenth century, the potato dishes became one of the most favorites and have been the characteristic feature of the Lithuanian cuisine.

Lithuania is not a big country, in terms of area and population. However a lot of friendly, creative people live in it. Our cuisine is rich in a big variety of dishes and preparing food. Our cooks are very creative preparing different dishes and using as many products as they can. *epetus ir gaminimo būdas. Lietuvių virtuvės meistrai demonstruoja nuostabiausias savo kūrybos interpretacijas ruošdami patiekalus su visais žinomais produktais.*

You are welcome to try our cuisine!!!

Soups / Starters

Cold beetroot soup

800 g kefir or sour milk
200 g water
150 g boiled beets
150 g fresh cucumbers
50 g spring onion
10 g dill
2 hard boiled eggs

60 g sour cream
salt.
For the boiled potatoes:
600 g potatoes
salt
dill



Mix kefir with cold water and add salt. Cut boiled beets and cucumber into thin strips, chop spring onion, add kefir and mix everything. Put the kefir and vegetable mix into separate dishes, add 1-2 slices of hard boiled egg, a little bit of sour cream, and sprinkle some dill on the top. Serve cold beet soup together with hot boiled potatoes. Before serving, sprinkle chopped dill over the potatoes.

Rye bread

Homemade bread lees

1 glass of rye wholemeal flour
1 glass of warm water

Steps for making home-made yeast dough: add whole meal rye flour and warm water to the bowl, mix well and keep warm for 3 days (stir every day). After 3 days you knead the bread.

Bread:

250 ml of bread lees
1kg of flour - 500g of rye whole grains
and 500g of high quality wheat flour
150g of sugar
100g wheat bran
150g of sunflower seeds
100g linseed
caraway seeds
salt
1 tablespoon of oil



Boil and cool 1 litre of water. Sunflowers, linseeds and caraway seeds are washed under running water. Mix rye and wheat flour, add wheat bran, caraway seeds, sunflower seeds,

linseed, sugar and salt to the bowl. Pour water, mix the thick dough - like a cake. When the dough is smooth, add the bread lees. Oil a rectangular cake form and place the dough. When cooking, the dough will rise, so leave at least 2 cm below the top. Cover the dish with a dry towel and warm for 6-8 hours to get up. It is possible to heat up to 30 ° C in the oven for 4 hours. Bake at about 200 ° C for about 1 hour. 20 minutes, reduce heat to 180 ° C and bake for another 10-15 minutes. Remove the baking form from the oven, sprinkle the top of the loaf with water, cover with a dry towel and leave to cool. Take the bread from the baking mold, stores in a bread paper bag or wrapped in a towel.

Skilandis

lean pork meat 800 g
fresh bacon 200 g
ingredients per 1000g (1 kg) of meat
salt 33 g

sugar 1 g
pepper 4 g
smashed garlic 4 g
alcohol, 95% 50 ml

Cut meat and belly into 30 mm pieces and mix with pepper and smashed garlic.

Fry salt briefly on a hot pan (removes moisture), stirring often. Rub salt thoroughly into the meat. Add sugar, cure #2 and alcohol. Pure alcohol evaporates rapidly removing moisture at the same time. Mix everything well together. Stuff firmly into pork stomach, bladder or 60mm fibrous casing. Avoid creating air pockets. Reinforce with butcher's twine: two loops lengthwise and loops across the casings every 5cm. Form 10-12cm hanging loop on one end. Hang for at least 10 days in a cool, dry and ventilated area. This is when curing, drying and fermenting are taking place.



Cold smoke (below 18°C) for 3 weeks, applying smoke 3-4 hours daily. On the last day of smoking add

juniper berries or juniper twigs into the fire. Dry for 2 months at 8°C and 75% humidity. The sausage should lose about 35% of its original weight. Store in a dark, cool and dry place.

