



Are we what we eat?





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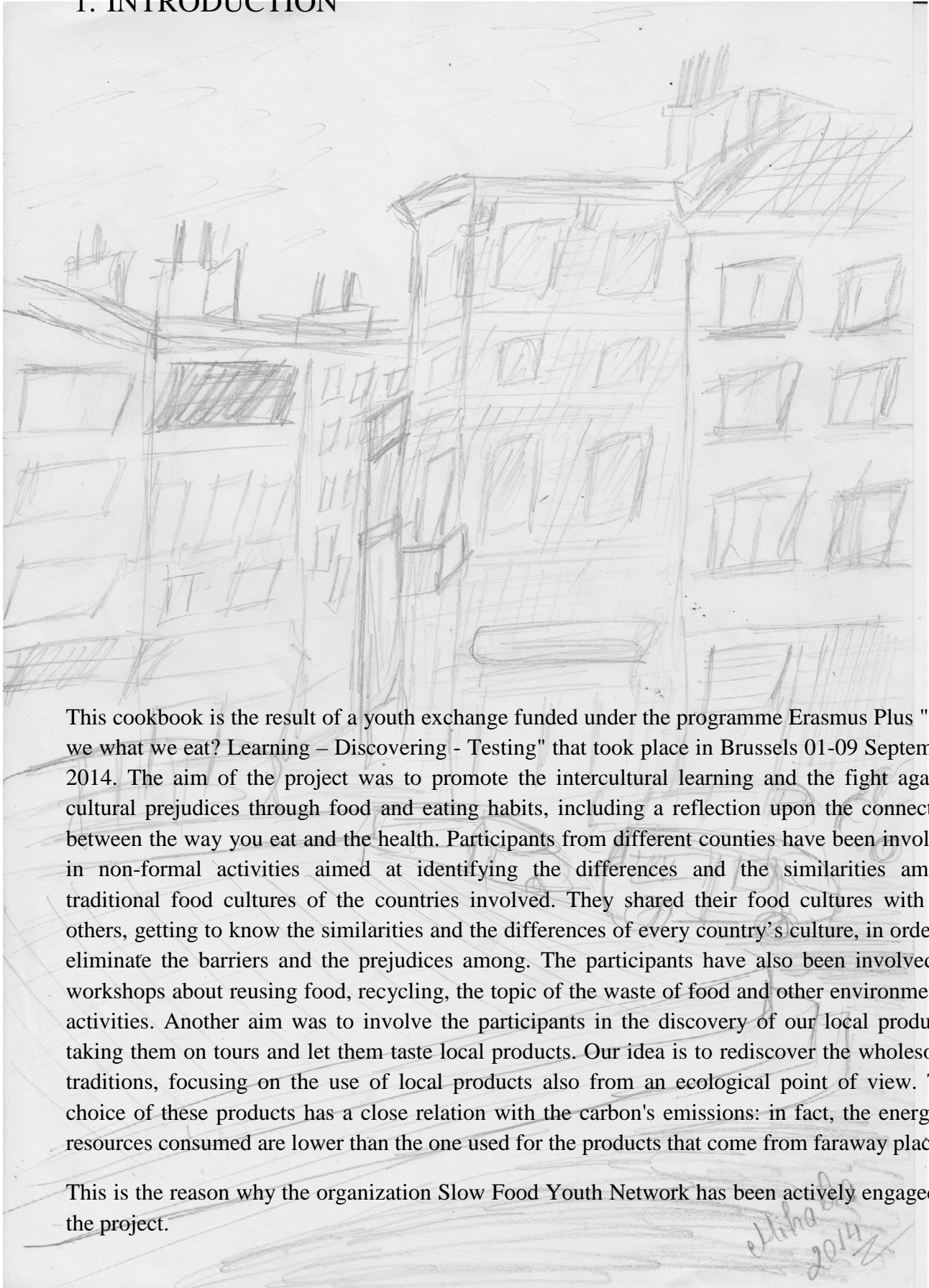


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1. INTRODUCTION



This cookbook is the result of a youth exchange funded under the programme Erasmus Plus "Are we what we eat? Learning – Discovering - Testing" that took place in Brussels 01-09 September 2014. The aim of the project was to promote the intercultural learning and the fight against cultural prejudices through food and eating habits, including a reflection upon the connection between the way you eat and the health. Participants from different countries have been involved in non-formal activities aimed at identifying the differences and the similarities among traditional food cultures of the countries involved. They shared their food cultures with the others, getting to know the similarities and the differences of every country's culture, in order to eliminate the barriers and the prejudices among. The participants have also been involved in workshops about reusing food, recycling, the topic of the waste of food and other environmental activities. Another aim was to involve the participants in the discovery of our local products, taking them on tours and let them taste local products. Our idea is to rediscover the wholesome traditions, focusing on the use of local products also from an ecological point of view. The choice of these products has a close relation with the carbon's emissions: in fact, the energetic resources consumed are lower than the one used for the products that come from faraway places.

This is the reason why the organization Slow Food Youth Network has been actively engaged in the project.

elaha
2014

Then, “Are We What We Eat?”

So are we?

In order to discover it, we decided to combine our five cultures: Bulgarian, Romanian, Italian, Belgian and French in a cookbook.

The mixture of traditional taste and modern techniques is a good base to discover each other’s culture and inspire us to start cooking.

The result of our exchange is a mix of recipes between traditional and leftovers, we picked accessible recipes in order to get people into the kitchen and start cooking.

2. CLICHES ABOUT PARTICIPATING COUNTRIES

- **Belgian clichés**

- French fries unite our country, we cannot survive without them and many sauces are needed.
- A “waffle” every day, keeps the doctor away.
- Chocolate is always a good idea.

- **Bulgarian clichés**

- A meal without meat is like a woman without tits.
- Every Bulgarian man has to have a drink of alcohol when he eats his dinner.
- We are always afraid of the foreigners’ cheese and yoghurt.

- **French clichés**

- French drink at least a glass of wine per day.
- French only eat cheese.
- We always wear the typical French hat with a « baguette » under our arm.

- **Italian clichés**

- Italians always eat pasta and pizza.
- Italians think that they will never find the real coffee abroad.
- If you’re Italian you know for sure how to cook (because, you know, Italians do it better!).

- **Romanian clichés**

- Love passes through the stomach.

- The best vegetable is always the pork.
- Ate well, drank well, in the morning woke up dead.



3. RECIPES

3.1 Traditional Belgian recipes

❖ Chocolate truffles

Ingredients

250g dark chocolate

250g heavy cream

50g butter

20g cocoa powder

Preparation

1. Chop the chocolate and tip into a large bowl. Put the cream and butter in a saucepan and heat gently until the butter melts.
2. Remove from the heat, then pour over the chocolate. Stir the chocolate until you have a smooth consistency.
3. Refrigerate overnight or at least for 3hours for the mixture to hold.
4. Put the cocoa powder on a plate. Form the chocolate mixture into small balls, coat them with cocoa powder and serve. Enjoy!

❖ Waterzooi Chicken

Ingredients :(4/6 persons)

- 2 large carrots
- 2 medium onions
- 2 ribs of celery
- 2 medium-sized leeks
- 1/2 teaspoon dried tarragon
- Salt and freshly ground white pepper to taste
- 2 1/2 pounds cut-up frying chicken
- 1 1/2 cups dry white French vermouth
- 1 1/2 to 2 cups chicken broth
- 1/2 cup heavy cream
- 1 1/2 teaspoons cornstarch
- 6 egg yolks
- 3 tablespoons minced fresh parsley.

