



EAST EUROPEAN COOKING COURSE



NYK-FIL MARITIME E-TRAINING, INC.
Knowledge Avenue, Carmeltown, Canlubang, Calamba, Laguna

1. Introduction to Bulgaria

The Bulgars, a Central Asian Turkic tribe, merged with the local Slavic inhabitants in the late 7th century to form the first Bulgarian state. In succeeding centuries, Bulgaria struggled with the Byzantine Empire to assert its place in the Balkans, but by the end of the 14th century the country was overrun by the Ottoman Turks. Northern Bulgaria attained autonomy in 1878 and all of Bulgaria became independent from the Ottoman Empire in 1908. Having fought on the losing side in both World Wars, Bulgaria fell within the Soviet sphere of influence and became a People's Republic in 1946. Communist domination ended in 1990, when Bulgaria held its first multiparty election since World War II and began the contentious process of moving toward political democracy and a market economy while combating inflation, unemployment, corruption, and crime. The country joined NATO in 2004 and the EU in 2007. (<https://www.cia.gov/library/publications/the-world-factbook/geos/bu.>)



Map of Bulgaria

1.1. Geography

- Location: Southeastern Europe, bordering the Black Sea, between Romania and Turkey
- Geographic coordinates: 43° 00' N, 25° 00' E
- Map references: Europe
- Area: total: 110,910 sq km / land: 110,550 sq km / water: 360 sq km
- Area - comparative: slightly larger than Tennessee
- Land boundaries: total: 1,808 km
- Border countries: Greece 494 km, Macedonia 148 km, Romania 608 km, Serbia and Montenegro 318 km, Turkey 240 km
- Coastline: 354 km
- Maritime claims: territorial sea: 12 nm (contiguous zone: 24 nm / exclusive economic zone: 200 nm)
- Climate: temperate; cold, damp winters; hot, dry summers
- Terrain: mostly mountains with lowlands in north and southeast

1.2. Daily Food and Food Customs

Food in Daily Life. The everyday diet is based largely on local, in-season products. Bread, an important staple, is often purchased rather than home baked. Dairy products are widely consumed, particularly yogurt and white-brined cheese. Home-cooked lunches and dinners often include soups, salads, stews, grilled meats, or stuffed vegetables, while meals away from home may consist of foods such as bread, cheese, sausage, and vegetables. Banitsa is a popular pastry filled with cheese and eggs, pumpkin, rice, spinach, or leeks. For snacks and breakfast, it is accompanied by a grain-based drink,

boza , or yogurt-based airan . Popular alcoholic beverages include rakiya, a potent fruit-based brandy, and wine. Many people can fruits and vegetables and make sauerkraut for winter when fresh produce is unavailable or unaffordable. Regional culinary variation reflects local environmental conditions, for example, fish along the sea, vegetables in the plains, and dairy products in mountain areas. Some observant Muslims avoid eating pork. In response to postsocialist conditions, meat and dairy product consumption has declined relative to the less-expensive bread. Typical restaurant offerings are more limited than home cooking, with menus based around salads, soups, grilled meats, and perhaps a meatless offering. Coffee bars, pubs, and sweet shops are popular meeting places for a drink, coffee, or snack.

Food Customs at Ceremonial Occasions. Some Orthodox Christians observe a Lenten fast before Easter, and observant Muslims avoid eating and drinking during daylight hours during Ramadan. Within Islamic tradition, numerous dishes are served and sweets are exchanged on Ramazan (Ramadan) Bairam, and a ram or calf is ritually slaughtered for Kurban Bairam. Kurban means sacrifice and also refers to a boiled meat dish prepared for ceremonial occasions. Another popular celebration dish is spit-roasted sheep or goat. The Christmas Eve table includes numerous, predominantly meatless dishes, including stuffed cabbage leaves, beans, lentils, boiled wheat, dried fruit, and nuts. For Christmas or New Year's, fortunes in the form of coins, cornel cherry twigs, or slips of paper are inserted in banitsa or bread. Special holiday breads include Easter's braided kozunak , which is sometimes decorated with dyed eggs. (<http://www.everyculture.com/Bo-Co/Bulgaria.html>)

2. Introduction to Croatia



Map of Croatia

The lands that today comprise Croatia were part of the Austro-Hungarian Empire until the close of World War I. In 1918, the Croats, Serbs, and Slovenes formed a kingdom known after 1929 as Yugoslavia. Following World War II, Yugoslavia became a federal independent Communist state under the strong hand of Marshal TITO. Although Croatia declared its independence from Yugoslavia in 1991, it took four years of sporadic, but often bitter, fighting before occupying Serb armies were mostly cleared from Croatian lands. Under UN supervision, the last Serb-held enclave in eastern Slavonia was returned to Croatia in 1998. In April 2009, Croatia joined NATO; it is a candidate for eventual EU

accession. <https://www.cia.gov/library/publications/the-world-factbook/geos/hr.>)

2.1. Geography

Croatia is a former Yugoslav republic on the Adriatic Sea. It is about the size of West Virginia. Part of Croatia is a barren, rocky region lying in the Dinaric Alps. The Zagorje region north of the capital, Zagreb, is a land of rolling hills, and the fertile agricultural region of the Pannonian Plain is bordered by the Drava, Danube, and Sava Rivers in the east. Over one-third of Croatia is forested.

- Location: Southeastern Europe, bordering the Adriatic Sea, between Bosnia and Herzegovina and Slovenia
- Geographic coordinates: 45° 10' N, 15° 30' E
- Map references: Europe
- Area: total: 56,542 sq km / land: 56,414 sq km / water: 128 sq km
- Land boundaries: total: 2,197 km
- Border countries: Bosnia and Herzegovina 932 km, Hungary 329 km, Serbia and Montenegro (north) 241 km, Serbia and Montenegro (south) 25 km, Slovenia 670 km
- Coastline: 5,835 km (mainland 1,777 km, islands 4,058 km)
- Maritime claims: territorial sea: 12 nm (continental shelf: 200-m depth or to the depth of exploitation)
- Climate: Mediterranean and continental; continental climate predominant with hot summers and cold winters; mild winters, dry summers along coast
- Terrain: geographically diverse; flat plains along Hungarian border, low mountains and highlands near Adriatic coastline and islands

2.2. Daily Food and Food Customs

Food in Daily Life. The main meal of the day is a late lunch. In the north and inland, the majority of the foods has an Austrian or Hungarian flavor. A typical lunch includes chicken or beef soup, cooked meat (often pork), potatoes, and bread. Greens with vinegar and oil are served in the spring and summer, and pickled vegetables in the winter. Along the coast, a meal usually includes fish and pasta, risotto, or polenta. Lamb is common in the Dalmatian highland region. Breakfast is simple, usually consisting of strong coffee and bread with jam. The traditional dinner typically consists of leftovers from lunch, cold meats, and cheese with bread. People usually eat in their own homes, although they also eat snacks on the streets. Restaurants are usually very formal and expensive. A variety of fast foods are available, including foods typical of ethnic minorities. While people rarely eat in restaurants, almost everyone has coffee in cafés on a regular basis.