Originally the ingredients were stuffed into pork stomach or bladder. The stomach was sewn and the bladder was tied off with butcher twine. Then the casing was placed between two wooden boards and pressed together. The boards were tied with twine and hung. Original Skilandis was smoked with alder wood

Main courses

Stuffed potato horns with mushroom sauce

1 kg potatoes,
40 g flour,
2 eggs,
salt,
60 g bread crumbs.

For the stuffing:

2 hard boiled eggs,
130 g butter,
50 g onions,
salt pepper, oregano

For the sauce:

50 g dried mushrooms,
250 g mushrooms stock,
20 g flour,
50 g butter,
200 g onions,
200 g sour cream,
salt, pepper, dill.



Peel potatoes and boil them in salted water, then pour the liquid away, mash the potatoes, and leave them to get cool. Add eggs and flour into the potašo mixture and mix thoroughly. Divide prepared mixture into 18 equal parts.

Stuffing: Chop boiled eggs. Chop the onions into small cubes and saute them with butter. Mix chopped boiled eggs and onions, add salt, pepper and oregano. Roll 18 parts of mixture up, put some stuffing, pinch the sides well and shape into rolls. Coat the rolls with bread crumbs and shape them into horns. Fry deep in fat until they get lightly brown.

Sauce: Soak dried mushrooms in cold water for two hours, pour water into another dish, then rinse the mushrooms and boil them until soft. Chop the onions into small cubes and saute them in butter. Add flour and saute for three more minutes; stir it into mushroom stock and boil for 5-10 minutes until desirable consistence. At the end add chopped boiled mushrooms, salt, pepper, dill, some sour cream and bring to boil.

Samogitian pancakes with butter-sour cream sauce

potatoes 1300g
2 eggs
starch 45g

Filling:
stewed beef 200g
broth 120g
onion 20g
oil 10g
bread crumbs
fat for baking



Potatoes must be boiled, peeled and cooled to 40 ° C. Then, put eggs, pour starch and mix everything well.

Add diced and fried onions. Mince stewed or grilled beef, add broth, fried onions and stir. The mass of potatoes and stuffing is divided into 12 parts, as 2 pancakes are prepared for 1 serving. Spread some mass of the potatoes on the palm, stuff and form round patties, which are dipped in the bread crumbs. Bake in fat on both sides. Serve with butter and sour cream sauce.

Ribs with apples and potatoes

1 kg pork ribs
1,5 kg potatoes
700 g sour apple
150 g onions
oil 40 g
bay leaves, pepper
garlic - 3 pieces
greens, salt.



Cut the pork ribs and ribs with the mixture of pepper, bay leaves, garlic, grated onions, salt and oil and leave for 2-3 hours to marinate. Roast in an oven together with well washed potatoes in jackets. Before it is ready put sliced apples and sprinkle with greens.

Desserts / sweets

Gardumynas

400 g cream
25 g sugar powder
100 g boiling water
50 g sugar
200 g rye bread crumbs
200 g cherry
cranberry or currant jam



Whip cream with sugar powder until gets fluffy. Dissolve sugar in boiling water and leave to get cool. Grind rye bread crumbs and soak in sugar syrup. Put bread, jam and whipped cream. Decorate with the crumbs of bread and lemon-balm or mint leaves.

Delicious honey pie

320 g flour
110 g sugar
140 g whisked eggs
60 g butter
140 g sour cream
220 g honey
2 g salt
3 g mixture spices (cinamon, cloves, cardamon, black pepper)



Mix sugar, sour cream and eggs, pour in melted honey, add ground spices, some salt and melted butter. Put sieved flour with baking powder and knead the dough. Roll the dough into 5 cm. Put the sheet into papered baking tray and bake in 180-200 degrees C heated oven. Check if it is ready with a wooden stick.

Decorate the cooled honey pie with glaze and sprinkle with crushed nuts.