Preparation :

1. Trim and wash the vegetables and cut them into matchsticks. Toss them in a large mixing bowl with the tarragon and a sprinkling of salt and pepper.
2. Wash and dry the chicken pieces and set aside.
3. Using a casserole large enough to hold the chicken and the vegetables comfortably. Pour in the vermouth and enough chicken broth to barely cover the chicken. Up to this point, the recipe may be prepared several hours in advance. Cover and refrigerate.
4. When ready to cook, bring to the simmer, covered, and cook slowly 25 to 30 minutes until the chicken is ready.
5. Strain out the cooking liquid, degrease it and adjust the seasonings.
6. Blend the cream and cornstarch in a small mixing bowl. Whisk the egg yolks in a large bowl and stir in the cream mixture. Slowly whisk in the hot cooking liquid. Pour the sauce over the chicken. Set over medium-low heat, swirling the casserole gently, until the sauce is warmed and thickens slightly, but do not bring to the simmer or the egg yolks will curdle.
7. To serve, ladle the chicken, vegetables and sauce into large warm soup bowls and sprinkle each serving with parsley.

❖ Carbonnades :

Ingredients (4/6 persons)

- 1¼kg stewing beef, cut into 4cm cubes
- 400ml Trappist ale such as Leffe or Chimay, or other dark ale
- 3 garlic cloves, lightly crushed
- 2 bay leaves
- 3 tbsp plain flour, seasoned with salt and pepper
- 2-3 tbsp olive oil
- 250g diced bacon
- 2 carrots, sliced
- 2 onions, sliced



Preparation :

1. Marinate the beef overnight in the ale with the garlic and bay leaves. The next day, drain the beef from the marinade, reserving the marinade. Pat the meat dry with kitchen paper and toss it in the seasoned flour until evenly coated. Shake off any excess flour.
2. Heat 2 tbsp of the olive oil in a large flameproof casserole until hot. Fry the beef in 3-4 batches for about 5 minutes per batch, stirring occasionally, until it is a rich golden brown all over. You may need to add a little more oil between batches but make sure it is hot again before adding the next batch. Remove the meat with a slotted spoon to a plate and set aside. Don't worry if the bottom of the casserole is starting to brown, this all adds to the flavour of the finished dish.
3. Lower the heat to medium and fry the bacon in the casserole for 6-8 minutes, stirring occasionally, until crisp and golden. Scoop the bacon out with a slotted spoon and set aside with the beef.
4. Preheat the oven to fan 140C/conventional 160C/gas 3. Tip the carrots, onions and leek into the casserole and fry, stirring occasionally, until they start to brown – this takes about 12 minutes. Spoon in the tomato purée and continue to cook for 2 minutes, stirring constantly.
5. Add the beef and pour in the reserved marinade. Bring to a simmer, scraping any sticky bits off the bottom of the pan, then add all the beef stock and bouquet garni to the casserole. Season with salt and pepper and bring everything to the boil. Remove from the heat. Cover with a lid and cook in the oven for 2 hours, stirring once halfway through. When the beef is ready, taste for seasoning and add more salt and pepper if you think it needs it. Scatter the chopped parsley over the top and serve straight from the casserole.

❖ Belgian fries :

Ingredients :

- 500 gr potatoes
- about 700gr beef fat / 30cl sunflower oil
- a pinch of salt

Preparation :

1. Peel potatoes and slice them into 1 cm stick. Rinse them under cold water then dry them to get rid of the potato starch.
2. Heat up the beef fat to 140C and fry the fries for 6/7 minutes then drain them and let them rest for 10 min.



3. Heat up the fat to 170C and fry them again for 3 min to get extra crispy , then add salt to taste.
4. Enjoy with mayonnaise.

3.2 Traditional Bulgarian recipes

❖ **Banitsa**

This typical dish is famous across all parts of Bulgaria. It could be made of few layers or rolled up pastry depending in which part of Bulgaria you are. The most popular recipe version of banitsa is salty but there is a sweet version. It is made with pumpkin and nuts and it is called tikvenik. The Bulgarian cake is eaten mostly for breakfast but is also appropriate for lunch and dinner. It is served with Bulgarian Yoghurt to strengthen the taste and the mix between the dough, eggs and cheese.

Ingredients

1 package typical Bulgarian sheets of pastry
3 Eggs
300g Bulgarian cheese
1glass of sparkling water
1 cup of oil
Salt

Preparation

1. Oil the pan thoroughly. Preheat the oven on 220 degrees
2. Lay out one layer of the dough so that the pan is covered.
3. Spread crumbled cheese on it to cover most of the dough.
4. The next steps include laying out dough and the cheese in the same way until the pan is filled.
5. After you reach the top, cut the cake in squares.
6. Make an egg wash and Pour it on the top
6. Put the oil on the stove and leave it until it is frying temperature. When it is ready pour it on the cake.
7. Bake it until the top is golden brown. (about 30 minutes)
8. When you take it out, leave it to cool down and serve it with yoghurt.

Enjoy

❖ Tarator

This dish is a famous cold soup. It is often eaten during the summer as an appetiser. The mix between the yoghurt and the cucumbers is very specific and could not be easily mistaken.

Ingredients (For 4 bowls)

500g yoghurt

2 cucumbers

Garlic

Dill

Salt

Nuts

Preparation

1. Chop the cucumbers on small squares and put them in a bowl.
 2. Put salt to taste and leave them to rest.
 3. Put the yoghurt in a bowl and add 1cup of water. Stir it until its combine
 4. Mix the cucumbers with the yoghurt and stir.
 5. Add garlic and salt to taste.
 6. To decorate add nuts.
- Enjoy!



❖ Bean soup

This soup is a famous dish which is a favourite among many Bulgarians. It is made from dry beans, onions, tomatoes, chubritsa and carrots. The combination has a typical smell and is very aromatic due to the vegetables.

Ingredients

200g of beans

1 onion

1 carrot

1 green pepper

1 tomato

1 pinch of spearmint
1 bunch of parsley
Chubritsa
Salt
2 tbs of oil

Preparation

1. Boil the bean without salt until it is soft. After that it should be taken out and washed.
2. When it is back in the pot, pour cold water on it and boil it until it is fully cooked.
3. While you boil it for the second time, put the chopped onions, carrot, pepper, the salt, the green spices.
4. After it has boiled, add the grated tomato and cook it for a couple of minutes.
5. Separately fry oil and add a bit of flour while stirring it. After a few minutes add red pepper and stir.
6. Slowly add the mixture into the soup.

Enjoy

❖ **Shkembe chorba (Bulgarian soup)**

This soup is a very traditional dish. As its ingredients are very strange, some people find it unpleasant. It is made from calf or pork stomach. It takes many hours of preparation to be well cooked. In the end after all ingredients are added, the soup is very aromatic and you can recognize the specific smell.

Ingredients

750 g of calf stomach
3 eggs
4 tbsp flour
200 g yoghurt
2-3 tbsp of spicy paprika
Salt
1/2 crushed garlic
6 tbsp vinegar
4 tbsp oil

Preparation

1. The stomach should be well washed and put in water for at least 1 hour.
2. Take it out of the water, chop it in big pieces and put them to boil for 2 hours. Constantly add water so that the level stays the same.



3. 15 minutes before it is ready add salt to taste.
 4. Take out the pieces and leave the stock in the pot. Leave it to cool down and remove the fat that is forming on the top.
 5. Cut the stomach into smaller pieces and return it back in the pot.
 8. Whisk the eggs, the flour and the yoghurt and mix together.
 7. Take a spoon of the stock and slowly pour it into the egg mix while stirring. Repeat the action until it is 50% egg mix and 50% stock.
 8. Slowly start pouring the new mixture in the pot while stirring the stock.
 9. It should be left on low temperature for few minutes. It must not simmer because the egg might curdle.
 10. During that time put the oil in a separate pan to boil and add the paprika. Be careful to stir it well.
 11. Pour it in the pot and stir.
 12. The soup is served hot with vinegar and garlic by its side.
- Enjoy

❖ **Medenki (Bulgarian sweets)**

This tasty snacks are a popular treat for all sweet lovers.