Food Customs at Ceremonial Occasions. For holidays or special occasions, there are larger quantities of food, particularly meat. Roast pork with the skin (pecenka) is popular in Zagreb and Slavonia. Special cakes are also prepared. Fried cheese, octopus salad, spicy grilled meats, and dishes made with phyllo reflect different cultural influences. Large quantities of alcohol are part of any celebration. In Slavonia, this is usually a plum brandy; in Zagreb and on the coast, grape or herb brandies are popular. Whenever people get together, they usually drink together. Strong Turkish-style coffee and espresso are important symbols of hospitality. Men usually are offered an alcoholic drink.
(<http://www.everyculture.com/Cr-Ga/Croatia.html>)

3. Introduction to Romania



The principalities of Wallachia and Moldavia - for centuries under the suzerainty of the Turkish Ottoman Empire - secured their autonomy in 1856; they united in 1859 and a few years later adopted the new name of Romania. The country gained recognition of its independence in 1878. It joined the Allied Powers in World War I and acquired new territories - most notably Transylvania - following the conflict. In 1940, Romania allied with the Axis powers and participated in the 1941 German invasion of the USSR. Three years later, overrun by the Soviets, Romania signed an armistice. The post-war Soviet

occupation led to the formation of a Communist "people's republic" in 1947 and the abdication of the king. The decades-long rule of dictator Nicolae Ceausescu, who took power in 1965, and his Securitate police state became increasingly oppressive and draconian through the 1980s. Ceausescu was overthrown and executed in late 1989. Former Communists dominated the government until 1996 when they were swept from power. Romania joined NATO in 2004 and the EU in 2007.
(<https://www.cia.gov/library/publications/the-world-factbook/geos/ro.>)

3.1. Geography

- Location: Southeastern Europe, bordering the Black Sea, between Bulgaria and Ukraine
- Geographic coordinates: 46° 00' N, 2° 00' E
- Map references: Europe
- Area: total: 237,500 sq km / land: 230,340 sq km / water: 7,160 sq km
- Land boundaries: total: 2,508 km
- Border countries: Bulgaria 608 km, Hungary 443 km, Moldova 450 km, Serbia and Montenegro 476 km, Ukraine (north) 362 km, Ukraine (east) 169 km
- Coastline: 225 km
- Maritime claims: territorial sea: 12 nm (contiguous zone: 24 nm / exclusive economic zone: 200 nm / continental shelf: 200-m depth or to the depth of exploitation)
- Climate: temperate; cold, cloudy winters with frequent snow and fog; sunny summers with frequent showers and thunderstorms
- Terrain: central Transylvanian Basin is separated from the Plain of Moldavia on the east by the Carpathian Mountains and separated from the Walachian Plain on the south by the Transylvanian Alps

3.2. Daily Food and Food Customs

Food in Daily Life. Breakfast is usually a small meal of bread with butter and jam and tea. The largest meal is eaten in the early afternoon. Mititei, grilled sausage seasoned with garlic, is a common appetizer. Borsch, cabbage soup with bran, or ciorba, a soup of lamb, mushrooms, and other meats and vegetables, is often served as a first course. Main dishes are usually meat-based, such as tocana, a pork stew flavored with garlic and

onions. Other popular dishes include sarmale, cabbage leaves stuffed with rice and meat, and mamaglia, a cornmeal dish often served with poached eggs. Vegetables are served as side dishes. Typical desserts include placinte, a kind of pie, and baclava, a pastry made of nuts and honey.

Local wines produced in Moldavia and along the Black Sea coast are widely consumed. Tuica, a strong plum brandy, is also popular, as are beer and soft drinks.

Food Customs at Ceremonial Occasions. Wedding feasts include kegs of wine and tuica and an enormous round loaf of bread shared by the bride and groom. The annual sheep feast, Simbra Oilor, a traditional holiday marking the moving of the herds to the high pastures, is celebrated with a large community meal of cheese, meat dishes, and tuica.
<http://www.everyculture.com/No-Sa/Romania.html>

3.3. Bulgarian five-day menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Kyopolou	Bell Pepper and Potato Frittata	Palachinka	Kiselo	Mish Mash
Lunch	Bulgarian Moussaka Sofia Salad	Meat Patties with Caper in Mushroom Sauce Fried potato	Pan Fried Fish Tomato Onion Salad	Grilled Pork Loin Lemon-Thyme Mushroom Pilaff	Meatball soup Bread
Dinner	Kavarma Sautéed Green Beans Steamed Rice Lemon Sponge Bread	Creamy Fish Soup Cucumber Yogurt Salad Fresh Fruit	Lamb Rack with Vegetable Stew Roast Potato Ice Cream with Strawberry	Kebab a la Silistra Mashed Potato Custard	Roast Fish Milk Banitsa

Breakfast: Kyopolou	Yield: 4	Bulgarian: Day 1
Ingredients	Unit	Procedure
Eggplant	2 pcs	Roast eggplant, bell peppers and tomato in the oven and chop finely.
Red and green bell pepper	4 pcs	
Tomatoes, medium	4 pcs	
Garlic, crushed	3 pcs	Add remaining ingredients. Season with salt and pepper.
Parsley, chopped	1 bunch	
Red wine vinegar	25 ml	
Oil	50 ml	

Lunch: Bulgarian Moussaka	Yield: 8	Bulgarian: Day 1
Ingredients	Unit	Procedure
Beef, ground	250g	Sauté in oil and brown ground meat. Add onion, garlic, oregano, salt and pepper, cook for 5 more minutes.
Pork, ground	250g	
Onion, chopped	100g	
Oregano (fresh) or chooberitza	1 Tbsp	
Salt and pepper to taste		
Eggplant (large), diagonally sliced	2 pcs	Season eggplants and grill or pan fry but not thoroughly cooked.
Salt and pepper		
Garlic, chopped	2 cloves	Mix ground meat, tomato, parsley together and place in baking dish Line slices of eggplant over baking dish and add ground meat mixture. Top with remaining eggplants.
Tomato (medium), chopped	3 pcs	
Parsley, chopped		
Eggs, beaten	4 pcs	Eggs, yogurt, cheese, and flour. Pour egg mixture over the eggplant. Sprinkle green onion on top Bake for 1 hour covered at 350 deg. Then 30 minutes uncovered. Let rest for 10 minutes before serving.
Yogurt	300g	
Flour, sifted	100g	
Green onion, chopped	100g	

Lunch: Sofia Salad	Yield: 6	Bulgarian: Day 1
Ingredients	Unit	Procedure
Tomatoes, chopped	4 pcs	Place tomatoes, cucumber, peppers, onion and parsley in a large bowl and toss.
Cucumber (large), unpeeled, sliced	1 pc	
Green or red peppers, roasted	4 pcs	
Onion (white, large), chopped	1 pc	
Parsley, chopped		
Sunflower oil	½ cup	In a blender, mix dressing ingredients and blend well
Red-wine vinegar	¼ cup	
Salt and black pepper		
		Toss dressing with vegetables, place into a serving bowl and refrigerate until ready to serve.
Bulgarian sirene cheese or Feta cheese, crumbled		Top with crumbled cheese.

Dinner: Kavarma	Yield: 4	Bulgarian: Day 1
Ingredients	Unit	Procedure

Pork, cut in strips	600g	Fry pork and season with salt, pepper and paprika.
Paprika	1 tsp	
Onion, sliced	4 pcs	Add onion, liver, mushrooms, pepper and tomato.
Liver beef, cooked and diced	400g	
Mushroom, sliced	200g	
Red bell pepper, sliced	100g	
Tomato, cubed	4 pcs	
Tomato juice	250ml	Pour tomato juice and wine. Simmer until meat is tender.
White wine	100ml	

Dinner: Sautéed Green Beans	Yield:	Bulgarian: Day 1
Ingredients	Unit	Procedure
Green beans	250g	Fry onions, flour in oil when golden add beans, paprika, salt and 1 cup cold water. Cook over low heat and add tomatoes.
Olive oil	15g	
Onions	30g	
Flour	1 Tbsp	
Tomatoes	1 pc	
Paprika	1 Tbsp	Add yoghurt before serving.
Yogurt	½ cup	

Dinner: Lemon Sponge Bread	Yield:	Bulgarian: Day 1
Ingredients	Unit	Procedure
		Preheat oven to 190°C/375 °F. Grease loaf pan.
Sugar	140g	Combine sugar and eggs in mixer and beat until fluffy.
Eggs	4 pcs	
Flour, sifted	140g	Fold in flour in three parts and add lemon rind.
Lemon rind	1 tbsp	Pour mixture in greased loaf pan and bake for 45 minutes.
		Removed bread from pan and cool. Slice and serve with powder sugar sprinkled.

