

# Romanian Recipes

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## **Soupa de Salata - Vegetable Soup**

2 Onions (1 for the stock and 1 for sauté).

Carrots – 2

Celery – 2 stalks

Bay Leaf – 2

Dill – bunch

Parsley – Bunch

minced Garlic – 2 cloves

Paprika – 1 tsp

Lettuce – few leaves

Heavy Cream – ½ cup

Prepare vegetable stock with:

Water, onions, celery, bay leaf, dill, parsley, salt

In a different pot sauté in olive oil:

onion

garlic

Paprika

Combine with the vegetable stock

Add lettuces and rings of carrots.

Cook together for about 30 minutes.

Serve with fresh dill and cream.

## **Fish Patties**

For the patties:

White Fish Fillets

Breadcrumbs

Diced onion

Butter

Diced Cillantro – big bunch

Diced Parsley – big bunch

Salt & pepper

Eggs

For the sauce:

Diced tomatoes

Diced pepper

Minced Garlic

Diced Cillantro & Parsley

Bay Leaf - 1

Papprika – 1 tsp

Water

Salt

Sugar (the same as salt)

Cayenne Pepper - pinch

Preparation:

Mince the fish in a food processor with all other ingredients of the patty.

Create patties.

Make the sauce:

Sauté the peppers with the garlic and then mix all the ingredients in a pot (except for the bay leaf), blend with emerging blender, add the bay leaf and bring to a boil.

Brown the fish patties on the grill (or a pan) and then Place them in the sauce and cook for 20 minutes.

## **Chicken Stew**

Chicken thigh pieces  
Diced Onions  
Diced Red Pepper  
Diced Green Pepper  
Diced Tomatoes  
Saussages  
Salt, Pepper  
Paprika

Satue the onions with the saussage.

Add all other vegetables and spices and cook for few more minutes.

Add the chicken and continue to cook in the oven until the chicken is tender.

## **Bean Stew**

Beans  
Water  
Diced Onions - 2  
Paprika – 1 or 2 tbsp  
Salt, pepper

Soak the beans in water the day before

Cook beans with bay leaf and water (no salt) until tender and drain the water.

In a seperate pot satue the onions until tender, add the paprika stir for few more minutes and remove from hit.

Prepare a pan for the oven with the beans and onions. Add salt pepper and fix seasoning.

Bake in the oven for at least 30 minutes.

## Spring Salad

*5-6 small Boston lettuce, 2 bunches radishes, 1 bunch carrots, 4 big potatoes, 3 hard boiled eggs, 2 bunches green onions, 1 cup sour cream, 1/2 teaspoon confectioner's sugar, 1 tablespoon lemon juice or vinegar, salt*

Wash lettuce, cut it in pieces, arrange in a salad bowl, add carrots, radishes and boiled potatoes, everything sliced very thinly. Then add sliced onions and sliced hard boiled eggs.

Create dressing by mixing sour cream with the lemon juice, sugar and salt.

5 minutes before serving, mix the vegetables with this dressing.

You can also prepare this salad with mayo instead of sour cream.

## Soup (sour) with dry beans

Ingredient	For 6 servings
Dry Beans	1 cup
Onion	1
Carrot	1
Parsnip	1
Flour	½ teaspoon
Oil	2 tbsp.
Something sour: Vinegar or Lemon Juice or Borsh	1 tbsp
Chopped Parsley and Dill	
Salt	

Pre-soak the beans the night before. Cook the beans in water for about an hour, add onion, carrot, parsley root and salt. Cover the pot and let boil until the beans are tender. Remove the vegetables and add a mixture made by fried flour in oil, something sour and chopped parsley and dill. Let boil for a couple of minutes more.