Ingredients

- 2 eggs
- 1 cup sugar
- 1/2 cup oil
- 7 tbsp honey
- 3-4 tbsp cinnamon
- 1 tsp baking soda
- Flour

Preparation

1. Beat the eggs and the sugar with an electric mixer until it reaches the same consistency.
2. Slowly add the oil while stirring.
3. Beat for 20 more seconds.
4. Add the honey while whisking and then beat the batter for 30 seconds.
5. Put the cinnamon and the baking soda.
6. Add flour until the dough is soft.



7. Heat the oven to 220 degrees.
8. Oil your hands and start forming little balls with the dough.
9. Arrange them in an oven tray with a space between the dough balls.
10. Bake until they are brown.
11. Take them out of the oven and leave them to cool down.

You can spread jam or honey and stick them in couples

Enjoy

3.3 Traditional French recipes

❖ Pisaladiere

Ingredients:

- 5- 7 large red (or brown) onions
- small black olives (halved and pitted)
- 5-10 anchovies
- *herbs de province*
- olive oil
- pastry/pizza base

Instructions:

- Slice all onions and caramalise in a fry pan, gently with olive oil.
- Once caramelised put into a pastry that has been placed in a flan/tart tray.
- Place anchovies on top in a decorative pattern (like a star).
- Place olives around as well.
- Sprinkle with *herbs de provence*.
- Cook in the oven at 180 degrees for around 15 minutes. Keep your eye on it, so the pastry does not burn.
- Serve warm.

❖ Quiche lorraine

Ingredients

Flaky Butter Crust, recipe follows

6 ounces thick cut bacon, cut into narrow strips (or “lardons”)

4 large eggs

20cl of milk 20 cl of liquid cream cream

1 cup grated Gruyere

Flaky Butter Crust:

1 1/4 cups all-purpose flour

1/4 teaspoon salt

7 tablespoons unsalted butter, chilled and cut into pieces

1 to 2 tablespoons ice water, or more as needed

Instructions

1. On a lightly floured surface, roll out the dough to an 11-inch circle. Fit into a 9-inch fluted tart pan with a removable bottom and trim the edges. (Alternatively, a 9-inch pie pan can be used.)

2. Refrigerate for at least 30 minutes.

3. Preheat the oven to 375 degrees F.

4. Line the pastry with parchment paper and fill with pie weights or dried beans. Bake until the crust is set, 12 to 14 minutes. Remove the paper and weights and bake until golden brown, 8 to 10 minutes. Remove from the oven and cool on a wire rack. Leave the oven on.



5. In a medium skillet, cook the bacon until crisp and the fat is rendered, about 5 minutes. Remove with a slotted spoon and drain on paper towels. Discard the fat or reserve for another use.

6. In a large bowl, beat the eggs, milk and cream. Add the remaining ingredients. Put into the prepared crust and bake until the custard is golden, puffed, and set yet still slightly wiggly in the center, 30 to 35 minutes.

7. Remove from the oven and let cool on a wire rack for 15 minutes before serving. Serve with Simple Salad.

❖ Flaky Butter Crust:

To make the dough by hand, combine the flour, salt, and butter in a medium bowl, and mix with a pastry blender or your fingertips until the mixture resembles coarse crumbs. Add the water 1 tablespoon at a time and mix until the dough comes together and is no longer dry, being careful not to overmix. Form into a disk, wrap in plastic wrap, and refrigerate for at least 1 hour.

Roll out the dough on a lightly floured surface according to the recipe, fit it into the pan, and allow

to rest again in the refrigerator before baking.

Ingredients

- 140g pork rind
- 140g smoked streaky bacon
- 300g garlic sausages
- 600g dried haricot beans, soaked overnight in 3 times their volume of water
- 1 celery stick
- 1 small onion, preferably a white skinned mild one
- 1 large carrot
- 6 garlic cloves
- 2 ripe plum tomatoes
- 25g goose fat or 2 tbsp olive oil
- 1 bouquet garni
- 8 pinches of sea salt
- 2 pinches of freshly ground black pepper
- 1 clove, lightly crushed
- 2 tsp lemon juice

To finish

4 confit ducks legs
60g goose fat or 2 tbsp olive oil
40g dried breadcrumbs
1 garlic clove, finely chopped

1. a handful of fresh flatleaf parsley, coarsely chopped
2. To cut the meats, roll up the pork rind like a Swiss roll. With the seam underneath, use a very sharp knife to cut the roll across into thin slices, then chop the rolled-up slices across into dice. Chop the bacon into small cubes (lardons). Cut the garlic sausage into 1cm thick slices.
3. Drain the soaked beans and discard the soaking water. Tip the beans into a large saucepan, add the diced pork rind and lardons and cover with fresh cold water. Bring to the boil and blanch for 15-20 minutes. Drain the beans, rind and lardons into a colander, and discard the cooking water.
4. Roughly chop the celery, onion and carrot. Peel the garlic cloves but leave them whole. Cut each tomato into eight wedges. (You never see tomatoes in a traditional cassoulet, but chef Raymond Blanc likes them for their colour and sweetness, so he puts a couple in.) Preheat the oven to 120C/fan 100C. (If cooking in a gas oven, use mark 2.)
5. Heat the goose fat or olive oil in a 26cm flameproof casserole or deep overproof sauté pan over a low heat and sweat the celery, onion, carrot and garlic for 5 minutes. Add the tomatoes and bouquet garni and cook slowly to get a sugary caramelisation (about 5 minutes). Add the sausage, beans, pork rind and lardons and pour in 1.2 litres/2 pints water. Bring to the boil, skim off the scum, then add the salt, pepper, clove and lemon juice.
6. Transfer the casserole to the oven and cook, uncovered, for 2 hours, stirring every hour. At the end of this time, the beans will be soft and creamy in texture and the juices should have thickened. You may need to cook it for longer than 2 hours (say up to 2½ hours) to get to this stage – it depends

7. Remove the cassoulet from the oven. Bury the duck legs in the beans and sprinkle over the goose fat or olive oil, breadcrumbs and garlic. Return to the oven and cook for a further 2 hours. Serve the cassoulet in bowls, sprinkled with chopped parsley.

❖ Crepes sarazin :

The filling for a paper-thin Breton galette is always simple. The most popular, called a *complet*, includes ham and egg and often a spoonful of fresh cheese. You can ask for the egg to be *brouille*, briskly scrambled on the hot galette, or *miroir*, left untouched to bake on top. When the galette is pleated, the golden egg yolk peeps out of the crisp brown folds. One galette is a modest serving; most people eat two, sometimes even three. (If you use the smaller crêpe pan when making this recipe, four galettes is an average serving.) They go down well indeed with a pitcher of the local demi-sec cider.

Ingredients

- 1-3/4 cups/225 g buckwheat flour
- 1-3/4 cups/225 g unbleached white flour
- 2 teaspoons salt
- 2 cups/500 ml milk, more if needed
- 2 cups/500 ml water
- 1/2/110 g butter, clarified (see note below)
- Fillings (recipes follow)
- 12-inch/30-cm flat, round griddle pan or 7-inch/18-cm crepe pan
(see note below)



Instructions

1. For the batter, sift the 2 flours into a bowl and add the salt. Make a well in the center and pour 1 cup/250 ml of the milk into the well. Whisk the milk into the flour, forming a smooth paste. Whisk well for 1 minute, then add the remaining 1 cup milk in 2 batches, stirring well after each addition. Cover and let the batter rest at room temperature for 30 to 40 minutes. Stir in the water and beat again for 1 minute. If necessary, beat in more milk until the batter is the consistency of light cream. Stir in half of the clarified butter.
2. Warm the griddle pan or crepe pan over medium heat until very hot, at least 5 minutes. Dip a wad of paper towel into the remaining butter and rub it over the griddle. Heat the griddle 2 minutes longer, then test the heat with a few drops of batter; they should set at once. Wipe the griddle clean with the paper towel wad, and then rub it again with butter. Ladle batter onto the center of the hot griddle pan.

