

ROMANIA



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. Hungarian man living in Romania, usually in counties Harghita and Covasna, wear more modern clothes, like trousers made of dark material rather than white, which reflect their frequent communication with the West and the developed countries.

The outer articles of clothing worn by both women and men are similar, differing in cut and decoration, which depend mainly on the region from which they are. These are usually made of sheepskin or wool and decorated with silk embroidery or leather.



Romanian Traditional Foods

Soup





BRAZIL

Brazil is known internationally for its stylish and sophisticated clothing. Brazilian

clothes are comfortable, vivid, beautifully crafted and decorated with attractive laces. Brazilian clothing is not very distinctive and there is no particular costume in Brazil.

Traditional Brazilian clothing is influenced by a combination of different races and immigrants from all over the world. In the south region of Brazil, there is a mixture of German, Russian and Italian immigrants; while in Rio de Janeiro, immigrants from England, Portugal and Africa are predominant. Bahia region of Brazil is influenced by the African culture, hence their traditional clothing is Bordado Richelieu. Rio de Janeiro is popular for its magnificent beaches; hence, people in this region mainly wear beach style shirts, bermudas and sunglasses.



A true traditional Brazilian clothing can be seen in the countryside, where men's clothing includes shirt, jeans and dresses made from inexpensive cotton. In Rio Grande do

Sul, the south plains regions of Brazil, the cowboys (gauchos) wear a distinctive dress including baggy trousers, called bombachas, ponchos, wide straw hats and boots. The cowboys in the Northeast region (vaqueiros) wear coat, hat and leather chaps. In Amazon, native Amerindians wear traditional tunics and paint their faces. They make use of beads and feathers to decorate their bodies. They are known for their distinctive hairstyles and body painting. However,

these days, many native Americans have adopted a contemporary clothing and lifestyle. In Bahia, many women prefer traditional African clothing that includes a bright colorful shawl, long full skirt and turban-like head scarf. They are fond of colorful, beaded necklaces and bracelets.



Brazilian Food



Brazilian food is light, spicy and delicious. The Brazilian cuisine is characterized by its variety, and it reflects the diversity in culture and its people (Spaniards, Africans, Portuguese and Amerindians). Some traditional food recipes are:

Feijoada is considered to be the national dish of Brazil. It is a thick stew made from black turtle

beans and a variety of salted pork and beef products. It's an intense and heavy preparation because besides containing stew meat and beans, it is served with rice, farofa, orange slices etc. Hence, it is mostly served for lunch and is followed by a nap.

Ingredients

1 lb pork tenderloin

1 lb black beans

few slices of bacon

1 lb varied pork sausages

2 tablespoons vegetable oil

Garlic, salt, chopped onions and bay leaves

Preparation

Soak beans in water overnight, as this will make the beans easier to cook. Drain the beans and put in a pressure cooker. Add water, the water level should be 1 inch over the beans. Close the pressure cooker and put in medium heat for 20 minutes. The beans are ready.

Now, add 2 tablespoons oil, garlic, salt, chopped onions, 5 or 6 bay leaves and cook for about 15 minutes.

Cook slices of bacon and cubes of pork tenderloin with garlic and salt in a separate pan-fry.

Add all the sliced sausages and stir at medium heat until all the water dries.

Now, add the cooked meat to the pan with black beans.

Cook for 10 minutes to let the meat soak in black beans; and your Feijoada is ready.

Serve Feijoada with white rice and collard greens.

Caipirinha, known as national cocktail of Brazil, is made with cachaca, sugar and lime. Cachaca is a product of distillation of fermented sugarcane juice.

Ingredients

1 lime quartered

1 shot cachaca

1 tablespoon sugar

½ cup ice cubes with water

Preparation

Place lime and sugar at the bottom of a glass.

Crush and mash the lime using a wooden spoon.

Pour liquor, add ice and stir well; Caipirinha is ready.

and flavors can be added or crushed peanuts or almonds.



