

Romanian stuffed cabbage

Stuffed cabbage, devoid of tables Romanians Easter or Christmas, not Romanian invention. They were invented by Turks as the very name means "sarmak" in Turkish means "roll" or "package".

"Ode of sarma" by Păstorel Teodoreanu

How would be defined Sarma?

*Winged dream that it had the cabbage while it lasted
Metamorphosis long sleep in the barrel of pickled ...*

*Potpourri of pork and beef symphony minced meat,
hymn of food, lifted palate.*

*A coquette who bathes his body, in sauce and cream
and cabbage wraps, as waves of odalisque.*

*A skillful diplomat who was a close-ended league
with a cup of red wine, and a pot of polenta.*

*Opposing in principle and a superior opponent
for all that is diet or strict diet.*

*A bouquet of spices, a frivolous perfumed
What lures you with scents of smoked bacon.*

*Main tenant space takes in tolerance
pearls of spicy pepper, rice grains swollen.*

*An innate prosaic, as you catch it in prosody
since that is the world, the pig never read a poem.*

A bringer of thirst, drink wine from the cup.

Here in a few words, how it would define .. Sarma !!! "



Sweetbread – "Cozonac de casă" is a cake, but equally a dessert Bulgarian (kozunak), or an Italian pastry called panettone. Every nation has devoted cake in a specific way. Romanians prefer the more fluffy and increased kneaded with yeast, Englishmen - the driest, with candied fruit, the French prefer the smaller forms, with plenty of chocolate or with various fillings.

The dough is made from flour, milk, sugar, eggs, butter, yeast, and a pleasant taste add lemon peels and / or orange. The filling may contain walnuts, hazelnuts, poppy, raisins, Turkish delight Fruit Sweets (candied), cocoa, marmalade or combinations of these ingredients: walnuts and poppy, nuts and cocoa, nuts and shit, nuts, raisins and shit, curd and raisins, etc. specific to the Dobrogea area.



"Variety is the spice of life, which gives the taste.

" - William Cowper

Intercultural education tends to strengthen school-community relationship which implies respect, tolerance and "visibility" of minority cultures and multiethnic schools. All children need to learn to live and interact positively in this diverse world. - Ana Nedelcu: *General approach of cultural differences*



Erasmus+



ȘCOALA GIMNAZIALĂ
„GHEORGHE BANEĂ”
MĂCIN



Learning/Teaching/Training Activity
SLOVENIA C1

“A world of difference”

- Traditional food—

20th –24th March 2017

"A nation without traditions is a people without a future." - Alberto Lleras Camargo

Fish soup – “Ciorba de pește”

It is a known fact every summer there is a mass exodus in population from the cities. Where do they go ? To the sea of course every Romanian has this in mind in the summer time, even if it's for a night or two they must visit the sea. And a special food is the fish soup.

- 1kg of Sturgeon meat
- 3-4 Potatoes
- 1 Onion
- 1 Carrot
- 100g of Heavy Cream
- 1 Egg
- Salt
- Pepper
- 1 Bunch of Dill
- About 2 Liters of Water
- 1 Green Bell Pepper



In a large cooking pot put the water together with the salt and pepper and let it begin to boil. In the meanwhile cut the potatoes, carrot, green bell pepper and onion into fairly large pieces. Also debone the sturgeon and cut the meat into 1 inch cubes. When the water begins to boil throw in the vegetables and let them simmer for about 5-7 minutes then add the fish chunks also. Let the fish and vegetable boil for about 15-20 minutes. In this time chop up the dill and also in a mixing bowl put the heavy cream with a cup of water and the cracked egg, mix it all together. After the 20 minutes have passed add the cream and egg mixture into the soup whisking constantly so it doesn't form clumps. At the end add the chopped dill and enjoy this delicious soup.



Carp Brine

Brine Recipe For Carp

1. 1 gallon of water
2. 1 1/2 cups of salt
3. 1 1/2 cups of brown sugar
4. 3 tbsp. garlic powder
- 6 tbsp. onion powder

Feel free to add other spices and herbs **to the brine** for added flavor. Once you have prepared the brine, place the fillets in the bottom of a large pot or container and pour the brine over the fillets until they are completely submerged in the mixture. Cover loosely and refrigerate the fish for 24 hours.

Smoking Carp in Your Smoker

1. **Soak your wood chips one to two hours before smoking.** Apple wood, cherry and hickory are great choices and complement the flavor of carp nicely.
2. **Remove the plastic.** If you decided to wrap your fish in plastic wrap, you'll need to remove the carp from the plastic wrap and allow the fish to sit on a wire rack in

the refrigerator for 30 minutes. After 30 minutes, the fish should develop a subtle glazy or shiny appearance.

3. **Rinse the fish.** If you decided to brine the fish, you'll need to remove the fillets from the brine and rinse them under cool water. Pat them dry and allow them to dry on the countertop for another 30 minutes.

Now, set up your smoker. Light the charcoal **if using a charcoal smoker**, and add water to the



pan if your smoker has one. The water will help create steam that will keep the fish moist while it smokes.

1. **You may want to lightly oil your smoker racks to prevent the fish from sticking.** Now, place the fish inside of the smoker.

Smoke the fish for at least 10 hours. The fish will need to reach an internal temperature of 180 degrees F and continue cooking at this temperature for at least 30 minutes before it's safe to eat.

