

# Cookbook

## Potatoes in the oven with salmon fille



## Ingredients

### Pan-Fried Salmon

- 1 salmon fillet with skin
- Lemon pepper (or ground black pepper)
- Sea salt
- 3 tablespoons vegetable oil
- Lemon (for serving)

### Oven-Roasted Potatoes & Vegetables

- 10 medium potatoes
- 2 onions

- 3 carrots
- 1 red kapia pepper
- Whole mushrooms (fresh or canned)
- Olive oil
- Seasonings: salt, paprika, dried thyme

## Preparation

### 1. Oven-Roasted Potatoes & Vegetables

1. Line a baking tray with baking paper.
  2. Peel the potatoes, cut them into cubes, and place them in the tray.
  3. Put on top olive oil and season with salt, paprika, and thyme.
  4. Preheat the oven to 180°C.
  5. Bake the potatoes for 20 minutes.
  6. Meanwhile, clean and slice the onions, carrots, pepper, and mushrooms (rounds or strips, as preferred).
  7. After 20 minutes, add the vegetables to the tray and mix everything well.
  8. Continue baking, stirring once halfway, until golden and tender — about 45 minutes total.
  9. Remove from the oven and keep warm.
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### 2. Pan-Fried Salmon

1. Cut shallow lines in the salmon on the skin side.
2. Pat the fillet very dry with paper towels.
3. Season generously with salt and pepper on both sides, including inside the cuts.
4. Heat 3 tablespoons of oil in a pan over medium-high heat.
5. Place the salmon skin-side down in the hot pan.
6. Fry for about 5 minutes, until roughly 2/3 of the fillet has changed color from the bottom.

7. Flip and cook the other side for 3 minutes.
8. Turn once more skin-side down, remove the pan from heat, and let it rest briefly.
9. Serve immediately, after putting fresh lemon juice on top.

Pictures of the process and finished product













# Cauliflower Soup



## Ingredients

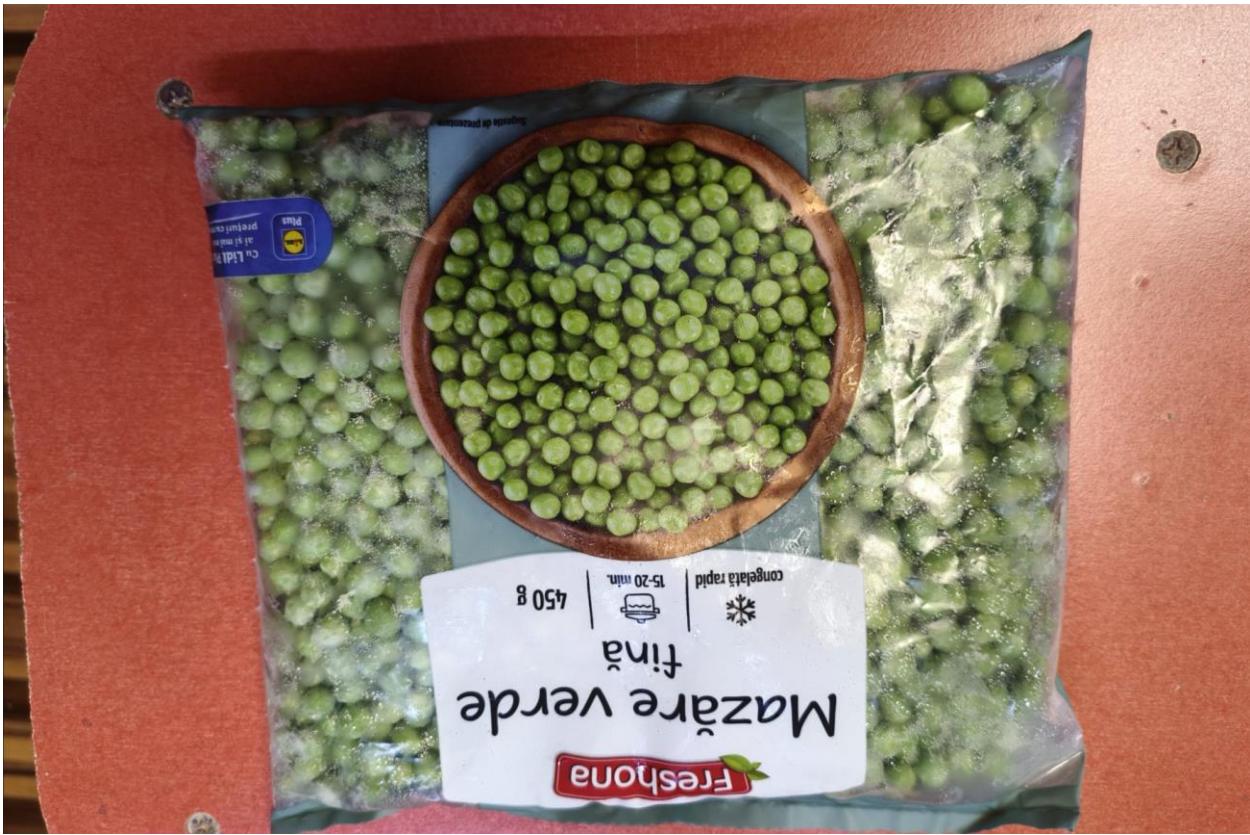
- 1 medium cauliflower
- 1 large white kohlrabi
- 1 parsnip
- 3 parsley roots + 1 bunch fresh parsley leaves
- 6 carrots
- 500 g peas (fresh, canned, or frozen)
- 500 g chicken breast (pork leg can also be used)
- 2 eggs
- Flour (as needed)
- Salt
- Lemon juice and/or sour cream (for serving)

