

Celeriac & olives in tomato sauce



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For 2-3 servings:

1 celeriac
1 onion, finely chopped
3 tablespoons tomato puree
150 g black olives
1 tablespoon oil
salt and pepper, to taste

Peel, wash and cut the celeriac in medium size pieces.

Stir fry the onion in oil for about 1-2 minutes. Add the celeriac and cover with water.

When the celeriac is almost cooked add the olives, tomato puree, salt and pepper to taste. Continue cooking until the celery is done.

Soybeans in tomato sauce



Soybeans in tomato sauce

For 4 servings:

500 g soybeans
2 onions, finely chopped
1 bell pepper, chopped
5-6 tomatoes, diced (or 2-3 tablespoons tomato paste dissolved in a cup of water)
2-3 bay leaves
1 teaspoon thyme
1 tablespoon oil
salt and pepper, to taste

Soak the soybeans overnight. Sort through them and discard any discolored kernels, then rinse them. Cook them in water (2 times the amount of soybeans) and add the bay leaves. If needed, add more water. Drain.

In a saucepan stir fry the onions in oil, for 2-3 minutes. Add the tomatoes (tomato paste), bell pepper and thyme. Cover and simmer, stirring occasionally, until sauce has slightly reduced.

Add the cooked soy beans, salt and pepper, to taste. Cook for further 2-3 minutes.

Serve with pickles or cabbage salad.

Zacusca (romanian vegetable spread)



Zacusca

For 6 servings:

3 large eggplants
6 bell peppers
2 onions, finely chopped
6-7 large ripe tomatoes, finely chopped
3 bay leaves
15 peppercorns
2 tablespoons oil
salt to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Wash the sweet peppers, dry with a kitchen towel and grill, on each side. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to help release the peel).



Process the eggplants and sweet peppers with a food processor until fine (not smooth).

Heat the oil in a saucepan and add the onions. Stir fry for few minutes than add the tomatoes, bay leaves and peppercorns. Cover and simmer, stirring occasionally, until the sauce has reduced.

Add the eggplants and sweet peppers mix. Mix well. Cover and simmer further, stirring occasionally, until you get the consistency of a spread. Finally add salt to taste.

Serve cold with pickles.

Zacusca can be refrigerate and consumed up to 3 days.

Green beans in tomato sauce



Green beans in tomato sauce

For 4 servings:

1 kg green beans, the ends trimmed and cut in half
2 large onions, finely chopped
5-6 large tomatoes, peeled and diced (or 1 can diced tomatoes)
1 bunch of parsley, finely chopped
2 tablespoons oil
salt and pepper, to taste

Stir fry the onions, in oil, for 2-3 minutes. Add the green beans and half a cup of water.

Cook for about 10 minutes then add the tomatoes. Cover and simmer until the green beans are done.

Add salt and pepper to taste and garnish with parsley.

Stuffed peppers



Stuffed peppers

For 2-3 servings:

7-8 small or 4-5 big peppers

1/2 cup rice

2-3 carrots, grated

1 large onion, finely chopped

2 tablespoons oil

1 bunch dill / parsley, finely chopped (use the leaves for the rice mix and the stalks for the sauce)

salt and pepper, to taste

6-7 large tomatoes

Remove the top of peppers, seeds and membranes.

In a saucepan stir fry the onion and carrots, in oil, for about 3-4 minutes. Add the rice and 1 $\frac{1}{2}$ cup water. Cook the rice half. If needed, add a little water. Add salt and pepper and the dill / parsley leaves.



Stuffed peppers

Stuff the peppers with rice mixture. Cover each pepper with a slice of tomato. Stand peppers upright in a saucepan.

Prepare a sauce of blended tomatoes, a cup of water, the dill/parsley stalks, salt and pepper. Pour over peppers.



Stuffed peppers

Cook on medium heat for about 30 minutes. Add more water to the sauce if needed.



Stuffed peppers

Serve warm or cold with salad or pickles.