Bread jelly with cranberry sauce and whipped cream

555g rye bread,
1000g boiled water,
30g lemon juice,
150g starch,
170g sugar.
Sauce:
100g crushed cranberries with sugar,
100g boiled water,
100g cream 36-36% fat
25g sugar.



Slice the bread and brown in an oven. Pour boiled water on it and steep it for 2 hours then strain. Dilute starch with a little amount of the strained water. Boil the rest of the water with sugar and lemon juice. Pour diluted starch stirring it and bring it slowly to the boil.

The jelly should be of medium thickness and light brown colour. Ready jelly is served in wide glasses and decorated with sauce and whipped cream.

For making sauce cranberries are mixed with water.

Sweet cottage cheese with poppy seeds

2 l milk
2 l sour milk
150 g poppy seeds
50 g sugar,
2 egg whites
50 g butter

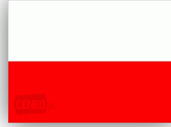


Heat milk until it boils, pour sour milk into it. Heat it a little and pour into a cotton bag, hang and drain it. Spread the pot with butter. Put the curds into the bowl with the poppy seeds, whip sugar with the whites. Dip the bowl into another one with a boiling water and heat it until the curd mixture becomes solid. Then put the into the wet cotton bag and press it. The cottage cheese is served with honey jam for coffee.

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3. Photos are taken by Vida Bingelytė, teacher of Vilnius Tourism and Commerce School.

Polish cuisine



Traditional Polish cuisine has been influenced by various national and ethnic groups living within the country throughout history. As a result, the elements of German, Ruthenian, Tatar and Jewish cuisines can be observed in it. An additional impact on the development of Polish regional cuisine was the availability of particular products and the wealth of communities inhabiting a specific region. Also, the period of partitions in Poland had its contribution in shaping the Polish cuisine. Traditionally, Polish dishes are based on products which are available locally such as potatoes, cereals (e.g. wheat, rye, buckwheat and other types of groats), cabbage and dairy products. Meat is also an important ingredient in many Polish dishes.

Soups and starters

Żurek / Sour rye soup

Ingredients - sour rye starter (zakwas):

- 2 cups of rye flour
- 5 cups of warm water
- 1 bay leaf
- 3 garlic cloves, sliced

Ingredients - żurek:

- 1/2 pound peeled & chopped soup vegetables (carrots, parsnips, leek, onion, parsley, celery root)
- 6 cups of water
- 1 pound of potatoes, peeled and cut into 1 inch pieces



- 3 cups of zakwas (above) or more if needed
- 150 g of sausage, diced
- 3-4 bay leaves
- 1 teaspoon of allspice
- 1-2 chopped garlic cloves
- 1 teaspoon of marjoram
- 1 teaspoon of grated horseradish (optional)
- cream (optional)
- plenty of salt and ground pepper to taste
- chopped grilled white sausage (optional)
- topping: fresh parsley, hard boiled egg

Sour rye starter (zakwas): use the largest sterilized jar you have or a glass bowl you can cover. Put rye flour in the jar/bowl. Boil the water to get rid of bacteria and let it cool to lukewarm, then add to the flour and stir. Add the rest of the ingredients, cover, and let sit for 4-5 days in a warm dark location (18 and 22 degrees centigrade). Stir daily with a clean spoon. You will know it is done by the sour taste and the acid smell. Note: some recipes call for adding rye crust to your starter. However, you have to find rye bread without any softeners or additives, otherwise you can spoil your zakwas.

Żurek: Next you want to make the broth (soup base). You can use chicken broth if you happen to have it or prepare your own broth using vegetables. In a large soup pot, bring the broth to boil with all the vegetables and about 6 cups of water. Simmer for 30 minutes or until all the flavor comes out of the veggies and remove the cooked vegetables. Add the rest of the ingredients and simmer till the potatoes are soft. When adding the rye starter, some recipes suggest to just use the liquid part of the zakwas, and some use all of it (i.e. rye flour and water). It depends on how thick and how sour you want your soup to be. At this stage you can also add some cream. Serve żurek in shallow soup bowls. Cut a hard boiled egg and put it in the soup. Adding some freshly grated horseradish gives żurek a unique flavour but do not put too much of it as its taste is very strong. It is also a good idea to garnish your żurek with fresh parsley or dill.

