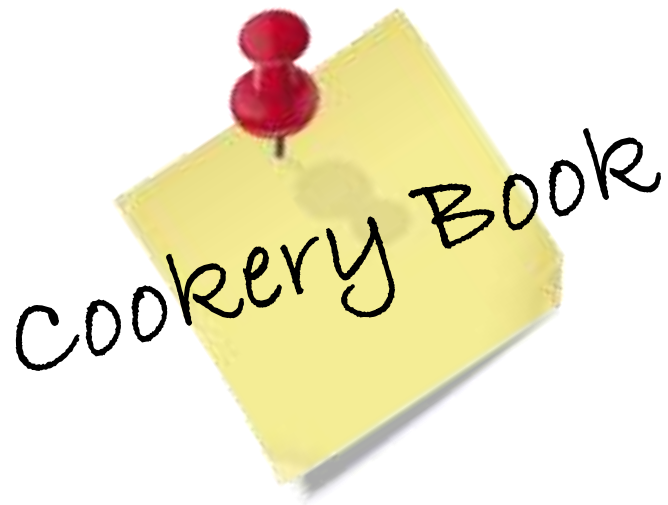


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ROMANIA

Romanian
Traditional
Food

Appetizers

Eggplant salad



Appetizers

Zacusca

Roasted Eggplant And Red
Pepper Spread



Eggplant salad



Ingredients

- 500 g eggplant (from the freezer)
- 3 large heads of garlic
- 3 tablespoons of oil
- 3 tablespoons sour cream
- 2 tablespoons of sweet mustard
- 1 teaspoon salt
- 1 teaspoon of pepper
- 1/2 red onion (optional)

Calories: 103 kcal

Preparation

First prepare the garlic, we bake it in a tray for 15-20 minutes at 180 degrees.

We place the thawed and well-drained eggplants on the chopper and chop them together with the cooked and cleaned garlic. We put two spoons of sweet mustard in a bowl and mix it by dripping a little oil over it, just like mayonnaise, then add the cream, homogenize and season with salt and pepper.

Mix the chopped eggplants with cream, season with salt and pepper and the salad is ready. You can serve it with a little chopped red onion or plain. It's good anyway!

Healthier Version

You can replace the mustard and cream with a little bit of oil

ZACUSCA



Ingredients

- 2 medium eggplants (aka aubergines)
- 4 large red bell peppers
- 1 tablespoon olive oil
- 1 medium white onion, chopped
- 2 jalapeno peppers (optional, or use a serrano pepper or 2 for a spicier version)
- 1 pound fresh tomatoes, diced (canned tomatoes are good, too, or even tomato sauce)
- 1/2 cup sunflower oil (you can use olive oil or other vegetable oil)
- 1 bay leaf
- 1 tablespoon honey (optional)
- Salt and pepper to taste (I use about 1 teaspoon each)

5

Preparation

Zacusca is one of the "autumn dishes" prepared in Romanian homes year after year, made of eggplant, onions, tomatoes and peppers (some versions for gourmets also include beans, mushrooms, carrots or celery)

Calories: 81 kcal

Healthier Version

We can use olive oil instead of sunflower oil

6

Romanian
Traditional
Food

Main Courses

Stuffed peppers



7

Main Courses

Sarmale
cabbage rolls



8

Stuffed pepper



Ingredients

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 2 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 1/2 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed

Preparation

Romanian stuffed peppers are usually made with bell peppers filled with minced meat (usually pork), rice, onions, greens and spices. They can be served with sour cream or yogurt believe me it really elevates the dish.

The stuffed peppers are cooked vertically in a pan of water.

Calories: 106 kcal Healthier Version

Replace the meat with only rice and vegetables

Sarmale cabbage rolls



Ingredients

1,5 kg aubergines

500 gr mozzarella cheese

150 gr parmesan cheese

1/2 onion

35 gr coarse salt

to season: oil, black pepper, basil, salt

to fry: peanut oil

Calories: 187 kcal

Healthier version

Remove the meat and make the "rice only" version of it

Preparation

Prepare the filling: Heat the oil in a skillet over medium-high. Sauté the onions until translucent, then add the rice and toast for 1 minute. Add the pork, salt, pepper, parsley, dill, and the onion mixture to a large bowl and mix well. Use salt sparingly - the cabbage leaves are brined.

Roll the filling. Assemble the rolls: Chop up the remaining cabbage leaves and add them to a large pot or deep roasting dish with a lid. Arrange all the rolls over the chopped cabbage and disperse the bacon evenly among the rolls. Bake the rolls: Cover the pot with a lid or foil. Bake at 375F for 2 hours, then remove the cover and cook for another 1 1/2 - 2 hours.

Romanian
Traditional
Food

Desserts

Plum dumplings



13

Desserts

Cozonac
Sweet bread



14

Plum dumplings



Ingredients

25 plums

3 tablespoons sugar

2 large potatoes, peeled and quartered

Dough:

2 1/2 cups all-purpose flour

1 teaspoon sugar

1/2 teaspoon baking powder

1/2 teaspoon salt

3 egg yolks

2 tablespoons shortening or butter, softened

Sauce:

1/2 cup butter

1 1/2 cups dark brown sugar

1/4 cup fine dry bread crumbs

Calories: 741

Preparation

The dough is made with eggs, mashed potatoes and flour.

Afterwards it is flattened out and cut into squares.

The plums are inserted inside the dumplings by hand. The preparation can include removing the stone and stuffing the fruit with sugar. The plums are then completely wrapped in dough and dropped in boiling water.