Romanian soy drob



Romanian soy drob

3 cups soy granules
2 carrots, finely grated
2 tablespoons flour
2 teaspoons paprika powder
5 spring onions, finely chopped
5 green garlic, finely chopped
1 bunch parsley, finely chopped
1 bunch dill, finely chopped
salt and pepper

oil to grease the ovenpan

Prepare the soy granules according to the instructions on the package. If the granules are too big than mince.

Mix all the ingredients by hand until you get a paste.



Romanian soy drob

Grease a ovenpan with a little bit of oil, pour the mix and spread evenly pressing slightly.



Romanian soy drob

Bake in the preheated oven, approx. 25-30 minutes at medium heat (175C).

Serve as appetizer or with various side dishes and/or salads.

Potatoes sour soup



Potatos (sauer) soup

1 kg potatoes, cubed

250 g soup vegetables (onions, carrots, peppers, parsnips, celery, etc.), chopped
2 tomatoes, finely chopped
1 teaspoon paprika powder
lemon juice, to taste (optional)
lovage/parsley
2 tablespoons olive oil
salt, to taste

Cook the potatoes together with the onions, in enough water to cover.

When the potatoes are half cooked add the other vegetables. Cook for 5 minutes then add the tomatoes.

When the tomatoes are cooked add the lemon juice and more water, the paprika powder and salt to taste.

Garnish with fresh lovage/parsley and olive oil.

Apple pie



Apple pie

For the dough:

3 cups flour
 $\frac{1}{2}$ cup oil
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water
15 g baking powder
salt

For the filling:

1-1 $\frac{1}{2}$ kg apples
 $\frac{1}{2}$ cup raw sugar
2 teaspoons cinnamon

Peel and core apples, grate on a box grater. Add the sugar and the cinnamon and mix it. Drain off apple juice.

Meanwhile prepare the dough mixing all the ingredients, if it is too hard then add a little water.

Divide the dough into two equal parts and roll on to the tray size. Place one sheet of dough in tray, add the apple filling (drained), spread evenly and cover with the remaining dough sheet.

Bake at medium heat for 30-40 minutes, until brown.

Note: The above amounts are for a medium-sized oven tray for a large one you have to double the quantities.

Vegetables aspic



Vegetables aspic

For 6-8 small portions:

- 1 large carrot, peeled
- 1 large potato, peeled
- 1 onion, cutted in quarters
- 1 parsnip, peeled
- 50 g frozen peas
- 50 g frozen green beans
- 3 tablespoons canned corn
- 5-6 cloves of garlic, mashed
- 2 bay leaves
- 10 peppercorns
- 5 g of agar – agar
- salt

Put the potato, carrot, parsnip, onion, the bay leaves and peppercorns in a soup pan, cover with water and cook. When the vegetables are almost done add the peas, green beans and the garlic. Cook for another few minutes.

Remove the vegetables from the water (keep the water!) and cut them into small squares (or various forms for ornament). Add the corn and mix. Place the mix vegetables in forms (for individual portions can be used coffee cups). To ornament can also be used parsley, dill and celery.

Remove the onions from the water where the vegetables cooked and add the agar-agar (previously dissolved in a little

water, to prevent lumps forming). Cook it for 2 minutes and then pour on top of the vegetables. Refrigerate for at least one hour .

Note : You can use other vegetables such as: celery, cauliflower, broccoli, etc.



Vegetables aspic

Romanian beans stew



Romanian beans stew

For 2 servings:

1 large can cooked beans (400 g), drained

1 large onion, finely chopped

2 carrots, sliced
1 bell pepper, chopped
2-3 tablespoons tomato paste
2-3 bay leaves
1 tablespoon olive oil
salt and paper

Fry the onion together with the bay leaves in oil, for 1-2 minutes. Add the sliced carrots, the pepper and a glass water. Allow to cook for 5-6 minutes then add the tomato paste and mix it well. Cook for 2 minutes then add the cooked beans, salt and pepper to taste and cook for another 1-2 minutes.

Serve with sauerkraut salad, pickles, etc.



Romanian beans stew