

Beans

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(Română) Valoarea nutritiva a mierii de albine, zaharului brut, melasei si siropului de artar

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Salad a la russe



Salad a la russe

8 medium potatoes

8 large carrots
1 celery root
2 parsnips
1 large can peas, drained
20-25 gherkins
2-3 pickled red bell peppers (optional)
mustard, salt, pepper, to taste
vegan mayonnaise (see recipe [here](#))

Cook the vegetables, whole, in water with a pinch of salt (this water can be use as vegetable broth). Allow to cool a little bit.

Cut the vegetables and the pickles into small pieces. Add the peas.



Salad a la russe

Add the mustard, the mayonnaise, salt and pepper to taste. Mix gently.

Place the mix on a plateau and garnish.



Salad a la russe

It can also be served in [filo dough baskets](#).



Donuts



Donuts

100 g flour
100 ml warm water
1 teaspoon yeast
2 tablespoons raw sugar
1 teaspoon vanilla essence
raisins (optional)

Oil for frying

Mix all the ingredients well.

Place the dough into a greased bowl, and cover. Set in a warm place to rise for about half an hour.

Heat the oil in a deep pan.

Slide donuts into the hot oil using a tablespoon. Fry the donuts on each side until golden brown.

Sprinkle with sugar powder and serve warm.

Romanian lentils drob



Romanian lentils drob

For the dough:

450 g flour
80 ml ☐☐sunflower oil
180-200 ml cold water
salt

Mix all ingredients without kneading. Refrigerate for about an hour.

For the filling:

300 g lentils yellow/green/brown (not red lentils!!)
5 spring onions, finely chopped
5 (green) garlic, finely chopped
250 g mushrooms, finely chopped
2 slices of bread soaked in water and well drained
1 bunch parsley, finely chopped
1 bunch dill, finely chopped
1 teaspoon thyme
2 tablespoons mix seasoning
1 tablespoon oil
salt and pepper, to taste

Cook the lentils in water with a pinch of salt. Drain and leave to cool.

Heat the oil in a pan and stir fry te mushrooms.

Mix all the ingredients.



Romanian lentils drob

Roll the dough double the size of the form, add the filling, spread evenly and cover with the dough. Brush with a little bit of soy milk.



Romanian lentils drob

Prick the dough with a knife.



Romanian lentils drob

Bake in the oven for 45-50 minutes. Let it cool in the form. Before serving cut into sliced.

Variation: insted of lentils you can use chickpeas.

Romanian-moldavian mucenici



Romanian-moldavian mucenici

1/2 kg flour
125 g margarine
1 cup soy milk
125 g raw sugar
15 g dry yeast (40 g fresh yeast)

1 tsp. vanilla essence

zest of an orange / lemon (optional)

saffron / a pinch turmeric (optional, for the color)

Mix the saffron/turmeric with the soymilk.

Mix together the flour, yeast, sugar and margarine. Add the vanilla essence, soy milk, orange/lemon zest and knead for approx. 10 minutes.

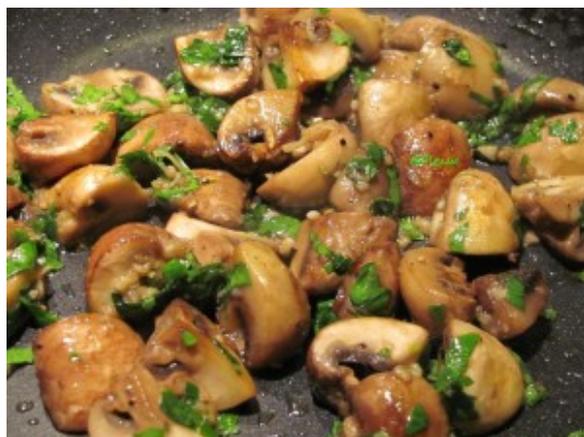
The dough should not stick to the hands, if so add a little bit more flour. Cover with a clean kitchen towel and let rise in a warm place until doubled in volume (about one-one and a half hour).

Divide the dough into equal parts, roll each part on a work surface dusted with a little flour. Form "eights" and let it rise again.

Bake in pre-heated oven on medium heat until brown.

When cooled brush them with maple/agave syrup and sprinkle with crushed nuts.

Sauteed mushrooms



Sautéed mushrooms

For 2-3 servings:

500 g mushrooms, quartered
2 tablespoons oil, preferably olive oil but not cold pressed
3-4 cloves of garlic, mashed
parsley, finely chopped
1-2 cm fresh ginger, grated (optional)
salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the rest of the ingredients and continue cooking for another 2-3 minutes.

Serve with [polenta](#), grilled tofu, [seitan](#) etc.

Mushrooms in tomato sauce



Mushrooms in tomato sauce

For 3-4 servings:

1 kg mushrooms, chopped
4 large onions, finely sliced
4 sweet peppers, finely sliced

1/2 kg fresh tomatoes, peeled and finely chopped/ 1 can (400g) diced tomatoes
1 bunch parsley, finely chopped
2-3 bay leaves
2 tablespoons oil
salt and pepper, to taste

Stir fry the onions in oil until soft. Add the peppers, the mushrooms and the bay leaves. Cook for approx. 5-6 minutes then add the tomatoes. Cover and simmer until the mushrooms are done. Add salt and pepper to taste and garnish with parsley.

Serve with hot [polenta](#) and/or mixed salad.

Nasi goreng



Nasi goreng

For 2-3 servings:

250 g rice

1 carrot

1 onion

1 leek
100 g green beans
100 g of peas
broccoli
3 cm ginger, rasped (or 2 teaspoons ginger powder)
2 tsp coriander powder
4-5 garlic cloves, diced
chilli (optional)
2-3 tablespoons soy sauce
2 tablespoons oil
salt and pepper

[peanut sauce](#)

Cook the rice and leave it to drain. It should not stick, otherwise rinse it with cold water .

Cut all the vegetables into cubes or slices. Cook the green beans apart, for 7-10 minutes and drain.

Heat 1-2 tablespoons of oil in a wok and add all the vegetables. Add a little bit of water (not too much), the ginger, the garlic and the coriander powder. Stir continuously for 5-6 minutes. The vegetables should be crunchy .

Finally add the salt, pepper and the soy sauce to taste, mix it well and then add the cooked rice.

Serve with peanut sauce and sweet-sour pickles .

Note: You can use different kind of vegetables: cabbage, cauliflower, celery, zucchini, etc .

Mushrooms ciulama



Mushrooms ciulama

For 2-3 servings:

500 g mushrooms, cut in 4□□

1 onion, chopped

4 tablespoons of flour

2 tablespoons oil

salt and pepper

Cook de mushrooms in 750 ml water, together with the onion, for approx. 10 minutes.

Heat the oil in a saucepan, stir fry the flour till golden brown then add, little by little (with a ladle), the hot cookwater from the mushrooms. Finally add the mushrooms, salt and pepper to taste and cook for 4-5 minutes. Serve hot with [polenta](#).

Note: Ciulama is a traditional romanian dish.