Breakfast: Bell Pepper and Tomato Frittata	Yield: 4	Bulgarian: Day 2
Ingredients	Unit	Procedure
Onion, diced	1 pc	Sauté onion, garlic, tomato and bell pepper for 2 minutes and remove from pan.
Tomato (medium), diced	1 pc	
Bell pepper (medium), paysenne	2 pcs	
Garlic, minced	2 pcs	
Potato, diced, parboiled	450g	Incorporate sautéed ingredients with potato, season and add chives or chopped parsley.
Chopped chives (or chopped parsley or spring onion)		
Eggs	6 pcs	Beat eggs and pour milk.
Milk	400ml	Incorporate vegetable mixture. Pour vegetable oil and heat pan. Add egg and vegetable mixture in pan and cook in low heat and turn over. Serve hot with bread.

Lunch: Meat Patties with Caper and Mushroom Sauce	Yield: 4	Bulgarian: Day 2
Ingredients	Unit	Procedure

Onion, minced	1 pcs	Sauté onion and set aside to cool
Bread crumbs	100g	Soak bread crumbs in milk
Milk	100 ml	
Beef, ground	800g	Combine bread crumbs, Worcestershire sauce, capers, sautéed onion and egg. Season and mix well. Chill in refrigerator. Fry patties in butter about two minutes on both sides.
Worcestershire sauce	To taste	
Capers	1 Tbsp	
Egg	1 pc	
Mushroom	160g	Using the same pan, melt butter and sauté mushroom.
Butter	15g	Add butter until slightly brown.
Flour	15g	Add chicken stock and milk. Using a wire whisk, stir the sauce until slightly thick.
Chicken stock	150ml	Season.
Milk	150ml	Add all-purpose cream if desired.
Salt and pepper	To taste	Serve over patties

Lunch: Fried Potato with Thyme	Yield: 4	Bulgarian: Day 2
Ingredients	Unit	Procedure
Potatoes, washed, sliced	600g	Spread potatoes and season with salt and pepper.
Thyme	1 tsp	Heat pan and pour oil.
Salt and pepper		Fry potato and add thyme.
Chopped parsley		Toss potato until cooked.
		Garnish with chopped parsley.

Dinner: Creamy Fish Soup	Yield: 6	Bulgarian: Day 2
Ingredients	Unit	Procedure
Olive oil	50ml	Sauté onion, garlic until translucent.
Onion, sliced	1 pc	Add tomato paste.
Garlic, minced	1 pc	Pour white wine and reduce to half.
Tomato paste	1 Tbsp	Add fish stock, a third of the fish, cloves and simmer.
White wine	100ml	
White fish, cubed	500g	
Fish stock	400ml	
Clove, powder	dash	
Potato, cubed	300g	Add half of the potato. Remove from heat and cool. Using a food processor, blend the soup.
Carrot (medium), julienne	1 pc	Add remaining fish in the soup and until potato is tender.
Celery root, julienne	1 pc	Squeeze the lemon, add the dill.
Lemon	1 pc	Simmer and season with salt and pepper.
Dill leaves	1 tsp	
Salt, pepper		

Dinner: Cucumber Yogurt Salad	Yield: 4	Bulgarian: Day 2
Ingredients	Unit	Procedure
Cucumber (medium), cleaned and sliced	4 pcs	Mix garlic, mint in yogurt. Season with salt.
Yogurt	300ml	Add cucumber and chill.

Mint, fresh, chiffonade	1 tsp	
Garlic, minced	1 pc	
Salt		

Breakfast: Palachinka	Yield: 4	Bulgarian: Day 3
Ingredients	Unit	Procedure
Eggs	4 pcs	Mix all ingredients and make batter dough.
Milk	1 cup	Cook batter dough like pancake.
Flour	2/3 cup	Serve with honey or syrup.
Butter	1 tsp	
Vanilla extract	optional	

Lunch: Tomato Onion Salad	Yield: 4	Bulgarian: Day 3
Ingredients	Unit	Procedure
Tomatoes, wedges	600g	Place vegetable in a bowl and chill.
Red onion, sliced	2 pcs	
Soft cheese	200g	
Parsley, chopped	1 Tbsp	
Chives, chopped	1 Tbsp	
Olive oil	100ml	Whisk oil and vinegar and season.
Red wine vinegar	50ml	Pour dressing on vegetable before serving.
Salt and pepper		

Dinner: Lamb Rack with Vegetable Stew	Yield: 4	Bulgarian: Day 3
Ingredients	Unit	Procedure
Bread crumbs:		Melt butter in pan.
Garlic, chopped	2 pcs	Add garlic, rosemary and parsley.
Rosemary, chopped	1 tsp	Add bread crumbs and take remove from heat.
Parsley, chopped	1 tsp	Stir mixture well until butter is absorbed.
Butter	50g	
Bread crumbs	100g	
Lamb rack	2 racks	Season racks with salt and pepper.
Mustard	2 Tbsp	Pan fry fat side of the rack until slightly brown. Set aside and cool.
Salt and pepper		Brush mustard over seared side of the racks.
		Press bread crumb mixture over the mustard..
		Bake in the oven at 175°C for 15 to 20 minutes.
		Let it stand after roasting.
		4 lamb chops per person.
Vegetable stew (ratatouille):		In a pan, sauté onion, garlic, oregano, basil.
Garlic, chopped	2 pcs	Add remaining ingredients.
Onion, diced	1 pc	Pour tomato sauce and simmer until cooked,
Red and green bell pepper, diced	2 pcs	
Eggplant, diced	1 pc	
Zucchini, diced	1 pc	
Tomatoes, diced	200 g	
Tomato sauce	100ml	
Oregano	1 tsp	
Basil	1 tsp	

Dinner: Roast Potato	Yield: 4	Bulgarian: Day 3
Ingredients	Unit	Procedure
Potato, wedge Olive oil Thyme Salt and pepper	600g 50 ml 1 tsp To taste	Heat oven to 180°C/350°F. Toss potatoes in olive oil, thyme and salt and pepper. Place in baking pan for 15 to 20 minutes, mixing frequently.

Breakfast: Kiselo (Sour Milk)	Yield: 4	Bulgarian: Day 4
Ingredients	Unit	Procedure
Fresh milk Yogurt	1 L 200ml	Heat milk at about 90°C and cool. Stir in the yogurt and cover. Leave at room temperature for 24 hours. Serve chilled with honey or sugar, nut and cinnamon.

Lunch: Grilled Pork Loin	Yield: 4	Bulgarian: Day 4
Ingredients	Unit	Procedure
Pork loin, steak Lemon Thyme	750g 2 pcs 1 tsp	Pour the lemon juice and thyme in a bowl. Dip the pork loin steaks in the lemon mixture and set for five minutes.
Salt and pepper	To taste	Before grilling the pork loin, season with salt and pepper. Cook to 74° (165°F) internal temperature.

Lunch: Mushroom Pilaf	Yield: 4	Bulgarian: Day 4
Ingredients	Unit	Procedure
Mushrooms Rice Onion (medium) Paprika salt and pepper	500g 1 cup 1 pc Pinch To taste	Sauté onion and mushroom. Add rice and season with paprika, salt and pepper. Add 2 cups of chicken stock and stir. Cover and reduce heat. Add water if necessary.