Rosół / Chicken soup

- 1 kilo of chicken carcasses (+optionally a few chicken wings)

- 1 turkey neck
- 2-3 carrots
- 1 parsnip
- a piece of celeriac
- 1 small leek
- a small piece of Savoy cabbage
- 1 unpeeled onion (for a nice colour)
- 2 or 3 bay leaves
- 5 whole allspice berries
- 5 black pepper grains
- salt
- fresh parsley



Start with pouring cold water into a 3-litre cooking pot and putting in all of the prepared meat. When the water starts to boil, by using a little sifter, skim off the scum that accumulates on the surface of the soup. At this point, reduce the heat to make the rosół only simmer slightly. After skimming off the scum, add all the vegetables which must be washed and chopped beforehand. Remember not to peel the onion completely. Just get rid of its outer layer which is usually quite dirty. Put in all of the seasonings and cover the pot slightly. Control the temperature in order to keep the soup simmering. Cook it for about 2-3 hours - the long cooking time is really important. When the cooking is over, clear the soup by straining it using a metal sieve. Then, choose the ingredients which you will add back to the soup (e.g. the carrot). Serve the soup with noodles and pieces of cooked carrot and sprinkled with chopped parsley.

Barszcz z uszkami / Borscht with tortellini („little ear” dumplings)

Ingredients – borscht (beetroot soup)

- 4 beetroots, 1 carrot, 1 parsnip, 1 celery
- 4 cloves of garlic
- 4 allspice berries, 4 bay leaves, 2 teaspoons of marjoram



- 2 – 3 dried forest mushrooms
- 1-2 tablespoons of vinegar
- salt, pepper

Ingredients – tortellini (a type of small dumplings)

- 2 glasses of flour
- 1 egg
- 30 g of mushrooms
- 2 onions
- some oil
- salt, pepper

Borscht: peel and chop the vegetables and cook in boiling water. Add vinegar, allspice, bay leaves, pepper, garlic and marjoram. Add dried mushrooms (previously soaked). Cook the soup for about 1 hour. Add some salt to taste. **Tortellini:** first, prepare the filling - soak the mushrooms in water overnight. Boil them in the same water in which they soaked. Strain and cool. Chop the onions and dabble them in hot oil. Mix the mushrooms with the onions. Season to taste. When the mixture cools down, blend the whole with a blender or grind using a meat grinder. Prepare the dough using the instruction included in the recipe for dumplings. Divide the dough into parts, cover with a cloth so that it does not dry. Roll out the dough with a rolling pin until thin, cut small circles with a glass and put a little filling onto the centre of each circle. Fold each circle with the filling inside and stick together firmly, making sure that the filling does not get between the edges. Cook the tortellini in salted boiling water until they come up to the surface (usually about 3 minutes). Serve the soup with tortellini. The Polish name for the tortellini is „uszka” meaning „little ears.”

Main courses

Bigos / Sauerkraut and meat stew

Ingredients

- 1.5 kg of sauerkraut
- 3 sausages
- 2 onions
- 100 g of bacon
- 200 g of beef steak
- 4 tablespoons of tomato sauce
- 3 bay leaves
- 1 tablespoon of marjoram
- allspice (a few berries)
- salt
- black pepper



Rinse the sauerkraut and shred it, put it in a large pot with bay leaves and allspice, add hot water and stew until soft. Sauté the onions, add the chopped sausages, beef and bacon and fry. Mix the soft sauerkraut with the fried meat and onions. Add marjoram, salt, pepper, and tomato sauce. Mix the ingredients. Cook for one and a half hours on a low flame. Serve with bread.