## Beef hotchpotch

Ingredient	For 10 servings
Fatty Beef	1.75 lb
Butter (originally it was lard)	3 tbsp
Parsnip	1
Carrot	1
Peppers	2
Eggplant	1
Zucchini	1
Okra	Handful
Green beans	Handful
Wax beans	Handful
String beans	Handful
Peas	½ lb
Cauliflower	1 small
Onions	2
Potatoes	3
Celery root	1
Tomatoes	5-6
Garlic Cloves	2
Minced Parsley and Dill	

Cut the meat into bite sizes and fry in butter until they start to brown. Add salt and tepid water to cover. Let boil on slow heat, covered, an hour to an hour and a half. During this time, prepare the vegetables. Clean, wash and cut in bite sizes. Arrange the vegetables on top of the meat, add the sliced, peeled and seeded tomatoes, the parsley and dill and salt. Let boil for a few minutes, then place in the oven. Shake the pot from time to time so that they do not stick. Bake until the liquid evaporates.

## Potatoes and Carrot Moussaka

Ingredient	For servings
Carrots or other vegetables	3
Potatoes	3
Onions	2
Butter	3 tbsp.
Salt and pepper	
Chopped Parsley and Dill	
Tomato Sauce Or tomatoes	1 tbsp. or 3-4
Bread Crumbs	

Peel the potatoes and cut into finger thick slices. Salt them and let sit for a few minutes. Then dry and fry on both sides.

Repeat the same for the carrots (or other vegetables)

In a pan greased with lard and covered with bread crumbs, arrange a layer of potatoes and then a layer of the vegetables mixture. Do this until all is used up, taking care that the last layer is potatoes. Spread chopped parsley and dill between all layers. Pour a tablespoon of tomato sauce mixed with a cup of meat broth (or arrange tomato slices) over the potatoes. If using tomato slices do not use tomato sauce. Bake in the oven until the liquid is substantially reduced.

## **Fried zucchini in oil**

*4 zucchini, 2 tablespoons flour, 3-4 tablespoons oil, vinegar or lemon juice, salt*

Peel the zucchini, cut into thin slices. Dry each slice with a cloth, dredge with flour and fry in oil. When all are fried, arrange on a plate and drizzle lemon juice or a little vinegar and salt over them. Serve hot or cold

## **Mushroom and tomato dish**

*20 oz/600 g mushrooms, 3-4 onions, 4-5 big tomatoes, 3 tablespoons oil, chopped dill and parsley, salt, pepper*

Clean the mushrooms, wash well and cut in pieces. Lightly fry the thinly sliced onions in oil, add the mushrooms and the peeled, seeded and sliced tomatoes, salt, pepper, dill and parsley. Simmer until the liquid is reduced. It may be served warm; however, it is much tastier when cold.

## **Beef salad/Salata de boeuf**

*4-5 potatoes, 1 carrot, 1 parsley root, 1 parsnip (optional), 1 large celery root, a handful of green peas, 2 pickles, 1/2 lb/250 g poultry breast or beef sirloin, mayo, salt.*

You get the best beef salad by boiling the vegetables with the meat (soup). Cube the potatoes and all other vegetables. The same goes for the meat and pickles. Place all in a bowl, add the peas, salt and let rest.

Add mayo to the meat and vegetable mixture and mix well you can also add mustard (optional). Add salt if needed. Arrange on a serving platter. Smooth with a knife and then cover with some more mayo. Garnish with a few olives, hard boiled egg white, or egg slices, pickled red peppers, parsley, etc. Try to shape flowers or other designs.

## **Beef soup/ Supa de carne de vaca**

*2 lbs/1 kg beef, 3 qts/3 l water, 2 carrots, 1 parsley root, 1 celery root, 1 green pepper, 1 onion and a few yellow peelings from the onion, 5 juniper berries (optional), 1 bay leaf (optional), salt, noodles (or dumplings, rice)*

Set to boil the beef with the cold water. Let the pot uncovered until the liquid starts foaming. Remove this foam periodically with the slotted spoon until foaming stops. Add the vegetables, juniper berries, bay leaf and a little salt. Cover the pot almost but not completely and let boil, at low temperature, for 3 hours. When it is ready, strain into another pot. The soup has to boil slowly to be really tasty. Serve with the desired accompaniment (noodles, dumplings, rice, etc.).