Using a palette knife or pastry scraper, spread it with a turn of your wrist so the griddle is thinly and completely covered, tipping the griddle to discard excess batter into a bowl. Cook the galette quickly until lightly browned on the bottom, 30 to 60 seconds. Peel the galette off the griddle and flip it to color the other side. Note that a galette should not be browned too much, as it will be reheated with the filling. Transfer it to a plate.

3. If the first galette seems heavy, thin the batter with a little milk. Continue to cook the galettes, wiping the griddle clean with paper towels and rubbing it with butter as necessary to prevent sticking. Pile the finished galettes on top of one another to keep them warm. They may be tightly wrapped and stored in the refrigerator for up to 3 days or frozen for up to 3 months.

3.4 Traditional Italian recipes

❖ Pizza (for 6 people)

Ingredients:

1 kg of white flour
25 gr of yeast
1 pinch of salt
As much water as it takes

Preparation:

1. Mix all the ingredients together. Add as much water as it takes until you obtain the desired dough. Let it rise for at least 2 hours. Make a pancake of 1 or 2 cm and then for the Margherita put tomato sauce , sliced mozzarella and fresh basil.
2. You can of course change the ingredients according to your will.
3. Spaghetti con vongolo fujute (with escaped clams) for 4 persons

Ingredients :

-400 gr of spaghetti
-400 gr of canned tomatoes



- 2 garlic heads
- As much oil as you need
- Persil
- salt
- As much chilli pepper as you need

Preparation:

Slice the persil. In a pan fry the garlic until it begins to get brown. Add the persil and the mashed tomatoes. Add some salt and let it cook slowly. Meanwhile boil the salting water and cook the spaghetti. When the pasta is ready,take off the water and put spaghetti in the pan with the other ingredients,mix it together with the chilli pepper and then cook it slowly for few minutes,then serve.

❖ **Ragu'** (for 5 persons)

Ingredients :

- 1 onion
- 1 leak
- 1 carrot
- 1 celery
- oil
- salt
- 500 gr of pasta
- 250 gr of tomato sauce

Preparation:

1. Slice the onion,the carrot,the leak and the celery and fry it slowly in an oiled pan for about 15 minutes(really important),add the tomato sauce and cook really slowly for at least 30 minutes.

2. Meanwhile,boil some salted water and cook your pasta. When it's ready take off the water and add the pasta to the other ingredients,mix it well and serve.

❖ **Struffoli** : (10/15 persons)

- 500gr of flour
- 3 eggs
- 3 spoons of olive oil
- 2 spoons of sugar
- 1 grated lemon
- salt
- 500 gr of honey
- pastry decorations
- seeds

Preparation :



Make a little “hill” with the flour,then add the eggs,the olive oil,the grated lemon and a pinch of salt. Mix everything until you obtain a compact dough. Make thin and long “sausages” and cut them into small pieces. Fry them in seeds oil. When they golden take them off and add the warm honey with the 2 spoons of sugar. Add the pastry decorations and serve it cold.

3.5 Traditional Romanian recipes

❖ **Placinta Dobrogreana** (pronounced /pla-chin-ta do-bro-gee-ana/)

Probably one of the most famous pies or pastries in Romania – it's very popular therefore, it can easily be found in good pastry shops all around the country. It can be made as a pie with cheese filling between thin pastry. There is a variation with the filling rolled up in the pastry like a sausage and then placed in the baking tray. Some recipes combine the cheese with sour cream, others with eggs. Depending on your preference elements and options of all these methods are incorporated.

This version is the savoury version of the pie, but a sweet version also exists, using sweetened cheeses and sometimes raisins. If you do not want to make your own dough (it's an easy dough, so don't be afraid!) you can use shop-bought filo pastry.

Servings: 8 slices

Time: 90 minutes

Ingredients

For the dough:

300g flour

160ml water

1 small egg

1 tablespoon of oil

(sunflower or olive)

1 teaspoon of salt

1 teaspoon of vinegar

(not malt)

For the filling:

500g of soft fresh cheese
(see method)

Smantana (sour cream)

and/or eggs (probably no more than 3 – see method)



For cooking:

100g melted butter or oil (sunflower/vegetable)

1 large egg

3 good tablespoons of yogurt or sour cream (*smantana*)

Method:

1. Pour the flour into a mixing bowl, make a well in the centre, and add the egg, oil, water, salt and vinegar.

2. Combine the ingredients in the well and slowly draw in the flour, mixing well with your fingers, until a dough starts to form.

3. Form the dough into a ball and turn out onto a floured work surface. Knead the dough until you achieve a soft, elastic dough which is no longer sticky.

4. Put the dough back in the bowl and cover with a damp tea towel and rest for 30 minutes. Alternatively, flour the ball a little, and drop it into a plastic freezer bag, give it a twist to eliminate the air, and rest for 30 minutes.

5. While the dough is resting, preheat the oven to about 200-210C (medium heat).

6. For the cheese filling:

You should use 500g of cheese but you can add more if you like a thicker layer of cheese in your pie (or indeed less). We used a mixture of *telemea de oaie* (ewe's milk cheese, something like a feta), *branza proaspata de vaca* (a soft fresh cow's milk cheese) and *branza de burduf* (a soft but slightly mature tasting sheep's milk cheese) but you can use any good fresh or semi-fresh cheeses (such as chevre, feta, Neuchâtel, paneer, queso fresco). Combine the cheeses well, and break up the harder ones with a fork, and then add either *smantana* (sour cream) or eggs, little by little, until you reach a nice sloppy consistency. We recommend adding the eggs/cream gradually – the amount you need will depend on the initial consistency of the cheese and the size of the eggs. The consistency you want is quite thick, certainly not 'pourable', something like a thick cake batter. Taste and add salt if necessary.

7. Brush the sheets of dough with a little butter or oil. If you intend to use butter, melt it in a pan over a very low heat.

8. Once the dough has rested roll it out. Firstly, roll the dough into a sausage and cut it into six equal parts. Form a ball from each piece and roll it out until it is the size and shape of your baking tray.

9. Butter or oil the bottom of the tray, then put in the first layer of dough, brush it with butter/oil, then put in the second layer, then add half of the cheese, spreading it out to about 1cm from the edge of the tray, then another two layers of dough (the first, again, brushed with butter/oil). Then repeat the process until the last two layers of dough.

10. Gently run the back of a knife over the top to mark the portions, dividing it into eight wedges.

11. Put the pie into the preheated oven and cook it for about 20-30 minutes until the top is golden brown. At this point, make a mixture of one egg and three tablespoons of *smantana* (sour cream) or yogurt, according to preference. Spread this mixture over the top of the pie and return it to the oven for another 15-20 minutes until golden brown.

12. Once it's nice and brown all over take it out of the oven, let it cool down for a few minutes. Cut it into portions.

❖ Pancakes with cheese and herbs

Ingredients

- 100 g of flour;
- 3 eggs;
- 250 g of cheese;
- 125 ml of mineral water
- 300 ml of milk;
- 50 ml of oil;
- 1 bunch of ramsons;
- 1 bunch of green onions;
- 1/2 bunch of dill;
- 100 g of cream;



- 50 g butter;
- salt.

Preparation

1. Blend the eggs with a pinch of salt, add the flour, mineral water and milk (previously boiled and cooled);
2. The mixture should be left to cool for 15-20 minutes;
3. Heat a pan and add oil using a tissue;
4. Pour around 50-75 ml of batter, tilting the pan, so as to obtain a uniform layer; cook pancakes on both sides.
5. All vegetables should be washed and chopped, then mixed with the sour cream and the butter (kept at the room's temperature); add the crushed cheese and salt;
6. Then fill the pancakes with the paste obtained.

