

PROTECT

ПАРТНЕРСТВО БЕЗ КОРДОНІВ

TRADITIONAL CUISINE WITHOUT BORDERS
BUCĂTĂRIE TRADIȚIONALĂ FĂRĂ FRONTIERE
ТРАДИЦІЙНА КУХНЯ БЕЗ КОРДОНІВ
HAGYOMÁNYOS KONYHA HATÁROK NÉLKÜL



About the project...

The project “Promoting Regional Identity, Traditions and Enduring Cultural Tenacity”, funded under the Interreg cross-border programme HUSKROUA 2021-2027, brought together three partners from Romania, Ukraine, and Hungary with a shared commitment to preserving and enhancing cross-border cultural traditions while strengthening regional cooperation and intercultural dialogue.

The project responded to the gradual fading of local traditions under the pressure of globalization in Ardud (Romania), Napkor (Hungary), and Chernivtsi (Ukraine). Confronted with challenges such as cultural assimilation and the loss of traditional skills, the partners joined efforts to revitalize and promote the unique cultural narratives of their communities. The overall aim was to acquire authentic cultural attire, engage young people in heritage awareness activities, and organize joint cultural events, thereby fostering a sustainable cultural ecosystem and reinforcing cross-border community identity.

Key activities included equipping cultural centers with traditional folk costumes, a mobile stage, and a sound system; organizing craft workshops for young people; hosting a joint artists’ camp; and holding regional folk festivals dedicated to music, dance, and gastronomy. The project also supported the creation of a multicultural cookbook and a joint photo album highlighting a cultural route connecting the three partner communities. This cultural route is intended to be further promoted and linked through DiscoverEU initiatives, encouraging mobility and intercultural exchange.

The project pursued three specific objectives. First, the acquisition of authentic folk costumes and equipment to enrich the quality and authenticity of cross-border cultural events, with each partner procuring attire specific to its region. Second, raising awareness among young people about the value of intangible cultural heritage through joint events organized in Ardud, Romania, and Napkor, Hungary, with the participation of all partners. Third, promoting cultural cooperation and intercultural dialogue through three joint initiatives, including an artists’ cultural camp held in Napkor and traditional craft workshops organized in Ardud.

Through these activities, stakeholders ranging from local artisans to youth and the wider community have benefited from a renewed appreciation of shared heritage. The project stands as a strong example of how cross-border collaboration can safeguard traditions while building lasting regional partnerships.



Про проєкт

Проект «Promoting Regional Identity, Traditions and Enduring Cultural Tenacity», реалізований у межах програми транскордонного співробітництва Interreg HUSKROUA 2021-2027, об’єднав трьох партнерів з Румунії, України та Угорщини зі спільною метою збереження та розвитку транскордонних культурних традицій, а також зміцнення регіональної співпраці та міжкультурного діалогу.

Проект став відповіддю на поступове зникнення місцевих традицій під впливом глобалізації в Ардуді (Румунія), Напкорі (Угорщина) та Чернівцях (Україна). Стикаючись із викликами культурної асиміляції та втратою традиційних ремесел, партнери об’єднали зусилля задля відродження та популяризації унікальної культурної спадщини своїх громад. Основною метою було придбання автентичного народного вбрання, залучення молоді до збереження культурної спадщини та організація спільних культурних заходів.

Основні заходи включали оснащення культурних центрів традиційними костюмами, мобільною сценою та звуковим обладнанням, проведення ремісничих майстер-класів для молоді, організацію спільного мистецького табору, а також проведення фольклорних фестивалів, присвячених музиці, танцю та гастрономії. У межах проєкту також було створено мультикультурну кулінарну книгу та спільний фотоальбом, що презентує культурний маршрут між трьома громадами-партнерами.

Проект мав три конкретні цілі:

- Придбання автентичних народних костюмів та обладнання для підвищення якості культурних заходів.
- Підвищення обізнаності молоді щодо цінності нематеріальної культурної спадщини через спільні заходи в Ардуді та Напкорі.
- Розвиток культурної співпраці та міжкультурного діалогу через спільні ініціативи, зокрема мистецький табір у Напкорі та традиційні майстер-класи в Ардуді.



Despre proiect...

Proiectul „Promovarea identității regionale, a tradițiilor și a rezilienței culturale durabile”, finanțat prin programul de cooperare transfrontalieră Interreg HUSKROUA 2021-2027, a reunit trei parteneri din România, Ucraina și Ungaria, având ca obiectiv comun conservarea și valorificarea tradițiilor culturale transfrontaliere, precum și consolidarea cooperării regionale și a dialogului intercultural.

Proiectul a reprezentat un răspuns la diminuarea treptată a vitalității tradițiilor locale sub presiunea globalizării, în Ardud (România), Napkor (Ungaria) și Cernăuți (Ucraina). În fața provocărilor precum asimilarea culturală și pierderea meșteșugurilor tradiționale, partenerii și-au unit eforturile pentru a revitaliza și promova narațiunile culturale specifice comunităților lor. Scopul principal a fost achiziționarea de costume populare autentice, implicarea tinerilor în activități de conștientizare a patrimoniului și organizarea de evenimente culturale comune, contribuind astfel la crearea unui ecosistem cultural sustenabil și la întărirea identității comunitare transfrontaliere.

Printre activitățile principale s-au numărat dotarea centrelor culturale cu costume populare tradiționale, scenă mobilă și sistem de sonorizare, organizarea de ateliere meșteșugărești pentru tineri, desfășurarea unei tabere comune pentru artiști, precum și organizarea unor festivaluri folclorice regionale dedicate muzicii, dansului și gastronomiei. Proiectul a inclus, de asemenea, realizarea unei cărți de bucate multiculturale și a unui album foto comun, care evidențiază un traseu cultural între cele trei comunități partenere, traseu ce urmează a fi promovat și conectat prin inițiative de tip DiscoverEU.

Proiectul a urmărit trei obiective specifice:

Achiziționarea de costume populare autentice și echipamente pentru îmbunătățirea calității și autenticității evenimentelor culturale din regiunea transfrontalieră.

- Creșterea gradului de conștientizare în rândul tinerilor privind valoarea patrimoniului cultural imaterial, prin organizarea a două evenimente comune în Ardud și Napkor, cu participarea tuturor partenerilor.

- Promovarea cooperării culturale și a dialogului intercultural regional prin organizarea de evenimente comune, precum tabăra culturală pentru artiști desfășurată la Napkor și atelierele tradiționale organizate la Ardud.

- Prin aceste activități, beneficiarii – de la meșteșugari locali până la tineri și comunitatea largă – au avut ocazia să redescopere și să valorifice patrimoniul cultural comun. Proiectul reprezintă un exemplu relevant de bună practică în domeniul cooperării transfrontaliere și al consolidării identității regionale prin cultură.



A projektről ...

A „Promoting Regional Identity, Traditions and Enduring Cultural Tenacity” című projekt, amely az Interreg HUSKROUA határon átnyúló program keretében valósult meg, Románia, Ukrajna és Magyarország három partnerét hozta össze azzal a közös céllal, hogy megőrizték és erősítsék a határon átnyúló kulturális hagyományokat, valamint fejlesszék a regionális együttműködést és az interkulturális párbeszédet.

A projekt az Ardud (Románia), Napkor (Magyarország) és Csernyivci (Ukrajna) településeken tapasztalható hagyományvesztés problémájára reagált, amelyet a globalizáció hatásai okoznak. A kulturális asszimiláció és a hagyományos mesterségek eltűnése elleni küzdelem érdekében a partnerek közösen dolgoztak a helyi kulturális értékek újjáélesztésén és népszerűsítésén. A projekt célja a hagyományos népviseletek beszerzése, a fiatalok bevonása az örökségtudatosság erősítésébe, valamint közös kulturális rendezvények szervezése volt.

A főbb tevékenységek közé tartozott a kulturális intézmények felszerelése népviseletekkel, mobil színpaddal és hangtechnikával, kézműves műhelyek szervezése fiatalok számára, közös alkotótábor megrendezése, valamint népzenei, néptánc- és gasztronómiai fesztiválok lebonyolítása. A projekt eredményeként elkészült egy multikulturális szakácskönyv és egy közös fotóalbum, amely bemutatja a három partner által kialakított kulturális útvonalat.

A projekt három konkrét célt valósított meg:

- Hagyományos népviseletek és eszközök beszerzése a kulturális események minőségének javítása érdekében.
- A fiatalok körében az immateriális kulturális örökség értékének tudatosítása közös rendezvényeken Ardudon és Napkorban.
- A kulturális együttműködés és interkulturális párbeszéd erősítése közös programok, például alkotótábor és kézműves műhelyek révén.





BABGULYAS

Rețetă ungurească de gulaș la ceaun cu fasole uscată

Ingrediente – 25-30 porții

Pentru gulaș:

- 2 kg fasole boabe uscată.
- 3 kg carne de vită (pulpă).
- 2 kg morcovi.
- 2 kg ceapă.
- 4-5 căței de usturoi.
- 5 rădăcini de pătrunjel.
- 5 rădăcina de păstârnac.
- 1 țelină medie + câteva frunze (opțional).
- 2 gulii.
- 500 ml bulion de roșii.
- 4 linguri bune de untură (sau ulei).
- 2 kg carne afumată.
- 3 linguri bune de paprică (boia dulce).
- 2 lingurițe bune de chimen.
- 1-2 foi de dafin.
- Sare, ghimbir, ienibahar.
- Piper negru.
- Frunze de pătrunjel verde, cimbru, cimbrisor, tarhon.