## Preparation

1. Slice the meat into thin pieces and place it in a pot with water and a little salt.
2. Bring to a boil and simmer for **about 1 hour**.
3. Meanwhile, peel and dice all the root vegetables.
4. After the meat has boiled for 1 hour, add the diced vegetables to the pot.
5. Slice the kohlrabi and break the cauliflower into small florets.
6. After another 30 minutes, add the kohlrabi slices and cauliflower florets.
7. Prepare the dumplings:
8. Mix the eggs with salt and enough flour to obtain a thick, sticky batter.
9. Using a teaspoon, drop small portions of the batter into the simmering soup.
10. Let the soup cook for another **30 minutes**, until the dumplings are fully cooked.
11. Finely chop the parsley leaves and add them to the soup.
12. Let the soup boil once more, then remove from heat.

Pictures of the process and finished product







# Sushi



## Ingredients

- Sushi rice (short-grain rice)
- Nori seaweed sheets
- Cream cheese
- Avocado
- Red kapia pepper
- Cucumber
- Fresh fish fillet and/or canned tuna (flaked)
- Olive oil
- Salt
- Black pepper

## Preparation

1. Cook the sushi rice in water with 1 teaspoon of salt002E
2. Season the fresh fish fillet with salt and pepper.
3. Heat a little olive oil in a pan and fry the fish on both sides for 5–6 minutes, until fully cooked.
4. Allow the rice to cool slightly, then blend it briefly to obtain a smoother, sticky paste.
5. Cut the cooked fish into long strips.
6. Slice the avocado, kapia pepper, and cucumber into long, thin strips as well.
7. Place a sheet of plastic wrap on the counter and set a nori sheet on top.
8. Spread a thin layer of rice over two-thirds of the nori sheet.
9. Arrange the fish, avocado, pepper, cucumber, and cream cheese lengthwise on the rice.
10. Roll the sushi tightly using the plastic wrap to help shape it.
11. Slice into rounds and arrange on a tray.
12. Refrigerate until ready to serve.

Pictures of the process and finished product









## Steak with Rice Side Dish



### Ingredients

- Rice
- Pork meat
- Pork lard
- Turmeric
- Garlic
- Salt
- Black pepper
- Paprika

### Preparation

1. Cut the pork into 2 cm thick slices.
2. Heat 1 tablespoon of pork lard in a pan.
3. Fry the meat on both sides for about 4 minutes per side.

4. Season with salt, black pepper, and paprika to taste.
5. Peel 1 clove of garlic and add it to the pan.
6. Add 2 cups of water, reduce heat, and simmer until the liquid evaporates and the meat becomes tender.
7. Serve with rice on the side (hope you know how to make rice).