Enjoy ☺

❖ **Mamaliga (Polenta)**

Mamaliga is an authentic Romanian food that is consumed on a daily basis in the countryside as a side dish to various meals, mostly replacing bread. Nowadays, it remains a staple food for the Romanian culture. To experience the Romanian culinary traditions you must try mamaliga. As opposed to other food cultures (for example Mexican), which bake polenta as a lightly sweetened side dish, mamaliga is used in salty dishes. The classic mamaliga is served with warm milk or with sour cream, also with feta cheese (you can shred feta cheese on top of warm mamaliga and add sour cream). Sometimes mamaliga is also served with a fried egg on top. Mamaliga is an excellent side dish for traditional Romanian stews, and also for sarmale (stuffed cabbage rolls).

Cooking time: 20- 25 minutes

Makes: 6 servings

Ingredients:

- 4 cups water
- 1 pound ground cornmeal (a courser version will make a more traditional mamaliga)
- 1 teaspoon salt

Preparation:

1. Bring the water to boil in a large pot with salt, then simmer and pour steadily the cornmeal.
2. Stir constantly for about 20 minutes with a wooden spoon, until you notice that the mamaliga breaks away easily from the sides of the pot.
3. The cooked mamaliga should be thick enough to stay in place on a wooden plate.
4. Traditionally, mamaliga is cut with a string, but modern cooks will most probably use a knife.

5. Serve in a deep bowl with warm milk, or sour cream. You can also add Parmesan cheese or shredded feta cheese in combination with the sour cream, and also serve with fried eggs on top.
6. Mamaliga can also be served as a side dish, for example with stuffed cabbage rolls (,sarmale’).

❖ Oltenian Stew (Tochitura olteniasca)

Ingredients:

500 g pork
 100 g gammon
 200 g mushrooms
 1 pepper
 2 onions
 150 ml tomatoes juice
 Garlic
 100 ml oil
 Salt&pepper



Preparation:

Chop the pork and the gammon. Add some salt&pepper on the meat and then fry it. Chop the mushrooms, the onion and the pepper and fry them in a frying pan for 5 min. and then add the tomatoes juice. After that, you can add the chopped garlic and the meat and let them fry for 10 more min. at medium heat. Serve it with steaming polenta and a little bit of cheese on top:

❖ Cozonac

Ingredients

For the dough:

500 g flour 00
 100 g sugar
 125 g whole milk
 1 cube yeast
 2 eggs
 100 g seed oil (or butter, softened 100 g)
 1 cup (20 gr) rum vanilla or vanilla bean seeds
 aroma orange and lemon (grated peel or vial, Romanian variant)
 1 pinch of salt

For the filling:

125 gr walnuts, or almonds, or hazelnuts (or all together)
 10 g cocoa

75 g sugar

50 g whole milk if you like you can also add raisins soaked in rum and squeezed candied orange peel

Prepare the dough: Dissolve the yeast in the bowl with milk and sugar.

Add flour, eggs, rum, oil, a pinch of salt. The dough is very soft but hold together. Put it to rise in a sheltered place, for about 2 hours.

Prepare the filling: Mix the dried fruit, sugar, milk and cocoa - it must be without chunks. Chill in the refrigerator to rest waiting for the dough rise completely.

After about 2 hours, take the dough, divide it into two parts, pull a rectangle with each half and fill with the cream. Roll up the rectangles and close the ends getting two loaves filled. Put the two filled loaves in a mould and let them to rise again for about an hour, in a protected place.

If you want you can garnish the surface with granulated sugar.

Preheat the oven and cook for about 50 minutes (do the toothpick test before turning out).

❖ Ciorbă de perisoare

-is a distinctive type of Romanian soup made sour thanks to vinegar, sauerkraut juice .

Sour meatball soup is among the most traditional of the sour soups, but cabbage ciorbă is also popular, and ciorbă de burtă (tripe soup) is considered the ultimate hangover food. Traditional versions use lovage, if you can't find it, celery leaves or parsley will do.

Ingredients

Meatballs:

- 1 pound ground lean beef or pork (or a combination)
- 2 slices bread
- 1 small finely chopped onion
- 2 tablespoons uncooked rice
- 2 tablespoons water
- Salt and pepper to taste

Soup:

- 1 small finely sliced onion
- 1 bunch lovage leaves or celery leaves or parsley leaves, finely chopped
- 1 peeled parsley root
- 1 peeled parsnip
- 4 peeled carrots
- 1 pound beef or veal with bones
- 4 tablespoons tomato paste
- Salt as needed
- 2 to 3 tablespoons vinegar, or to taste
- Sour cream for garnish (optional)
- Hot pepper (optional)



Prep Time: 50 minutes

Cook Time: 40 minutes

Total Time: 90 minutes

Yield: 8 serving Romanian Meatball Soup

- In a large saucepan, bring 6 cups of water to a boil. Add sliced onion, lovage, parsley root, parsnip and carrots. Add beef or veal with bone. Bring back to a boil, skimming off any foam that rises to the surface, reduce heat and simmer partially covered.
- Meanwhile, make the meatballs by first soaking the bread in water or milk and then squeezing it dry. Mash the soaked bread in a large bowl. Add the ground meat, finely chopped onion, rice, water and salt and pepper. Wet hands slightly and make small meat balls. Set aside.
- When the vegetables in the saucepan become tender, return it to boil and carefully drop in the meatballs. Reduce heat and simmer for 30-40 minutes. When the soup is almost done and the meatballs come to the surface, add the tomato paste and stir well.
- Add the lovage and season with salt and vinegar. If desired, serve with a dollop of sour cream and a hot pepper on the side.

4 “LEFTOVER” RECIPES

4.1 Belgian “leftover” recipes

❖ Stoemp:

Ingredients

- 1kg potatoes
- 400g cabbage
- 60g butter
- drop of milk
- Nutmeg
- Salt
- Pepper

Preparation

1. Peel and chop your potatoes, separate the leaf of the cabbage and slice them finely.
2. Boil the potatoes and the cabbage separately in salted boiling water.
3. Drain your vegetables and add 60g of butter, a drop of milk, salt and pepper and some nutmeg. Mash it all together.
4. Stoemp is traditionally served with pork sausages.
5. It's possible to do this recipe with many other vegetables; carrots and leeks or even brussels sprouts are also very traditional.

❖ Meat Salad :

Ingredients :

- Cooked piece of meat, preferably beef or pork
- Onions in vinegar
- A handful of peas
- 2 carrots
- Pickles
- 4/5 tbsp mayonnaise
- 1 tbsp mustard
- Salt and pepper to taste
- Parsley
- Hard egg
-



Capers

Preparation :

Cut the meat very finely.

Cut and cook the carrots and peas.

Cut the hard egg, the pickles, the onions, the capers.

Mix everything with the mayonnaise and the mustard and the parsley.

Traditionally it is eaten with bread.

4.2 Bulgarian “left over” recipes

❖ Kyopoolu or eggplant mash

Ingredients:

- Peppers
- Eggplants
- Garlic
- Salt
- Vegetable oil
- Vinegar

Preparation

1. Once you have the eggplants and the peppers grilled, chop them in very little pieces.
2. Mix them together and stir well.
3. Add the crushed garlic, oil, vinegar and salt to taste.

Enjoy

❖ Gyuvech

Ingredients

- Onions
- Carrots
- Potatoes
- Tomatoes
- Cheese
- Meat
- Salt
- Oil
- Chubritsa
- Parsley
- Paprika



Preparation

1. As it is a leftover recipe, you can use all kind of fresh or frozen vegetables that are left in the fridge. Cut them in pieces and put them in the gyuvech (the special ceramic pot)
2. If you have some meat leftover, chop it in pieces and add it to the vegetables.
3. Add the oil, salt, chubritsa, parsley and paprika. If you want you can add also oregano and

spearmint to taste.

4. Pour water until the edge of the pot and close it with the lid of the gyuvech.

5. In heated oven of 180 degrees cook for at least an hour until the vegetables are soft and the meat is ready.

6. If you want a thicker sauce, add flour mixed with water 10 min before the dish is ready. Stir it well.

7. Take out from the oven and serve hot.

Enjoy

4.3 French “leftover” recipes

❖ Pain perdu: Eggy bread, french toasts

Ingredients :

- slices of stale bread
- 1 egg
- 1 spoon sugar
- 50 cL milk
- salted butter
- (jam/chocolate/honey to put on)

Preparation :

Mix egg and sugar until it's foamy.