Preparat:

În ceaun la foc mic încingem untura, tăiem mărunț legumele și cu paprica împreună le călim un pic, apoi adăugăm bucățile de carne afumat și de carne de vită și un pahar de apă. Lăsăm până ce totul scade și se rumenește un pic. Urmează apoi condimentele: sare, piper, dafin, usturoi, chimen și paprica din belșug. Amestecăm bine de tot carnea cu condimentele. Punem deasupra fasolea și completăm cu apa până sus. Trebuie doar să așteptăm să fiarbă fasolea și carnea la foc mic. Ceapa și zarzavaturile vor forma un sos mai gros.

Acest minunat babgulyas se servește fierbinte, în farfurii sau castroane adânci. Se presară cu pătrunjel verde tocat și se garnisește cu felii de ceapa roșie.

BABGULYAS

Hungarian goulash recipe with dried beans

Ingredients – 25-30 servings

For goulash:

- 2 kg dried beans.
- 3 kg beef (pulp).
- 2 kg carrots.
- 2 kg onions.
- 4-5 cloves of garlic.
- 5 parsley roots.
- 5 parsnip roots.
- 1 medium celery + a few leaves (optional).
- 2 kohlrabi.
- 500 ml tomato broth.
- 4 good tablespoons of lard (or oil).
- 2 kg smoked meat.
- 3 good tablespoons of paprika (sweet paprika).
- 2 good teaspoons of cumin.
- 1-2 bay leaves.
- Salt, ginger, allspice.
- Black pepper.
- Parsley leaves, thyme, savoury, tarragon.

Preparation:

In a cauldron over low heat, heat the lard, finely chop the vegetables and sauté them with the paprika for a bit, then add the pieces of smoked meat and beef and a glass of water. Leave until everything is reduced and slightly browned. Then add the spices: salt, pepper, bay leaf, garlic, cumin and plenty of paprika. Mix the meat and spices well. Put the beans on top and fill with water to the top. We just have to wait for the beans and meat to simmer over low heat. The onions and vegetables will form a thicker sauce.

This wonderful babgulyas is served hot, in deep plates or bowls. Sprinkle with chopped parsley and garnish with slices of red onion.



SUPĂ RĂSTĂUȚĂ CU CARTOFI

(povestea unei moșteniri)

Când au venit șvabii în Ardeal, aduși de împărăteasa Maria Terezia să colonizeze pusta și dealurile, ei și-au purtat cu sine nu doar graiul și credința, ci și bucatele. În Ardud, și astăzi, dacă intri într-o casă de șvab, dai peste șpajzul plin cu borcane de murături și cârnați afumați, iar pe masă te așteaptă o supă fierbinte.

Între toate, Rastautze Supp' mit Grumbere (supa de răstăuță cu cartofi) a rămas una dintre cele mai gustoase moșteniri culinare. Răstăuțele – bucățelele de cocă răzuite și zvântate pe știrhaub (ștergar) – erau nelipsite din bucătăriile gospodinelor șvabe. Când se rumeneau în untură și se amestecau cu paprică (boiaua de ardei dulce), mirosul umplea toată casa și chema familia la masă.

Rotundul cartofilor fierți, dulceața smântânii și gustul boiaui erau, pentru șvabii din Ardud, nu doar hrană, ci și un semn de apartenență – de Heimat, cum zic nemții: locul de unde vii și pe care-l porți mereu în tine.

De trebuință pentru o porție...

- 250 g făină albă de grâu.
- 1 ou.
- 250 g cartofi (Grumbere).
- 1 lingură rasă de untură.
- 1 lingură paprika (boia de ardei dulce).
- Sare după gust.
- Smântână după gust.

Rânduiala facerii:

- Răstăuțele
- Se face o cocă mai tare din făină și ou.
- Se răzuiește pe partea mare a răzătoarei, iar bucățelele se pun pe știrhaub (ștergar) la uscat.

- Cartofii
- Se curăță grumberele, se taie cubulețe și se fierb cu sare.

- Călirea

Într-o oală, se topește untura.

Se aruncă răstăuțele și se rumenesc până capătă culoare rozalie.

Se adaugă paprika și se amestecă repede.

- Supă

Se slăbozește cu apa în care au fiert cartofii și se pun cartofii înăuntru.

Se fierbe totul până răstăuțele se înmoaie, asemenea fidelei.

- Desăvârșirea

La sfârșit, se drege cu smântână după gust.

Nota tradiției

Această supă e simplă, dar adânc înrădăcinată în identitatea șvabească. Se gătea în zilele obișnuite, dar și la marile sărbători. Copiii învățau de mici să răzuiască cocă, iar gospodinele aveau grijă să usuce răstăuțele pe ștergare curate, ca să fie bune de folosit oricând.

Pentru șvabii din Ardud, supă răstăuță cu cartofi nu e doar mâncare: e un gust al copilăriei, un semn că tradiția merge mai departe, așa cum au lăsat-o primii coloniști germani.

POTATO SOUP

(the story of a legacy)

When the Swabians came to Transylvania, brought by Empress Maria Theresa to colonize the plains and hills, they brought with them not only their language and faith, but also their cuisine. In Ardud, even today, if you enter a Swabian house, you will come across a pantry full of jars of pickles and smoked sausages, and a hot soup awaits you on the table.

Among all, Rastautze Supp' mit Grumbere (potato soup with potatoes) has remained one of the tastiest culinary legacies. Rastautze – pieces of bread scraped and shaken on a štirhaub (towel) – were indispensable in the kitchens of Swabian housewives. When they were browned in lard and mixed with paprika (sweet paprika), the smell filled the whole house and called the family to the table.

The roundness of boiled potatoes, the sweetness of sour cream and the taste of paprika were, for the Swabians of Ardud, not just food, but also a sign of belonging – of Heimat, as the Germans say: the place where you come from and which you always carry with you.

Necessary for one serving...

- 250 g white wheat flour.
- 1 egg.
- 250 g potatoes (Grumbere).
- 1 tablespoon grated lard.
- 1 tablespoon paprika (sweet paprika).
- Salt to taste.
- Sour cream to taste.

How to make:

- Răstăuțele
- Make a harder crust from flour and egg.
- Grate on the large side of the grater, and place the pieces on a Štirhaub (towel) to dry.
- Potatoes
- Peel the grumbere, cut into cubes and boil with salt.
- Tempering
- In a pot, melt the lard.
- Throw in the russet potatoes and brown until they turn pink.
- Add the paprika and stir quickly.
- Soup
- Deglaze with the water in which the potatoes were boiled and put the potatoes in.
- Boil everything until the russet potatoes are soft, like fidele.
- Finishing
- Finally, thin with sour cream to taste.

A note of tradition

This soup is simple, but deeply rooted in the Swabian identity. It was cooked on ordinary days, but also on major holidays. Children learned to scrape the coca from a young age, and housewives took care to dry the russet potatoes on clean towels, so that they would be good to use at any time. For the Swabians of Ardud, potato soup is not just food: it's a taste of childhood, a sign that the tradition continues, as the first German settlers left it.



TOROȘ (din tradițiile locale)

Din cămară (ingredientele pentru 6–8 porții):

- 1 kg carne proaspătă de porc (preferabil pulpă).
- 2 kg varză murată, lăsată la desărat peste noapte.
- 4 cepe medii.
- 150 g ardei gras măcinat (aprox. ½ buc).
- 1 linguriță boia afumată.
- 2–3 foi de dafin.
- Cimbru uscat, măghiran și mărar după gust.
- Piper și sare după gust.
- Untură sau ulei pentru călit.

Torosul se prepară simplu: într-un ceaun se călesc bucăți de carne proaspătă de porc în puțină untură, se adaugă ceapă, boia și restul condimentelor, apoi varza murată tocată și stoarsă ușor. Se completează cu puțină apă sau zeamă de varză și se lasă la fiert la foc domol aproximativ o oră, până când carnea este fragedă și varza bine pătrunsă. Se servește fierbinte, cu mămăliga.

TOROS

From the pantry (ingredients for 6–8 servings:)

- 1 kg fresh pork (preferably pork belly).
- 2 kg sauerkraut, left to desalt overnight.
- 4 medium onions.
- 150 g ground bell pepper (approx. ½ pc).
- 1 teaspoon smoked paprika.
- 2–3 bay leaves.
- Dried thyme, marjoram and dill to taste.
- Pepper and salt to taste.
- Lard or oil for frying.

Toros is prepared simply: in a cauldron, brown pieces of fresh pork in a little lard, add onion and paprika, then chopped and lightly squeezed sauerkraut. Add a little water or cabbage juice and simmer over low heat for about an hour, until the meat is tender and the cabbage is well-integrated. Serve hot, with polenta.





