

2023

Great Natural Food Recipes

Romanian Traditional Foods



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Home made noodles soup

Proposed recipe by: **Maria JIGLĂU**

English translation by: **Corina JIPA**

Ingredients:

-bio/ free range grown chicken

-2 small onions

-1 big carrot

-1 parsnip

- parsley

- salt and pepper ***Noodles:***

-2 free range eggs

-200gr. flour

- a pinch of salt



Directions:

Step 1

The chicken together with salt are placed in a pot filled with cold water.

Then the pot is placed on a stove on a medium heat/ temperature until is boiling. The medium heat helps the liquid to be clear. When is reaching the boiling stage use a foam spoon to clean, then strain the whole content of the pot. Afterwards, add the vegetables cutted in half or full size. While the chicken and vegetables are boiling, we start making the noodles.

Step 2

Making noodles:

Mix together the whole two eggs with a pinch of salt. Add gradually the flour until the dough has the right consistency to be rolled on the kitchen bench.



We sprinkle flour on the kitchen bench and using a rolling pin we spread the dough until we reach a thin sheet of dough. We place it on a baking paper sheet and leave it to dry for about 30 mins .

We roll the sheet of dough on the rolling pin as shown in the picture. Then we cut it with a knife along the rolling pin to form wide bands. The wide bands are cut into fine horizontally.



After the cutting, the noodles are spreaded on a baking paper sheet and left for 15-20 mins to dry. Then are sifted to to eliminate the excess of flour. When the soup is boiling the noodles are added gradually and mixed into the pot together with the rest of the ingredients.

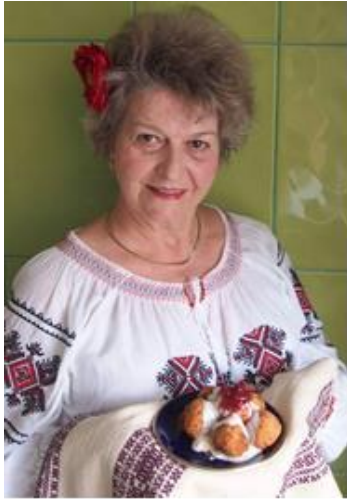


After 10 mins when the noodles are boiled we turn off the stove. We add the parley and the pepper. We don't add all the noodles if the quantity of soup is not enough. The noodles can be kept in a paper bag and used another time.



Bon Appetit!

Fried cottage cheese balls with sweet cream and roses jam



Proposed recipe by: **Nuta MAZILU**
English translation by: **Corina JIPA**

It is a very popular Romanian desert, ideal for a simple traditional meal.

Ingredients (10 servings)

- 500g cottage cheese
- 350g flour + flour for wallpapering
- 3 eggs
- vanilla esence
- lemon peel from one lemon
- baking powder (see picture)
- salt (see picture)
- 200g sour cream
- rose jam (blueberry, sour cherry, cherry, strawberry, etc.)
- oil to be used for frying





Directions:

Step 1

In a big bowl place all ingredients : cottage cheese, flour, whole eggs, lemon peel, vanilla essence, salt, baking powder and mix them well until a smooth dough is reached. Leave it 15 mins before you start to work with it.

Step 2

On a plate sprinkle flour (see picture). Make balls from dough with size bigger than a walnut and roll them on the flour spinkled on plate (see picture).

Step 3

In a saucepan bring the oil to boiling point. Deep fry the cottage cheese balls. When are golden colour, take them from saucepan and place them on a kitchen towel for the excess of oil to be absorbed.

Finally the cottage cheese balls are placed on a plate and garnished with sweet cream and preferred jam.





BON APPETIT !

Zucchini Balls



Proposed recipe by: **Violeta MOCANU**

English translation by: **Corina JIPA**

Ingredients:

- 3 medium pumpkins
- 200g feta cheese (not soft)
- 200g flour
- 1 small onion
- 3 cloves of garlic
- 2 eggs
- 1 dill tie
- 4 tbs breadcrumbs
- salt, pepper, oil

Directions:

Wash and peel the pumpkins, pass them through a large grater and leave them in a bowl to drain. Drained well, mix them with grated onion, crushed garlic and feta cheese which passed through a large grater. Add the eggs, flour, salt, pepper, finely chopped dill and form balls that are rolled in breadcrumbs and fried in hot

oil. They are removed on a napkin to absorb excess fat and can be served as a main dish or a side dish.



Bon Appetit!

Romanian stuffed shortbread with lard and yogurt



Proposed recipe by: **Violeta MOCANU**

English translation by: **Corina JIPA**

Ingredients:

- 250 g lard
- 200 g yogurt
- 20g fresh yeast ○ 1 egg
- ½ tsp salt
- ½ tsp salt sugar
- 50 ml of milk
- grated lemon and orange peel
- vanilla essence and rum
- 800g flour
- 50 g powdered sugar
- filling to taste: *Turkish* delight, walnut, jam, shredded coconut, hazelnut spread.