Add milk, and mix.

Soak the slices of stale bread in your milky mix, until it becomes soft.

Warm a pan on the fire, and put a piece of salted butter in it.

Fry your pieces of bread.

Put jam/chocolate/honey on it, as you wish !

Enjoy.



❖ Beignets:

Ingredients :

- carrots, fennel, different vegetables leaves
- 50 cL sparkling water
- 280g flour
- salt
- 10 cL oil
- 2 eggs
- half a package of yeast
- beer
- (oil for frying)

Preparation :

Mix flour and yeast together.

Make a well, and put the yellow eggs, fizzy water, and oil in it.

Whisk the eggs white to peak.

Add it slowly to the preparation

Add the vegetables leftovers in the mix

Fry it piece by piece

Salt it, eat it, enjoy it !

4.4 Italian “leftover” recipes

❖ Frittata di maccheroni

For 6 persons

Ingredients:

- 5 eggs
- 50 gr of grated Parmigiano cheese
- 100 gr scamorza
- 2 tablespoon of persil
- black pepper
- salt

- 50 gr of bacon
- 350 gr of spaghetti
- 3-4 tablespoon of olive oil

Preparation:

Slice the scamorza in cubes then brake the eggs in a bowl, add the salt and pepper and shake itwith a fork. Add the gratted parmigiano, the bacon, the scamorza and sliced persil. Mix all the ingredients together.

Put the boiled spaghetti in a fry panwith hot oil. Fry everythin without shaking it. Put all the other ingredients in the pan and let it cook slowly for 10 minutes minimum, covered. After 10 minutes, put a plate on top of the frittata and put it upside down, in order to cook the other part, for at least 5 more minutes. Be careful to not let the frittata stick to the pan.

Advice:

In the frittata, you can choose the ingresdients accordind to your will. For example, the bacon for cooked ham or sausages or put some different cheese. You can also use left over pasta.



❖ **Bruschette**

Ingredients:

- Leftover bread
- Fresh tomatoes
- Basil
- Olive oil and pinch of salt

Preparation

Cut the bread in slices

Toast or bake in the oven for 20 min until it's crispy

Wash and cut the tomatoes

Mix the tomatoes with olive oil and a pinch of salt and basil.

Put the tomatoes on the bread and serve.

4.5 Romanian “leftover” recipes

❖ **“Ghiveci” (Vegetable Stew)**

Ingredients:

- 3 red peppers
- 1 green pepper
- 1 yellow pepper
- 2 carrots
- 1/4 celery root
- 1 onion
- 200 ml strained tomatoes (300 g tomatoes if you have)
- 100 g rice
- parsley leaves
- salt, pepper

Preparation:

Wash, peel and chop the vegetables.

In a pot heat 2 tablespoons of oil and fry the onion. When the onion has softened, add the peppers and stir.

When the peppers softened, add the carrots, celery and stir for another 2 minutes.

Add water over the vegetables (not to cover them), salt and let them boil for 10 minutes.

After 10 minutes, add the rice previously cleaned and stir.

Let it cook until the rice is tender.

When the rice is finished, add the strained tomatoes, stir very well and let it simmer for another 5 minutes or until the water has evaporated.

Add the chopped parsley, spices and set aside. Serve as it is or with poached eggs.

❖ Dobrogean Salad

Ingredients:

- 3-4 tomatos
- 2 cucumbers
- 2 pepper*
- 100 g. lettuce leaves
- 20 g. green onions
- 150 g. dried cheese
- 2 eggs
- 4 tablespoons oil
- 1 tablespoon lemon juice
- 1 garlic clove
- Pepper*, salt and dill to taste

Preparation

1. Cut the tomatoes in small pieces. Peel the cucumber and cut it in small pieces too. Take out seeds from the peppers and cut them horizontally. Cut the lettuce leaves in large pieces.

2. Prepare the sauce: mix oil, lemon juice, pepper, garlic and chopped dill.

3. Thinly cut ham and add prepared vegetables. Pour the sauce over the salad and mix well.

3. Sprinkle grated cheese, chopped onions before serving and garnish with boiled egg slices.



- **BELGIUM**

Agria

Agria is a kind of potato produced in many European countries and recommended for preparing Belgian French fries. This potato has a high dryness ratio which means that the French fries will have less oil in it after it is cooked and will thus have a better taste.



Bintje

Bintje is a kind of potato mostly produced in the Netherlands and the most recommended for preparing Belgian French fries. This potato has a high dryness ratio which means that the French fries will have less oil in it after it is cooked and will thus have a better taste.

Hops

Hops is used during the production process of beers: they are the female flower of the hop plant (also called seed cones or strobiles). They are used primarily as a flavoring and stability agent in beer.

Manon

Manon is a kind of potato recommended for the cooking of Belgian French fries. It has a high dryness ratio which means that the French fries will have less oil in it after it is cooked and will thus have a better taste.

Rye

Rye (secale cereale) is a grass grown extensively as a grain, a cover crop and as a forage crop. It is a member of the wheat tribe (Triticeae) and is closely related to barley (hordeum) and wheat (triticum). It is the most important spice for the peperkoek and which gives the brown appearance to it.

Trappist beers

Trappist beers are a variety of beers produced by monks and that can be used in the preparation of the Belgian meal beef stew (carbonnades à la flamande in French).

The Belgian ones are: Westmalle; Westvleteren; Achel; Chimay; Orval; Rochefort.

- **BULGARIA**

Lutenica is a vegetable relish in Bulgarian, Macedonian and Serbian cuisines.

The ingredients include tomatoes, peppers, eggplant, onion, garlic, black pepper, vegetable oil, sugar and salt. It comes in many varieties; smooth, with bits; with extra tomatoes, peppers or eggplant; and spicy or not.

In Bulgaria, Lyutenitsa comes in a jar and is often used as a spread on toast and breads. It is also popularly eaten with many meats, meatballs and kebapcheta. Most households will have this in their house all year and it is a cherished favorite by many.

Kiselo mlyako is the Bulgarian yogurt. Kiselo mlyako is one of the things that make Bulgarians proud to call themselves Bulgarians; it is their exclusive invention and heritage that dates back many centuries. A mildly sour-tasting yogurt, kiselo mlyako is undoubtedly the best and the healthiest of all dairy products that are available to consumers nowadays.



Sirene or known as "white brine sirene" is a type of brined cheese made in Bulgaria. It is made of goat's milk, sheep milk, cow milk or a combination of milks.^[1] It is slightly crumbly with min. dry matter of about 46-48% and fat content in dry matter of about 44-48%. It is commonly produced in blocks, and has a slightly grainy texture. It is used as a table cheese, as well as in salads and in baking.

Sujuk, is a dry, spicy sausage eaten from the Balkans to the Middle East and Central Asia.

Sujuk consists of ground meat with various spices including cumin, sumac, garlic, salt, and red pepper, fed into a sausage casing and allowed to dry for several weeks. It can be more or less spicy; it is fairly salty and has a high fat content.

Sujuk is usually eaten cooked (when raw, it is very hard and stiff), cut into slices, without additional oil, its own fat being sufficient to fry it.

Rakia is a fruit brandy popular in the Balkans. The alcohol content of rakia is normally 40% alcohol, but home-produced rakia can be stronger (typically 50% to 80%). Rakia is widely considered to be a national drink of Serbia, Bulgaria, Croatia, Macedonia, Montenegro, and Albania. Bulgaria cites an old piece of pottery from the 14th century in which the word rakinja is inscribed. The country has taken measures to declare the drink as a national drink in the European Union to allow lower excise duty domestically but has yet yielded no concrete results.