SARMALE CODRENEȘTI

Ingrediente:

- 1 kg carne tocată (porc sau amestec porc-vită).
- 150 g orez.
- 2 cepe tocate fin.
- 1 ou (opțional).
- 2 linguri pastă de roșii.
- Sare, piper, cimbru, boia.
- 1 varză murată (sau foi de viță).
- 2–3 foi de dafin.
- 200 ml suc de roșii.
- Câteva felii de bacon/afumătură (opțional).

Mod de preparare:

1. Călește ceapa și amestec-o cu carnea, orezul spălat, oul, pasta de roșii și condimentele.
2. Desfă foile de varză și pune câte o lingură de compoziție pe fiecare, apoi rulează și închide capetele.
3. Așază sarmalele într-o oală, pe un strat de varză tocată și afumătură.
4. Adaugă foi de dafin și suc de roșii, apoi completează cu apă cât să le acopere.
5. Fierbe la foc mic 2–3 ore (sau la cuptor), până sunt bine pătrunse.

Servire:

Se servesc fierbinți, cu smântână și mămăligă.

TRADITIONAL ROMANIAN STUFFED CABBAGE ROLLS

(Sarmale)

Ingredients:

- 1 kg minced meat (pork or pork-beef mix).
- 150 g rice.
- 2 finely chopped onions.
- 1 egg (optional).
- 2 tablespoons tomato paste.
- Salt, pepper, thyme, paprika.
- 1 pickled cabbage (or grape leaves).
- 2–3 bay leaves.
- 200 ml tomato juice.
- A few slices of bacon/smoked meat (optional).

Preparation:

1. Sauté the onion and mix it with the minced meat, washed rice, egg, tomato paste, and spices.
2. Separate the cabbage leaves, place a spoonful of filling on each leaf, roll tightly and tuck in the ends.
3. Arrange the rolls in a pot over a layer of chopped cabbage and smoked meat.
4. Add bay leaves and tomato juice, then pour enough water to cover them.
5. Simmer on low heat for 2–3 hours (or bake in the oven) until fully cooked.

Serving suggestion:

Serve hot with sour cream and polenta.



PASTĂ DE JUMĂRI

Ingrediente:

- 300 g jumări de porc.
- 1 ceapă mică (foarte fin tocată).
- 1 linguriță muștar (opțional).
- Sare și piper după gust.
- 1–2 linguri untură (dacă este nevoie, pentru cremozitate).

Mod de preparare:

1. Toacă jumările foarte mărunț (cu cuțitul sau la robot).
2. Adaugă ceapa tocată fin și amestecă bine.
3. Pune muștarul, sare și piper după gust.
4. Dacă pasta este prea uscată, adaugă puțină untură pentru o textură mai fină.
5. Lasă la rece 30 de minute înainte de servire.

Servire:

Se servește pe pâine proaspătă sau prăjită, cu ceapă roșie, murături sau ardei iute.

PORK CRACKLING SPREAD

(Traditional Romanian Recipe)

Ingredients:

- 300 g pork cracklings.
- 1 small onion (very finely chopped).
- 1 teaspoon mustard (optional).
- salt and pepper to taste.
- 1–2 tablespoons lard (if needed, for a creamier texture).

Preparation:

1. Finely chop or grind the pork cracklings.
2. Add the finely chopped onion and mix well.
3. Season with mustard (optional), salt, and pepper to taste.
4. If the mixture is too dry, add a little lard to obtain a smoother spread.
5. Refrigerate for about 30 minutes before serving.

Serving suggestion:

Serve on fresh or toasted bread, with red onion, pickles, or hot peppers.





Mălai. Sata More. Maramureș

CIURIGĂI (MINCIUNELE)

Ingrediente:

- 2 ouă.
- 3 linguri zahăr.
- 3 linguri smântână.
- 1 lingură unt topit.
- 1 praf de sare.
- Coajă rasă de lămâie (opțional).
- ~250 g făină.
- Ulei pentru prăjit.
- Zahăr pudră pentru decor.

Mod de preparare:

Amestecă ouăle cu zahărul, sarea, smântâna și untul.

Adaugă făina treptat și frământă un aluat moale, nelipicios.

Întinde o foaie subțire și taie fâșii sau romburi (poți face o tăietură la mijloc și răsuci).

Prăjește în ulei încins până devin aurii.

Scoate pe șervețel și pudrează cu zahăr.

ANGEL WINGS (Romanian “Minciunele”)

Ingredients:

- 2 eggs.
- 3 tablespoons sugar.
- 3 tablespoons sour cream.
- 1 tablespoon melted butter.
- A pinch of salt.
- Grated lemon zest (optional).
- About 250 g flour.
- Oil for frying.
- Powdered sugar for dusting.

Preparation:

Mix eggs with sugar, salt, sour cream, and butter.

Gradually add flour and knead into a soft, non-sticky dough.

Roll out thinly and cut into strips or diamond shapes (make a small cut in the center and twist if desired).

Fry in hot oil until golden.

Drain on paper towels and dust with powdered sugar.





MĂLAIUL DULCE

(dulceața muncii câmpului)

Ingrediente din câmară:

- 1 cană făină de mălai.
- 1 cană făină de grâu.
- 1 cană zahăr.
- 1 cană ulei.
- 4 ouă.
- 1 cană iaurt sau lapte bătut / lapte prins (se poate folosi și lapte dulce, dar iaurtul îl face mai fraged).
- 1 linguriță bicarbonat de sodiu (sau 1 plic praf de copt).
- 1 plic zahăr vanilat.
- Coajă rasă de la o lămâie (nu din livadă, ci din supermarket).

Mod de preparare:

1. Într-un vas, se bat ouăle cu zahărul și zahărul vanilat până se spumează bine.
2. Se adaugă uleiul și se mai mixează 2 minute.
3. Se pune iaurtul sau laptele prins și se amestecă până la omogenizare.
4. Separat, se amestecă făina de grâu cu făina de mălai și cu bicarbonatul/praful de copt.
5. Se adaugă amestecul uscat treptat peste cel lichid, amestecând continuu ca să nu se formeze cocloașe.
6. Se adaugă coaja de lămâie rasă pentru un plus de aromă.
7. Compoziția se toarnă într-o tavă tapetată cu hârtie de copt sau unsă și pudrată cu făină.
8. Se coace la cuptor, la foc potrivit (180°C), până trece testul scobitorii (sau, cum făceau mamele noastre, proba cu un pai de mătură).

SWEET CORN

(the sweetness of field work)

Ingredients from the pantry:

- 1 cup cornmeal.
- 1 cup wheat flour.
- 1 cup sugar.
- 1 cup oil.
- 4 eggs.
- 1 cup yogurt or buttermilk/skim milk (sweet milk can also be used, but yogurt makes it more tender).
- 1 teaspoon baking soda (or 1 sachet of baking powder).
- 1 sachet of vanilla sugar.
- Grated zest from a lemon (not from the orchard, but from the supermarket).

Preparation:

1. In a bowl, beat the eggs with the sugar and vanilla sugar until well foamed.
2. Add the oil and mix for 2 more minutes.
3. Add the yogurt or condensed milk and mix until smooth.
4. Separately, mix the wheat flour with the cornmeal and the bicarbonate/baking powder.
5. Gradually add the dry mixture to the liquid one, stirring continuously so that no lumps form.
6. Add the grated lemon zest for extra flavor.
7. Pour the mixture into a baking tray lined with baking paper or greased and dusted with flour.
8. Bake in the oven, at the right temperature (180°C), until the toothpick test passes (or, as our mothers used to do, the test with a broom straw).



PANCOVE (GOGOȘI)

Ingrediente:

- 500 g făină.
- 2 ouă.
- 250 ml lapte cald.
- 50 g zahăr.
- 50 g unt topit.
- 7 g drojdie uscată (sau 25 g proaspătă).
- 1 praf de sare.
- Coajă rasă de lămâie sau vanilie.
- Ulei pentru prăjit.
- Zahăr pudră / gem pentru servire.

Mod de preparare:

1. Dizolvă drojdia în laptele cald cu puțin zahăr și lasă 10 minute.
2. Amestecă făina cu zahărul, sarea, ouăle, untul și drojdia activată.
3. Frământă până obții un aluat moale și elastic. Lasă la dospit 1 oră.
4. Întinde aluatul (1–1,5 cm grosime) și decupează cercuri.
5. Lasă-le 15–20 minute la crescut, apoi prăjește în ulei încins până devin aurii pe ambele părți.
6. Scoate pe șervețel și pudrează cu zahăr sau umple cu gem.

FLUFFY ROMANIAN DOUGHNUTS

Ingredients:

- 500 g flour.
- 2 eggs.
- 250 ml warm milk.
- 50 g sugar.
- 50 g melted butter.
- 7 g dry yeast (or 25 g fresh yeast).
- A pinch of salt.
- Lemon zest or vanilla.
- Oil for frying.
- Powdered sugar / jam for serving.