ALASKA



The Forget-me-not is the state's official flower and bears the same blue and gold as the state flag

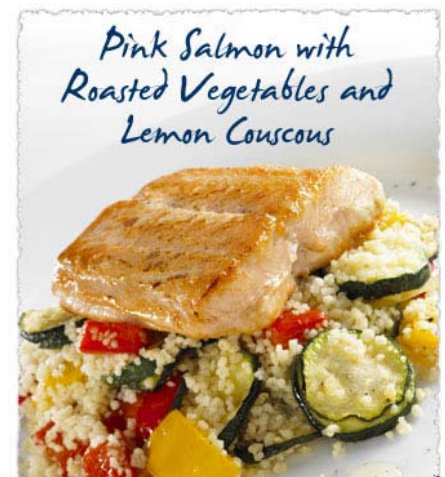


Traditional Food

Alaska's cold water seafood is the centerpiece of Alaskan cuisine. Alaskan salmon is one of the most important foods here and is often served as smoked salmon, cured salmon, salmon jerky, and even sweetened indian salmon candy. The Alaskan salmon and halibut fishing industry brings tourists from all over the world, but it's probably the Alaskan King Crab that most people think of first. Unlike the smaller dungeness or blue crabs found in the lower 48 states, a single Alaskan King Crab can easily feed a whole hungry family.



- 4 pieces of Young's Salmon Fillet
- 2 medium size courgettes sliced
- 1 red pepper – diced
- 1 yellow pepper – diced
- 3 tablespoons of olive oil



Salt and freshly ground black pepper
250g of couscous
1 lemon zest & juice
2 tablespoon of chopped coriander

Mix the vegetables together, season and add half of the olive oil. Place vegetables into an ovenproof dish and cook in a preheated oven 200°C/400°F/gas mark 6 until tender.

Meanwhile mix the couscous with the lemon juice & zest and prepare to couscous manufacturers instructions. Fluff the prepared lemon couscous with a fork, add the vegetables and season. In a frying pan heat up the rest of the olive oil, and cook the Salmon for about 3 minutes on each side over a medium heat.

To serve, spoon some couscous in the centre of the plate, sit the Salmon on top and drizzle a little olive oil on top.



400g of Pollock fillet, skinless, boneless
50ml Sunflower Oil
1/2 Medium Onion, sliced
1 Tomato, chopped

125ml canned Coconut Milk
2 Green or Red Chillies, split open
1 Tablespoon chopped fresh Coriander
Salt and freshly ground Black Pepper
3 Red Finger Chillies, seeded and roughly chopped
1 tablespoon ground Coriander
1 teaspoon ground Cumin
1/2 teaspoon Turmeric Powder
2 Garlic Cloves, roughly chopped
3cm piece of fresh Root Ginger, grated
1 teaspoon prepared Tamarind Paste

Goan Fish Curry

For the curry paste, blend all the following ingredients (3 Red Finger Chillies, 1/2 the Coriander, Cumin, Turmeric, Garlic, Ginger and Tamarind) in a food processor until smooth, or you could use a pestle and mortar. What you want is a nice smooth paste/puree.

Cut fillets into halves (chunky pieces), season the fish chunks well with salt and pepper. Heat the oil in a deep frying pan, add the onion and fry for about 5 minutes, until richly golden, put the chilli in and stir, then add the curry paste, 1/2 the coriander, add a little more oil. Stir in the tomatoes and fry for 1 minute, add the coconut milk, season a little. Add the fish to the pan, cover and simmer gently over a medium heat for about 5-6 minutes, turning the fish over half-way through. Add the remaining coriander and season again. Serve with boiled rice and nan bread.



The Inuit people of Alaska have a distinct version of ice cream. It's not creamy ice cream as we know it, but a concoction made from reindeer fat or tallow, seal oil, freshly fallen snow or water, fresh berries, and sometimes ground fish. Air is whipped in by hand so that it slowly cools into foam. They call this Arctic treat akutaq, aqutuk, ackutuk, or Eskimo ice cream. Akutaq is a Yupik word that

means mix them together.

This is a delicacy that Alaska Natives have thrived on for thousands of years. This recipe was made by Natives a long, long time ago for survival and was used as a special traveling food. When hunters went out to go hunting, they brought along akutaq.