Dinner: Kebab A La Silistra	Yield: 4	Bulgarian: Day 4
Ingredients	Unit	Procedure
Pork, cubed Oil	1K 100ml	Season pork and toss in olive oil. Brown the pork in a pan and remove to rest.
Mushrooms Dill Leeks Plain flour Paprika Black pepper Wine Tomato sauce	50g 6g 30ml 300ml 1tsp 250g 50ml	Using the same pan, sauté the leeks, mushroom and dill. Sprinkle flour and paprika. Return pork in pan and sauté well. Pour white wine and reduce. Pour tomato sauce and some stock if

		required. Serve dry and hot. Serve with buttered pasta.
--	--	--

Dinner: Mashed Potato	Yield: 4	Bulgarian: Dinner 4
Ingredients	Unit	Procedure
Potato, boiled, mashed Sour cream Chives, chopped or spring onion Salt and pepper	600g 200g 2 Tbsp To taste	Add the sour cream, chives and season with salt and pepper.

Dinner: Custard	Yield: 4	Bulgarian: Day 4
Ingredients	Unit	Procedure
Sugar	100g	Stir sugar in a pan and caramelize. Pour caramelized sugar in cups or pan. Set aside.
Whipping cream Egg yolks Vanilla extract Sugar Salt	475 ml 4 pcs 5ml 50g Pinch	Pour cream in a pan and simmer. Do not boil. Let it stand. Mix eggs, vanilla extract, sugar and salt in a mixer. Gradually pour warm cream in egg mixture. Pour mixture in cup with the caramelized sugar. Place cups in a pan with water and bake at 177°C (350°F) for 45 minutes.

Breakfast: Mish Mash	Yield: 4	Bulgarian: Day 5
Ingredients	Unit	Procedure
Onion, diced small Bell pepper, diced small Tomato, diced small Eggs, beaten Milk Cheese, grated Parsley, chopped	2 pcs 1pc 3 pcs 3 pcs 100ml 100g	Sauté onion, pepper, tomato in oil for 5 minutes. Incorporate milk, eggs and cheese. Pour the egg mixture in the sautéed vegetables and scramble. Garnish with parsley. Serve with bread.

Lunch: Meatball Soup	Yield:	Bulgarian: Day 5
Ingredients	Unit	Procedure
Beef,, ground Sage, chopped Parsley, chopped Salt and pepper Flour	250g 1tsp 1tsp To taste 1 tbsp	Mix meat, sage, parsley and season. Shape into a ball. Roll in flour and set aside.
Chicken stock Onion, medium, chopped Celery stalk, chopped Carrots, grated	1 L 1 pc 1 pc 150g	Combine meatballs, chicken stock, and vegetables in a pot and simmer. Add rice.

Bell pepper, julienne	1 pc	
Rice, cooked	1 cup	
Milk	1 cup	Combine milk, flour and lemon. Stir into the soup until desired thickness.
Flour	dash	
Lemon juice	1 pc	

Dinner: Roast Fish (Papillote style)	Yield: 4	Bulgarian: Day 5
Ingredients	Unit	Procedure
Oil	100ml	Sauté onions, bell pepper, tomato with a dash of paprika. Cool.
Onions, sliced	2 pcs	
Capsicum, sliced	2 pcs	
Tomatoes, sliced	2 pcs	
Paprika	Dash	

Dinner: Milk Banitsa	Yield: 4	Bulgarian: Day 5
Ingredients	Unit	Procedure
Flour	500 g	Preparing pie crust dough.
Eggs	1 pc	Prepare the flour and make a well. Mix egg, oil, vinegar and water in the well and mix.
Sunflower oil	1 tbsp	
Vinegar	1 tbsp	
Water	1 cup	Roll the dough and over a pie mold.
Milk	1 L	Boil the milk. Add sugar, butter and flour. Stir continuously to prevent lumps and to cool down.
Sugar	1 ½ cup	Blend beaten eggs gradually.
Butter	½ cup	Bake in the oven at 160°C (320°F) about an hour.
Semolina flour	150 g	
Eggs	7 pcs	
Powder sugar	For dusting	Cool slightly and dust with powder sugar.

3.4. Croatian cuisine

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Fritaja Asparagus	Tomato Omelet	Mushroom Toast	Vegetable Fritata	Potato Onion Fritata
Lunch	Chicken Ragout Couscous Salad	Grilled Red Snapper in Tomato Olive Oil Sauce Potato Gratin	Pasta with Ham and Mushroom Cucumber Yogurt Salad	Kranberger Rolls Mushroom Risotto	Tomato Clam Linguini Bread
Dinner	Barun Trenk Mashed Potato Fresh Fruit	Breaded Pork with Horseradish Roast Potato Bishop's Bread	Squid Salad Sarma Bread	Grilled Sausage with Sauerkraut Mashed Potato Pancake with Walnut and Wine Sauce	Creamy Bean Soup Beef Stew with Gnocchi Apple Strudel

Breakfast: Asparagus Fritaja	Yield: 4	Croatian: Day 1
Ingredients	Unit	Procedure
Asparagus, peeled, remove hard part.	8 pcs	Cut asparagus into 2 cm.
Eggs Milk	8 pcs 4 tbsp	Whisk eggs and milk in a bowl.
Onion, chopped Olive oil Sal and pepper	1 pc 2 tsp To taste	Sauté onion until almost brown. Add asparagus for about 3 minutes. Pour beaten eggs and cook into an omelet. Serve with bread.

Lunch: Chicken Ragout	Yield: 4	Croatian: Day 1
Ingredients	Unit	Procedure
Chicken breast, diced Butter Carrots, diced Turnip, diced Cauliflower, florets Green peas Flour Chicken stock	200 g 20 g 50 g 50 g 100 g 50 g 20 g 200 ml	Sauté chicken in butter, add carrots, turnips, cauliflower and green peas. Sprinkle flour and stir continuously. Add chicken stock and simmer.
Mushroom, sliced Butter	50 g 20 g	Sauté mushroom and add to the soup.
Salt and pepper	To taste	Season the soup.
Egg yolk Sour cream Lemon juice Parsley, chopped	1 pc 1 tbsp 1 tbsp 1 tsp	Mix egg, sour cream, lemon juice and chopped parsley
		Before serving, pour the sour cream mixture to the hot soup. Stir continuously to prevent egg from curdling.

Lunch: Couscous Salad	Yield: 4	Croatian: Day 1
Ingredients	Unit	Procedure
Couscous	225g	Soak the couscous with twice its volume of hot water and let it stand for ten minutes.
Parsley, chopped Fresh coriander, chopped Red onion, chopped Lemon Cucumber, small dice Sesame seed, roasted Olive oil Salt and pepper	1tbsp 1 tbsp 1 pc 1 pc 200 g 1 tsp 4 tbsp To taste	Mix together all ingredients and leave to stand for thirty minutes. Serve at room temperature.

Dinner: Barun Trenk	Yield: 4	Croatian: Day 1
Ingredients	Unit	Procedure

Veal, scalloped (100g each) Red bell pepper, roasted Salami Eggs, hard boiled	800 g 4 pcs 8 slices 2 pcs	Spread scalloped veal; arrange roasted bell pepper over it. Place salami on each and one-fourth boiled egg. Roll and the scalloped veal and secure it with toothpick. Season lightly and fry in oil on all sides. Add little stock to braise until meat is tender.
Button mushroom, quartered Garlic, minced Red bell pepper, diced Sour cream Corn flour White wine	200 g 2 cloves 1 pc 4 tbsp 1 tsp ¼ cup	Remove the roll from the pan. Using the same pan, sauté mushroom, garlic, red pepper. Return the rolls in the pan and deglaze with white wine and reduce. Sprinkle flour and add a little stock and simmer.
Parsley, chopped		Before serving, stir in sour cream and chopped parsley. Serve with mash potato.

Breakfast: Tomato Omelet	Yield: 4	Croatian: Day 2
Ingredients	Unit	Procedure
Eggs Milk Salt and pepper	8 pcs 8 tbsp To taste	Whisk eggs, milk and season.
Olive oil Tomato, small, chopped, drained	2 tbsp 4 pcs	Sauté tomato in oil slightly and pour egg mixture (for one portion). Cook to an omelet. Serve with bread.