Preparation:

1. Dissolve the yeast in warm milk with a little sugar and let it sit for 10 minutes.
2. Mix flour, sugar, salt, eggs, melted butter, and activated yeast.
3. Knead until you obtain a soft, elastic dough. Let it rise for about 1 hour.
4. Roll out the dough (about 1–1.5 cm thick) and cut into circles.
5. Let them rise again for 15–20 minutes, then fry in hot oil until golden on both sides.
6. Drain on paper towels and dust with powdered sugar or fill with jam.



ȘTRUDLII ARDUDEAN

De adus din cămară:

- 1 kilogram de făină albă, cernută de două ori.
- 2 ouă proaspete.
- 1 praf de sare.
- 1 linguriță mică de zahăr, ori după gust.
- ½ linguriță de bicarbonat.
- 50 ml untdelemn curat.
- Lapte prins ori iaurt, cât să iasă un aluat moale și mlădios.

Aluatul, după ce se frământă vârtos, se întinde pe masa în foaie potrivit de subțire și se taie bucăți dreptunghiulare, atâta cât să iasă la împăturare forma de pernițe. În fiecare perniță gospodina pune suflet și umplutură: fie magiun gros de prune, înnegrit la foc mic și amestecat cu linguroiul de lemn, fie cartofi fierți cu tot cu coajă, curățați și dați pe răzătoare mare.

Compirii (regionalism, împrumutat din dialectul german – cartofi), după cum le ziceau șvabii și după cum le mai zic astăzi bătrânii prin satele din Codru, se amestecau cu sare, piper și cu o lingură de smântână grasă, semn de belșug, iar câteodată, la câte o gospodină în băătăură, se adăuga mărar ori ceapă verde tăiate mărunt.

Apoi, pernițele acestea se lăsau un moment la crescut și se puneau la prăjit în untdelemn încins bine, până prindeau rumeneală și scoteau miros de sărbătoare în toată casa.

STRUDEL FROM ARDUD

To bring from the pantry:

- 1 kilogram of white flour, sifted twice.
- 2 fresh eggs.
- 1 pinch of salt.
- 1 teaspoon of sugar, or to taste.
- ½ teaspoon of baking soda.
- 50 ml of pure butter.
- Condensed milk or yogurt, enough to make a soft and supple dough.

The dough, after being kneaded thoroughly, is spread out on the table in a suitably thin sheet and rectangular pieces are cut, just enough to form a pillow shape when folded. In each pillow, the housewife would put a filling: either a thick plum jam, blackened over low heat and mixed with a wooden spoon, or boiled potatoes with their skins on, peeled and grated on a large grater.

The compirii, as the Swabians called them and as the old people in the villages of Codru still call them today, were mixed with salt, pepper and a spoonful of heavy cream, a sign of abundance, and sometimes, for a housewife in need, finely chopped dill or green onions were added.

Then, these pillows were left to rise for a moment and fried in hot oil until they turned golden brown and gave off a festive scent throughout the house.



TĂȘTI CU BRÂNZĂ DULCE

Ingrediente: (aprox. 25 bucăți)

Pentru aluat:

- 500 g făină.
- 200 ml apă.
- 3 linguri ulei.
- 1 lingură sare.
- 1 ou.

Pentru umplutură:

- 500 g brânză dulce.
- 4 linguri zahăr.
- 2 ouă.
- 1 plic zahăr vanilat.

Pentru servire:

- Unt topit ori undelemn.
- Pesmet.
- Zahăr.
- Smântână.

Mod de preparare:

Se frământă un aluat din apă, făină, sare, ulei și ou și se întinde o foaie subțire, cu sucitorul pe fundul de lemn tapetat cu făină. Se taie foaia în dreptunghiuri egale. Se umple cu amestecul de brânză dulce, ouă, zahăr și vanilie, se împachetează în formă de „tașcă” și se sigilează prin apăsarea marginilor.

Se fierb tăștii în apă cu puțină sare, până se ridică la suprafață. Separat, se rumenește pesmetul în unt topit, apoi se adaugă zahăr pentru caramelizare. Tăștii fierți se scurg și se trec prin pesmetul dulce. Se servesc calzi, cu smântână dulce, zahăr vanilat sau zahăr pudră.

SWEET CHEESE TARTS

Ingredients: (approx. 25 pieces)

For the dough:

- 500 g flour.
- 200 ml water.
- 3 tablespoons oil.
- 1 tablespoon salt.
- 1 egg.

For the filling:

- 500 g sweet cheese.
- 4 tablespoons sugar.
- 2 eggs.
- 1 sachet vanilla sugar.

For serving:

- Melted butter or shortening
- Breadcrumbs
- Sugar
- Sour cream

Method:

Knead a dough from water, flour, salt, oil and egg and roll out a thin sheet, with the rolling pin on the wooden base covered with flour. Cut the sheet into equal rectangles. Fill with the mixture of sweet cheese, eggs, sugar and vanilla, wrap in the shape of a «bag» and seal by pressing the edges.

Boil the custard in water with a little salt, until it rises to the surface. Separately, brown the breadcrumbs in melted butter, then add sugar for caramelization. Drain the boiled custards and pass through the sweet breadcrumbs. Serve warm, with sweet cream, vanilla sugar or powdered sugar.



STRUDLI

Hozzávalók:

- 1 kg liszt.
- 1 mokkáskanál só.
- 1 db tojás.
- Langyos víz.
- 1 evőkanál zsír.
- 1,5-2 kg savanyúkáposzta.

Elkészítése:

összegyúrjuk a lisztet, a tojást és a sót langyos vízzel úgy, hogy könnyen nyújthatóvá váljon. 4 egyforma részre osztjuk, majd vékonyra kinyújtjuk a tésztát.

A zsírt felolvasztjuk egy edényben egy kis kanál delikáttal, majd a kinyújtott tésztát megkenjük vele. A káposztát olajban megdinszteljük, majd a elosztjuk 4 részre és ráteesszük a kinyújtott cipókra, ezt követően feltekerjük úgy, mint a bejglit.

180 °-on 15 perc alatt készre sütjük.

STRUDLI

Ingredients:

- 1 kg flour.
- 1 teaspoon salt.
- 1 egg.
- Lukewarm water.
- 1 tablespoon fat.
- 1.5-2 kg sauerkraut.

Preparation:

knead the flour, egg and salt with lukewarm water until it becomes easy to stretch. Divide into 4 equal parts, then roll out the dough thinly.

Melt the fat in a bowl with a small spoon of delicata, then spread the rolled out dough with it. Sauté the cabbage in oil, then divide into 4 parts and place on the rolled out loaves, then roll up like a bagel.

Bake at 180 ° for 15 minutes.





SAJTOS, SZEZÁMMAGOS RUDAK

Hozzávalók:

20 dkg finomliszt, 20 dkg rétesliszt, fél csomag sütőpor (7g), 25 dkg margarin, 3 csapott kávéskanál só, 3 kávéskanál egész mák, 1 dl tejföl, 1 tojássárgája, 10-10 dkg reszelt trappista és füstölt sajt, tetejére: 1 tojásfehérje, szezámmag (köménymag).

Elkészítés:

A kétféle lisztet a sütőporral, sóval, mákkal, a sajtokkal a puha margarinnal, tejföllel, tojássárgájával összedolgozzuk. Lisztezett gyúrólapon 5-7 mm vastagra nyújtjuk. A tojásfehérjét kissé felferjük, a tésztára kenjük, megszórjuk gazdagon szezámmaggal.

Derelyevágóval ujjnyi csíkokra metéljük, sütőpapíros tepsire rakjuk (lehet sűrűn, nem ragad össze, így kb. 3 tepsivel lesz).

175° légkeveréssel kb. 15 percig sütjük.

CHEESE, SESAME SEEDS BARS

Ingredients:

20 dkg fine flour, 20 dkg strudel flour, half a packet of baking powder (7g), 25 dkg margarine, 3 heaped teaspoons salt, 3 teaspoons whole poppy seeds, 1 dl sour cream, 1 egg yolk, 10-10 dkg grated Trappist and smoked cheese, on top: 1 egg white, sesame seeds (cumin seeds).

Preparation:

Mix the two types of flour with the baking powder, salt, poppy seeds, cheeses, soft margarine, sour cream, egg yolk. Roll out on a floured surface to a thickness of 5-7 mm. Beat the egg white slightly, spread it on the dough, sprinkle generously with sesame seeds.

Cut into finger-sized strips with a pastry cutter, place on a baking sheet lined with baking paper (you can do it thickly, it won't stick together, so you'll need about 3 baking sheets).

Bake at 175° with fan for about 15 minutes.





A MIKULÁS BATYUJA

A tésztához:

- 35dkg liszt.
- 1 pohártejföl (125 g).
- 12,5dkg olvasztott vaj.
- 12dkg cukor.
- 1csomag sütőpor.
- 1db tojás.

A töltelékhez:

1. Cukrozott kakaópor, darabolt étcsoki.
2. Aszalt vörös áfonya, mazsola, sárgabarack lekvár, konyak (elhagyható).

A tészta hozzávalóit egy tálban összekeverjük, jól eldolgozzuk. Pihentetjük a hűtőben. Az aszalt gyümölcsöket pár órára konyakba áztatva, majd utána lecsöpögtetve a lekvárral ízlés szerint összekeverjük. A tésztát kinyújtjuk, hogy pogácsaszaggatóval kis korongokat tudjunk készíteni.

