Transylvania: A Culinary Journey Through the Heart of Romania

Transylvania, a region located in present-day Romania, is a place that is known for its rich cultural heritage and delicious traditional cuisine. From hearty soups and stews to mouth-watering grilled meats, Transylvania has a wide variety of dishes that are sure to delight the taste buds. Here is a look at some of the most popular and delicious foods that you can find in Transylvania.

One of the most popular dishes in Transylvania is sarmale, which is a traditional meat roll made with ground pork or beef, mixed with rice and spices, and wrapped in cabbage or grape leaves. Sarmale is typically served with polenta and sour cream, and it is a hearty and satisfying dish that is perfect for a cold winter day.

Another popular dish in Transylvania is mici, which are grilled minced meat rolls, traditionally made with pork, beef, and lamb, mixed with spices and grilled on a skewer. They are often served with mustard, ketchup or mayo.

Transylvania is also known for its soups, such as ciorba de burta, which is a traditional sour soup made with tripe, vegetables, and spices. This soup is typically served with a side of mamaliga, which is a type of polenta that is popular in Romania.

Its worth note the traditional cheeses, such as branza de burduf, which is a soft and tangy cheese made from sheep's milk. This cheese is often served with bread and is the perfect accompaniment to a hearty stew or soup.

There are some traditional transylvanian desserts, such as papanasi, which are fried doughnuts filled with sweet cottage cheese, and topped with sour cream and jam. It's a traditional sweet, that is often served as a dessert or breakfast.

Lastly, Transylvania is famous for its wines and spirits, such as the traditional palinka, which is a strong and fruity spirit that is typically made from plums, but also from other fruits like apricot, apple, and pears.

In conclusion, Transylvania is a culinary paradise, with a wide variety of delicious dishes that are sure to delight the taste buds. From traditional meats and cheeses to hearty soups and delicious desserts, Transylvania has something to offer for everyone. So come and explore the flavors of Transylvania and discover why it's considered one of the most delicious and exciting food destinations in Europe.