Lunch: Grilled Red Snapper in Olive Oil	Yield: 4	Croatian: Day 2
Ingredients	Unit	Procedure
Red snapper, 180g each Lime Garlic, minced Marjoram	4 pcs 1 pc 1 pc 1 tsp	Combine all ingredients and marinate for 1 to 2 hours. Place in lightly greased baking pan or tray. After marinating, baked fish in oven at 177°C (350°F) for ten minutes.
Olive oil Shallots, chopped Garlic, minced White wine Tomato, peeled, diced Basil, chopped Parsley, chopped Chives, chopped Salt and pepper	½ cup 4 pcs 2 cloves 250 ml 4 pcs 1 tsp 1tsp 1 tsp To taste	Sauté shallots, garlic in olive oil until soft, add red wine and reduce. Once reduced to half, add tomato and the herbs. Pour sauce over the roasted fish

Lunch: Potato Gratin	Yield: 4	Croatian: Day 2
Ingredients	Unit	Procedure
Potatoes, peeled, sliced thin Milk Salt and pepper Cheddar cheese, shredded	305 g 315 ml 150 g	Preheat oven to 350°F (175°C). Grease a 9x12 inch glass or ceramic dish with olive oil. Layer potatoes on the bottom of the dish. Pour 1/3 of the milk over the potatoes and sprinkle with salt, pepper

		and cheese every layer. Bake in preheated oven for 30 to 35 minutes, or until hot, bubbly and golden brown.
--	--	--

Dinner: Breaded Pork with Horseradish	Yield: 4	Croatian: Day 2
Ingredients	Unit	Procedure
Pork loin, fillet 100g each Horseradish Sour cream Salt and pepper	800 g 50 g 60 g To taste	Mix horseradish, sour cream and season. Dip pork loin in sour cream mixture.
Flour Egg Breadcrumbs		Bread the marinated pork fillet.
Oil Butter	100 ml 40 g	Heat oil and butter in pan at moderate heat. Fry pork filet until cook. Serve with fried potato or mash potato.

Dinner: Bishop's Bread	Yield: 6	Croatian: Day 2
Ingredients	Unit	Procedure
		Preheat oven to 175°C. Grease loaf tin.
Egg Sugar	8 pcs 250 g	Beat eggs and sugar in mixer until fluffy.
Flour	200 g	Fold in flour in egg mixture in three parts.
Orange zest Walnut chopped Raisins Chocolate, diced	1 tbsp 100 g 100 g 100 g	Fold remaining ingredients.
		Pour bread mixture in loaf tin and bake for 45 minutes. Sprinkle with powder sugar.

Breakfast: Mushroom Toast	Yield: 4	Croatian: Day 3
Ingredients	Unit	Procedure
Butter Mixed mushroom Flour Milk	50 g 200 g 2 tbsp 200 ml	Sauté mushroom in butter. Sprinkle flour and stir. Add milk and cook in low heat.
Loaf bread, sliced Cheese, grated	4 pcs 100 g	Spread mushroom on the bread and put cheese on the top. Toast in a griddle or toasted until golden brown.

Lunch: Pasta with Ham and Mushroom	Yield: 4	Croatian: Day 3
Ingredients	Unit	Procedure
Ham, strips Mushroom, sliced Butter Flour Milk	200 g 200g 50 g 50 g 500 ml	Fry ham, mushroom in butter. Sprinkle flour and stir. Add milk and stir to dissolve flour. Simmer. Season with salt and pepper.

Fettuccini, cooked	350 g	Toss noodles in the sauce with cheese and parsley.
Cheese, grated	40 g	Serve with bread.
Parsley, chopped	3 tbsp	

Lunch: Cucumber Yogurt Salad	Yield: 4	Croatian: Day 3
Ingredients	Unit	Procedure
Cucumber, peeled, quartered, deseeded, sliced, drained	2 pcs	Mix cucumber, garlic and mint leaves.
Garlic, minced	2 cloves	
Mint leaves, chopped	3 tbsp	
Yogurt	1 cup	Put yogurt in a blender, drizzle olive oil until well blended. Season with salt.
Olive oil	½ cup	Pour dressing in cucumber and refrigerate
Salt	To taste	

Dinner: Sarma	Yield: 4	Croatian: Day 3
Ingredients	Unit	Procedure
Cabbage	1 head	Remove the core of the cabbage and dip in salted boiling water for a minute. Remove cabbage head and soak in iced water. Remove blanched leaves and repeat the process for the remaining cabbage leaves.
Bacon, chopped	4 strips	Sauté bacon, onion and capers. Set aside to cool.
Onion, chopped	1 pc	
Capers	1 tbsp	
Egg	1 pc	In a bowl, beat the egg and incorporate paprika, Worcestershire sauce.
Paprika	1 tsp	Add ground beef, pork, and rice and sautéed bacon mixture.
Worcestershire sauce	1 tsp	
Beef, ground	250 g	
Pork, ground	250 g	
Cooked rice	100 g	
		Remove the hard part of the cabbage leaf to make a good roll. Spread cabbage leaf and portion ground meat mixture on the center of the leaf. Flip the end part of the leaf and fold both sides. Roll the leaf and place in a baking pan with the end at the bottom.
Pork stock	300 ml	Pour stock over the cabbage rolls. Baked cabbage rolls in the oven at 175°C for 30 minutes to 45 minutes.

Dinner: Squid Salad	Yield: 4	Croatian: Day 3
Ingredients	Unit	Procedure
Squid, cleaned, washed	1 K	Boil squid in salt water for 20 minutes. Cut cooked squid diagonally.
Salt		
Parsley	1 tbsp	Mix all ingredients and incorporate cooked squid.
Onion, sliced	2 pcs	Refrigerate for 30 minutes and serve.
Garlic, chopped	2 cloves	
Lemon	1 pc	
White wine	50 ml	
Olive oil	4 tbsp	

Breakfast: Vegetable Fritata	Yield: 4	Croatian: Day 4
Ingredients	Unit	Procedure
Eggplants, sliced diagonally Zucchini, sliced diagonally Bell pepper, sliced diagonally Tomato, sliced diagonally	1 pc 1 pc 1 pc 2 pcs	Sauté all vegetables in a pan until tenders. If possible, arrange vegetables by layers.
Egg Cream Parmesan cheese, grated Basil, shredded Salt and pepper	6 pcs 1 cup ½ cup 2 tbsp To taste	Whisk the eggs, cream, cheese, basil and season. Pour the egg mixture in the pan with the vegetables. Gently cook in very low heat. If possible, turnover frittata for even cooking. Serve with bread.

Lunch: Kranberger Rolls	Yield: 4	Croatian: Day 4
Ingredients	Unit	Procedure
Beef, fillet, scalloped Garlic, minced Bacon Dill pickles, small or sliced for big pickles	600 g 2 pcs 120 g 8 pcs	Spread garlic on beef scallops, top the bacon and place the gherkins at the end of the scallop. Roll the scallops and secure it with toothpicks.
Tomato, chopped Red wine Beef stock Salt and pepper	4 pcs 100 ml 400 ml To taste	Pan-fry the roll in a pan. Add the tomatoes and sauté. Pour red wine and reduce in half Add the beef stock and simmer until rolls are cooked. Season with salt and pepper.

Lunch: Mushroom Risotto	Yield: 4	Croatian: Day 4
Ingredients	Unit	Procedure
Shallots, chopped Button mushroom, cut in quarters Arborio rice White wine Chicken stock	4 pcs 200 g 4 cup 200 ml 8 cup	Sauté shallots in olive oil and add mushrooms. Stir in the rice. Add the white wine and reduce. Add the chicken stock and cover. Season with salt and pepper. Simmer for 20 minutes.
Parmesan cheese, grated Parsley, chopped	120 g 2 tbsp	Before serving, add the parmesan cheese and parsley.

