

"LET'S SHARE OUR CULTURE"

COOKERY BOOK

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DAMBOVITA

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This booklet is a part of an activity of the Comenius project

ROMANIAN CUISINE

AUBERGINE SALAD WITH MAYONNAISE

Ingredients:

1 kg of aubergines

1 onion, finely sliced

3 spoons of mayonnaise

Salt

2 tomatoes for decorating

Grill the aubergines. After they have cooked and cooled a little, peel them and put them on a leaning surface in order for the juice to drain off as they cool.

Then you put them on a wooden cutting board and chop them finely with a wooden knife (you can even use a wooden spatula). Mix the chopped aubergines with the mayonnaise.





Then add salt and the onion.



For decoration you can use tomatoes or red peppers.

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Serve it with fresh baked bread.



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BEAN STEW WITH SAUSAGES

Ingredients:

500g of beans

1 large onion

1 pepper

Smoked sausages

4-5 spoons of tomato sauce

1 carrot

Vegetable oil

Dill

Parsley

Salt and pepper (you can also add Summer savory and Tarragon)

After washing the beans, put them in water on a medium flame. After it comes to a boil, change the water (be careful to use hot water, cold water hardens the beans). When the beans are half boiled, add the chopped carrot. When the beans and carrot are almost ready, chop the onion and put them in a heated pan with a little vegetable oil. After it is slightly cooked, add the finely chopped pepper and let them cook for about five minutes, while stirring. Add the tomato sauce and stir; when it becomes a thick sauce add the spices.



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Pour the sauce into the pot with the beans and stir. Let the stew boil for another 15-20 minutes. Meanwhile, chop the sausages and fry them in a pan, then add them to the stew.

When it is ready, add the finely chopped parsley and dill.



MAMALIGA WITH CHEESE AND SOUR CREAM

Ingredients:

1, 5 liters of water
Corn flour
2 eggs
2 spoons of vegetable oil
250g of cheese
250g sour cream
Salt



Put the water in a pot on a medium flame; add the salt and the oil. When it begins to boil slowly add the corn flour, stirring until it thickens. Let it cook another 5 to 10 minutes.

Mix the cheese with the sour cream and the eggs.



On a plate put the mamaliga (you can give it any form), and put the mixture of cheese, eggs and sour cream next to it.

CABBAGE ROLLS (SARMALE)

Ingredients:

1, 5 kg sauerkraut
1 kg pork meat – minced (you can replace it with any kind of meat)
50 – 100g of rice
100g chopped onion
100 ml tomato sauce
Boiled water
Vegetable oil
Bay leaves (1 or 2)
Dill
Salt and pepper
2 spoons of sour cream
Cook the onion in a pot with 2 spoons of vegetable oil for about 2 minutes. Mix the minced meat with the onion and the rice (after it has been washed and drained). Also add a dash of salt and pepper.

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Take a leaf of sauerkraut, put a teaspoon of minced meat and roll it. Make sure you secure the edges so the meat doesn't come out. Do the same with the other leaves.





Finely slice the extra leaves (the ones that are too small to roll).
For cooking the rolls you need a 4 – 5 l pot. Put half of the sliced sauerkraut on the bottom of the pot, next put the cabbage rolls and on top the rest of the sliced sauerkraut. Put the bay leaves and about 20 grains of pepper and finely chopped dill.

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Next put the tomato sauce and the boiled water (enough to cover them). Put a lid on top and let them cook on a medium fire until they come to a boil, then turn it to small. Let them cook for about 1 hour and a half.
The cabbage rolls are served with mamaliga and sour cream.



POFTA BUNA!!!!!!!

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