

Romanian traditional food



A popular Romanian dish of stuffed cabbage rolls (sarmale)

- **The 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 greatly influenced by Ottoman cuisine while it also includes influences from the cuisines of other neighbours, such as Hungarians, Greeks, Bulgarians, Germans and Serbians.

The Turks have brought meatballs ([perişoare](#) in a meatball soup.



From the Greeks there is [musaca](#)



- From the Bulgarians there are a wide variety of vegetable dishes like [ghiveci](#) and [zacuscă](#)



From the Austrians there is the [snițel](#)



How to Make Sarmale (Stuffed Cabbage Rolls)



Things you'll need:

- 1 large green cabbage
- water
- 1 tbsp salt
- 2 tbsp vegetable oil
- 1 medium yellow onion, chopped
- 3 cloves garlic
- 1/2 cup long grain rice
- 1 lb finely ground pork (shoulder preferred)
- 1 egg
- salt and pepper to taste
- 1 jar (24 oz.) sauerkraut (about 3 cups), drained
- 2 1/2 cups chicken stock
- 1/2 lb smoked pork butt, sliced
- 1 can (8oz) tomato sauce

Instructions

- Remove the outer leaves of the cabbage and cut off the bottom core. Bring water and cabbage to a boil in a large pot. Make sure you have enough water to completely cover the cabbage.
- Add 1 tbsp of salt to the water and cabbage. Boil the cabbage for five minutes, or until the leaves separate easily. Drain and cool the cabbage. Sauté garlic and onion in the vegetable oil until the vegetables are soft.
- Add the rice. Brown the rice for two minutes. Remove the rice mixture from the heat.
- Mix the ground pork with the cooled rice mixture, egg, salt and pepper.

- Place two cups of the sauerkraut in the bottom of a large stock pot. Arrange the rolls in a layer on the sauerkraut. Place the smoked pork slices on top of the rolls. Spread the remaining 1 cup sauerkraut over the pork and the rolls.
- Pour chicken stock in the pot, covering the rolls. Simmer over low heat for 1 1/4 hours.
- After one hour, add tomato sauce and one can of warm water.

Source:

http://www.ehow.com/how_2152264_sarmale-stuffed-cab

- ❖ Before Christmas, on December 20 (Ignat's Day or *Ignatul* in Romanian) a pig is traditionally slaughtered by every rural family.
- ❖ A variety of foods for Christmas prepared from the slaughtered pig consist of the following:
 - ❖ *cârnați/cârnați* (spicy sausages)
 - ❖ *caltaboși* (sausages made with liver)
 - ❖ *tobă* and *piftie* (dishes using pig's feet, head and ears suspended in aspic)
 - ❖ *tocătură/tochitură* (pan-fried pork) served with *mămăligă* and wine.

cârnați



caltaboşı



Piftie



Tochitura

Culorile din farfurie

Sara & Miki



- The Christmas meal is sweetened with the traditional cozonac (sweet bread with nuts)



- At **Easter**, lamb is served.
- The main dishes are **roast lamb and *drob de miel*** – a Romanian lamb haggis made of minced organs (heart, liver, lungs) wrapped and roasted in a caul.



drob

- The traditional Easter cake is *pască*, a pie made of yeast dough with a sweet cottage cheese filling at the center.



- **Wine is the preferred drink,** and **Romanian wines** have a tradition of over three millennia.
- Romania produces a wide selection of domestic varieties (**Fetească, Grasă, Tamâioasă, Busuioacă**), as well as varieties from across the world (**Italian Riesling, Merlot, Sauvignon blanc, Cabernet Sauvignon, Chardonnay, Muscat Ottonel**).

- Romania is the world's second largest **plum** producer(after the U.S.A)
- 75% of Romania's plum production is processed into the famous **țuică**, a plum brandy obtained through one or more distillation steps.



Romanian traditional costume

Romanian traditional costume

Romanian traditional costume



- ❖ The structure of the Romanian traditional costume has remained unchanged over the centuries
- ❖ The basic piece of the costume both for men and women is a shirt made from wool, hemp or linen
- ❖ The shirt is tied round the waist with a kind of belt called 'brau', which is narrow for women and wider for men.



Women's traditional clothing includes a shirt. In the past, it used to reach to the ankles. An apron is always worn over the shirt. This was initially a single piece of cloth wrapped round the lower part of the body and secured by a belt at the waist. In Transylvania and in the South-West of our country, there are two separate aprons: one worn at the back and one-at the front.





Men's traditional clothing includes:

- ✓ a white shirt
- ✓ white trousers
- ✓ a hat
- ✓ a belt
- ✓ waistcoat or overcoat.

Shirts are often worn outside trousers.

