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Bread

*A beautiful ring biscuit
Like the face of Christ...*

*Don't drop crumbs of bread on
the floor, and if you do, pick
them up because it's a sin to
trample God's gift (Gorovei)*

- 1 kg wheat flour
- 1 spoon of yeast
- 1 big cup of water
- 1 scoop of sugar
- 1 cup of vegetable oil
- 1 spoon of salt

*Thank you Lord for the bread
and the salt and for your Holi-
ness gift and "God bless you for
it (Bogdaproste)" the peasants
pray after they eat (Gorovei)*

Leaven:

Break the yeast in a bit of warm
water and a scoop of sugar
then blend it with 2-3 fists of

wheat and a bit of warm water
Batter the leaven until it has
blisters, sprinkle with wheat
and for an hour let it grow in a
warm place

Put the dough to leaven as
much as you need, 2-3 hours

When the dough turns into
bread and you can cover it
with egg or oil

Put it inside an oven at medi-
um heat for one hour

Take the bread out on a shovel
and put it on the table (after
that put it in a trough and cov-
er it with a large towel)

*Bread – symbolic mark. In tra-
ditional thinking, bread and
the ring biscuit grow into a
very healthy symbolics: joy,
fruitfulness, abundance, fertil-
ity, purity. Inscribed on a com-
mon axis, these significations
accumulate in a symbolic en-
ergy which someone tries to
capture.*

*In popular traditional customs,
bread often is a symbol of di-
vinity, which detaches it into a*

possible hierarchy of symbolic marks in popular culture. It's identified with certain deities in parts of Christmas or Easter customs, of burial or celebration of the dead, when bread and ring biscuits are given names of deities (Christmas, God, Mother Precista, Archangel etc.) and are offered as a ritual offering ("sacrifice"). We can assume that this practice is previous to christianity which has identified bread with the body of Jesus Christ, saying clearly its symbolism (Vaduva).

Bread "pita" with potatoes

A sweet bread with a rich taste preferred by the "ardeleni" (people from Ardeal) and "bucovineni" (people from Bukowina) peasants because it can last for weeks without drying.

1 kg potatoes
100 g of yeast
1 spoon of salt
2 spoons of sugar
1-1, 5 l of warm water
2 kg of wheat
(Transylvania is bread
country "as big as the
cart wheel")

*Yeast must be open in a bit of
warm water and sugar*

Potatoes are boiled and decorticated while they are still hot and then are crushed into a paste

In the trough, over the wheat, potatoes are dumped and also yeast, sugar, salt and warm water

After that, it's well battered a stiff dough must come out of it and then you let it grow for an hour

Sprinkle wheat in the pan (or in the bakestone in the countryside)

Make round pieces of bread (or in the form of the pan) which are ready for baking in a medium fire for about an hour

Toapsă (corn bread)

It's a custom to give to a woman who gave birth and can sit and eat, a glass of "horinca", a large piece of bacon and corn bread so she'll be able to stand and walk around the house. (Gavrila Ciuban, Middle Viseu)

Transylvanians make another kind of baked maize flour instead of bread (at one time they were making "chituța" out of millet not only of rye and barley).

- 1 kg of maize flour
- 3 l of water
- 1 scoop of salt
- 2-3 spoons of fat

Maize flour is blanched with hot water and salt, blended with 2 spoons of fat, after that is placed in a greasy pan and

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it's placed in a hot oven in a medium fire for more than an hour until it's baked.

Overthrown on a plank, the corn bread is cut into slices and set on the table, cold or warm (it can last for a week in a cloth towel). My south transylvanian grandmother, during spring time, used to dish it up with an orach potage and in autumn with a characteristic transylvanian dish of pears with pork meat.

Dead polenta (mamaliga moarta), toapșă with oleu, polenta with oil are made in Transylvania. Polenta rubbed with cheese or with oleu is also called toapșă (Lupescu)



Eggplant salad

There is also a greek-turkish variety (as they made peace with each other) but it's a different kind of mashed potatoes made with milled nuts and cheese. I've tasted it, what can I say, it's good. The thing is that I, as a good romanian and nostalgic nephew of a peasant, I'm conservative especially concerning food, I don't really like new experiences where the past and the national archetype make a perfect accordance (Subjective!)

CLASSIC – my mother made it like this

- 1 kg eggplants (mellow, well colored, firm, long)
- 1 glass of vegetable oil
- 1 big red onion
- 1 spoon of apple vinegar
- 2 mellow tomatoes

Salt, pepper as much as you like for your health

Put the eggplants on fire until they are baked on all sides
Clean off the burnt peels, add salt and let it drip at least for an hour

Chop the onion in small pieces and wash it in cold water and let it drip

Combine the onion with the vinegar

Hash the eggplants until they become a paste and little by little rub the paste with oil until it's hard and foamy

Add the onion sauce with vinegar (pepper if you have to)

Put some slices of tomato around

Secret: you can also add 1-2 spoons of sour cream and 3-5 pieces of minced garlic and maybe a top of knife of sugar (refines it!)

WITH MAYONNAISE

Mihaela Nicolescu made it like this when we,

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