Kétféle a töltelék:

1. A kakaóval és a csokidarabkákkal töltjük. A korongokat összecsiszítjuk, kis batyukat készítünk.
 2. Az összedolgozott áfonyás -mazsolás-lekváros töltelékkel ugyanúgy batyukat készítünk. Sütőpapírra téve tepsiben kisütjük. (sütőtől függően 15-20percig).
- Ízlés szerint a tetejére porcukorral megszórhatjuk (mi nem tettünk rá).

SANTA'S BAG

For the dough:

- 35dkg flour.
- 1 cup sour cream (125 g).
- 12.5dkg melted butter.
- 12dkg sugar.
- 1 packet baking powder.
- 1 egg.

For the filling:

1. Sugared cocoa powder, chopped dark chocolate.
2. Dried cranberries, raisins, apricot jam, cognac (optional).

Mix the dough ingredients in a bowl, mix well. Let it rest in the refrigerator. Soak the dried fruits in cognac for a few hours, then drain and mix with the jam to taste. Roll out the dough so that you can make small discs with a cookie cutter.

There are two types of filling:

1. Fill with cocoa and chocolate pieces. Pinch the discs together and make small buns.
 2. Make buns with the mixed blueberry-raisin-jam filling in the same way. Place on baking paper and bake in a baking tray. (15-20 minutes depending on the oven).
- You can sprinkle powdered sugar on top if you like (we didn't).



BARACKLEKVÁROS LINZER

Hozzávalók:

- 300 g búzaliszt.
- 200 g Rama.
- 100 g cukor.
- 1 darab tojássárgája (M-es).
- 1 tasakvaníliacukor.
- ½ sütőpor.
- Csipetnyi só.
- Reszelt citromhéj.
- Baracklekvár.

Elkészítés:

A lisztet és a porcukrot átszitáljuk. A margarin legyen szobahőmérsékletű, de ne túl lágy.

Ha kézzel dolgozzuk össze, a következőképpen tegyük: Először a száraz anyagokat összekeverjük, majd eldolgozzuk benne a margarint, aztán adjuk hozzá a tojássárgáját és a reszelt citromhéjat.

Ha géppel dolgozzuk össze, a következő a munkamenet. A margarint a porcukorral és a tojássárgájával eldolgozzuk, majd hozzáadjuk a lisztet és a többi anyagot. Összedolgozzuk a tésztát robotgéppel. Az összedolgozott tésztát lisztezett nyújtódeszkán átgömbölyítjük, téglalap alakúra formázzuk. Ha a tészta lágyabb, lisztezett tálcára helyezük, és hűvös helyen, vagy hűtőben pihentetjük.

Apihentetés elhagyható, ha a tészta gyúrása során nem olvadt meg a zsiradék. A tésztát kinyújtjuk a megfelelő vastagságúra, majd vágással, kiszúrással alakítjuk a kívánt formára.

A süteményt tepsire vagy sütőlemezre helyezük, majd megsütjük.

Sütés: Alsó és felső sütés: kb. 200 °C (előmelegítve)
Légkeveréses: kb. 180 °C (előmelegítve)

Sütési idő: kb. 8-15 perc (A sütemény méretétől, vastagságától, a töltelék nedvességtartalmától függően).

APRICOTS JAM LINZER

Ingredients:

- 300 g wheat flour.
- 200 g Rama.
- 100 g sugar.
- 1 egg yolk (M).
- 1 bag vanilla sugar.
- ½ baking powder.
- Pinch of salt.
- Grated lemon zest.
- Apricot jam.

Preparation:

Sieve the flour and powdered sugar. The margarine should be at room temperature, but not too soft.

If you mix it by hand, do it as follows: First mix the dry ingredients, then mix the margarine in, then add the egg yolk and grated lemon zest.

If you mix it with a machine, the following is the process. Mix the margarine with the powdered sugar and egg yolk, then add the flour and the other ingredients. Mix the dough with a mixer. Roll the dough out on a floured rolling pin and shape it into a rectangle. If the dough is softer, place it on a floured tray and let it rest in a cool place or in the refrigerator.

Resting can be omitted if the fat has not melted during kneading the dough. Roll out the dough to the appropriate thickness, then cut and shape it into the desired shape.

Place the cake on a baking tray or baking sheet and bake.

Baking: Bottom and top baking: approx. 200 °C (preheated)
Fan-assisted: approx. 180 °C (preheated).

Baking time: approx. 8-15 minutes (Depending on the size, thickness and moisture content of the cake.)



DIÓS KOSÁRKA

Hozzávalók:

- Tésztához: 40 dkg liszt.
- 25 dkg margarin.
- ½ csomag sütőpor.
- 1 citrom leve.
- 4 tojássárgája.

Elkészítés:

A hozzávalókat jól összegyúrjuk, majd egyenként kosárka formában nyomkodjuk és majd megkenjük baracklekvárral.

Töltelék:

4 tojásfehérjéből kemény habot verünk és hozzáadunk 20 dkg porcukrot, 15 dkg dió és egy citrom reszelt héját.

A baracklekvárral megkent kosárákba belerakjuk a tölteléket, majd 10-15 perc alatt előmelegített sütőben megsütjük. Még langyosan kiszedjük a formából, tálaláshoz meghintjük porcukorral.

WALNUT BASKET

Ingredients:

- For the dough: 40 dkg flour.
- 25 dkg margarine.
- ½ packet baking powder.
- Juice of 1 lemon.
- 4 egg yolks.

Preparation:

Knead the ingredients well, then press each into a basket shape and then spread with apricot jam.

Filling:

Beat 4 egg whites until stiff and add 20 dkg powdered sugar, 15 dkg walnuts and the grated zest of one lemon.

Place the filling in the baskets spread with apricot jam, then bake in a preheated oven for 10-15 minutes. Remove from the mold while still warm, sprinkle with powdered sugar before serving.





DIÓS-MÁKOS-KAKAÓS GYŐZIKE SZELET

Hozzávalók:

- 6 db tojás.
- 20 dkg porcukor.
- 20 dkg puha vaj vagy margarin.
- 30 dkg finomliszt.
- 1 csomag sütőpor.
- 1 dl tej.
- 1 ek cukrozatlan kakaópor.
- 5 dkg darált mák.
- 5 dkg darált dió.
- Tetejére csokimáz .

Elkészítés:

1. Alaptészta: a vajat/margarint habosra keverjük a porcukorral, hozzáadjuk a tojások sárgáját, majd a tejet. A lisztet elkeverjük a sütőporral, majd az alpmasszához adjuk. A tojásfehérjéből kemény habot verünk és óvatosan beleforgatjuk

2. A masszát 3 egyenlő részre osztjuk, az első részhez 1 evőkanál kakaóport, a második részhez a darált diót, a harmadik részhez a darált mákot keverjük óvatosan. A tésztát egyenként sütőpapírral kibélelt tepsiben 180 °C-ra előmelegített sütőben kb. 25-30 percig, tűpróbáig sütjük. Amíg a tészta hűl elkészítjük a krémet.

3. Két csomag tejszín ízű pudingport megfőzünk a tasakon előírt utasítás szerint. 25 dkg margarint 6 evőkanál cukorral habosra keverünk, majd hozzáadjuk a kihűlt tejszínes pudingot.

4. Ezt követően betöltjük a tésztát. Alulra kerül a diós réteg, erre a krém fele, mákos réteg, majd a krém másik fele, kakaós réteg, aminek a tetejét csokimázzal bevonjuk.

WALNUT-POPPY-COCOA WINNER BAR

Ingredients:

- 6 eggs
- 20 dkg powdered sugar.
- 20 dkg soft butter or margarine.
- 30 dkg fine flour.
- 1 packet baking powder.
- 1 dl milk.
- 1 tbsp unsweetened cocoa powder.
- 5 dkg ground poppy seeds.
- 5 dkg ground walnuts.
- Top chocolate glaze.

Preparation:

1. Basic dough: mix the butter/margarine with the powdered sugar until fluffy, add the egg yolks, then the milk. Mix the flour with the baking powder, then add to the basic dough. Beat the egg whites until stiff and carefully fold them in

2. Divide the mixture into 3 equal parts, add 1 tablespoon of cocoa powder to the first part, the ground walnuts to the second part, and the ground poppy seeds to the third part. Bake the dough individually on a baking sheet lined with baking paper in an oven preheated to 180 °C for about 25-30 minutes, until a toothpick comes out clean. While the dough is cooling, prepare the cream.

3. Cook two packets of cream-flavored pudding powder according to the instructions on the bag. Mix 25 dkg of margarine with 6 tablespoons of sugar until foamy, then add the cooled cream pudding.

4. Then fill the dough. The walnut layer is placed at the bottom, half of the cream, poppy seed layer, then the other half of the cream, cocoa layer, and cover the top with chocolate glaze.