Dinner: Grilled Sausages in Stewed Sauerkraut	Yield: 4	Croatian: Day 4
Ingredients	Unit	Procedure
Kielbasa sausage Hungarian sausage	4 pcs 4 pcs	Grill sausages.
Sauerkraut Oil Bacon, smoked, cubed Onion, chopped Garlic, minced Juniper berries	750 g 4 tbsp 30 g 1 pc 2 pcs 1 tsp	Sauté the onion and bacon. Add sauerkraut and bay leaf. Pour stock if necessary. Add garlic.

Caraway seed	1 tsp	
Bay leaf	1 pc	
		For serving: Place sauerkraut in plate and arrange sausages on the top. Serve with mashed potato.

Dinner: Pancake with Walnut and Wine Sauce	Yield: 4	Croatian: Day 4
Ingredients	Unit	Procedure
Egg	1 pc	Beat all eggs and add a pinch of salt. Gradually add flour and milk to make a batter.
Egg yolk	1 pc	
Milk or Water	250 ml	
Flour	130 g	
Salt	Pinch	
Walnut, finely chopped	80 g	Mix all ingredients.
Sugar	20 g	
Cinnamon	pinch	
Egg	2 pcs	Mix all ingredients and cook over bain marie or double boiler. Beat continuously to prevent curdling. Beat until thick.
Egg yolk	2 pcs	
Sugar	4 tbsp	
Wine	30 ml	
		Cook pancakes. Spread pancakes on a dish and sprinkle walnut mixture and fold to a quarter. Pour the sauce over the pancake.

Breakfast: Potato Onion Fritata	Yield: 4	Croatian: Day 5
Ingredients	Unit	Procedure
Potato, boiled, peeled, diced	250 g	Pan-fry potato until lightly brown. Add onion and stir until soft. Sprinkle marjoram and season.
Onion, sliced	2 pcs	
Marjoram, powder	Pinch	
Salt and pepper	To taste	
Egg	6pcs	Whisk the eggs and pour egg in the potato and cook in low heat.

Lunch: Tomato Clam Pasta	Yield: 4	Croatian: Day 5
Ingredients	Unit	Procedure
Olive oil	6 tbsp	Sauté garlic in oil and add clams. Add white wine and reduce. Add the tomato and simmer.
Garlic, crushed	1 pc	
Clams, unshelled	350 ml	
Tomato, finely chopped	200 g	
Linguini	400 g	Add pasta and toss to blend. Serve with bread.

Dinner: White Bean Soup	Yield: 4	Croatian: Day 5
Ingredients	Unit	Procedure
Olive oil	75 ml	Sauté onion, celery, carrots, tomato, garlic and thyme. Add water, bay leaf and simmer. Season stock.
Onion, medium, finely chopped	2 pcs	
Celery, chopped	1 stalk	
Carrot, small dice	1 pc	
Tomato, peeled, chopped	3 pcs	

Garlic, chopped	2 cloves	
Thyme	½ tsp	
Water	750 ml	
Salt and pepper	To taste	
White beans, cooked	350 g	Add beans and boil. Mash a few beans and stir.
		Drizzle a few drop of olive oil in the bean soup and serve.

Dinner: Beef Stew	Yield: 4	Croatian: Day 5
Ingredients	Unit	Procedure
Beef, top round, cubed	1 K	Marinate beef with mustard, bacon and oil overnight.
Bacon, cubed or sliced	200 g	Pan-fry beef until slightly brown.
Mustard	2 Tbsp	Remove for pan.
Oil	150 ml	
Onion, chopped	200 g	Using the same pan, sauté the onion, carrots, celery and garlic. Add the puree for 3 minutes.
Carrots, chopped	1 pc	Add the beef and stir.
Celery, chopped	1 stalk	Pour the beef stock and simmer for 1-2 hours. Add water if necessary.
Garlic, chopped	2 cloves	
Tomato puree	20 g	
Beef stock	1 L	
Prunes	6 pcs	Hallway through, add the remaining ingredients.
Bay leaf	1 pc	
Rosemary	½ tsp	
Thyme	½ tsp	
Red wine	300 ml	
Salt and pepper	To taste	
		Once cooked, remove the meat from the sauce. Strain the sauce and press the vegetables through the strainer. Put back the meat and the add the gnocchi in the sauce and simmer.

Dinner: Gnocchi	Yield: 4	Croatian: Day 5
Ingredients	Unit	Procedure
Potato, peeled, boiled	1 K	Boil the potato in salt water.
Salt	1 Tbsp	Once cooked, mash the potato while hot. Do not over mash to avoid gummy texture.
Flour, sifted	250-300 g	Make a well in the center of the mashed potato and pour the beaten egg.
Egg	1 pcs	Mix the egg and potato until well blended. Do not knead the potato.
Nutmeg		Add the flour and sprinkle nutmeg. Mix the potato until it is light and no longer moist.
		Divide the mashed potato into 6 parts. Roll the in cylinders about 2 cm in diameter. Cut the cylinders in 2 cm.
		Using a fork, place a piece over the twine of the fork and press away from you to develop grooves on the mash

		potato.
Water Salt		Boil water with salt and toss in the gnocchi one by one. Once the gnocchi floats, it is cooked. Add the gnocchi in the beef stew and simmer.

Dinner: Apple Strudel	Yield:	Croati
Ingredients	Unit:	Procedure
For the Filo Dough: Flour, sifted Water, lukewarm Salt Oil	300 g 100-200 ml 2 tbsp	Make a well in the center of the flour and add the water and knead until soft. Brush oil over the dough and let it stand for 30 minutes. On a clean surface, roll the dough to its extent and pull it with flour finger to make it really thin.
For the filling: Butter Breadcrumbs Apple Raisins Sugar Rum	80 g 70 g 1.5 K 50 g 120 g 60 ml	Melt butter in a pan and add breadcrumbs for 3 minutes. Add the apples, raisins, sugar and rum. Toss briefly. Spread the Filo dough and brush with butter. Spread the apple mixture over the Filo dough. Roll the filo dough. Brush the top of the strudel with butter and bake for 40 minutes. Dust powder sugar and serve.

3.5. Romanian cuisine

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Friganele	Scrambled Egg with Sour Cream	Butter with Sardines	Oat Meal	Blineli de Cartofi
Lunch	Eggplants Smothered in Sour Cream Cabbage Rolls Boiled Potato	Thick Fish Soup Liver Dumpling Sauerkraut Mashed Potato	Cream of Spinach Stuffed Bell Pepper Bread	Cauliflower Salad Seafood Pasta Bread	Beef Soup
Dinner	Potato Pancakes Filled with Cheese Pork Hotchpotch Apple Cake	Stuffed Eggs with Mustard Carp Stew Buttered Fettuccini Cottage Cheese Pudding	Boiled Hen with Horseradish Sauce Fresh Fruit	Stuffed Eggplant Mushroom Pilaf Crepes with Strawberry Jam	Tomato Asparagus Salad Roast Leg of Lamb Rice Pudding

Breakfast: Frigenale	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
Egg Milk Sugar Salt	2 pcs ½ cup 1 tbsp Dash	Beat the eggs and incorporate the milk sugar, and salt.
Butter	2 tbsp	Heat the butter in a non-stick pan.
Sliced loaf bread	8 pcs	Dip the bread in the egg mixture and fry.
Cinnamon	Dusting	Cut fried bread diagonally and dust some cinnamon.

Lunch: Eggplants in Sour Cream	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
Eggplant, medium	3 pcs	Wash the eggplants, remove the stem and quarter them lengthwise. Then halve each quarter crosswise. Scald the eggplants with boiling salt water, leaving them in water for 5 minutes.
Flour Butter Sour cream Salt	1 tbsp 2 tbsp 1 cup To taste	Dredge each eggplant piece with flour and then fry in hot butter or lard. Place in a pan, pour the sour cream on top, salt and simmer at low temperature for half an hour, shaking the pan from time to time.
Dill, chopped	1 tsp	Arrange on the platter and sprinkle with chopped dill.

