

Romania Menu

Appetizer:

**Pepper filled with
cheese**

Main dish:

Skewers

Dessert:

Semolina with milk

Healthy Drink:

Carrots and apples

Healthy snack:

Pastry with cheese

**Interesting facts about
Romanian kitchen**

Healthy Recipes

Appetizer: **Pepper filled with cheese**

Ingredients:

- 250 gram of cheese
- 100 gram of sour cream
- dill
- 3 - 4 red or green pepper
- salt and white / black pepper



Nutrician facts: 603 kcal (3-4 servings)

Preparation:

Mix the cheese with the sour cream in a bowl. Chop the dill and add it to the bowl. Add salt and white / black pepper.

Wash the pepper and slice it into four pieces.

Stuff it with the cream from the bowl.

Time: 30-40min



Main dish: **Skewers**

Ingredients:

- chicken brisket (700-800 gram)
- 2 red pepper
- 2 yellow pepper
- 2 green pepper
- 3 red onions
- 3 white onions
- 500 gram cherry tomatoes
- salt and black pepper
- skewers



Nutrician facts: 1260 kcal (4 servings)

Preparation:

Wash the chicken brisket and cut it in medium sized chunks.

Wash the vegetables. Slice the pepper and the onions in medium sized pieces.

Season the chicken with salt and black pepper.

Place the vegetables and the chicken on the skewer.

The skewers are placed on a grill or in the oven. You have to move the skewers from one side to another every five minutes until they are perfectly made.

Time: 30-40min

Healthy Recipes

Dessert: **Semolina with milk and honey**

Ingredients:

- 500 milliliter milk
- 2 spoons of semolina / 45 gram of semolina
- 1 spoon of sugar / 30 gram of sugar
- 2 spoons of honey



Nutrician facts: 625 kcal (3-4 servings)

Preparation:

Put the milk to boil in a saucepan. Put the sugar in the milk. When it starts to boil put the semolina. Mix the whole time (for 7-8 minutes).

Put the content of the saucepan in a few small bowls. After it is cold, put the honey over.

Time: 20min

Healthy Drink: **Carrots and apples**

Ingredients:

- 500 gram of carrots
- 500 gram of apples
(for 700-800 milliliter of juice)

Nutrician facts: 330 kcal (3-4 servings)



Preparation:

Wash the carrots and the apples.
You have to peel the carrots.
Chop the apples and the carrots in smaller pieces.
Put the pieces in a juicer or a squeezer.
Put the juice in a glass.

Time: 20min

Healthy snack: **Pastry with cheese**

Ingredients:

- pastry
- 300 grams of cheese



Nutrician facts: 660 kcal (3-4 servings)

Preparation:

Stretch the pastry. Cut the pastry in squares.
Cut the cheese in cubes.
Fold every cube of cheese in a square of pastry. Put the pastry with cheese in the oven. They will be ready in 15-20 minutes.



Interesting facts about Romanian kitchen!

Romanian kitchen is diverse and contains many customs and culinary traditions, specific dishes.

Romanian kitchen includes both dishes everyday and special holiday dishes. Romanian dishes are made both from vegetables, grains, vegetable oils, milk, dairy products and meat and meat products. A special place in Romanian kitchen have it sweets, pies, jams.



One typical Romanian dishes is **polenta**. This is a corn flour broth with salt.



The most famous dish is the **cabbage rolls and tripe soup**.



Very often in Romanian kitchen is used pork meat but also consumed beef, chicken, mutton or lamb, and venison.

Feasts ordained by the Church have made an outstanding contribution in Romanian culinary culture, bringing a rich range of festive dishes. Specific of feasts are dishes such as sausages, trotters, pound cake, cabbage rolls.



The main meals are breakfast, lunch and dinner.

The breakfast may consist of dairy products: milk, cheese, yogurt, fresh cheeses or fermented, grain or bread; meat products: salami, ham, bacon; boiled eggs, scrambled eggs, fried eggs or in various combinations with vegetables and meat, fresh fruit or jam or honey. For people who working late breakfast should be more consistent, often giving up the lunch, it may be replaced with a snack.

Usual lunch has three dishes: borsch or soup with meat and vegetables, or only vegetables especially for fast days, or vegetable salads and meat; main course meal consists of vegetables, meat or vegetables cooking in different ways: saute's, dishes, steaks, etc. ; last dish is the dessert composed of cakes, pies, fruit pies or pastry dishes and fruit.

For holidays, Sundays and Christian feasts, add the lunch appetizers such as vegetable salads or meat accompanied by various sauces, sausages, meat pies, cheese or cheese dishes, pies, pastries, and add a richer dessert, such as pound cakes and cakes.



Dinner is composed as lunch, but generally excludes food digestion which involves a long effort for the stomach, such as those prepared with mayonnaise, eggs or roe.

Christmas is for the Romanian people (especially the Orthodox Christian) an occasion of great joy that brings many customs and many pork meat dishes and sweets to celebrate. From the pork meat for Christmas is prepared bacon, sausage, liver sausage, cabbage rolls, roast pork and soup bones. And sweets are: pound cake and pie.



Traditional food for **the Romanian Easter** consists of: lamb tripe, lamb borsch, roast lamb and as sweets, the Romanian people eat pound cake with various fillings and bread with cheese. Besides these dishes are prepared red eggs.