## **Russian soup (without meat)/ Ciorba ruseasca fara carne**

*3 qts/3 l water, 1 small carrot, 1 small parsley root, 1 big onion, 1 handful green beans, 1 small red beet, 1/4 small cabbage, 2 green peppers, 1 tablespoon butter or lard, 1 tablespoon mixed chopped parsley and dill, 1/2 teaspoon flour, salt, 1 cup sour cream*

Julienne the carrot, parsley root and onion. Set to boil. After a few boils, add the beans cut into pieces and the julienned beet. Let boil for a half hour, then add the cabbage and julienned peppers, salt and peeled, seeded and chopped tomatoes. Fry the flour in the oil, add vegetable liquid and then mix all this with the soup. When the vegetables are tender, add chopped parsley and dill. When serving, add a tablespoon of sour cream in each person's bowl.

## **Peppers filled with meat/ Ardei umpluti cu carne**

*12 medium peppers, 1 3/4 lb/750 g ground meat, 2 onions, 2 tablespoons rice, 1 tablespoon lard, chopped parsley and dill, salt, pepper, 2 tomatoes; Sauce: 1 lb/500 g tomatoes, 1/2 onion, 1 teaspoon sugar, 1/2 teaspoon flour, salt, chopped parsley, 1 tablespoon lard, sour cream*

Wash the peppers, dry, core and remove the seeds. Mix the meat with two finely chopped raw or fried onions, a tablespoon of lard, rice, chopped parsley and dill, pepper and salt. Mix everything well and use this mixture to fill the peppers. Put one tomato slice as a lid on each pepper. Arrange in a pan and pour the following sauce on top. Fry the finely chopped onion and flour in lard until golden; add tomato sauce (from boiled and strained tomatoes). Add sugar and salt. If the sauce does not cover the peppers add some water. Spread some chopped parsley, set to boil for a little while then place in the oven to bake until done. Serve with sour cream.

## **Cabbage, stuffed with meat/Varza umpluta cu carne**

*1 medium cabbage, 1 lb/500 g ground sirloin, 2-3 onions, 1 tablespoon rice, 2 tablespoons lard, salt, pepper, chopped parsley and dill, 1 lb/500 g tomatoes, 1/2 teaspoon sugar, 1/2 teaspoon flour, 1 tablespoon vinegar, sour cream*

Remove the exterior leaves from the cabbage. With a knife, cut and remove the core. Place the cabbage in a pot with salt water and let boil for a few minutes (until the leaves start to soften). Mix the ground meat with the rice, raw or lightly fried onion, 1 tablespoon of lard and some pepper. After the cabbage was removed from the water and cooled off, place it on a cutting board, remove a few leaves from the inside, fan out the other leaves and put the ground meat mixture in between the leaves. Re-arrange the leaves giving the cabbage its initial round shape. Place in a pot with the cored part up and pour the following sauce over it. Fry a little onion with a tablespoon of lard, add flour, fry until yellowish and then pour the boiled and strained tomatoes over it. Add salt, sugar and vinegar. If this sauce does not completely cover the cabbage, add some water. Cover the pot and simmer. When it is almost ready, spread some chopped parsley and dill on top and place in the oven to bake for 30 minutes. Serve with sour cream.

