

Romanian food

Finally, the most „delicious” article is waiting you to „taste” him. I couldn’t wait to start writing this one. I have so many things to say about traditional Romanian food, but pictures that I will add down will tell you more than thousand words.

Traditional Romanian food is really similar with Serbian traditional food. In Romania is Sarmale, in Serbia is Sarma. In Romania is Mămăliga, in Serbia is Kacamak. But, I will not speak what is similar, I will try to explain you every type of traditional meal how they are making that.

Let’s start from Sarmale. Sarmale are Romanian stuffed cabbage rolls traditionally served on Christmas and New Year’s Eve but also served throughout the year at weddings and other celebrations and parties. Ground pork is mixed with finely chopped and fried onions and cooked rice stuffed in a cabbage leaf, pickled sauerkraut leaf or grape leaf. For flavor, they usually can add pork ham or smoked ribs.



Next great meal is Mămăliga. This is a traditional meal cooked by boiling water, salt and corn flavor in circle-shaped cast iron pot. When village people prepare it and use it as a bread substitute, Mămăliga is supposed to be much thicker than the regular Italian polenta to be possible to cut it in slices, like bread. Also, it’s going amazing with Sarmale.



One of really tasteful meals is Plăcintă. You can try a lot different tastes of this meal. It’s a Romanian and Moldovan traditional pastry resembling a thin, small round or quadrate-shaped cake. Traditional varieties: Plăcintă can be filled with apple, with sheep or cow cheese,

with potatoes, with ricotta cheese and dill or with chocolate. The choice is only yours, but my suggestion is: „ Try it all!”



Make a place, the sweetest thing is coming through. „Meet” Papanasi. That is a Romanian traditional fried or boiled pastry looking like one big doughnut and on her top another smaller doughnut. Usually is filled with a soft cheese and any kind of sour jam.



I cannot tell you which is my favorite meal from this four, but I can tell you that I was enjoying a lot while I was eating each of them. So, if you are enjoying in good meals, my recommendation for all of you is to try this four meals. I’m completely sure that you will really like it. Poftă bună!

Sources for pictures:

1. <https://www.youtube.com/watch?v=fpzw-d1YCcU>
2. http://www.kfetele.ro/mamaliga-e-mai-buna-ca-orice-medicament-sigur-nu-stiai-asta_27715.html
3. <http://www.samancam.ro/panificatie-si-patiserie/placinta-cu-branza-si-aluat-foietaj-708/>
4. <http://pizzeriarossi.ro/index.php/produs/papanasi/>