Lunch: Cabbage Roll	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
Cabbage, large, whole	1 pc	Remove the core of the cabbage and put it in boiling water with salt. Remove peeling leaves and cool in cold water. Repeat process.
Beef, ground Pork, ground Onions, chopped, slightly sautéed Rice Slice bread, cubed, presoaked in milk and lightly squeezed	400 g 400 g 4 pcs 2 tbsp 1 pc	Mix all the ingredients and season. Spoon the meat over the cabbage leaves and roll.
Oil Tomato paste Stock Tomatoes, sliced Salt and pepper	3 tbsp 1 tbsp 500 ml 6 pcs To taste	Heat oil in a pan and sauté tomato paste. Arrange cabbage rolls in the pan and add the stock. Arrange the sliced tomatoes over the cabbage rolls and season. Bake the cabbage rolls for 30 minutes or until cooked.
		Serve with sour cream.

Dinner: Potato Pancake with Cheese	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
Potatoes, boiled, crushed Flour Egg Salt	500 g 2 tbsp 1 pc To taste	Mix all the ingredients and make pancakes from the mixture.
		Dredge pancakes with flour and fry. Serve plain or topped with goat cheese.

Dinner: Pork Hotchpotch	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
Fatty Pork Oil Salt	800 g 2 tbsp To taste	Season meat and sauté until brown. Cover meat with water and simmer for 1 hour or until cook.
Parsnip, cubed Carrot, cubed Bell peppers, cubed Eggplant, cubed Zucchini, cubed Okra, cut diagonally Green beans, cut into 2 cm Peas Cauliflower, florets Onions, cubed Celery root, cubed Tomatoes, wedged Garlic cloves, crushed Parsley, chopped Dill, chopped Salt	1 pc 1 pc 1 pc 1 pc 1 pc 4 pcs 1 pc 250 g 1 pc 2 pcs 1 pc 5 pcs 2 cloves 1 tbsp 1 tsp To taste	Mix vegetable in the boiled meat and bake until vegetable is tender. Stir to prevent from sticking.

Dinner: Cake with Whole Apples	Yield: 4	Romanian: Day 1
Ingredients	Unit	Procedure
eggs yolk sugar	6 pcs 5 tbsp	Beat egg yolk and sugar in a mixer until fluffy.
sour cream flour vanilla	1 ½ cup 4 tbsp 1 tsp	Gradually add sour cream, flour and vanilla.
Apple, medium, peeled, quartered	12 pcs	Mix in the apples.
Butter Flour		Butter the cake pan and dredge flour. Pour the apple mixture in the greased pan. Bake in medium heat.
Powder sugar		Dust powder sugar over the cake and serve warm.

Breakfast: Scrambled Egg with Sour Cream	Yield: 4	Romanian: Day 2
Ingredients	Unit	Procedure

Egg	8 pcs	Beat the eggs and mix the sour cream.
Sour cream	4 tbsp	Cook into scrambled eggs

Lunch: Thick Fish Soup	Yield: 6	Romanian: Day 2
Ingredients	Unit	Procedure
Butter Onions, chopped Carrot, cubed Parsnip, cubed Celery root, cubed Flour	30 g 2 pcs 1 pc 1 pc 1 pc	Sauté vegetables in oil. Do not brown. Add flour and stir.
Fish stock or water	1 L	Add stock and stir over medium heat.
Freshwater fish, cubed Paprika pepper	500 g ½ tsp	Add fish and paprika. Simmer for 7 minutes. Using a slotted spoon, remove some of the vegetables and fish and set aside. Transfer soup in a blender and puree. Return soup in pot and strained vegetables and fish.
Sour cream Egg yolk Lemon, juiced	½ cup 1 pc 1 pc	Simmer soup and remove from heat. Combine sour cream, egg yolk and lemon juice. Pour sour cream mixture and stir in the soup before serving.

Lunch: Liver Dumpling	Yield: 4	Romanian: Day 2
Ingredients	Unit	Procedure
Bread rolls, cubed Milk	7 pcs 300 ml	Soak the bread in the milk
Egg Beef liver, minced Onion, chopped, sautéed Parsley Marjoram Nutmeg Grated lemon rind Salt and pepper	3 pcs 250 g 1 pc Dash Dash Dash Dash To taste	Mix all ingredients to form soft dough. Form large ball.
		Cook in simmering salted water for 30 minutes. Serve with sauerkraut and mashed potato or with soup.

Dinner: Stuffed Eggs with Mustard	Yield: 4	Romanian: Day 2
Ingredients	Unit	Procedure
Eggs, boiled, peeled, halved	8 pcs	Remove egg yolk from the boiled egg.
Egg yolk, cooked Oil Mustard Dill, minced Sugar	8 pcs 1 tsp Dash 1 tsp Olives	Mix remaining ingredients and season. Using a piping bag, pipe the egg mixture in the egg halves. Shred lettuce or make a nest on the

Salt	To taste	plate.
------	----------	--------

Dinner: Carp Stew	Yield: 4	Romanian: Day 2
Ingredients	Unit	Procedure
Carp, cleaned Flour Oil	1 K 3 tbsp	Pat dry the fish and dredge it with flour. Fry both sides of the fish. Remove from the pan.
Onions Tomato sauce Peppercorn Juniper berries Wine Fish stock Lemon, sliced	2 pcs ¼ cup 5 pcs 1 tsp 1 cup ½ cup 1 pc	Using the same pan, sauté onion until yellow. Add the peppercorn, juniper berries, tomato sauce, wine, stock and lemon slices. Season and stir. Put the fish in the sauce and bake at low temperature.
		Serve with fettuccini sautéed in olive oil or butter.

Dinner: Cottage Cheese Pudding	Yield: 4	Romanian: Day 2
Ingredients	Unit	Procedure
Cottage cheese Sugar Sour cream Salt Butter, melted Lemon peel, brunoise	500 g 3 tbsp 2 tbsp Dash 100 g 1 lemon	Drain and sieve the cottage cheese. Place in a bowl and mix with sugar, sour cream, salt, melted butter and lemon peel. Place in a pudding mold that was buttered and sprinkled with bread crumbs. Bake, at medium heat, until done. Serve with vanilla sauce.
Raisins Flour	100 g 1 tbsp	Add flour and raisins and mix well.
Egg yolks	4 pcs	Add yolks, one by one.
Egg white, whipped	4 pcs	Add whipped egg whites.
Butter Breadcrumbs		Butter oven-proof dishes or pie mold. Sprinkle breadcrumbs and remove excess. Pour cottage cheese mixture and bake at medium heat for 30 minutes to 45 minutes.

Breakfast: Butter Sardines	Yield: 4	Romanian: Day 3
Ingredients	Unit	Procedure
Sardines, minced Butter, creamed Salt	1 tin 200 g To taste	Squeeze excess oil from sardines. Mix the creamed butter, salt and sardines. Serve with bread.

Lunch: Cream of Spinach Soup	Yield: 4	Romanian: Day 3
Ingredients	Unit	Procedure
Butter Onion, chopped Spinach, blanched, cut Flour Chicken stock or water Salt and pepper	30 g 1 pc 500 g 30 g 800 ml To taste	Sauté onion in butter. Add the spinach and stir. Add the flour and cook. Add the chicken stock and stir to blend. Simmer and season.
	½ cup	Transfer soup into a food processor and blend. Return to heat and simmer.
Sour cream		Pour sour cream and stir. Serve with bread.