## **Eggplants stuffed with meat/Vinete umplute cu carne**

*6 small eggplants, 14 oz/400 g ground sirloin, 2 onions, 3 tablespoons lard, 1 lb/500 g tomatoes, 1 teaspoon flour, 1/2 teaspoon sugar, 1 tablespoon mixed chopped parsley and dill, salt, pepper*

Remove the stems of the eggplants. Then set to boil for 5-6 minutes in salt water. Remove and keep in cold water until cooled off. Drain well and remove the insides. Do not throw away the insides, but keep in the colander. To the ground meat add finely chopped raw or fried onion, 2 tablespoons of lard, salt, pepper, chopped parsley and dill and the eggplants'insides. Mix well and fill the eggplant shells with this mixture. Fry some finely chopped onion with a tablespoon of lard, add flour, let it turn yellow, then pour the boiled and strained tomatoes over it. Add salt and sugar. Place the eggplants in this sauce, spread some chopped parsley and dill and let simmer, covered, until the liquid is reduced somewhat.

## **Celery root dish/Mincare de telina**

*5 large celery roots, 1 onion, 2 tablespoons lard, 2 tablespoons flour, 1 cup milk, 1 teaspoon chopped celery leaves, salt*

Peel the celery roots, wash and cut into 1/2 inch slices. Dredge each slice with flour and lightly fry on both sides. Fry the finely chopped onion in the remaining lard, until yellow. Add 1 teaspoon flour and let fry some more. Then add milk and let come to a boil. Place the fried celery in this sauce, salt and simmer, covered, shaking the pan from time to time. At the end add the chopped celery leaves. This dish can be prepared with oil instead of lard. In this case, replace the milk with water and add 1-2 tablespoons of tomato sauce.

## **Cake with apricot marmelade/ Prajitura cu marmelada de caise**

*4 yolks, 1 cup sugar, 1 cup sour cream, 1 cup melted butter (tepid), 1/2 teaspoon baking soda, 1 teaspoon vanilla, flour as needed, marmelade, vanilla flavored confectioner's sugar*

Mix the yolks with the sugar, add the sour cream, vanilla and baking soda, then tepid melted butter and mix well. Add flour and knead a medium soft dough. Divide into 3 equal parts and roll each one into sheets the size of the baking sheet. Place a sheet in, spread a layer of marmelade, cover with the second sheet, spread another layer of marmelade and then cover with the third sheet. Bake, first at low temperature, then increase it. After it has cooled off, cut into rectangles and sprinkle with vanilla flavored confectioner's sugar. This cake is even tastier after a day or two.

## **Cake with cottage cheese and walnuts/ Prajitura din brinza de vaca si nuci**

*14 oz/400 g cottage cheese, 4 eggs, 3/4 cup sugar, 7 oz/200 g ground walnuts, 4 oz/100 g raisins, 5 oz/150 g butter, vanilla or rum, shortening and flour to grease and dust the pan*

Grind the cottage cheese. Mix the sugar with the butter, adding the eggs one by one, then the cheese, walnuts, raisins, vanilla or rum. Mix everything well and pour into a buttered and dusted bread pan. Bake at medium heat and remove from the pan when cold.

## **Cake with grated apples/ Prajitura cu mere rase**

*6 medium apples grated on the vegetable grater, 6 eggs, 6 tablespoons sugar, 3 tablespoons bread crumbs, 2 tablespoons flour, 1/4 cup rum, syrup from 2-3 tablespoons sugar and a little rum, butter and bread crumbs to grease and dust the pan*

Beat the yolks with the sugar, gradually add the flour, then rum and bread crumbs. After everything has been mixed well, add the peeled and grated apples, mix some more and then add the whipped egg whites. Pour the mixture into a buttered and dusted (with bread crumbs) pan and bake at medium heat. When done, put on a platter and pour some syrup over it while still hot.

## **Chestnut charlotte**

4 lbs/2 kg boiled, peeled, crushed, strained chestnuts, 80 sugar lumps made into a thick syrup, 1 cup rum, 2 oz/50 g butter, 1/2 vanilla stick, 7 oz/200 g whipped cream

Mix the chestnut puree with the sugar syrup to which you added 1 cup of rum and vanilla. The syrup must be warm. Add the butter and mix to homogenize. Place the mixture on a plate moistened with rum. Garnish with whipped cream and refrigerate.