HAVAS HÁZTETŐ

Hozzávalók:

A tésztához:

- 125 g porcukor.
- 50 g vaj.
- 1.5 ek méz.
- 2 ek tej.
- 1 db tojás.
- 0.5 tk szódadikarbóna.
- 300 g finomliszt.
- 1 ek cukrozatlan kakaópor.

A krémhez:

- 1.5 tasak vaníliás pudingpor.
- 500 ml tej.
- 200 g cukor.
- 200 g vaj.
- Azon kívül:
- 150 g étcsokoládé.
- 1 ek vaj.
- 10 g kókuszreszelék.

Elkészítés:

1. A vajat a cukorral, a mézzel, tojással és a tejjel gőzfürdőben, állandó kavarással melegítjük, amíg a cukor elolvad, majd hozzákeverjük a szódat.

2. A lisztet öntjük a meleg keveréket, és sima tésztává gyúrjuk. Ha szükséges, adunk a tésztához még kevés lisztet is. 2 egyenlő részre osztjuk, az egyik részhez hozzádolgozzuk a kakaót.

3. A kakaó nélküli tésztát két, kb. 30x40 cm-es sütőpapír között vékonyra nyújtjuk. Majd tepsis hátára helyezük, a felső papírt eltávolítjuk, betoljuk a 200 fokra előmelegített sütőben, kb. 7 perc alatt megsütjük. Tepsis hátáról a papírral lehúzzuk, és még melegen 3 csíkra vágjuk úgy, hogy a középső csík valamivel szélesebb legyen, mint a két szélső csík.

4. A kakaós tésztát 6 egyenlő darabra osztjuk, amelyekből egyenként 40 cm hosszú vékony rudat sodrunk, sütőpapírral bélelt tepsibe rakjuk, betoljuk a 200 fokra előmelegített sütőbe, és kb. 10 perc alatt megsütjük.

5. A pudingport a cukorral egy edénybe tesszük, apránként hozzákeverjük a tejet, felfőzzük, kevergetve 1-2 percig főzzük, míg jól beürsödik. Levesszük a tűzről, hűlni hagyjuk.

6. Mikor a puding teljesen kihűlt, egy kézi mixerrel apránként hozzákeverjük a puha vajat.

7. A süteményt most összeállítjuk. A szélesebb tésztacsíkra krémet simítunk, ráhelyezzünk 3 rudat, megkenjük krémmel, ráhelyezzünk 2 rudat, ismét krém, majd az utolsó rúd, és a maradék krémet a tetejére és az oldalára simítjuk. A másik két lappal háromszög alakban befedjük.

8. A csokoládét egy edényben felolvasztjuk, hozzákeverjük a vajat, majd a süteményre simítjuk, és megszórjuk a kókuszreszelékkel. Egy napra hidegre tesszük, majd szeletelve tálaljuk.

SNOWY HOUSE

Ingredients:

For the dough:

- 125 g powdered sugar.
- 50 g butter.
- 1.5 tbsp honey.
- 2 tbsp milk.
- 1 egg.
- 0.5 tsp baking soda.
- 300 g fine flour.
- 1 tbsp unsweetened cocoa powder.

For the cream:

- 1.5 sachets vanilla pudding powder.
- 500 ml milk.
- 200 g sugar.
- 200 g butter.
- Other:
- 150 g dark chocolate.
- 1 tbsp butter.
- 10 g coconut flakes.

Preparation:

1. Heat the butter with the sugar, honey, eggs and milk in a steam bath, stirring constantly, until the sugar melts, then stir in the soda.

2. Pour the warm mixture into the flour and knead into a smooth dough. If necessary, add a little more flour to the dough. Divide into 2 equal parts, add the cocoa to one part.

3. Roll out the dough without cocoa between two sheets of baking paper measuring approx. 30x40 cm. Then place it on the back of a baking tray, remove the top paper, put it in the oven preheated to 200 degrees, bake for approx. 7 minutes. Peel it off the back of the baking tray with the paper and cut it into 3 strips while still warm, so that the middle strip is slightly wider than the two outer strips.

4. Divide the dough with cocoa into 6 equal pieces, roll each into a thin rod 40 cm long, place it on a baking tray lined with baking paper, put it in the oven preheated to 200 degrees, and bake for approx. 10 minutes.

5. Put the pudding powder and sugar in a bowl, gradually add the milk, bring to the boil, stir and cook for 1-2 minutes, until it is well incorporated. Remove from the heat and leave to cool.

6. When the pudding has cooled completely, gradually add the soft butter using a hand mixer.

7. Now assemble the cake. Spread cream on the wider strip of pastry, place 3 bars on top, spread with cream, place 2 bars on top, cream again, then the last bar, and spread the remaining cream on top and sides. Cover with the other two sheets in a triangular shape.

8. Melt the chocolate in a bowl, stir in the butter, then spread on the cake and sprinkle with coconut flakes. Refrigerate for a day, then slice and serve.



KIJEVI KRÉMES

Hozzávalók:

Tészta:

- 40 dkg liszt.
- 15 dkg cukor.
- 2-3 ek tejföl.
- 20 dkg ráma margarin.
- 4 db tojássárgája.
- 1 cs sütőpor.

Hab a tészta tetejére:

- 4 db tojásfehérje
- 15 dkg cukor
- 25 dkg darált dió

Krém:

- 1/2 liter tej
- 2 cs vanília puding
- 25 dkg vaj
- 25 dkg porcukor

Elkészítés:

A tészta hozzávalóit összegyűrjük, három részre osztjuk. Közben a tojásfehérjét kemény habbá verjük a cukorral, majd beleforgatjuk a darált diót.

Kinyújtjuk a tésztákat és rákenjük a diós habot. Én sütőpapíron szoktam kinyújtani. 25×35 cm-es tepszi hátulján sütjük, 180 fokon 10-15 percig, egyenként a lapokat. A krémhez megfőzzük a pudingot. A vajat habosra keverjük a porcukorral, majd a kihűlt pudinggal összekeverjük.

A krémet két felé osztjuk. Az első lapot megkenjük a krém felével. A másodikra rákenjük a többi krémet. A harmadikkal beborítjuk.

KIEVI CREAMY

Ingredients:

Dough:

- 40 dkg flour.
- 15 dkg sugar.
- 2-3 tbsps sour cream.
- 20 dkg margarine.
- 4 egg yolks.
- 1 tsp baking powder.

Foam on top of dough:

- 4 egg whites.
- 15 dkg sugar.
- 25 dkg ground walnuts.

Cream:

- 1/2 liter milk.
- 2 tsp vanilla pudding.
- 25 dkg butter.
- 25 dkg powdered sugar.

Preparation:

Knead the dough ingredients together, divide into three parts. In the meantime, beat the egg whites with the sugar until stiff, then fold in the ground walnuts.

Roll out the dough and spread the walnut foam on top. I usually roll it out on baking paper. Bake on the back of a 25×35 cm baking sheet at 180 degrees for 10-15 minutes, one by one. Cook the pudding for the cream. Cream the butter with the powdered sugar until fluffy, then mix with the cooled pudding.

Divide the cream into two halves. Spread half of the cream on the first sheet. Spread the rest of the cream on the second. Cover with the third.



MENNYEI ALMÁS PITE

Hozzávalók:

Tészta:

- 350 g finomliszt.
- 1 db tojás.
- 3 ek cukor.
- 100 g margarin.
- 1 csomag sütőpor.
- 1 csipet só.
- 1 ek tejföl (ha túl száraz a tészta).

Töltelék:

- 6 db alma.
- 1 citromból nyert citromlé.
- Fahéj ízlés szerint.
- 2 ek cukor (ízlés szerint).
- 1 csomag vaníliás pudingpor.

Elkészítés:

Tészta:

A liszthez hozzáadjuk a tojást, a cukrot, az olvasztott margarint, a sütőport, a sót és a tejfölt. Jól összegyúrjuk.

Töltelék:

Az almákat apró kockákra vágjuk, felöntjük egy kevés vízzel, hozzáadjuk a pudingport, a citromlevet, a fahéjat és a cukrot (mindent ízlés szerint). Főzzük kb. 6 percig. A tésztát két felé vesszük, kinyújtjuk. Alulra és a sütőforma oldalára tészta kerül, majd almás keverék, a tetejére pedig ismét tészta. Előmelegített sütőben készre sütjük.

Előkészítés ideje: 20 p

Sütés ideje: 40 p

Sütés hőfoka: 180 °C.

HEAVENLY APPLE PIE

Ingredients:

Dough:

- 350 g fine flour.
- 1 egg.
- 3 tbsp sugar.
- 100 g margarine.
- 1 packet baking powder.
- 1 pinch salt.
- 1 tbsp sour cream (if the dough is too dry).

Filling:

- 6 apples.
- Lemon juice from 1 lemon.
- Cinnamon to taste.
- 2 tbsp sugar (to taste).
- 1 packet vanilla pudding powder.

Preparation:

Dough:

Add the eggs, sugar, melted margarine, baking powder, salt and sour cream to the flour. Knead well.

Filling:

Cut the apples into small cubes, pour in a little water, add the pudding powder, lemon juice, cinnamon and sugar (all to taste). Cook for approx. 6 minutes. Divide the dough in half and roll out. Place dough on the bottom and sides of the baking dish, then apple mixture, and again dough on top. Bake in a preheated oven until done.

