

Romania

Middle East/Eastern Europe

Menu

1. Salad

Ingredients:

- 8 medium tomatoes, diced
- 1 lb. feta cheese, crumbled
- 1 lb. salami sausage, diced
- 6 green peppers, diced

Directions:

Combine all ingredients in a bowl and serve cold.

2. Mamaliga

Ingredients:

- 3 cups yellow or white cornmeal
- 6 cups cold water
- 2 Tbsp. salt

Directions:

Place cornmeal in a bowl and stir in 2 cups cold water. Mash out any lumps with the side of a wooden spoon. Bring 4 cups water and salt to a boil in a heavy saucepan. Gradually add cornmeal, stirring constantly. Simmer 10 minutes while stirring to prevent sticking. When mixture becomes thick and hard to stir, remove from heat. Dip a wooden spoon in cold water and push cornmeal to the center of the pot. Return to low heat 1-2 minutes, without stirring, to release steam and loosen mixture from bottom of the pan. Put mix onto a work surface. Smooth the surface with a wet metal spatula, spreading to form a rectangle 1-2 in. thick. Cut into squares.

3. Sarmale

Ingredients:

- 1 large cabbage
- 1 3/4 lbs. ground beef
- 4 large onions
- 2 Tbsp. rice
- 1 slice of bread, without the crust
- 3 Tbsp. lard
- 6 tomatoes
- Salt, pepper, and chopped dill to taste
- 1 quart sauerkraut juice

Directions:

Grind the meat with the bread (previously soaked in water and squeezed dry) and a raw onion. Place in a bowl and mix with rice, dill, pepper, salt, and onion (slightly fried in 2 Tbsp. lard). Mix well. Core the cabbage and wet it with sauerkraut juice. Carefully remove the cabbage leaves, one by one. Cut larger leaves in 2 or 3 pieces. Place meat in each cabbage and roll up, making sure to tuck

the sides in. Place a layer of rolls in a deep pan, and then cover with chopped cabbage, then a layer of thinly sliced tomatoes. Layer the same way until all rolls are made. The last layer must be tomato slices. Add 1 Tbsp. of lard, pour the borsch on top and let simmer for 30 minutes. Then place in a hot oven to reduce the liquid.

Life in Romania

The official language is Romanian, a language of Latin origin. Romania's principal crops are corn, wheat, rye, sugar beets, potatoes, oilseeds, vegetables, and fruit. Dairy products, wines and spirits, and prepared meats also are produced.

Typical meal

A typical Romanian meal may consist of a bowl of *ciorb* (soup), which is often served with a dollop of *smetlana* (sour cream). You may then have some cabbage leaves stuffed with meat and rice.

The Ciornei daughters



The greatest joy of the Ciornei Family is their four daughters – Carmen, 4, Ionela, 6, Monica, 2, and the youngest one, Ana-Maria, who is only six months old. They enjoy sitting in bed, covered by the soft, warm blanket from World Vision, especially during cold, harsh winter days.

References:

Dobra, Danny. Personal Interview. June 20, 2006.