- ❖ Traditional costumes are often different, depending on the county.
- ❖ Differences can be the shirt length, type of embroidery, hat shape, trousers cut or waistcoat decoration.





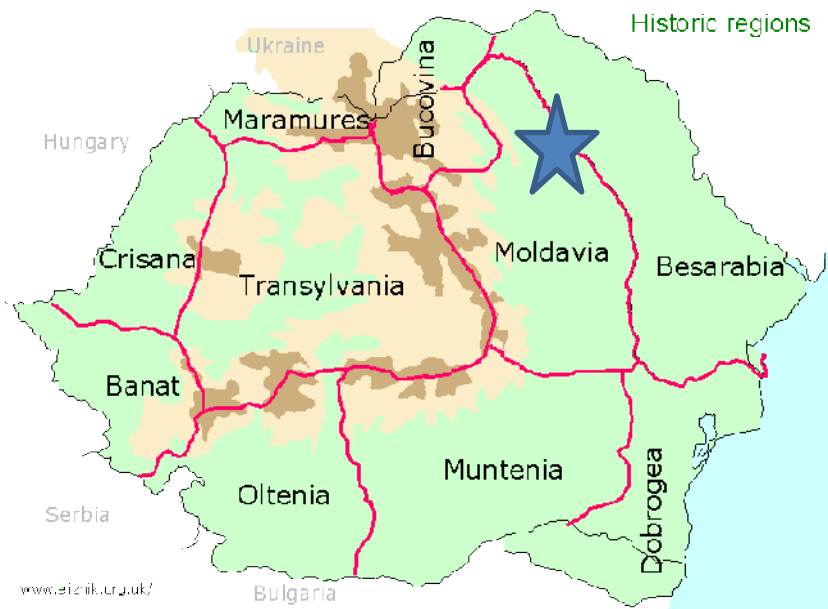
RomanianMuseum.com
Moldova, woman from Botoșani



Romanian Folk Costume Bacau



Romanian Folk Costume , Moldova, Bacau

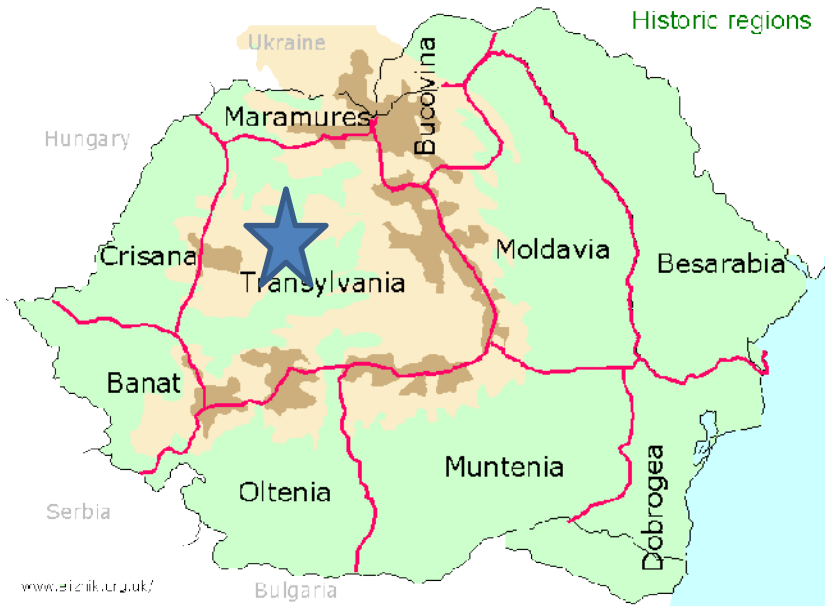


Costume Populare Românești,
87 Regiune: MOLDOVA. Zona: IASI.