Preparation time: 20 min

Baking time: 40 min

Baking temperature: 180 °C.



NÉGER KOCKA

Tészta:

4 db tojássárgáját kikeverünk 4 kanál vízzel, 30 dkg porcukorral, hozzáadunk 1 cs sütőport, 10 dkg darált diót, 20 dkg lisztet.

A 4 tojásfehérjéből habot verünk, és az előzőekhez hozzáadjuk, jól kizsírozott lisztezett tepsibe sütjük.

Krém:

A margarint 20 dkg porcukorral habosra keverjük és 3 cs vaníliacukrot 3 dl tejből és 5 dkg lisztből habosra keverünk, majd felfőzzük, amikor kihűlt, hozzáadjuk a kikevert margarint.

Máz: 1 vajat 3 evőkanál cukorral, 3 kanál kakaóval kikeverünk és folyamatos keverés mellett lassú tűzön felolvasztjuk.

A tésztára rákenjük a kihűlt krémet, majd ráadjuk a mázat.

NEGRO DICE

Dough:

Mix 4 egg yolks with 4 tablespoons of water, 30 dkg of powdered sugar, add 1 tsp of baking powder, 10 dkg of ground walnuts, 20 dkg of flour. Beat the 4 egg whites until foamy and add to the previous ones, bake in a well-greased, floured baking pan.

Cream:

Mix the margarine with 20 dkg of powdered sugar until foamy and mix 3 tsp of vanilla sugar with 3 dl of milk and 5 dkg of flour until foamy, then boil, when it has cooled, add the mixed margarine.

Glaze: Mix 1 butter with 3 tablespoons of sugar, 3 tablespoons of cocoa and melt over low heat while stirring continuously.

Spread the cooled cream on the dough, then put the glaze on top.





SÜTŐTÖKÖS KUGLÓF

Hozzávalók:

- 45 dkg liszt+ a kuglófforma szórásához.
- 35 dkg sütőtök reszelve.
- 20 dkg cukor.
- 1 tasak sütőpor.
- 2 tojás.
- 2 dl natúrjoghurt.
- 1 dl olaj.
- 125 dkg puha vaj.
- Reszelt narancshéj, őrölt fahéj, szerecsendió, gyömbérpor.

Cukormáz:

- 15 dkg porcukor.
- 2 ek citromlé.
- 1 ek víz.

Elkészítés:

1. A sütőt előmelegítjük 180 fokra, vajazzuk és lisztezzük ki egy kuglófformát.
2. Először keverjük össze a sütemény száraz hozzávalóit, majd keverjük hozzá a többi alapanyagot. A masszát öntsük a kuglófformába, 55 perc alatt süssük készre.
3. A cukormázhoz szitáljuk át a porcukrot, keverjük el a citrom levével és a vízzel.
4. A teljesen kihűlt kuglófra csorgassuk rá a cukormázát, tegyük hűvös helyre, hogy megszilárduljon a máz.

PUMPKIN CUPCAKES

Ingredients:

- 45 dkg flour + for dusting the cupcake tin.
- 35 dkg grated pumpkin.
- 20 dkg sugar.
- 1 sachet baking powder.
- 2 eggs.
- 2 dl natural yoghurt.
- 1 dl oil.
- 125 dkg soft butter.
- Grated orange peel, ground cinnamon, nutmeg, ginger powder.

Icing:

- 15 dkg powdered sugar.
- 2 tbsp lemon juice.
- 1 tbsp water.

Preparation:

1. Preheat the oven to 180 degrees, grease and flour a cupcake tin.
2. First mix the dry ingredients for the cake, then mix in the other ingredients. Pour the mixture into the cake tin and bake for 55 minutes.
3. Sift the icing sugar into the icing, mix with the lemon juice and water.
4. Drizzle the icing over the completely cooled cake and place in a cool place to set.



БОРЩ УКРАЇНСЬКИЙ

Інгредієнти:

- Свинячі ребра - 700 г.
- Вода - 3 л.
- Буряк - 2 шт.
- Картопля - 4 шт.
- Капуста - 300 г.
- Морква - 1 шт.
- Цибуля - 1 шт.
- Томатна паста - 2 ст. л.
- Оцет - 1 ст. л.
- Сіль, перець.
- Лавровий лист - 2 шт.
- Часник - 3 зубчики.

Приготування:

1. Залити м'ясо холодною водою, довести до кипіння, зняти піну. Варити 1–1,5 год.
2. Додати картоплю кубиками.
3. Через 10 хв - нашатковану капусту.
4. Буряк натерти, обсмажити з оцтом, цукром і томатом 10 хв.
5. Окремо обсмажити цибулю і моркву.
6. Додати все до борщу, варити ще 20 хв.
7. Додати часник, настояти 15 хв.

Борщ має кисло-солодкий смак і вважається символом української кухні.

Калорійність: ~ 65 ккал / 100 г, порція ~ 350 ккал.

UKRAINIAN BORSCHT

Ingredients:

- Pork ribs - 700 g.
- Water - 3 l.
- Beets (beetroots) - 2 pcs.
- Potatoes - 4 pcs.
- Cabbage - 300 g.
- Carrot - 1 pc.
- Onion - 1 pc.
- Tomato paste - 2 tbsp.
- Vinegar - 1 tbsp.
- Salt, pepper - to taste.
- Bay leaves - 2 pcs.
- Garlic - 3 cloves.

Preparation:

1. Make the broth: Cover the meat with cold water, bring to a boil, and skim the foam. Simmer for 1–1.5 hours.
2. Add potatoes: Add diced potatoes to the broth.
3. Add cabbage: After 10 minutes, add shredded cabbage.
4. Sauté beets: Grate the beets and sauté with vinegar, a pinch of sugar, and tomato paste for 10 minutes.
5. Vegetable base: Separately sauté chopped onion and grated carrot.
6. Simmer: Add all the sautéed vegetables to the pot and cook for another 20 minutes.
7. Final touch: Stir in minced garlic and let the soup rest (steep) for 15 minutes.

Borscht has a distinct sweet and sour flavor and is considered a symbol of Ukrainian cuisine.

Calories: ~65 kcal / 100 g (serving size ~350 kcal).



ВАРЕНИКИ З КАРТОПЛЕЮ

Інгредієнти:

- Борошно - 500 г.
- Яйце - 2 шт.
- Вода - 200 мл.
- Картопля - 800 г.
- Цибуля - 2 шт.

Приготування:

1. Замісити тісто, залишити на 30 хв.
2. Картоплю зварити та зробити пюре, обсмажити цибулю і додати в пюре Зліпити вареники.
3. Розкатати тісто, вирізати кружечки, покласти начинку, защипнути.
4. Варити вареники 3–5 хв після спливання.

Калорійність: ~220 ккал / 100 г, порція ~450 ккал.

POTATO VARENYKY (DUMPLINGS)

Ingredients:

- Flour - 500 g.
- Eggs - 2 pcs.
- Water - 200 ml.
- Potatoes - 800 g.
- Onion - 2 pcs.

Preparation:

1. Knead the dough: Mix flour, eggs, and water. Let it rest for 30 minutes.
2. Boil potatoes and mash, fry onion and add to mash.
3. Roll out dough, cut circles, put filling, pinch edges.
4. Boil dumplings 3–5 min after floating.

Calories: ~220 kcal / 100 g, serving ~450 kcal.





ГОЛУБЦІ

Інгредієнти:

- Капустяне листя - 1 качан.
- Фарш (свинина/яловичина) - 500 г.
- Рис - 150 г.
- Цибуля - 1 шт.
- Морква - 1 шт.
- Томатна паста - 2 ст. л.
- Сметана - 3 ст. л.
- Сіль, перець, лавровий лист.

Приготування:

1. Капусту відварити, розібрати на листя.
2. Рис відварити до напів готовності.
3. Змішати фарш з рисом і спеціями.
4. Загорнути начинку в капустяне листя.
5. Викласти в каструлю, залити соусом (вода + томат + сметана).
6. Тушкувати 45–50 хв.

Калорійність: ~180 ккал / 100 г, порція ~300 ккал.

CABBAGE ROLLS (HOLUBTSI)

Ingredients:

- Cabbage - 1 head.
- Minced meat (pork/beef) - 500 g.
- Rice - 150 g.
- Onion - 1 pc.
- Carrot - 1 pc.
- Tomato paste - 2 tbsp.
- Sour cream - 3 tbsp.
- Salt, pepper, bay leaf.

Preparation:

1. Prepare cabbage: Boil the cabbage head and carefully separate the leaves.
2. Cook rice: Boil the rice until half-cooked (al dente).
3. Mix filling: Combine the minced meat with rice and spices.
4. Wrap: Place the filling on each cabbage leaf and roll it up tightly.
5. Sauce: Arrange the rolls in a pot. Pour over a sauce made of water, tomato paste, and sour cream.
6. Simmer: Stew for 45–50 minutes over low heat.

Calories: ~180 kcal / 100 g (serving size ~300 kcal).