Step 1

Mix in a bowl the lard, the yogurt and the egg. Dissolve the yeast in a teaspoon of sugar and warm milk then add it to the mixture. Add the grated lemon, orange peel, salt and the essences of rum and vanilla. Finally, add the flour and knead the resulting mixture well. Form a dough that is covered with a cling foil and left in the refrigerator for 30 min.

Step 2

Tear small pieces of dough then make round sheets, about 2 mm thick and cut them in triangles (see the picture-triangles).

Add the filling, roll it starting from the base to the top, making sure that the last piece is underneath, bend it a little and place it in the tray covered with baking paper.

Step 3

Let it rise for another 10-15 minutes then place it in a preheated oven and bake them for 20-25 mins at 180-190 degrees C.

When they are ready, roll them in powdered sugar on all sides and place them on a plate.





Bon Appetit!



Proposed recipe by: **Iana MOLDOVEANU**
English translation by: **Corina JIPA**

Ingredients:

- For the dough
- 250gr. lard
- 250gr. sugar
- 4 eggs
- a pinch of salt
- 3 tsp baking powder or 1 packet/sacket of 10gr.
- 1 packet/sacket of ammonia
- 4 packet/sacket of vanilla sugar
- plain flour is added until the dough has the right consistence to form/model the little balls

For the cream/filling:

250ml water
250gr. butter
600gr. Sugar 700gr. powder milk $\frac{3}{4}$ tbs cocoa powder
rum essence-the quantity depends on your preference

Directions:

Step 1

Mix the eggs with salt and sugar until the sugar is melted.

Add the melted lard, baking powder, ammonia, vanilla sugar and the flour.

With the obtained dough model little balls which are placed in the cast-iron skillet shaped longitudinal as in the image below.

Step 2

In a pan placed on stove add water, butter, sugar and wait until the mixture reaches the boiling point.

Then take the pan from stove add powder milk, cocoa powder and mix well until a smooth composition is reached.

Finally, the rum essence is added.

Step 3

After the composition cooled down the waffles/pine cones are filled with the cream.



Bon Appetit!

Mushroom Loaf



Proposed recipe by: **Georgeta STOIA**
English translation by: **Corina JIPA**

This recipe is a vegetarian recipe, used to replace the fast food options as a healthy, non greasy and free of additives. Also, it is an economical recipe. Can be replaced with the lamb meatloaf cooked at Easter time for vegetarians. It is easy to be cooked and very tasty.

Ingredients

- ½ kg champignon mushrooms
- 5 eggs
- 1 medium onion
- 1 dill tie
- 1 red bell pepper ○ olive oil
- salt and pepper



Directions:

Step 1

Cleaned mushrooms are boiled for 10 mins. Cut fine onion and dill. Boiled and chilled mushrooms are cutted in small pieces. Mix cutted mushrooms, onion, dill with eggs. Add salt and pepper.

Step 2

The mixture is poured into a loaf tin which was lined with baking paper greased with olive oil. Bake it at 180 degrees C for 40mins. Check the mushroom loaf if ready with a toothpick(the toothpick must be dry).

Step 3

Finally, garnish the loaf with slices of red bell pepper. Serve it as an appetizer.



BON APETIT!

Black Old Lady Cake



Proposed recipe by: Lili BRAILEANU
English translation by: Corina JIPA

Black Old Lady is a traditional cake from Republic of Moldova, which has been prepared by housewives from Northern Moldova for many years. An important fact is that doesn't contain cacao, the black colour is given by the combination of baking soda, kefir and the rest of ingredients. If you ask yourself, is it worth to make the effort to make it, in my opinion is it a clear Yes!



Ingrediente

- 10 eggs
- 500 ml. milk
- 250 ml. kefir
- 250 - 300 gr. sugar (depends on your taste)
- 180 ml. sunflower oil
- 250 ml.cup flour
- 30 gr. Baking soda
- 1 vanilla sugar sachet
- 25 ml.votka

Directions

Step 1

In a bowl mix well the whole eggs untill they become a foam. Add gradually the sugar , the process shold be quick in order to obtain a fluffy foam.



Step 2

Add gradually flour together with vanilla sugar until a smooth mixer is obtained. Add gradually oil, then add milk,kefir and mix them together. Add baking soda and mix well, then add vodka.



Step 3

A cast-iron pan is greased with butter or oil, sprinkled with flour and pour the composition in it. At this stage the composition has a yellowish-white colour from the eggs. During baking the colour is changing gradually until the dark brown is reached.



Step 4

Add a lid to the pan and place it in oven. In the first 2 hours is baked at 200 degrees C and in the next 2 hours is baked at 100 degrees C. During this time oven's door is not opened. It is recommended after the complet baking the pan to be left with the lid on until next day.

Step 5

Next day with a help of a knife or silicon spatula the cake is peeled off from the pan and turned upside down on a plate. Can be decorated with melted chocolate and desiccated shredded coconut when not much sugar is used in composition. Sliced Black Old Lady cake can be served.



Bon Appetit!