Pictures of the process and finished product





# Goulash Soup



## Ingredients

- 500 g beef (leg or tenderloin), cut into cubes
- 2 large onions, finely chopped
- 2–3 cloves garlic, crushed
- 3 tablespoons sunflower oil or pork lard
- 2 carrots, sliced
- ½ celery root, diced
- 2 parsley roots, sliced
- 2 bell peppers (red and green), diced
- 3 large potatoes, diced
- 2 tablespoons pepper paste
- 1 tablespoon tomato paste
- 1 tablespoon sweet paprika
- 1 teaspoon caraway seeds

- 2 bay leaves
- 80 g homemade noodles
- Water (as needed)
- Salt and black pepper, to taste
- 1 bunch fresh parsley, chopped

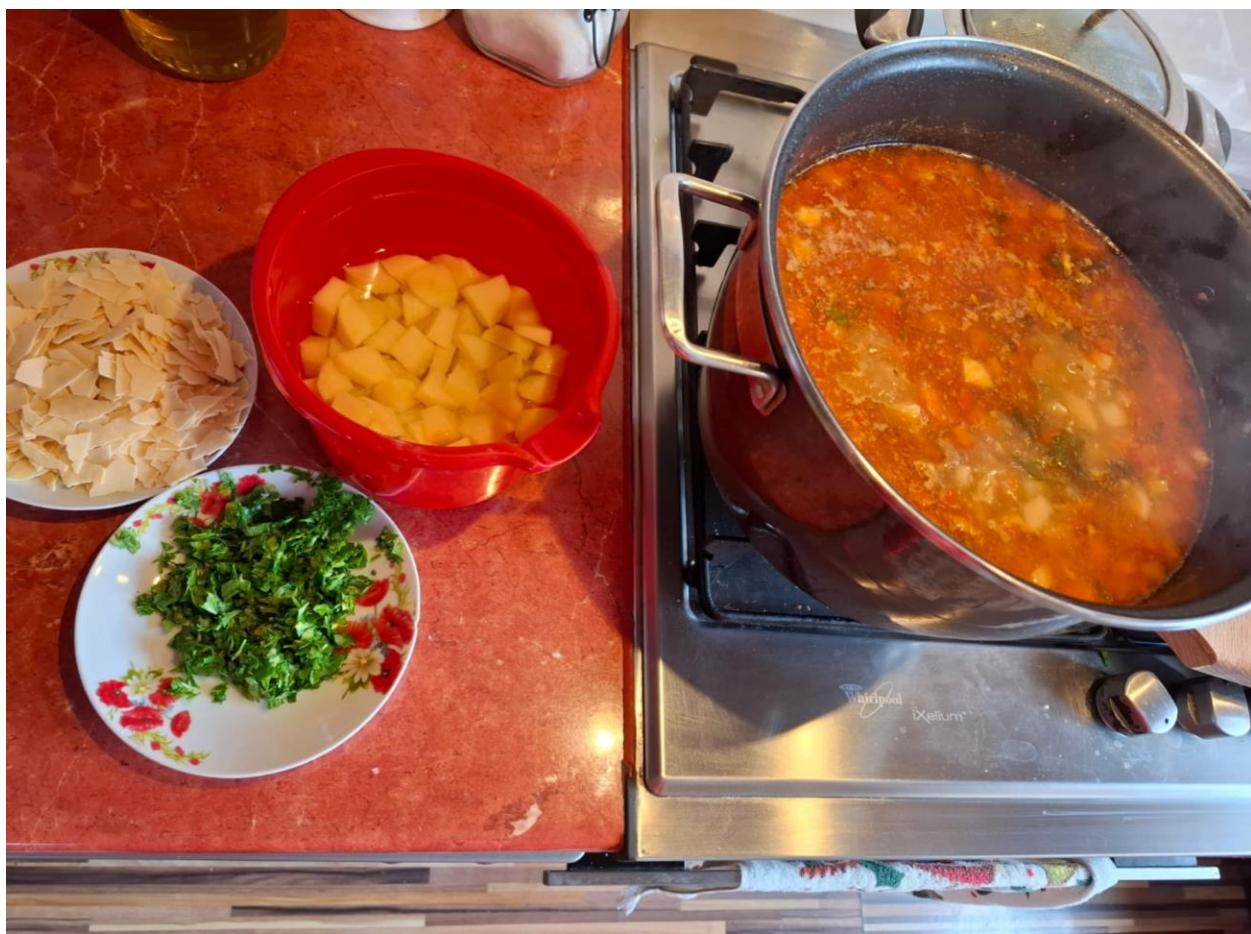
## Preparation

1. In a large pot, heat the oil or lard.
2. Sauté the onions over medium heat until golden.
3. Add the crushed garlic and cook for another 1–2 minutes.
4. Add the beef cubes and brown them on all sides.
5. Sprinkle in the sweet paprika and stir well to coat the meat evenly.
6. Add the caraway seeds and bay leaves, mixing again.
7. Add the carrots, parsley root, celery, and bell peppers.
8. Stir well and cook for a few minutes.
9. Add the tomato paste, pepper paste, and enough water to cover everything.
10. Bring to a boil, then reduce the heat and simmer gently for 1–1.5 hours, until the beef is tender.
11. Add the diced potatoes and noodles.
12. Continue cooking for 20–30 minutes, until the potatoes and noodles are fully cooked.
13. Season with salt and black pepper to taste.

## Pictures of the process and finished product









## Sarmale



## Ingredients

- 1–2 medium pickled (sour) cabbages
- 1 kg minced pork (*freshly ground from pork leg or shoulder*)
- 3 onions, finely chopped
- 400 g tomato purée or tomato paste
- 150 g rice
- Sweet paprika
- Ground black pepper

- Dried thyme
- Salt
- 100 g smoked pork loin
- 2–3 tablespoons oil
- Water

## Preparation

### Preparing the Cabbage

1. Carefully separate the pickled cabbage leaves so they do not tear.
  2. Remove the thick stems.
  3. If the leaves are large, cut them in half to obtain smaller sheets.
  4. Set all leaves aside, ready for filling.
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### Filling

1. In a bowl, combine:
    - minced pork
    - rice
    - finely chopped onions
    - thyme
    - sweet paprika
    - ground black pepper
    - salt
  2. Mix well until evenly combined.
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### Rolling the Sarmale

