



# TRADITIONAL CUISINE RECIPES ROMANIA



Erasmus+

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# TRANSYLVANIAN BULZ

## Ingredients:

- \* 1 l water
- \* oil
- \* salt
- \* 4 transylvanian sausages
- \* 400 g smoked rib
- \* 400 g cottage sheep cheese
- \* 300 g corn meal/ corn flour
- \* 60 g butter
- \* eggs



## How to prepare it:

Cut the smoked rib and the sausages and fry.

Cook the polenta (boil water with a pinch of salt, gradually add the corn meal and stir until it thickens)

Make equal small balls of polenta.

Fill the polenta balls with cottage cheese, sausages and the smoked rib.

Place the balls in a buttered baking tray and bake in the oven for about 10 to 15 minutes.

Fry the eggs.

Place the balls on a plate, put an egg on top of each ball and grate some cheese over them.



# BEANS WITH SMOKED PORK HOCKS

## Ingredients:

- \*1/2 kg beans
- \*1 smoked pork hock (about 1 kg)
- \*1 carrot
- \*2 medium onions
- \* a cup of tomatoes (cubes)
- \*2 tablespoons of broth
- \*3 bay leaves
- \*1 bunch of dill
- \*1/2 teaspoon of thyme
- \*salt
- \*peper
- \*sweet paprika



## How to prepare it:

Boil the beans in water with a pinch of salt. Change the water two times.

Add the smoked hock and let it boil over low fire for about two hours.

30 minutes before the end, remove the smoked hock and add the grated carrot, the minced onion and spices.

Let it boil and at the end add the tomatoes, broth, the meat cut into little pieces and the chopped dill.

# CHICKEN SOUP FROM RĂDĂUȚI

## Ingredients:

- \* chicken meat –1,2 - 1,5 kg
- \* 4 carrots
- \* 2 parsley roots
- \* 2 parsnip roots
- \* 1 small celery
- \* 1-2 onions
- \* 1 sweet pepper or red pepper
- \* 3-4 teaspoons of salt
- \* 1 teaspoon of peppercorn
- \* 4-5 very fresh yolks
- \* 500 g sour cream
- \* 50 g white flour

## How to prepare it:

Boil the chicken meat.

Peel/wash the greens/vegetables (carrot, onion, parsley, parsnip, celery and pepper).

Add the whole vegetables in the pot and the peppercorn then boil for 45 minutes.

Strain the soup and let the carrot and the meat to cool down then cut it into little cubes.

Mix the sour cream with the yolks, flour and the pressed garlic into a bowl, then add two or three soup ladles.

Pour the sour cream mixture into the soup pot while stirring continuously with a wooden spoon.

Put the chopped chicken meat and the carrot.

Serve it with vinegar, sour cream and greenery to taste.





# CABBAGE A LA CLUJ

## Ingredients:

- \* pickled cabbage -1,5-2 kg
- \* 750 g of minced pork meat
- \* 2 red onions (120 g)
- \* 3 tablespoons of lard
- \* 150 g of smoked ham
- \* 150 g rice
- \* 1 tablespoon of sweet paprika,  
\*flavoured
- \* 1 tablespoon of dry thyme
- \* 1 teaspoon of dry dill
- \* 350 g sour cream

## How to prepare it:

Cut the cabbage and fry it for about 15 to 20 minutes.

Cut, chop and fry the onion as well.

Add the meat over the onion and fry it for another 7 or 8 minutes.

Season the meat to taste with salt, pepper, thyme and sweet paprika.

Boil the rice then strain it.

Grease the pan with lard then add layers of cabbage, half of the boiled rice, half of the amount of meat.

Then add again the rest of the cabbage, rice and meat. On top of it add a layer of smoked ham, kaiser or sausages. The last layer has to be of cabbage.

Pour the sour cream over the layers.

Cook in the oven for about 25-30 min.

Let it cool down and then portion/cut it.



# LAMB DROB

## Ingredients:

- \*600 g lamb pluck/entrails
- \*2 bunches of spring onion
- \*1 bunch of spring garlic
- \*50 ml oil
- \*salt, pepper
- \*2 slices of bread soaked in milk
- \*greenery (parsley, dill)
- \*1-2 raw eggs

## How to prepare it:

Finely chop the onion and fry it with the garlic.

Add the chopped entrails and braise, then spice.

Let it cool down then mince.

Mix it with the eggs, spices and greenery to taste.

Place/stretch the lamb vane in the cooking form, put in half of the composition, then some boiled eggs, add then the other half of the composition and cover it with the lamb vane.

Bake in the oven for about 45-50 minutes until it roasts.

Let it cool down in the cooking form for 3-4 hours, then put it in the fridge.

Take it off the shape and slice it after complete cooling.





# SPONGE CAKE/ SWEET BREAD

## Ingredients:

- \* 500 g white flour
- \* 150 g sugar
- \* 250 ml milk
- \* 4 yolks
- \* 80 ml oil (sunflower)
- \* 25g yeast
- \* a pinch of salt
- \* essences
- \* one egg yolk for brushing
- \* 200 g finely chopped nuts
- \* 8-10 tablespoons of sugar
- \* a bag of vanilla sugar
- \* 100 g raisins



## How to prepare it:

Dissolve the yeast into 100 ml warm milk with one tablespoon of sugar and one of flour, then let it rest for 10 minutes.

Dissolve the sugar (350g) and vanilla in the remaining warm milk. Rub the yolks with salt and lemon peel. Add the mixture over the flour, yeast, milk, yolks, kneading continuously. In the end add the oil and knead for about 5 minutes. Let it rise for one hour.

After the dough has risen, split it into two equal parts (balls). Spread each part with your hands on the surface of the table and cut it into two rectangular forms. Spread nuts on each part of dough, and then roll it up tightly. Braid the two parts and scratch it with a sharp knife. Do the same for the other half of dough then let them rise for about 30 minutes, brush with yolk and bake in the oven.