ДЕРУНИ (КАРТОПЛЯНИКИ)

Інгредієнти:

- Картопля – 5-6 шт.
- Яйце - 1 шт.
- Борошно - 2 ст. л.
- Сіль.
- Олія для смаження.

Приготування:

1. Картоплю натерти на дрібній тертці
2. Додати яйце, борошно, сіль.
3. Смажити на розігрітій олії 3–4 хв з кожного боку.

Калорійність: ~150 ккал / 100 г.

POTATO PANCAKES (DERUNY)

Ingredients:

- Potatoes – 5-6 pcs.
- Egg - 1 pc.
- Flour - 2 tbsp (tablespoons).
- Salt - to taste.
- Cooking oil - for frying.

Preparation:

1. Grate the potatoes: Use a fine grater.
2. Mix: Add the egg, flour, and salt to the potatoes.
3. Fry: Cook in preheated oil for 3–4 minutes on each side until golden brown.

Calories: ~150 kcal / 100 g.





БАНОШ (ГУЦУЛЬСЬКИЙ)

Інгредієнти:

- Кукурудзяна крупа 200 г.
- Вершки або сметана 400 мл.
- Бринза 150 г.
- Шкварки за смаком.

Приготування:

1. Сметану довести до кипіння.
2. Додати кукурудзяну крупу, варити на повільному вогні 15 хв, постійно помішувати.
3. Подати гарячим з бринзою та шкварками.

Калорійність / Calories: ~150 ккал / 100 г, порція ~250 ккал

HUTSUL BANOSH

Ingredients:

- Corn grits - 200 g.
- Cream or sour cream - 400 ml.
- Bryndza cheese - 150 g.
- Cracklings (fried bacon) to taste.

Preparation:

1. Boil the base: Bring the sour cream (or cream) to a boil.
2. Add grits: Stir in the corn grits and cook on low heat for 15 minutes, stirring constantly.
3. Serve: Dish up hot, topped with crumbled bryndza and crispy cracklings.

Calories: ~150 kcal / 100 g, (serving size ~250 kcal ~250 kcal)





ГАЛУШКИ

Інгредієнти:

- Борошно - 400 г.
- Яйця - 2 шт.
- Кефір - 200 мл.
- Сіль.

Приготування:

1. Замісити тісто.
2. Розкатати і нарізати на шматочки.
3. Варити у підсоленій воді 5-7 хв.

Калорійність: ~150 ккал / 100 г, порція ~250 ккал.

DUMPLINGS

Ingredients:

- Flour - 400 g.
- Eggs - 2 pcs.
- Kefir - 200 ml.
- Salt.

Cooking:

1. Mix dough.
2. Roll out and cut into pieces.
3. Boil in salted water 5-7 min.

Calories: ~150 kcal / 100 g (serving size ~250 kcal).





КРУЧЕНИКИ

Інгредієнти:

- М'ясо (свинина) - 500 г.
- Гриби - 200 г.
- Цибуля - 1 шт.
- Сіль, перець.

Приготування:

1. М'ясо відбити, посолити, поперчити.
2. Викласти начинку з грибів та цибулі.
3. Скрутити рулет, обсмажити до золотистої скоринки.
4. Тушкувати 30 хв під кришкою.

Калорійність: ~220 ккал / 100 г, порція ~400 ккал.

MEAT ROLLS

Ingredients:

- Pork - 500 g.
- Mushrooms - 200 g.
- Onion - 1 pc.
- Salt, pepper.

Cooking:

1. Beat meat, season with salt and pepper.
2. Place mushroom and onion filling.
3. Roll and fry until golden.
4. Simmer 30 min.

Calories: ~220 kcal / 100 g (serving size ~400 kcal).





САЛО З ЧАСНИКОМ

Інгредієнти:

- Сало - 500 г.
- Часник - 3 зубчики.
- Сіль.

Приготування:

1. Натерти сало сіллю.
2. Вкласти часник.
3. Залишити на 2-3 дні у холодильнику.

Калорійність: ~500 ккал / 100 г.

SALTED LARD WITH GARLIC

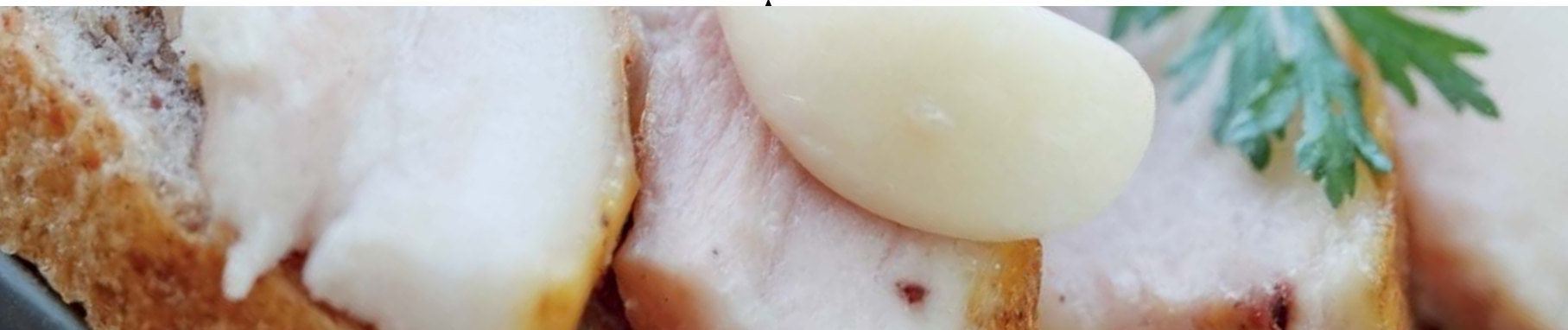
Ingredients:

- Lard - 500 g.
- Garlic - 3 cloves.
- Salt.

Cooking:

1. Rub lard with salt.
2. Add garlic.
3. Leave 2-3 days in fridge.

Calories: ~500 kcal / 100 g.





МЕДІВНИК

Інгредієнти:

- Мед - 200 г.
- Цукор - 150 г.
- Яйця - 3 шт.
- Борошно - 400 г.
- Розпушувач - 1 ч. л.
- Вершкове масло - 50 г.

Приготування:

1. Мед розтопити, змішати з цукром і яйцями.
2. Додати борошно, розпушувач, масло.
3. Випікати 35–40 хв при 180°C.

Калорійність: ~300 ккал / 100 г, порція ~450 ккал.

HONEY CAKE

Ingredients:

- Honey - 200 g.
- Sugar - 150 g.
- Eggs - 3 pcs.
- Flour - 400 g.
- Baking powder - 1 tsp.
- Butter - 50 g.

Cooking:

1. Melt honey, mix with sugar and eggs.
2. Add flour, baking powder, butter.
3. Bake 35–40 min at 180°C.

Calories: ~300 kcal / 100 g, (serving size ~450 kcal).





ПАМПУХИ З НАЧИНКОЮ

Інгредієнти:

- Дріжджове тісто - 500 г.
- Повидло або ягоди - 150 г.
- Цукор для посипання.
- Олія для смаження.

Приготування:

1. Тісто дати підійти.
2. Сформувати кульки з начинкою.
3. Смажити у олії 3–4 хв з кожного боку.
4. Посипати цукром.

Калорійність: ~300 ккал / 100 г.

FILLED DONUTS

Ingredients:

- Yeast dough - 500 g.
- Jam or berries - 150 g.
- Sugar for dusting.
- Oil for frying.

Cooking:

1. Let dough rise.
2. Shape balls with filling.
3. Fry in oil 3–4 min per side.
4. Dust with sugar.

Calories: ~300 kcal / 100 g.





МАКІВНИК

Інгредієнти:

- Мак - 300 г.
- Дріжджове тісто - 400 г.
- Цукор - 100 г.
- Вершкове масло - 50 г.
- Яйце для змащування.

Приготування:

1. Мак запарити, перетерти з цукром та маслом.
2. Розкатати дріжджове тісто.
3. Намазати начинку і скрутити рулет.
4. Змастити яйцем, випікати 40 хв при 180°C.

Калорійність: ~320 ккал / 100 г, порція ~450 ккал.

POPPY SEED ROLL

Ingredients:

- Poppy seeds - 300 g.
- Yeast dough - 400 g.
- Sugar - 100 g.
- Butter - 50 g.
- Egg for brushing.

Cooking:

1. Soak poppy seeds, mix with sugar and butter.
2. Roll yeast dough.
3. Spread filling and roll.
4. Brush with egg, bake 40 min at 180°C.

Calories: ~320 kcal / 100 g, (serving size ~450 kcal).



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PROTECT

PARTNERSHIP WITHOUT BORDERS



The start date of the PROTECT project was 06.02.2025 and the end date was 05.04.2026.
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Project social media page: <https://www.facebook.com/share/18TfvBpcWp/?mibextid=wwXlfr>
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Data de început a proiectului PROTECT a fost 06.02.2025, iar data de finalizare a fost 05.04.2026.
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Дата початку проекту PROTECT – 06.02.2025, дата завершення – 05.04.2026.
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Program weboldala: <https://next.huskroua-cbc.eu/>
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