Romanian Folk Costume, Woman from Neamt, J

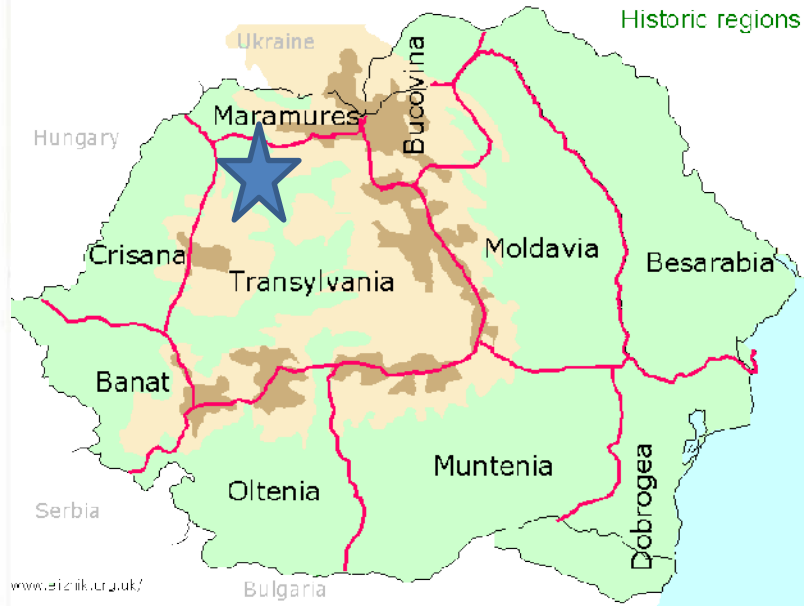




Cluj



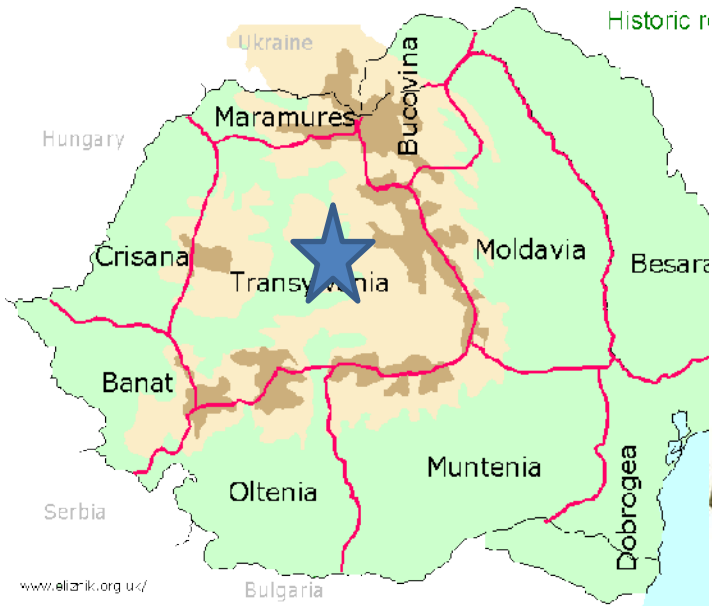
Romanian Folk
Costume: Sălaj
RomanianMuseum.com



www.eticnik.org.uk/



România,
Man from Sălaj



RomanianMuseum.com
Romanian Folk Costumes. Transylvania
Podșul Tămavelor (Tămava Mică, Blăjeș)

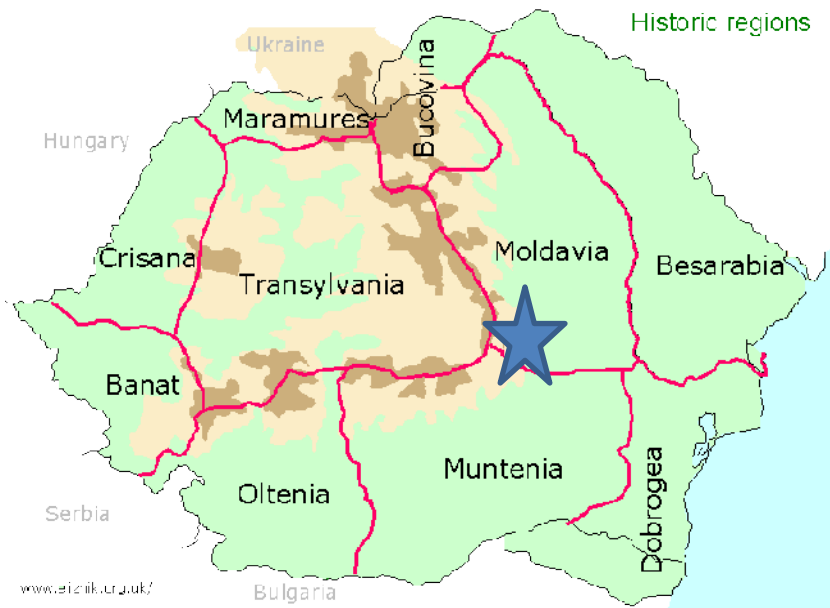


Cioban
de Jina
cu ipingea
1920



Woman from
Marginimea Sibiului
(with headdress=FAHIOL , vest=PIEPTAR DESPICAT)



