

## 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.