Preserving the home cookings traditions in the young generation life

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Romanian Cuisine

Romanian Cuisine is the title given to the sum of all customs and particularities relating to gastronomic creation specific to the Romanian people.

It is diverse and is comprised of numerous traditions of preparation and dishes developed both by the native population and through interactions with other people.

Romanian cuisine is filled with recipes both for simple meals and special occasions, such as holydays. Because the Romanian people is Christian in faith, many dishes are catalogued by the holyday celebrated.

Romanian dishes are prepared from vegetables, cereal, vegetable oils, milk and other dairy as well as meat and meat byproducts..

A very special place in Romanian cuisine is held for sweets, pies and jams.

INFLUENCES

Romanian cuisine has been influenced by many different cultures. There are influences from Balkan, German, Serb, Italian, Hungarian cuisine and many other influences can be found if one looks deep enough.

Our Dacio-Roman origins Romanian gastronomic culture has inherited numerous culinary recipes.

-pie was inherited from the Romans

-Turks left us with meatball soup ;

-Greeks with musaca*;*

-Bulgarian cuisine influences appear in the form of zacusca and other vegetable based dishes*;*

One completely traditional Romanian dish is ***mămăliga*** .

Specifically Romanian Dishes

National Dishes

Ardei umpluti	Coliva	Pilaf
Carnati	Drob	Piftie
Caltabosi	Ghiveci	Saramaura
Ciulama	Iahnie	Sarmale
Chiftele	Limba cu masline	Slanina
Chisca	Mamaliga	Tochitura
Ciorba	Ostropel	Varza calita
Ciorba de burta	Parjoale	Papanasi

ROMANIAN DISHES SERVED ON FEAST DAYS

Tradition Christmas dishes

Following the Christmas fast, a period of spiritual and physical constraint, a feast is called for. Thus a period of plenty ensues and numerous dishes made with pig's meat as well as plenty of sweets. Slaying of the pig is done on the day of "Ignat"

From the flesh of the pig, ham, bacon, sausages, caltabos, toba, sarmale, steak and stew are prepared. Sweets complete the ritual meal, as well as serve as boons given to guests and carol singers.

All these dishes are specific to certain areas and are often accompanies by traditional drinks: ţuică, palincă, and an assortment of wines.

Foods specific to the Day of Christening

During the period of Christening, when winter brings about its most harsh weather, first of the dishes to be prepared are the “piftii”. This dish prepared from the leftovers of a pig (hooves, ears, neck) spiced with garlic. After the piftie is prepared it is left on a fire on the day the Orthodox priest comes to hallow the homes with holy water.

Sarmale are also present along with roast, sausages and the deserts, traditionally pita made from cozonac dough.

The pitas obtained are traditionally served during traditional Christian Christenings.

Traditional Easter Dishes

At the tradition Easter table expect to find the following: Drob of lamb, Stew of lamb, Lamb Steak, followed by plenty of sweets like cozonac and pasca. Along all these servings traditional red dyed eggs are placed at the table, signifying the blood of Christ

The history and traditions behind deserts

Romanian culinary art, in regards to sweets, does not have a very long lasting tradition. In a country where the climate has been appropriate for plentiful grain crops as well as provide a perfect environment for the raising of animals, it is only natural for the diet of the native inhabitants to center around meat boiled, fried or dried in the open sun accompanies by milk and at best sweetened by honey.

The heyday of Romanian cafeteria came with the emergence of the House of Capsa, founded by the illustrious Grigore Capsa, a student of the great Boissier

Grigore Capsa takes inspiration from great cooks of his age and creates dishes specifically for unique events, naming them after important personalities of his age. Thus came into existence the infamous Joffre cake, made for Admiral Joseph Joffre's visit to Romania, or the "Rejeane Icecream" Dedicated to a French actresses who held a series of plays in Bucharest

CULINARY TRADITIONS TODAY

Even today many of the traditional teachings and traditions have faded from use and are seldom even remembered

It is a shame that in just a few generations they only reason for which our national traditions will be remembered is so that they may serve tourism.

It is sad that others must come to appreciate our traditions, while we turn our backs to them.

CULINARY TRADITIONS TODAY

My proposition to you is simple:

“He who has lost pride has no more values. He who has no values gives naught a thought to teachings but dances to whatever song is playing”.

Teachings are like herbal medicine; they have been around for a long time, some good other not so much, most of the times they are not used or abandoned.

CULINARY TRADITIONS TODAY

Medicine would have much to gain from putting into practice traditional medicines used in past times, made from herbs or gathered from wild land creature, however so far fear that they might be simple superstitions or old wives tales is slowing the process down.

The same applies for culinary traditions, they are an inheritance of great value which is offered to us by our forefathers, dulled possibly by the passage of time but no less important, and which one day may come to remind us of stories and ballads told to us as youths.