- **FRANCE**

France is a country of nuances. Indeed, there are a lot of different regions corresponding to many landscapes and kind weather. Consequently, the local identity of each part is still quite strong, especially at the level of food.

Local specialties are of course related to the weather and the local agriculture. You'll find fish and seafruits in some, and cheese in the others etc.

Farine de sarrasin

Buckwheat flour originally comes from North-East Asia, and its culture spread, to finally appeared in Europe during the XVI century. In France we cultivate this cereal in Bretagne (Brittany), even if its returns are irregular and quite low, it's not taxed, grows on poor soils and only in three months (nicknamed « Plant of hundred-days »). Nowadays, the production of galettes de sarrasin demands too much, and force to use the import flour from China, Poland, and Canada. However, a "protected geographical indication" exists for the Breton buckwheat flour, and the association *Blé noir tradition Bretagne* gathers more than 800 producers and ten millers to promote the use of original Breton flour(4000 tons / year).

Herbes de Provence

A mix of aromatic plants, fresh or dry, from Mediterranean regions. It might be composed of savory, marjoram, rosemary, thyme and oregano. Actually, it is a generic term unprotected by a geographical status, which permit that 95 % of the « herbes de provences mixtures are from Central an Eastern Europe, China and Maghreb.

It can be used with grilled meat, in sauce, with fish, tomatoes and with the mentioned « pissaladière ».



Anchois

Anchovies fishes are very salty because of the Middle-Age ways to conserved. In Europe, Spain and France are the main anchovy fishers. In Southern cities such as Saint-Jean de Luz (near Bayonne), Saint-Tropez, harbors were precisely specialized in this fishing type. Consequently you can find many recipes from their containing the little gry fish as an ingredient.

Intensive fishing and natural hazards of reproduction of anchovy have caused a serious crisis in the 2000s in the EU. Referred to this, one of the episode of the FUTURAMA serie untitled « a fishful of dollars » is setting Fry and Mom fighting the last unopened can of anchovies (one because he simply loves them on a pizza, and Mom because it's a very effective oil for robots).

Tome/Tomme fraîche

Cheesy specialty from cow milk, it is a compressed curd corresponding to the first steps of fabrication of *laguiole*, *salers* or *cantal* (=types of cheese). When it is coming from *laguiole* or *salers* the milk used is systematically raw, otherwise (from *cantal*) it is pasteurized or microfiltered. We usually eat it melted, in specialties from Massif Central such as Aligot and Truffade.

Saucisse de Toulouse

This is a preparation from the city with the same name in south of France, Toulouse. It is made from pork meat, cut in little slices and put in the its intestin on one time (the sausage are characterized by their size).

The sausage of Toulouse « raw but warm » is one of in the ingredient (between strawberry jam, grapped cheese, strong mustard and smashed banana) of the gloubi-boulga, the favorite food of casimir (a famous cartoon, with a kind orange dinosaur as a main character).

- **ITALY**



Parmiggiano-Reggiano

Parmiggiano-Reggiano (Parmesan cheese) is a typical product of Made in Italy, produced exclusively in the provinces of Parma, Reggio Emilia, Modena and parts of the provinces of Mantua and Bologna. It is a cheese with a Protected Designation of Origin (PDO). This means that it is guaranteed for its distinctive features and its link with the area of origin, by a system of EU rules designed to protect both consumers and producers. The trademark

“Parmigiano-Reggiano” can only be affixed on a cheese that has been produced and processed only in the place of origin, according to ancient methods and traditional craftsmanship.

“Extra-vergine” olive oil PGI from Tuscany (Toscano)

Olive oil is one of the most used ingredients in the Italian traditional cuisine. Its taste is quite strong and immediately recognisable. As of today, in Italy the only 41 “extra-vergine” olive oil have the PGI (Protected Geographic Indications) label and they are produced in Tuscany, centre of Italy.

Mozzarella di Bufala Bampana DOP

The expression "mozzarella" derives from the verb "mozzare" (to cut off). Mozzarella di Bufala Campana DOP (Protected Designation of Origin) forms part of the fresh, stringy paste cheeses produced exclusively with buffalo milk from the area of origin and created with a technological process that complies with the production regulations. It is traditionally used for pizza, Caprese salad and a lot of othert typical dishes. Mozzarella di Bufala Campana represents the most important Dop brand in central-southern Italy and is the fourth at national levels and the third amongst the Italian Dop cheeses.

Limone di Sorrento PGI, Sorrento peninsula and Capri island (Sorrento's lemons)

The “Limoni di Sorrento” are the basic ingredients for the “limoncello” liquor. It is produced in the Sorrento peninsula where the favourable combination between climate and clayey nature of the soil give a product with unique and superior organoleptic characteristics.

The cultivation system of the Sorrento lemon groves use very particular structures known as "Sorrento pergola", made of cane covers (pagliarelle) supported by chestnut stakes.

Pasta di Gragnano PGI (Gragnano's pasta)

The story on the origin of Gragnano fame as the homeland of pasta to 12 July 1845, the day when the King of the Kingdom of Naples, Ferdinand II of Bourbon, during a lunch granted to Gragnano manufacturers the high privilege of providing the court of any long pasta. Since then Gragnano became the City of Macaroni. The most important technique for the production of pasta di Gragnano is the drawn through bronze, which gives the Gragnano dough typical roughness which allows it to hold the sauce to perfection.

- **ROMANIA**

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 Germans, Serbs, Bulgarians and Hungarians.

Mititei or **mici**, both Romanian words meaning "small things") is a traditional Romanian dish of grilled ground meat rolls made from a mixture of beef, lamb and pork and spices such as garlic, black pepper, thyme, coriander, anise, savory and sometimes a touch of paprika. Sodium bicarbonate and broth or water are also added to the mixture.

It is best served accompanied by mustard and beer. Ideally the mustard should not be overly tart, lest it interferes with the taste of the *mititei*. The dish is very popular in Romania.

Zacuscă is a vegetable spread popular in Romania. Similar spreads are found in other countries throughout, or bordering, the Balkans. The main ingredients are roasted aubergine or sauteed onions, tomatoes, roasted red peppers (belonging to a local cultivar called *gogoşari*) and chopped onion. Some add mushrooms, carrots, or celery. Other ingredients are also added according to taste, including spices. Traditionally, a family will cook a large quantity of it after the fall harvest and preserve it in sterilized jars. Zacuscă can be eaten as a relish or spread, typically on bread. It is said to improve in taste after some months of maturing but must be used within days of opening. Although traditionally prepared at home, it is also commercially available. Some Bulgarian and Middle Eastern brand-names are available in the United States.

The word *zacuscă* is of Slavic origin which means simply "breakfast" or "appetizer" or "snack".

Sibiu sausages, in Romania known as **salam de Sibiu** or **salam de iarna** (winter sausages) is a Romanian deli made with pork's meat, pork's fat, salt and condiments. Sibiu sausages are considered as a luxury food. In 1885, an Italian named Filippo Dozzi emigrated to Romania to work

as a bricklayer. Filippo Dozzi moved with his wife near Piatra Arsa's quarry in the former village of Poiana Tapului.

Besides being a bricklayer, Dozzi Filippo had also a passion for sausages. Dozza Filippo began selling his sausage under the name of *salam de iarna* (winter salami) and in exports in the Austro-Hungarian Empire, was affixed a stamp "Customs of Sibiu".

Telemea is the name of the traditional Romanian cheese. The term encompasses cheese made out of cow milk and more often, sheep milk. As is the case in Greek feta, Bulgarian or Macedonian sirene, and Serbian *sir*, *Telemea* can have a higher water content, making it a semi-soft, white cheese with a creamy texture and a tangy aftertaste. Alternatively, the cheese is put through an ageing process that makes it crisper and more flavoured. It is used as a table cheese for snacks, in salads and in a variety of dishes (e.g., omelettes, crepes, pies).

As of 2005, the *telemea* is a protected designation of origin product of Romania.