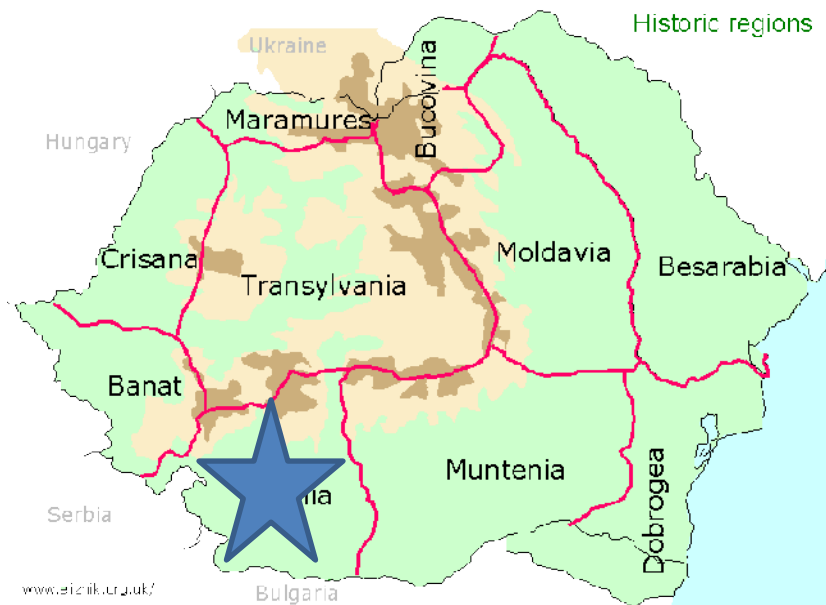


Costume Popolare Românești,
91 Regiune: MOLDOVA. Zona: VITANCEA



MUNTENIA

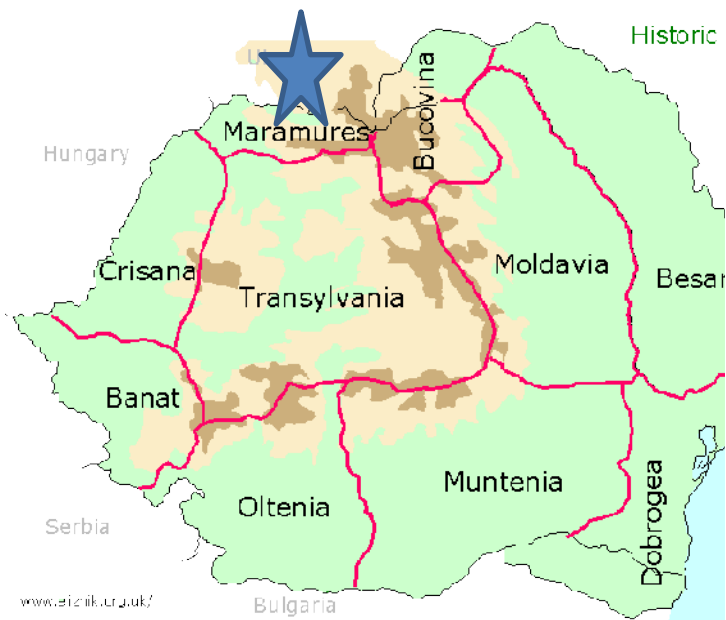




OLTENIA







Costume Populare Românești,
10 Regiune: TRANSILVANIA. Zona: MARAMUREȘ



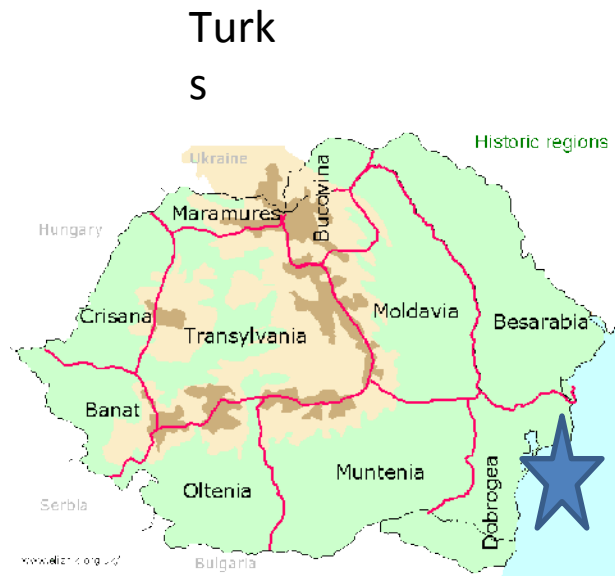
BUCOVINA



Lipovan woman



Crimean Tatars



www.istoria.ro



Sources

- [*www.romaniatourism.com/romanian-food-wine.html*](http://www.romaniatourism.com/romanian-food-wine.html)
- [*en.wikipedia.org/wiki/Romanian_cuisine*](http://en.wikipedia.org/wiki/Romanian_cuisine)
- [*www.ciaoromania.co.uk/traditions-romania.html*](http://www.ciaoromania.co.uk/traditions-romania.html)