1. Place 1–2 tablespoons of filling on one edge of a cabbage leaf.

2. Roll halfway, fold the sides inward, then continue rolling to the end.  
*Do not roll too tightly, as the rice expands during cooking.*
  3. Alternatively, roll the leaf completely and tuck the ends inside using your fingers.  
*Both methods work equally well.*
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### Assembling the Pot

1. In a large pot, add a layer of finely chopped sour cabbage.
  2. Arrange the cabbage rolls in layers.
  3. Between each layer, add:
    - chopped cabbage
    - tomato paste
    - pieces of smoked pork
  4. Finish with a top layer of chopped cabbage.
  5. Add bay leaves, whole peppercorns, and tomato slices if desired.
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### Cooking

1. Add water mixed with tomato paste until the cabbage rolls are fully covered.
  2. Simmer over low heat for about 3 hours, until tender and flavorful.
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### Serving

Serve the sarmale hot, with:

- polenta (mămăligă)
- sour cream

Pictures of the process and finished product





# Pizza Rolls



## Ingredients

### Dough

- 350 g white flour (type 000)
- 200 g whole wheat flour
- 15 g fresh yeast **or** 5 g dry yeast
- 20 ml olive oil
- 15 g sugar
- 15 g salt
- 350 ml lukewarm water

## Topping

- 100 g pressed ham
- 100 g bacon or salami
- 200 g tomato sauce (thick passata)
- 200 g grated cheese (cheddar, mozzarella, or a mix)
- Optional toppings:
  - thinly sliced mushrooms
  - corn kernels
  - thin onion slices
  - olives
  - bell peppers
- Pizza spices: dried basil, oregano, dried thyme

## Preparation

### Dough

1. Pour the lukewarm water into a large bowl.
  2. Add the sugar, yeast, and about 5 tablespoons of flour (from the measured total).
  3. Mix well and let it rest for 10 minutes, until the yeast activates.
  4. Add the olive oil, salt, and the remaining flour in 2–3 batches.
  5. Mix first with a spatula, then knead by hand until the dough is smooth and elastic.
  6. Shape into a ball, cover with plastic wrap or a bag, and let rise for 50–60 minutes, depending on room temperature.
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### Assembling

1. Place the risen dough on a floured work surface.
2. Roll it out evenly using a rolling pin to about 30 × 40 cm (thin crust).

