



Romanian Dishes

Romanian pilaf

(Rice with chicken and mushrooms)



Ingredients

1 chicken breast	2 chicken thighs
2 onions	1 carrot
10 champignons	350 g rice (1.8 cup)
60 g (4 tablespoons) oil	1 bunch parsley
Salt and pepper to taste	

Directions

1. In a medium pot, bring to a boil the chicken breast, chicken thighs, one carrot and one onion. Simmer until the chicken is cooked through.

2. Take the chicken parts out of the pot and dry them with a paper towel. Cut the carrot into slices and discard the onion. Keep the chicken stock – we'll add it later.

3. Heat 30 g (2 tablespoons) oil in a pan, and add one chopped onion. Cook it until it's translucent.

4. Add the chicken and cook it for 3-4 minutes, stirring occasionally.

5. Add the rice and cook it for 2-3 minutes, until it gets a bit translucent.

6. Start adding the chicken stock to the rice. Add about 2 ladles at a time, so that the rice is always covered completely in stock.

7. Repeat step 6 until the rice is cooked through. If you're not sure, just take one rice grain and see if it's soft enough.

8. Add the salt and pepper.

9. In a separate pan, cook the mushrooms in 30 g (2 tablespoons) oil, until they are browned.

10. Add mushrooms and the chopped carrot to the chicken rice.

11. Garnish the chicken rice with mushrooms with chopped parsley and enjoy!

Romanian Winter Salad



Ingredients

4 medium potatoes	2 pickled peppers
4 pickled cucumbers	100 g olives
4 eggs	1 red onion
2 tablespoons oil	1 tablespoon vinegar
Salt and pepper	

Directions

1. Boil the potatoes until they're soft enough to stick a fork in them. Let them cool a bit and remove the peel while they're still warm.

2. Boil the eggs for about 10 minutes – they have to be hard-boiled. When they're done, remove the shell and cut them into quarters or slices.

3. Cut the potatoes into cubes, then slice the cucumbers and cut the pickled peppers into strips.

4. Thinly slice the onion (julienne).

5. In a large bowl, add the potatoes, the pickles, the olives, the onion, eggs and carefully mix, making sure you don't crush the potatoes.

6. Mix the oil with the vinegar, salt and pepper, and add it over the salad. Mix to combine.

Romanian Vegan Potato Stew



Ingredients

1.5 kg peeled potatoes 1 red bell pepper
1 carrot 1 onion
1 teaspoon paprika powder 2 tablespoons oil
1 bay leaf 1 tablespoon flour
2 tablespoons tomato paste 1 bunch of dill
Salt and pepper to taste

Directions

1. Finely chop the onion, the bell pepper and the carrot.
2. In a medium pot, heat 2 tablespoons of oil and add the chopped vegetables. Fry them until they're softened.
3. Cut the potatoes into evenly-sized cubes and add them to the pot.
4. Add the paprika powder, the bay leaf, salt, pepper and enough water to cover the potatoes.
5. Let the potatoes boil until you can stick a fork in them, but they're not too soft.

6. Separately, mix the flour with the tomato paste, and gradually add some liquid from the pot until the flour is dissolved and you have a thin paste.
7. Add this mixture to the pot with the potatoes and slowly stir to combine, without crushing the potatoes.
8. Let everything boil for another 5-10 minutes.
9. Chop the dill and add it to the potato stew after you have turned off the heat.

Romanian Eggplant Dip



Ingredients

4 medium-sized eggplants ½ onion
1 cooked egg yolk 1 raw egg yolk
1 teaspoon mustard
150 ml (2/3 cup) sunflower oil
Juice from ½ lemon
Salt and pepper to taste

Directions

1. Prick each eggplant with a knife a few times, then place the eggplants directly on the flame of a gas stove. Turn them every few minutes, until the skin is completely charred, and the pulp feels soft and meets no resistance if you poke it with a knife. This step

should take about 25- 35 minutes, depending on the size of the eggplants.

2. Remove the eggplants from the heat and let them cool for a few minutes.
3. Using a knife, split each eggplant vertically into two equal parts, and scrape out the pulp, making sure that you clean the bits of charred skin that attach to the pulp. I like to keep a bowl of water near me to clean my hands and pick the charred skin easier.
4. After you have collected all the pulp, place it in a colander and let drain for at least 30 minutes.
5. During this time, make the mayonnaise.
6. In a medium bowl, using a fork, mix the cooked egg yolk with the raw egg yolk. Add the mustard, mix, and then start pouring the oil gradually, and mix well. Alternate the oil with some drops of lemon juice, while constantly mixing.
7. After the eggplant pulp is drained, place it on a wooden board and finely chop it with a wooden or ceramic knife. The eggplants should now have the texture of a paste.
8. In a bowl, add the eggplant paste, ½ finely chopped onion, 3 tablespoons of the homemade mayonnaise, plus salt and pepper to taste.
9. Combine the ingredients using a wooden spoon, and then refrigerate for at least 2 hours before serving.
10. Serve on top of fresh bread or toast, with tomato slices or a roast pepper salad, with some delicious Romanian telemea cheese.