Lunch: Stuffed Pepper	Yield: 4	Romanian: Day 3
Ingredients	Unit	Procedure
Bell pepper, medium, cored, washed Pork or beef, ground Onions, chopped, fried Rice, cooked Parsley, chopped Dill, chopped Tomato, sliced Salt and pepper	4 pcs 250 g 1 pc 2 Tbsp ½ tsp ½ tsp 1 pc To taste	Mix the meat with two finely chopped raw or fried onions, rice, chopped parsley and dill, and season with salt and pepper. Mix everything well and use this mixture to fill the peppers. Put one tomato slice as a lid on each pepper. Arrange in a pan and pour the following sauce on top and bake until cooked.
Sauce: Onion, chopped Flour Tomato, peeled chopped Sugar Chicken stock Salt to taste Parsley, chopped Sour cream	1 pc 2 tsp 6 pcs 1 tsp 1 cup ½ tsp Served on the side	Fry the finely chopped onion and flour in lard until golden; add tomato. Add sugar and salt. If the sauce does not cover the peppers add some water. Spread some chopped parsley, set to boil for a little while then place in the oven to bake until done. Serve with sour cream

Dinner: Boiled Hen served with Horseradish	Yield: 4	Romanian: Day 3
Ingredients	Unit	Procedure
Chicken, whole Carrots, peeled lengthwise quartered Celery root, cleaned, quartered Parsnip, peeled quartered Onion, quartered Juniper berries Bay leaf Potatoes, peeled, quartered Water Parsley, chopped Salt	1 whole 2 pcs 1 pc 1 pc 2 pcs 2 pc 1 pc 3 pcs 3 L 1 tsp To taste 1 tsp	Clean and wash the hen and set it to boil at low heat with 3 L water. Skim froth and scums Add the vegetables, juniper berries, bay leaf and salt. Cover and simmer until the hen is almost done. Add the potatoes and let simmer until done. Remove the hen, cut in pieces, arrange on a platter and garnish with

Horseradish		boiled potatoes and sliced carrot and celery. Add soup. Serve to taste with oil and lemon juice or vinegar, horseradish sauce or garlic juice. Served with bread.
-------------	--	---

Lunch: Cauliflower Salad	Yield: 4	Romanian: Day 4
Ingredients	Unit	Procedure
Cauliflower, medium, florets, parboiled Cucumber, cubed Lettuce White wine vinegar Olive oil	1 pc 2 pcs 1 head 50 ml 100 ml	Prepare vinaigrette. Incorporate the cauliflower and cucumber in the vinaigrette and season with salt and pepper. Shred the lettuce into bite size and spread on the plate. Place the cauliflower mixture over the lettuce.

Lunch: Tuna Pasta	Yield: 4	Romanian: Day 4
Ingredients	Unit	Procedure
Spaghetti Olive oil Garlic, chopped Tomato, peeled, quartered Basil, chiffonade Tuna in can Parsley, chopped Salt and pepper Parmesan cheese	400g 100 ml 2 cloves 1 pc 6 pcs 1 tbsp 1 tsp To taste 4 tbsp	Sauté garlic in oil. Add tomato, tuna juice, white wine and basil. Add spaghetti, cover and simmer for 3 minutes. Season with salt and pepper. Sprinkle parmesan cheese. Serve with bread.

Dinner: Stuffed Eggplant	Yield: 4	Romanian: Day 4
Ingredients	Unit	Procedure
Eggplants Beef, ground Onions, chopped Sauce: Onion, chopped Tomatoes, chopped Flour Sugar Parsley Dill Salt and pepper	4 pcs 400 g 1 pc 1 pc 500 g 1 tbsp ½ tsp ½ tsp ¼ tsp To taste	Remove stem of eggplant and boil in salt water for 5-6 minutes. Remove eggplant meat and set aside. Sauté onion, ground beef and eggplant meat. Fill the eggplant shell with the ground meat mixture. Sauté onion and tomato in oil. Add flour and stock; simmer. Add sugar, parsley and dill. Season with salt and pepper. Place stuffed eggplants in the sauce until cooked.

Dinner: Mushroom Pilaf	Yield: 4	Romanian: Day 4
Ingredients	Unit	Procedure
Mushroom, sliced Rice, washed Onion, chopped Salt and pepper	500 g 1 cup 2 pcs To taste	Sauté chopped onion and mushroom in olive oil. Add rice and stir for a few minutes. Add 2 cups of chicken stock or water. Season. Simmer until rice is cooked.

Dinner: Pancake with Strawberry Jam	Yield: 4	Romanian: Day 4
Ingredients	Unit	Procedure
Flour, sifted Milk Egg Egg yolk Butter Salt Powder sugar	100 g 250 ml 1 pc 2 pcs 20 g Dash For dusting	Mix all ingredients in a mixer or a blender. Heat non-stick pan and brush butter. Pour pancake mixture in pan and swirl to make a crepe. Turnover pancake until brown. Spread strawberry jam and fold in quarters. Dust powder sugar.

Breakfast: Blineli de Cartofi	Yield: 4	Romanian: Day 5
Ingredients	Unit	Procedure
Potato, boiled, grated Flour Yeast Milk Sugar Salt Sour cream	500 g ½ cup 1 tsp ¼ cup	Mix potato, milk, sugar, yeast, salt and let it rest until it double its volume. Heat oil in a non-stick pan and fry portions of the potato mixture until brown. Turnover until cook. Serve warm with sour cream

Lunch: Beef Soup	Yield: 4	Romanian: Day 5
Ingredients	Unit	Procedure
Beef, shin (osso bucco) Onions, quartered Potato Tomato paste Paprika Salt Thyme	800 g 3 pcs 500 g 2 tbsp 1 tsp To taste Dash	Season beef with salt and fry in lard. When it starts to brown, add the finely chopped raw onion or let the onion fry until it turns yellow. Add water to cover the meat. Cover and let boil at slow temperature until the meat is almost tender. Then add the tomato paste, paprika, salt, a little thyme and the halved or quartered potatoes. If necessary, add more water to cover. Let boil at slow temperature until the potatoes are done and the liquid is almost completely gone.

Dinner: Tomato Asparagus Salad	Yield: 4	Romanian: Day 5
Ingredients	Unit	Procedure
Garlic, chopped Olive oil White wine vinegar Asparagus, peeled, parboiled Tomato, wedged Egg, boiled chopped	2 pcs 50 ml 100 ml 300 g 10 pcs 4 pcs	Incorporate oil, vinegar, garlic and season with salt and pepper. Add asparagus and tomato. Chill for an hour. Sprinkle chopped egg over asparagus salad before serving.

Dinner: Roast Lamb Leg	Yield: 4	Romanian: Day 5
Ingredients	Unit	Procedure
Lamb leg Salt Garlic, chopped	1.5 K 2 tbsp 2 pcs	Wash and dry the meat, salt and let sit for a half hour. Grease a roasting pan with lard, arrange the meat in, pour 2-3 tablespoons of water and place in the oven, first at low temperature, then increase the heat. When it is roasted, place on a platter. Pour a few tablespoons of water in the roasting pan, add a few chopped garlic cloves and set it on top of the range where it should be allowed to come to a boil. Strain the liquid and pour it over the roast. Serve with French fries and salad to taste.

Dinner: Rice Pudding	Yield: 4	Romanian: Day 5
Ingredients	Unit	Procedure
Rice Water Butter Sugar Eggs, whipped Vanilla Raisins Lemon peel Salt Butter Bread crumbs	2 cups 2 L 100g 150 g 3 pcs Drop 150 g 1 tsp 150 g For greasing	Boil the rice in salty water, drain and rinse with cold water. Drain well. In the meantime, cream the butter with the sugar, add the yolks one by one, vanilla, drained rice, salt, lemon peel, raisins and whipped egg whites. Mix gently and place in a pudding mold that was buttered and sprinkled with bread crumbs. Bake until done.