They should be taken out after they start boiling, now they're ready to be sprinkled with sugar and served. They can also be served with breadcrumbs fried in butter and dusted in powdered sugar.

Healthier Version

No sugar added.

COZONAC Sweet bread



Ingredients

- 1 1/4 cups milk, divided
- 2 1/2 tablespoons all-purpose flour
- 1 (1/4-ounce) package active dry yeast
- 4 large egg yolks, at room temperature
- 3/4 cup superfine sugar
- 4 ounces raisins, light or dark
- 1 lemon, zested
- 3 1/2 cups all-purpose flour
- 4 ounces (8 tablespoons) unsalted butter, melted
- 1 tablespoon dark rum
- 1 teaspoon pure vanilla extract
- 1 tablespoon vegetable oil, or canola oil
- 1 large egg yolk, at room temperature
- 1 tablespoon water
- 1 ounce walnuts, optional
- 1 tablespoon raisins, optional
- 1/2 cup confectioners' sugar, optional

Preparation

We put sugar, eggs, warm milk, yeast and oil while we knead the dough. Let the dough rise in the oven.

We made the filling with walnuts, rum milk lemon and other flavour condiments. We splice the dough in half when it is ready and put the filling in both. Then we braid them and put them in the gridder.

Calories: 1364

Healthier Version

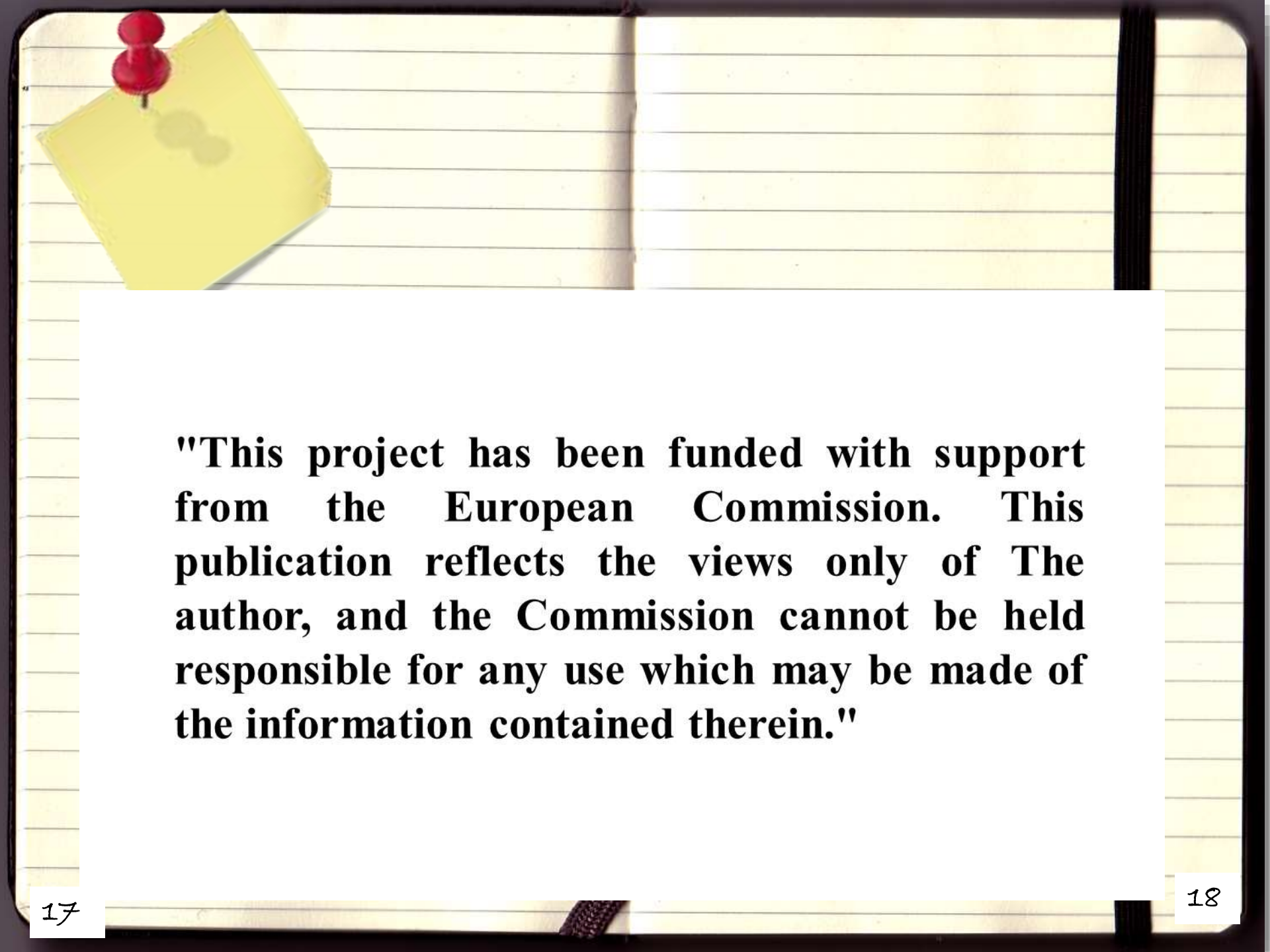
Less oil and sugar

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Enjoy

Your meal!

An open notebook with lined pages. A yellow sticky note is pinned to the left page with a red pushpin. The text is centered on a white rectangular background that spans across the middle of the notebook's pages.

"This project has been funded with support from the European Commission. This publication reflects the views only of The author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."