Pierogi / Dumplings

Ingredients - dough

- 2 glasses of flour
- 1 egg
- salt

Ingredients - filling

- 7-8 potatoes
- 200 g of cottage cheese
- 1 onion
- 3 tablespoons of butter
- pepper
- salt



Knead the dumpling dough with flour, an egg and lukewarm water. Add a pinch of salt. The dough should not be hard but also not too sticky. Cut the onion and fry in butter. Grind the cooked potatoes and cheese using a meat grinder or a food processor, add some of the fried onion, salt and pepper and mix thoroughly. Divide the dough into parts, cover with a cloth so that it does not dry. Roll out the dough with a rolling pin until thin, cut circles with a glass and put a little filling onto the centre of each circle. Fold each circle with the filling inside and stick together firmly, making sure that the filling does not get between the edges. Cook the dumplings in salted boiling water until they come up to the surface (usually about 3 minutes). Serve the dumplings topped with fried onion and/or some melted butter. Adding some thick sour cream is also a good idea.

Kotlet schabowy / Fried pork chop

Ingredients

- 4 pork chops or cutlets
- 1 egg
- 3 tablespoons of flour
- 1 cup of bread crumbs
- 1/2 teaspoon of salt
- 1/8 teaspoon of pepper



- 2 tablespoons of oil

Trim the excess fat from chops or cutlets; rinse and pat dry. Prepare two plates: on the first one place the lightly beaten, raw egg, on the second - bread crumbs mixed with flour, salt and pepper. Dredge the chops first in the egg and then in the mixture until well coated. Heat the oil in a large skillet over medium heat; fry the pork chops for about 4 to 5 minutes on each side, until browned. This type of pork chop is usually served with potatoes and fried cabbage or some salad.

Gołąbki / Stuffed cabbage rolls

Ingredients

- 2 large cabbage heads, with the coarse outer leaves removed
- 1 1/2 cups of rice, uncooked
- 150 g of bacon strips, diced
- 2 medium onions, diced
- 0.5 kilo of ground pork
- 4 eggs, beaten (optional)
- a quarter of a litre of tomato concentrate
- 1/4 teaspoon of paprika
- salt and black pepper



Remove the center core of each head of cabbage. Place in a large pot of boiling water. Boil until soft, removing each leaf as it softens. Let leaves cool, then trim the thick rib on each leaf. Reserve 0.5 litre of the cabbage cooking water. Boil rice in a separate saucepot until half cooked. Drain and set aside. In a large skillet, saute bacon and discard excess fat. Add the onion to the bacon and cook until lightly browned. In a bowl combine pork, the partially cooked rice, pepper, salt, eggs, the fried onion-bacon mixture and paprika. Measure the mixture with medium sized ice-cream scoop to make each gołąbek the same size. Preheat the oven to 180°C. On each separate cabbage leaf, place 1 scoop of the meat mixture at the bottom of the leaf and roll, tightly tucking the sides to cover the mixture. Line the bottom of

a roasting pan (not aluminum) with cabbage leaves that are too dark or too small to use for rolling. Place gołąbki in a roasting pan, forming layers. Combine the tomato concentrate and the reserved cooking liquid and pour over gołąbki. Cover and bake for 2 to 2 1/2 hours. Add more liquid, if needed. Gołąbki taste best the next day and are usually served with tomato or mushroom sauce.

Sweets and desserts

Sernik / Cheesecake

Ingredients

- 1 kilo of fine cottage cheese
- 200 g of butter
- 6 eggs
- 300 g of sugar
- 1 teaspoon of vanilla extract or a real vanilla pod
- 4 tablespoons of semolina
- 2 tablespoons of potato flour or starch
- 100 g of raisins



Separate the egg whites from the yolks. In a large bowl, cream the yolks, the softened butter and the sugar until the mixture is smooth. Grind the cottage cheese using a meat grinder or a food processor until it is creamy with no clods. Add the cheese to the mixture in the bowl and mix. Add the vanilla extract (or the vanilla seeds extracted from the pod), semolina, potato flour and raisins. In another bowl, whip the egg whites until the mixture is thick. Add the whipped egg whites to the cheese mixture and mix gently. Bake at 180°C for about 1 and a half hours. It is generally believed that the secret of a perfect cheesecake is the best quality cottage cheese.

