

# Traditional Romanian cuisine for the young generation

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Home made meals versus fast-food

# Overview

- The art of cooking
- Meals of the day
- Traditional Romanian cooking
- The notion of fast-food
- How to overcome our dependence on fast food?
- Conclusions



# The art of cooking

- The art of cooking encompasses various methods instruments and combinations of ingredients which used correctly amount to dishes that posses the armoa and flavor every cook desires.
- Today we find ourselves less and less inclined to cook our food at home, mostly due to our hectic lifestyle which is changing the way we see food and cooking.
- Food habits can create bonds between people from different societies.

# Meals of the day

- Breakfast
- Lunch
- Dinner





# Breakfast

Breakfast can consist of milk, cheese, yoghurt, fresh or fermented dairy, cereal, bread, various types of meat, such as salami, ham, bacon; eggs can be thrown in for good measure, either fried, boiled or omelet. Also we should never neglect fruit either fresh or made into jams or compotes.

# Lunch

Traditionally three courses are served for lunch: soup or stew, followed by a main course consisting of meat and vegetables (only vegetables for fasting days), prepared in various ways, and finally desert, where we satisfy our sweet tooth with cakes, pies or fruit.



# Dinner

An average dinner consists of mamaliguta with cow's cheese, pudding, bulz, or something sweet like milk rice or pap.

A cup of milk will also help you get your well deserved sleep.

# Traditional Romanian Foods

National dishes	Condiments and salads	Cheeses	Sweets	Beverages
<u>Ardei umpluți</u> · <u>Caltaboși</u> <u>Ciulama</u> · <u>Chiftele/ Pârjoale</u> · <u>Chișcă</u> · <u>Ciorbă de burtă</u> · <u>Ciorbă țărănească</u> · <u>Ciorbă de pește</u> <u>Saramură</u> <u>Colivă</u> · <u>Drob</u> · <u>Ghiveci</u> · <u>Iahnie</u> · <u>Limbă cu măsline</u> <u>Mămăligă</u> <u>Mititei</u>	<u>Ardei copti</u> · <u>Borș</u> · <u>Murături</u> <u>Mujdei</u> · <u>Salată de boeuf</u> · <u>Salată de vinete</u> <u>Salată de cartofi</u> · <u>Salată de sfeclă</u>	<u>Brânză de burduf</u> · <u>Brânză topită</u> · <u>Caș</u> <u>Cașcaval</u> · <u>Telemea</u> · <u>Urdă</u>	<u>Clătită</u> · <u>Cremă de zahăr ars</u> · <u>Cozonac</u> <u>Gogoasă</u> · <u>Papanaș</u> · <u>Plăcintă</u> <u>Lapte de pasăre</u> · <u>Lipie</u> · <u>Sfințișori</u> · <u>Vârzar</u>	<u>Afinata</u> <u>Caisata</u> <u>Cireșata</u> <u>Pălinca</u> · <u>Rachiu</u> <u>Socata</u> · <u>Țuică</u> · <u>Vișinată</u> · <u>Zmeurată</u>



# Fast food



Its easy to find a fast food restaurant, these days you can find one on every corner.

Fast food however has been proven to be hazardous to your health and can lead to serious problems for you and those around you.

Imagine the pressure you are putting on the public healthcare system and how you are miss shaping the perception of those younger than you. Soon we shall be witness to the complete loss of our national culinary traditions.

# How can we free ourselves from our dependency on fast food?

The best example of how successful fast foods are we have only to look at giants such as KFC and McDonald's which are servicing thousands of young people everyday, and manage revenues of millions of dollars.

- ✓ the founding of restaurants serving traditional foods;
- ✓ more active involvement of parents when it comes to teaching their children how to eat properly and help their children understand the importance of culinary traditions.



Traditional dishes are a part of  
our cultural heritage.

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