As of 2014, the EU acknowledges only *Magiun de prune Topoloveni* as having Protected Geographical Indication. No Romanian product has been awarded protected designation of origin. Only *Telemea de Ibănești* (not on the above list) has an application.



Magiun of Topoloveni is based on plum which has since 2011 a Protected Geographical Status from European Union. Magiun of Topoloveni is a kind of jam made from very ripe fruit from a various plum varieties without added sugar. It is from the town of Topoloveni in the Argeș County. The recipe of magiun of Topoloveni is attested since 1914.

The magiun of Topoloveni is produced exclusively in the area bounded by the municipalities of Boțarcani, Crințești, Gorănești, Inuri, Goleștii Badii, Țigănești, Topoloveni and Vițichești.

The magiun became the first Romanian certified natural product and protected by European Union by order No. 338/2011 dated April 7, 2011 the European Commission has recognized a protected designation of origin and protected geographical indication in Magiun of Topoloveni.

In 2003, Romania has deployed troops in Afghanistan, as a member of NATO. In 2009, 100% natural magiun of Topoloveni replaces marmalade in all NATO bases. In 2010, the factory of Topoloveni was appointed official supplier to the Romanian Royal House.

Sarma is a dish of grape, cabbage or chard leaves rolled around a filling usually based on minced meat, or a sweet dish of filo dough wrapped around a filling often of various kinds of chopped nuts.

It is found in the cuisines of the former Ottoman Empire from the Middle East to the Balkans and Central Europe

Sarma means 'a wrapped thing' in the Turkish language, from the verb *sarmak* 'to wrap' or 'to roll'.

Mămăligă is a porridge made out of yellow maize flour, traditional in Romania, Moldova, and Western Ukraine. Historically a peasant food, it was often used as a substitute for bread or even as a staple food in the poor rural areas. However, in the last decades it has emerged as an upscale dish available in the finest restaurants. Before the introduction of maize in Europe in the 16th century, mămăligă had been made with millet flour, known to the Romans as *pulmentum*. Moreover, the Romans ate so much of it that the Greeks called them *pultiphagonides* (porridge eaters).

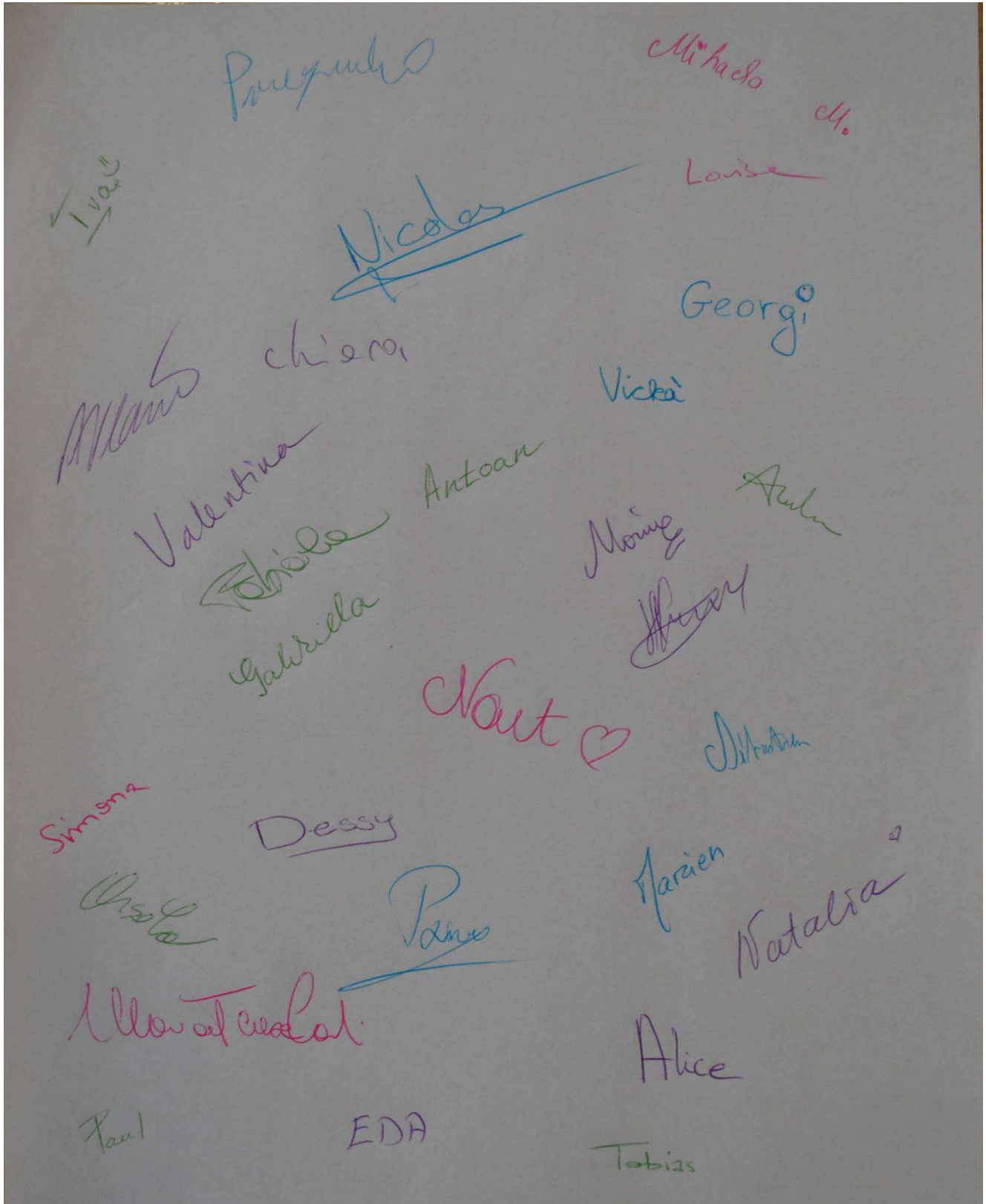


Cozonac is a traditional Romanian and Bulgarian sweet bread. It is usually prepared for Easter in Bulgaria, and mostly for every major holiday (Christmas, Easter, New Year, Pentecost) in Romania. A similar dessert can be found in the Italian cuisine, *panettone*.

Cozonac is a sweet bread, to which milk, sugar, eggs, butter and raisins are added. In Bulgaria, the *kozunak* is prepared by adding lemon zest to the dough mixture, just as the Romanian version. The

Italian Panettone is very similar to the basic *cozonac*, the most visible difference being their shapes.

6 WALL OF FAME



7 Special thanks

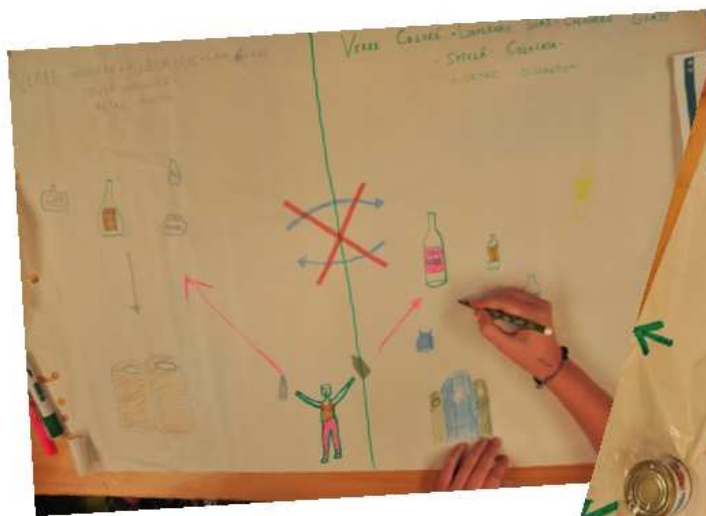
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- Andrea Rotondo, President of Intermundia
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Specialties of our



CHEF



Let's recycle !



Romanian
presentation





Italian presentation

Mamma Mia !