3. Spread the tomato sauce evenly over the dough.
  4. Sprinkle with dried basil, oregano, and thyme.
  5. Add ham, salami/bacon, mushrooms, corn, onion, bell pepper, and any other toppings you like.
  6. Sprinkle generously with grated cheese and mozzarella.
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## Baking

1. Preheat the oven to 180°C, top and bottom heat.
2. Roll the dough tightly into a log.
3. Slice into pieces about 5 cm thick.
4. Line a baking tray with parchment paper.
5. Arrange the pizza rolls carefully in the tray.
6. Bake in the preheated oven for 25 minutes, until golden and fragrant.

## Pictures of the process and finished product









# Filled Eggs with Liver Pâté



## Ingredients

- 8–10 eggs
- 200–250 g liver pâté (*chicken, pork, turkey, or duck*)
- 3–4 tablespoons mayonnaise
- 1 teaspoon mustard
- Salt and black pepper, to taste
- Olives, arugula, parsley, or dill for decoration

## Preparation

1. Boil the eggs for 10–15 minutes.
2. Cool them in cold water, then peel.
3. Cut the eggs in half lengthwise and remove the yolks.
4. In a bowl, mash the yolks together with the liver pâté, mayonnaise, and mustard until smooth.
5. Season with salt and pepper to taste.
6. Fill the egg white halves with the mixture.

7. Decorate with finely chopped parsley, dill, olives, or any garnish you prefer.

Pictures of the process and finished product



# Sweet Cheese-Filled Crêpes



## Ingredients

### Crêpe Batter

- 150–200 g flour
- 150 ml milk
- 100 ml sparkling mineral water
- 1 whole egg + 1 egg white
- 1 tablespoon sugar
- 1 teaspoon vanilla essence
- A pinch of salt
- 1 teaspoon ground cinnamon
- Oil (for frying)

## Cheese Filling

- About 150 g sweet fresh cheese, well drained
- 3 heaped tablespoons full-fat sour cream (20% fat or higher)
- 2 tablespoons granulated sugar
- Zest of 1 small lemon
- 1 tablespoon vanilla essence
- 1 egg yolk
- 1 teaspoon ground cinnamon

## Preparation

### Crêpes

1. Crack the egg into a bowl, add a pinch of salt, and whisk lightly.
  2. Add the sugar, vanilla essence, milk, flour, and sparkling water.
  3. Whisk well until smooth and free of lumps.
  4. Heat a frying pan and lightly coat it with oil.
  5. Once hot, pour a ladle of batter into the pan and swirl to spread it evenly into a thin layer.
  6. When the surface looks dry, flip the crêpe using a spatula or a quick wrist motion.
  7. Cook briefly on the other side, then remove.
  8. Continue cooking the remaining batter over **low heat**.
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### Cheese Filling

1. In a bowl, mix all the filling ingredients until the sugar dissolves and the texture is smooth.
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### **Assembling**

1. Spoon the filling onto each crêpe, using as much as desired.
2. Roll or fold the crêpes as you like.

Pictures of the process and finished product







## Romanian Bean Purée



### Ingredients

- 300 g dried beans (white or speckled)
- 3 onions
- 1 red kapia pepper
- 2 tablespoons tomato paste
- 2–3 cloves garlic
- Salt and black pepper, to taste
- 2–3 bay leaves
- 1 cup oil

## Preparation

### Cooking the Beans

1. Rinse the beans in **2–3 changes of water**.
  2. Soak them for **8–12 hours (overnight)**.
  3. Discard the soaking water.
  4. Cover the beans with hot water, add **1 teaspoon salt**, bring to a boil, then discard this water as well.
  5. Refill the pot with **3 parts hot water**.
  6. Cook the beans in a **pressure cooker** for **1–1.5 hours** over medium heat, adding salt and **2 bay leaves**.
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### Preparing the Base

1. In a separate pot, sauté some of the finely chopped onion with the diced kapia pepper until soft.
  2. Add the tomato paste.
  3. Season with salt, pepper, bay leaves, and finely chopped garlic.
  4. Simmer until slightly reduced.
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### Blending

1. Add the cooked beans to the onion-pepper mixture.
  2. Cook together for a few more minutes, stirring well.
  3. Remove from heat and blend with an immersion blender until smooth.
  4. If the mixture is too thick, add a little cooking water until the desired consistency is reached.
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### Onion Topping

1. Slice the remaining onions and fry them in oil until golden.

2. Pour the hot onions and oil over the blended bean purée.

Pictures of the process and finished product