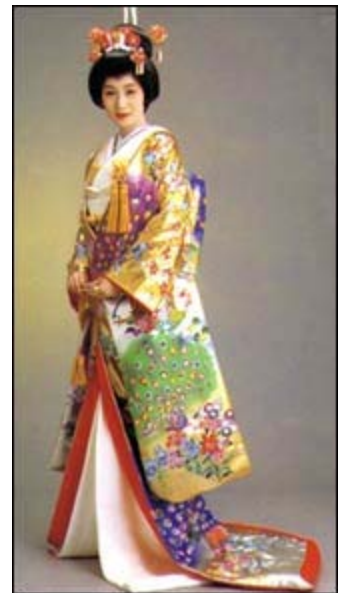
JAPAN

Japanese Traditional Dress



The kimono, meaning 'clothing' in Japanese, is the national dress of Japan. It is perhaps the most well-known symbol of Japan.

A kimono refers to a robe that is T-shaped, free flowing, and has a straight line to it. Both men and women wear kimonos. Typically, it is full-sleeved and reaches up to the ankles. A kimono is generally wrapped around the body of the wearer, from left to right. It is secured with a wide sash, commonly known as 'obi'. The sash is tied at the back.





Traditional Food



is the most famous Japanese dish outside of Japan, and one of the most popular dishes among the Japanese themselves. In Japan, sushi is usually enjoyed on special occasions, such as a celebration.



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Ingredients

½ cup soy sauce

¼ cup sugar

½ cup dashi or beef broth

2 Tablespoons vegetable oil

1 pound beef tenderloin, sliced into thin strips

10 scallions, cut into 2-inch pieces (both and green and white parts)

4 stalks celery, sliced on an angle, in ½-inch pieces

12 mushroom caps, sliced

8 ounces tofu or bean curd, cut into bite-sized cubes

1 can bamboo shoots (8½-ounce), drained

4 cups rice, cooked

Procedure

Mix soy sauce, sugar, and dashi or broth in a bowl and set aside.

Arrange beef and vegetables on a large platter.

Heat an electric skillet 300°F; or heat a frying pan over medium-high heat. Add oil and heat.

Add the meat and brown for 2 minutes.

Add the vegetables and the tofu, including the bamboo shoots, placing each on its own part of the skillet.

Add the sauce and cook mixture for 6 to 7 minutes, turning gently to prevent burning and keeping all ingredients separate from each other. Serve at once over rice.

Ingredients

½ cup soy sauce (preferably Japanese-style)

3 Tablespoons sugar

1 teaspoon fresh gingerroot, grated

3 Tablespoons sesame seeds

1½ to 2 pounds skinless, boneless chicken breast, cut into small serving pieces

Procedure

Preheat oven to 375°F.

Combine soy sauce, sugar, gingerroot, and sesame seeds in a large bowl.

Place chicken in a baking dish and pour sauce over it.

Bake for 45 minutes. Turn chicken about every 15 minutes, coating with sauce in the process.



GERMANY

German Traditional Costume



Women's attire, the dirndl, consists of a closefitting bodice combined with an apron in a different colour. Sometimes it's sleeveless and worn with a cotton and lace blouse, sometimes it features sleeves and a high neck. Hats are often costly and elaborate. They vary according to occasion and region and they are only worn on festive occasions.

A man's traditional clothing is made from leather, linen and wool. The 'Lederhosen', knee-length trousers or short-pants made from leather are worn with rustic shoes and wool socks. Again, jackets and hats vary

according to region and occasion.



German Traditional Food and Drinks



Typical serving of spargel with Hollandaise sauce and potatoes.



Typical German Breakfast
Buffe

Very fat pork knuckles, cooked, served with sauerkraut. It was a favourite when most people still worked hard in the fields. Modern lifestyle and health consciousness did away with this item.



This is one of the traditional German Christmas dishes - Roast goose served with red cabbage, dumplings (Klöße), gravy and sometimes even with glazed chestnuts as shown in the picture above. Absolutely lovely dish. You'll find it in most restaurants in November-December time. I took the lousy pic above with my mobile phone at our staff restaurant. The Klöße is something lots of foreigners can't seem to handle. They say they are too slimy or rubbery.