Local speciality

Dumplings with lentil filling / Pierogi z soczewicą

Ingredients - dough

- 2 glasses of flour
- 1 egg
- water and salt

Ingredients – filling

- a glass of dry lentils
- 1 onion



First, prepare the filling – soak the lentils for about 15 minutes and then cook in boiling water (15 minutes). Chop the onion and fry it in butter. Grind the cooked lentils mixed with the fried onion. Knead the dumpling dough with flour, an egg and lukewarm water. Add a pinch of salt. The dough should not be hard but also not too sticky. Divide the dough into parts, cover with a cloth so that it does not dry. Roll out the dough with a rolling pin until thin, cut circles with a glass and put a little filling onto the centre of each circle. Fold each circle with the filling inside and stick together firmly, making sure that the filling does not get between the edges. Cook the dumplings in salted boiling water until they come up to the surface (usually about 3 minutes). Serve the dumplings topped with fried onion and/or some melted butter.

The dish is traditionally associated with the village of Bieliniec (Subcarpathia Province) whose inhabitants have founded an association (Towarzystwo Przyjaciół Wsi Bieliniec) in order to preserve and promote their regional products and culture. The dish was placed on the List of Traditional Products, kept by the Polish Ministry of Agriculture and Rural Development.

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Photos:

Photo of chicken soup: Michal Zacharzewski / RGBstock

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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:



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.

Images:



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.

Images:



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.

Images:



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.

Images:



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 leaf 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)

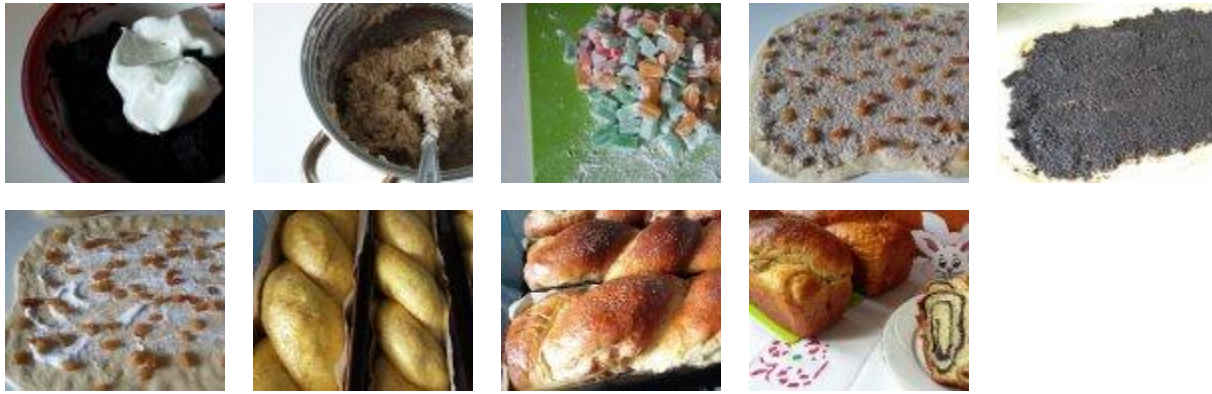
1 tablespoon dark rum
1 teaspoon vanilla extract
1 tablespoon vegetable (or canola oil)
1 large room-temperature egg yolk mixed
with 1 tablespoon water
Optional: 1 ounce walnuts
Optional: 1 tablespoon raisins
Optional: 1/2 cup sugar (confectioners)

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.

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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.



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