Well, I'd say get used to them. They are very nice but extremely heavy and concentrated food. Not for the faint hearted. The goose is just lovely. It could be duck as well.

Vanille ice cream with hot morello cherry compote





A typical German dark wheat beer



The various kinds of bottled Kölsch beer



ICELAND



The Icelandic Sweater



Traditional Food and drinks



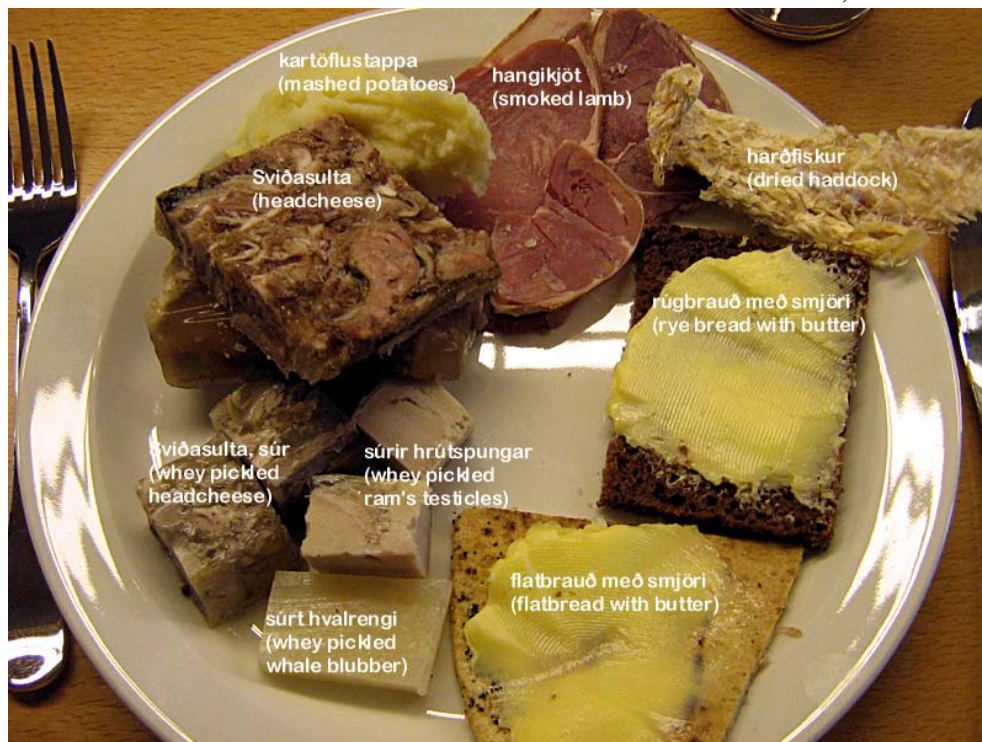
, a platter comprising of a selection of cured meat and fish, served with rúgbrauð, a rye-based bread, is seen in abundance at festival time. Hákarl, fermented shark meat, is perhaps the most famous example of traditional cuisine, usually washed down by Brennivín, a native caraway schnapps.

is an Icelandic cultured dairy product, a type of fresh cheese that has been strained,

Skyr may be used in a traditional Icelandic dish called hræringur (meaning "stirred" or "made by stirring") which consists of roughly equal amounts of skyr and porridge. It is often mixed with jam or fruit for a dessert, or with cereals for breakfast. Children often like brown sugar sprinkled on top. It will keep without refrigeration, making it a good high-protein food to take with you on a trip.



is an old favourite of the Icelanders. For centuries, Icelanders have smoked, pickled and



dried food for preservation, and hangikjöt is one of the most delicious of the smoked products and only lamb/mutton and horse meat are called hangikjöt

Much like in olden times, hangikjöt is not an everyday food, except when used as a topping for bread, skonsur and flatbread. It may be eaten either hot or cold, and is traditionally served with cooked potatoes, white sauce, peas and pickled red cabbage. It is still the most favoured Christmas meal for many Icelanders.



CLASS 5A



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Dumbrava Catrinel

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